

May 2010

# Rhapsody™

## 梦翔曲

### **My Best Life**

Best World  
Celebrates 20 Years  
Of Empowering Lives

### **Sweet Battle**

Dr. Doreen Shares  
on Living with Diabetes

### **向“甜蜜”宣战**

陈俐蓉博士剖析应对  
糖尿病的方式

### **我的全美人生**

20周年回顾

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"Moving forward, we continue to make our inroads in Asia and expand to the world!"

- Dr Dora Hoan

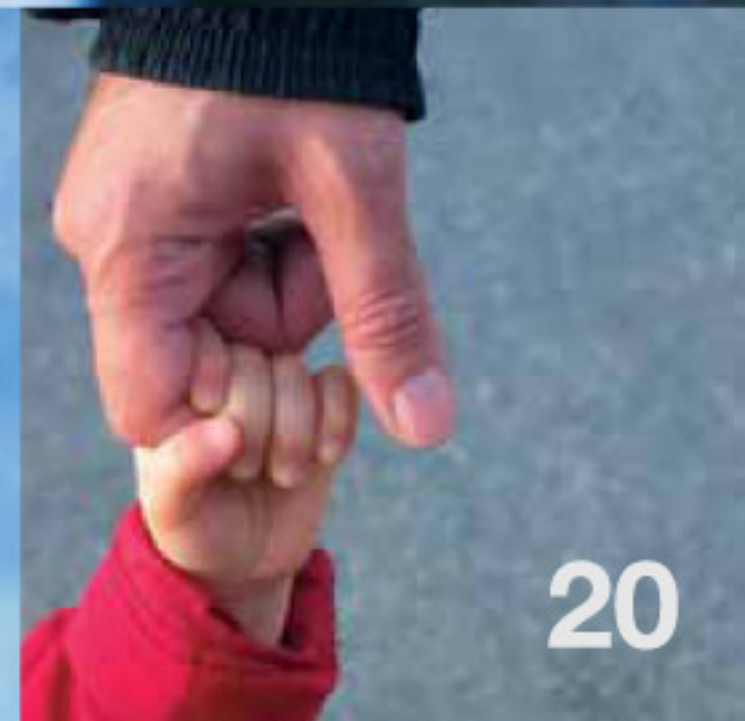
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# Sparkling Words

Two decades ago, we sow the seed...  
today is the springtime of our blossoming opportunities



**T**wo decades ago, a seed was borne of our belief that direct selling can help change lives, by developing the best products for our customers and providing the ideal platform for distributors to pursue their dreams. Believing in this dream with conviction and passion, and undaunted of the difficult road that lay ahead, we jointly founded BWL.

On the journey to build our company, we faced many challenges, but we stayed focused on our vision and mission. That faith illuminated the way forward as we unleash the power of entrepreneurship through direct selling. We continue to harness the positive energies of people towards the creation of new



marks an important milestone. BWL's success is the result of the "hard and heart" work of every Best Worlder. The journey of empowering lives is our unfolding story as jubilant witnesses to prosperity, and to usher in future glory. Come! Let us celebrate our past, present and future together!

We sincerely invite you to come to cosmopolitan Singapore to attend our 20th Anniversary Celebration on June 12 and 13 Let's share our achievements and joy.

We love you! 🇮🇵

Dr. Dora Hoan

Dr. Doreen Tan

wealth, which is the strong foundation of the BWL we know today. As we look back, BWL's platform for entrepreneurship has touched the lives of many aspiring and motivated individuals, leading them to achieve "Life at its Best". We have developed a firm foothold in Asia and continues to reach out to an ever-expanding global market. For this 20th anniversary "Asian Focus, Global Reach"

# Modern Classics

Dr Dora shares philosophy of great leadership and success



“ Ching “The Book of Changes” is one of the oldest of Chinese classic texts. Modern scholars have ascertained its significant influence in the fundamental philosophies of Confucianism and Taoism. psychology, music, film, drama, dance, poetry, and fiction writing.

The Book of Changes has also influenced countless contemporary Chinese philosophers, artists and even businesspeople throughout

history. In more recent times, several Western artists and thinkers have used it in fields as diverse as psychology, music, film, drama, dance, poetry, and fiction writing.

The Book of Changes asserts that the universe exists in a state of change. The changing phenomena of the natural world can be illustrated in terms of a sixty-four hexagrams, which are figures composed of six lines – yielding and firm lines, representing actual conditions and relationships existing in the world and caused

by the interplay between two primordial forces yin and yang. The I Ching teaches us harmony, to be aware to take appropriate actions in any given situation in life.

In I Ching, the most interesting teachings are conveyed in the six lines which show the six stages of growth. This can be applied to personal growth, as well as growth in terms of our business and relationships. It also gives us wisdom on how to mentor others.

In the western world, the mythical dragon is considered evil. In ancient China, dragons traditionally symbolize good and the potent and auspicious powers to gain control over the odds. This is the character of Kings.

Applied to the human word, these attributes showed the great way to notable success. **"Because he sees with great clarity, and aware of the cause and effects, he completes the seven steps at the right time and mounts toward heaven on them at the right time. "**

Here, I have presented the seven scenarios of the dragon as it applies to the lives of our distributors and business leaders on their path to personal and professional growth. Whether you are a traditional business owner or a network builder, half of your chances for success depend on your state of mind. The other half depends on your external environment. I have depicted what I believe to be the road to becoming a Dragon King, or rightfully, the path to Great Leadership and Success.

### **Stage 1. Hidden Dragon (Qianlong)**

This dragon has the innate strength, but he is not ready to venture out, seeing the world outside as one that constrains his aspiration. And so, he lies hidden in the mountains silently waiting for his opportunity.

This is reflective of those who have just joined our organization as freshmen, full of enthusiasm, full of idealism, but lacks understanding of our operations and knowledge of our products and business. If we allow him or her to rush to sell products and meet targets, many setbacks may occur and he or

she may be discouraged and thus give up, and eventually we will never see the potential of the "hidden dragon" (Qianlong).

**"If you go the battlefield with a great gun yet without bullets, you surely will perish. At his stage you must learn and leverage from your uplines, our business model, systems and products. Use this time to keep your spirit highly charged and cultivate strength to endure in all kinds of situations. "**

### **Stage 2. Field Dragon (Xienlong)**

Coming from a latent stage, this dragon has appeared on the ground and lifted himself, taking his first spirited leaps. This dragon resembles active new Business Managers. Instead of mere enthusiasm and passion, they are now better equipped having known to chart their course with clear goals and learned adequately about the company's business and products, they are now ready to demonstrate their skills and competence. As they do so, they gain necessary exposure and are then able to catch the attention of their successful upline. The upline begins to recognize in them the potential of a good business builder.

**"I call on our new active managers. If you are determined to develop your career, you must prove demonstrable evidence of your abilities. Take active part in trainings and activities, and plan your path in order to show remarkable performance. Your successful uplines will surely take notice and devote the needed time and resources for your**

**development. The moment you gain this kind of recognition, hold fast to your upline's nurturing arms and learn all you can, like infants sucking up their parents' milk. Then, you career will undoubtedly grow by leap and bounds."**

### **Stage 3. Upright Dragon (Teelong)**

This dragon has lifted itself from the earth, but as he begins to elevate himself in mid-air, he treads a very dangerous path. This stage is comparable to some of our network leaders on their way to becoming SD's. It is still a long and arduous road. They have a string of downlines that need their guidance. They have a big network that needs the leader in them. They are into some dilemma at this point, they have to act as a leader even without the corresponding status and income. And so there they are -- hovering at the crossroads, feeling lost.

*Just like the proverb says: "if we do not brave the rain, how can we see the rainbow" at this time you have to take a pro active approach to motivate your team.*

It may also resemble a network leader managing a stagnant local market and presented with the opportunity to explore overseas markets. New markets overseas are like barren lands that take time and effort to cultivate and nurture. In this situation, one has to see that although the going is tough, the rewards will come in later. He or she must be psychologically prepared to open up overseas markets, practice better time management to take care of existing local market to cover cost, and spend appropriate time to nurture the new markets.



**You must set your strategies right, or else you work hard, neither here nor there and worse, with an empty pocket. I advise you then to devote a significant amount of time to penetrate your existing market, expand and deepen your network, and prepare for an excellent strategy as you venture overseas. Striking a perfect balance requires time management, right focus, sense of priority and sound market strategies.**

#### **4. Leaping Dragon (Yuelong)**

Evolving from stage 3, one will have accumulated momentum and will power to take the next leap.

“Yuelong”, as a Chinese expression for the leaping dragon, symbolizes a person who is bridging onto a higher platform. This is a common situation amongst distributors who despite to get themselves to be promoted to the next level of position.

Before one becomes a real dragon, he has a big barrier to hurdle. If he is unable to make a successful leap the other side, he remains but a mere fish. I see a comparison here with distributors who have already made great strides and therefore must rally on and not let themselves be disheartened, not even for a moment.

**Leaders on this phase must march forward to keep the momentum. Focus on how to jump across the fence, using the momentum you have built. Fight to the end and never ever slow down. If you charge forward with a great speed and careful timing, it will cushion the impact of your jump across the gantry. Once you have conquered at this point, your value will be extraordinary. If it is your desire to jump to the next level, persevere to complete your tasks and be ready to make your move up.**

#### **Stage 5. The flying dragon (Feilong)**

You have certainly achieved success with peak performance and it is time to consolidate and take stock. I see this dragon as a parallel of the seasoned leaders in the network. This time, they want to build team spirit and leverage on company’s business system to expand the network. One must understand their downlines’ strengths and weaknesses, tapping on their talents and skills to keep the team a notch above the rest. One must remain humble and understand that little success requires individual capabilities, and great success leverages on the power of teams.

**Always get to know your people and inspire them to climb higher and to see well. Instill in them the skills of a future leader, in this way as you keep the growth of others as priority, your network will grow exponentially.**



**You must always set strategy to recruit, retrain and retain networks. Do remember that all your down line take you as icon and role model. Therefore you must behave like a leader. "To talk the walk and walk the talk" . Then you can stand on the peak of this mighty wave and your business will begin to soar.**

### **Stage 6. The transcending dragon (Kanglong)**

This dragon occupies the highest, most enviable position. Yet, sometimes, when a dragon soars so high up in the sky, he tends to feel all-powerful and self-sufficient.

One of the greatest drawbacks of success is when one becomes blinded, thinking they are God and can no longer bend down. They will not listen to any advice and can no longer take even constructive criticisms. You are wallowing in self-praise and arrogance. As they begin to have this kind of mentality, they end up offending people eventually. People, who once admire them, now find fault with them. People, who once supported them, now resist them. And as they continue in their blind self-pride, it is certain that they will meet with disaster in which they may never be able to recover. As others witness their fall from grace, instead of helping them get up, people kick them some more, thinking this is the fate that fools deserve. They will fall into an abyss, from which it is very hard to climb out.

**At this point, I wish to remind all successful leaders, please do remember that your goal is to achieve and that you are able to achieve -- not by your own doing alone, but by the**

**power of your network. It is the sum total of the efforts given by a large group of people. Stand on your success with a grateful and humble heart. When you have attained the peak of your success, you may begin to forget about yourself, but always attribute the accomplishment to other people -- the people who make up your team. Only by constantly being vigilant to the needs of others, continuous learning and growth, continued concern for the development of others can you become the leader for a lifetime.**

### **Stage 7. The Dragon in Every man**

This is the ideal scenario where everyone is a dragon, each with unique strengths and abilities. In every man is a dragon, with none to head itself. Each one performs respective duties and responsibilities to really bring out the strength of the team.

**Every individual is different. Each person's expertise and strengths are not the same. A group of people doing the same thing is not the same as a team of people doing unique duties but moving in the same direction.**

**When your organization has developed to a certain scale, the organization is also full of talents. It is entirely up to you to benefit from this by empowering your people to become leaders themselves. When everyone shares responsibility and shared their leadership skills, it is inevitable that the team will double its strength. When your organization lacks**

**the talent, your duty is to come forward and lead. When your organization has a lot of potential leaders, what you need to do is decentralize and empower. When people find their own illumination that is when you will shine your brightest light ! 🙏**

**"To attain great success you must rely on your own competence as well leverage on the power of your team. Most importantly, demonstrate good leadership and embrace a new mindset. Great leaders know what they want and what needs to be done to get what they want. They set a clear direction and point the way with a firm belief and principle. They have the flexibility to adapt to changes, the humility to continue to improve, and the perseverance to keep the fighting spirit."**

**--Dr. Dora Hoan**

# Miles & Smiles

Milestone after milestone, we triumph over every challenge and we consolidate at every defining step... with smiles and confidence.



# W

e mark our company milestones in Perfect 10s:

The first ten years from 1991 -2000 witness us laying solid foundation. We took the pains to strengthen our fundamentals, won the right people and set our business priorities right.

The second phase in our development is from 2001 to 2010. We are recognized now

as an established Asian company with subsidiaries in 9 countries across the Asia Pacific and an expanding network that reaches out to over 21 countries. Recently, we incorporated our subsidiary company in South Korea and are determined to explore opportunities in India and the Philippines. The greatest leap for any Asian company is entry into the phenomenal China market. We made our entry into China in 2007 and are actively engaged there with our distribution outlets throughout the country.

As we move into 2011-2020 we have come to our third phase of growth. From the shores of Singapore, Best World has taken an excellent vantage point to deepen our connections in Asia and expand our global networks. Running on its next perfect 10 timeline, we are on track in all areas of our regional growth, in terms of our product offering and network penetration. As the reach and influence of our network expand, we look forward to be recognised as a truly global brand by the year 2020.



### **Evolving the Best Enterprise**

In 1990, friends Dr. Dora Hoan and Dr. Doreen Tan started up Best World with the commitment to market the best products sourced from all over the world, hence the name Best World. From a humble homegrown brand with only SGD\$200,000 in start up capital it has grown to SGD\$33 million turnover in 2004, when Best World became the first and only direct selling listed company at the Singapore Stock Exchange, and tripled to nearly SGD\$100 million in 2008. Today, Best

World has set up subsidiaries in 11 countries, established 150 brand presence outlets including Regional Centers, Lifestyle Centers and Distributor Centers. Our Distributor Network is spread across 20 countries in the Asia Pacific Region.

### **Distinctive Products**

We have over 100 products in our portfolio developed based on the philosophy of Life Harmony which focuses on three integrated aspects of wellness: Inner Harmony which consists of advanced nutritionals under the Avance, Optrimax and Foodphilo brands. Our Outer Harmony line consists of our skincare and personal care line under DR's Secret, PentaLab and Miraglo brands. Lifestyle Harmony has products that enhance the healthy lifestyle with brands like Uber Air and Pureflo.

Best World has over 200 support management staff across our countries of operation in Asia and over 200,000 distributors all over the world.

### **An Asian Global Brand**

In 2009, Best World Lifestyle emerged the overall winner of the CitiBusiness Regional Brand category and winner in the Established Brand and Regional

Brand categories in the Singapore Prestige Brand Award ("SPBA").

This is another milestone achievement after Best World was recognized for the last two consecutive years as among Forbes Asia's Top 200 companies Under a Billion in the Asia Pacific region. In 2008, Best World was also awarded as one of the Most Admired ASEAN Enterprises in the growth category.

### **Empowering Lives**

We want our customers to relate the name Best World to best quality products sourced from around the world to enrich their lives; our distributors, to think of Best World as the best platform in the world to grow their global business; and company stakeholders to see best World as the best place in the world to work and associate with. In sum, when people think of Best World, we want them to think of a brand synonymous with excellent products, ideal platform to grow a global business and a well-rounded learning culture for personal growth and development in every aspect of life. All these should add up to our brand promise - that is, to live "life at its best".

# Sweet Battle

Dr Doreen shares a holistic healing approach for living with diabetes



**D**iabetes is a major chronic disease that over time increases the risk for cardiovascular diseases, renal disease, vision impairment and neuropathy. It impacts the whole family. Whether you're a parent, sibling or other family member, knowing more about this disease lets you cope better, and enhance your support and understanding of the afflicted. This can make all the difference.

## **Pancreas, Head-to-tail**

Situated behind the stomach, the pancreas is connected to the duodenum through a common duct with the liver and gallbladder. The sections of the pancreas are known as the head, body, and tail.

The head secretes pancreatic juice to aid in the digestion of carbohydrates, fats, and protein.

The body and tail of the pancreas produce enzymes and hormones, including insulin and glucagons, to regulate blood sugar levels.

## **Balance Disrupted**

When blood sugar levels fluctuate due to dietary imbalances, it can affect both the structure and the function of the pancreas, causing major health concerns. In macrobiotic studies, consuming excessive yang foods like beef, pork, chicken, eggs, salted cheese, shrimp, crab, and other animal foods high in fat or cholesterol, creates hardness in the pancreas. This increases chances of chronic low blood sugar or hypoglycaemia.

On the contrary, consuming excessive yin foods like refined white sugar, chocolate, concentrated sweeteners, milk, ice cream, butter, yoghurt, and other light dairy foods like pastries and refined flour products with fruits

spices; stimulants; alcohol and drugs, may cause the pancreas to grow soft, loose, or swell, and increase the chances of being diabetic.

## **Where complex is better than simple**

We often consume food that contains simple carbohydrates like refined sugars and carbohydrates. During digestion, these simple carbohydrates are metabolized quickly, making blood pH level become too acidic. To compensate for this extreme yin condition, the pancreas secretes a yang hormone, insulin, which allows excess sugar in the blood to be removed and enter the body cells to be used as energy. This produces an outburst of energy as glucose is oxidized, and carbon dioxide and water, are given off as wastes.

## Diabetes Types

**Type 1 diabetes**, also called insulin-dependent diabetes mellitus (IDDM), juvenile diabetes, or juvenile-onset diabetes, is caused by a lack of insulin. Type 1 diabetes is treated with insulin injections, usually twice or more a day, depending on severity.

In macrobiotic studies, Type 1 diabetes responds to dietary intervention but is more difficult to relieve as compared to Type 2 diabetes. This condition is usually non-reversible. However, with proper and healthy diet, together with holistic lifestyle practises, insulin injection maybe gradually reduced, usually 30-40%, as condition improves but achieving a complete remission is difficult as Type 1 diabetes usually occurs due to poor immunity and genetic disorder.

**Type 2 diabetes**, also called non-insulin-dependent diabetes mellitus (NIDDM), adult-onset diabetes, or stable diabetes, occurs when the pancreas loses its ability to process insulin effectively. 9 out of every 10 cases are type 2 diabetes which develops in adults over 40. This health condition is also strongly associated with obesity.

Normally, pancreas produces sufficient insulin to neutralize excess blood sugar through the help of the islets cells in the pancreas. However, in macrobiotic studies, after years of excessive consumption of refined sugar, fruit, dairy, chemicals, and other highly yin substances (foods and drinks that causes a lot of internal coldness, and or, dampness to



be retained in the body), the islets cells expand and lose their ability to secrete insulin. Sugar then begins to appear in the urine, the body loses water through frequent urination, and reserve minerals are depleted which results in fatigue and muscle weakness. Poor circulation like tingling or numb feeling in the fingers and toes may be experienced as blood pH becomes more acidic and blood becomes thicker due to the high blood sugar level in the body.

Without proper care and management, nervous system problems, renal problems, heart diseases and vision concerns like cataracts, glaucoma & even

blindness can be developed as diabetes progresses.

Recurrent infections of skin, urinary tract infections, and lower resistance to other infections are common.

### Healing from Type 2 Diabetes

A reversal from Type 2 diabetes without medications is possible with the patient applying a strict discipline of healthy diet and exercise. Drug therapy, sometimes including insulin, or oral medications are given when patient's blood sugar level is out-of-control, usually due to lack of discipline in his or her diet and lifestyle practises. 12

# Top 10 Dietary & Lifestyle Tips to beat diabetes!



1. Consume a more yang diet, focusing on complex carbohydrates, low-fat, high-fiber diet that uses whole grains, especially millet - highly beneficial for the pancreas. Fiber helps to lower blood sugar surges, particular in the mid-afternoons. In many cases of type 2 diabetes, the need of insulin or drug therapy can be reduced between 75-100% by focusing on whole grains, beans, vegetables, and sea vegetables.

2. Limit refined food like white rice, white flour, white sugar, including muffins, cookies, and crackers as these are high in sugar and increases blood sugar very rapidly in the body.

3. To savour the natural sweetness of vegetables, include winter squash, onions, pumpkin, and carrots. Include lots of garlic and onions to ward off heart disease, a possible complication of diabetes.

4. Obtain your protein from vegetable sources like grains, legumes and seeds or nuts,

instead of from animal sources. Seafood like shrimp, crabmeat, and lobster, should be avoided - these can cause high cholesterol concerns.

5. Try to eat 6 small meals daily, with the regular portion sizes and at about the same time, spread throughout the day. Avoid overeating and eating before sleep as these put stresses on the pancreas at night.


6. Avoid or limit fruit and fruit juices, until condition improves. Fruits contain fructose, a naturally occurring sugar which is converted into glucose during digestion. Limit to a small amount and consume these at room-temperature instead of directly from the refrigerator. Avoid or limit alcohol of all kinds.

7. Do a light exercise like yoga, tai chi, or take a brisk walk outside for half an hour daily is beneficial for diabetics to improve circulation.

8. Avoid smoking as it causes

oxidation of blood vessels that may leads to poor circulation and this increases the risk for developing cardiovascular diseases.

9. Try to keep your feet clean, dry, and warm, and wear only cotton socks and well-fitted shoes to prevent feet injuries and avoid development of diabetic foot ulcers. For a good body scrub, try practising dry skin brushing with Miraglo Body. Brush from the soles of the feet and upwards, gently, in circulation motions towards the heart, for better blood circulation. You may also use a towel soaked in warm ginger water and placed on the pancreatic area for 10 to 15 minutes.

10. Maintain a calm and peaceful mind and environment since anxiety and upset emotions affect the pancreas which can cause health deterioration among diabetics. Sleep and rise early. 

# Recommended Health Supplements

to improve the health conditions for diabetics



**Noni Caps**  
2 capsules  
before sleep

**PhosChol  
565**  
1 capsule  
daily before  
diabetes  
medications

**DORS 2**  
2 capsules  
daily

**SangoCal**  
1 sachet for  
every 2L of  
warm water,  
every alternate  
day

**BifiMax**  
1 sachet for every  
2 days

## Notes:

- Supplements to be taken 2 hrs before or after medication, unless otherwise indicated.
- SangoCal water can be used as a drink when consuming your medications.



# 1 Starch Exchange

Starch that can be consumed by diabetics to help keep blood sugar at constant levels.

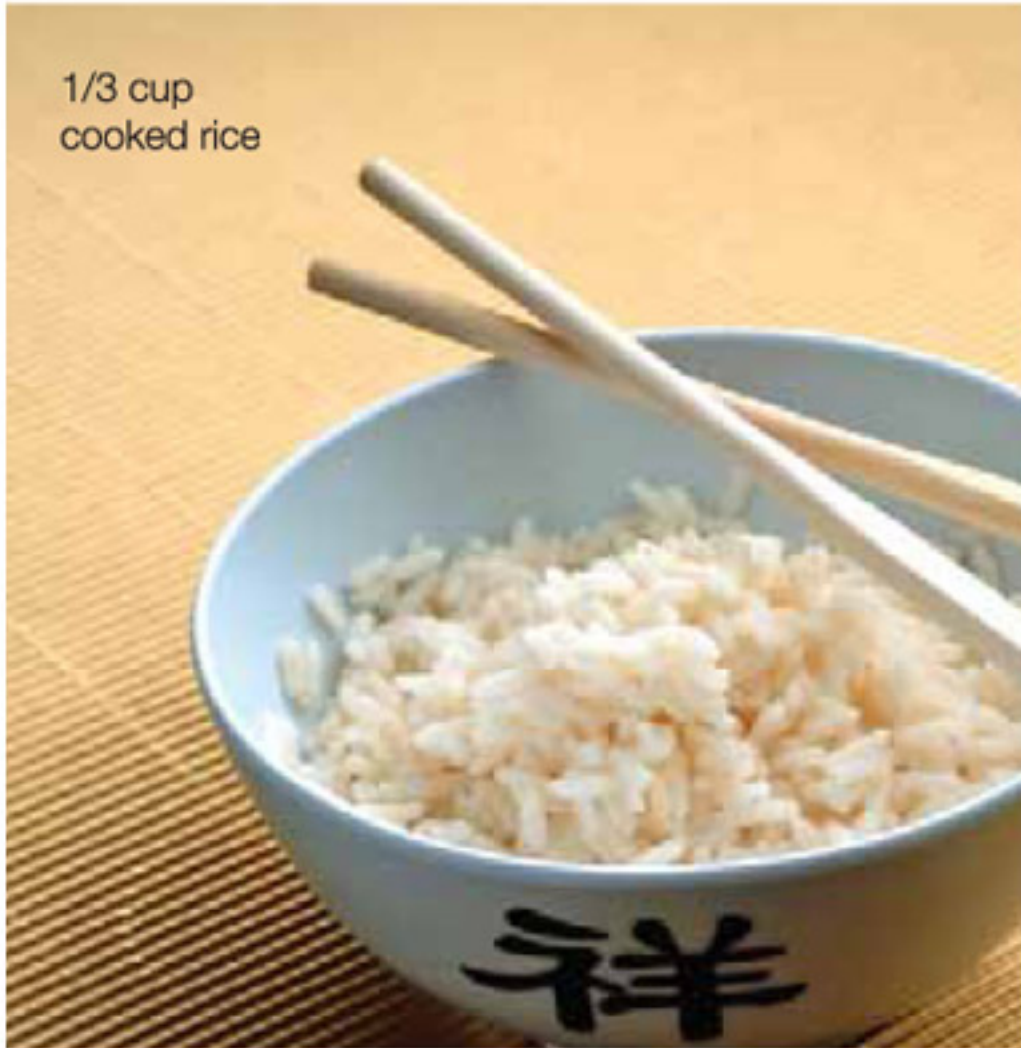
## Points to Remember

- When serving size of starch increases, so does blood sugar level.
- 3-5 servings of starch in a day - with only 1 serving of starch for each meal.
- for afternoon or evening snack, only 1 serving of starch should be consumed. This is to help keep blood sugar level constant.
- Each food featured is 1 serving of starch. You may choose to eat 1 slice of bread for breakfast, or have  $\frac{3}{4}$  cup ready-to-eat cereal, but not both.
- Remember to chew all foods thoroughly and slowly to allow better absorption of nutrients and induce sense of fullness.

1 slice bread



1/3 cup cooked rice



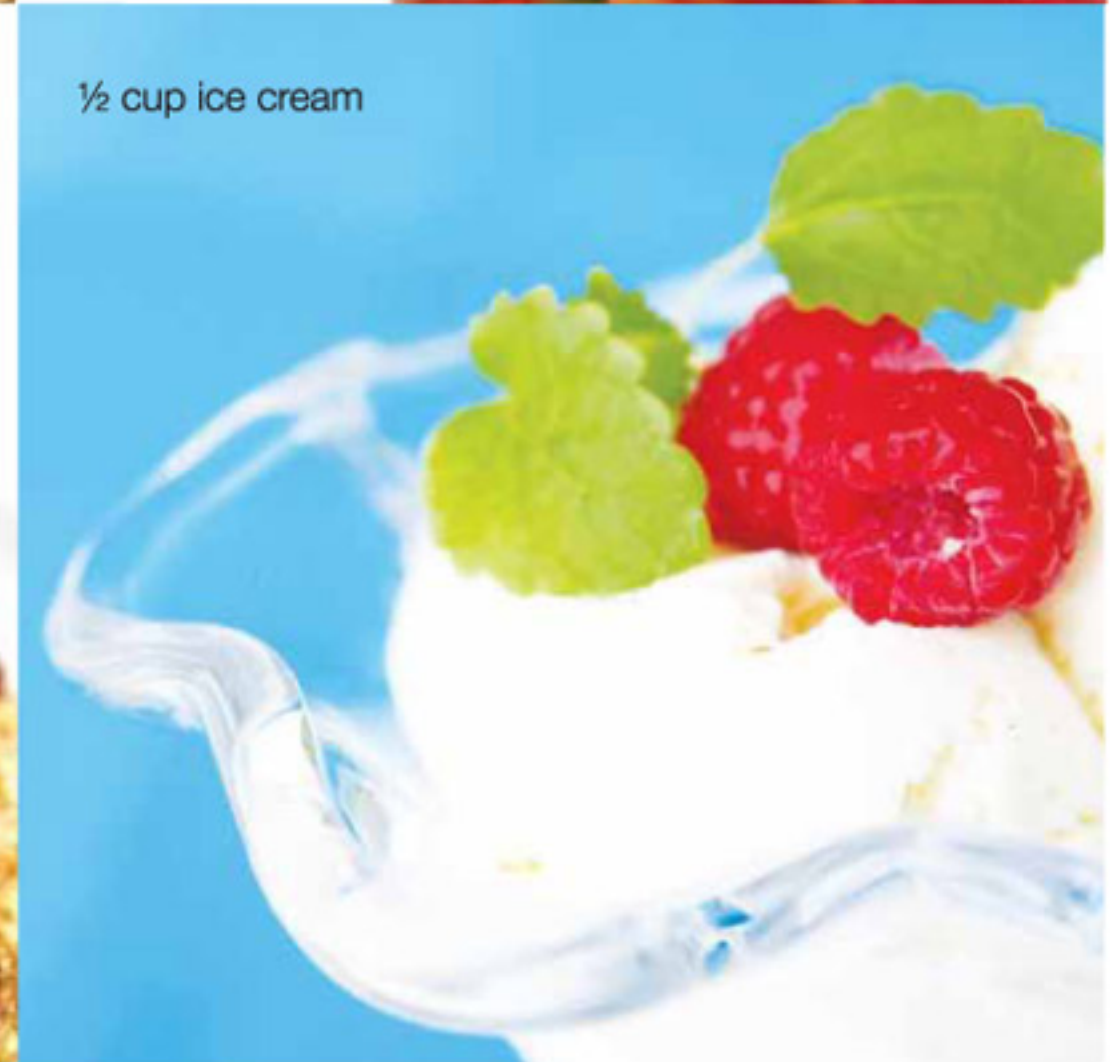
1 small banana/  
nectarine/ apple/  
orange  
or  
1/3 cantaloupe/  
honey dew/  
1 cup cubes



2 small cookies



1/2 cup ice cream





1 small potato



1 granola bar  
or  
1 small  
brownie/ cake



17 small grapes



¾ cup ready-  
to-eat cereal



½ cup cooked  
beans  
or  
½ cup corn/  
peas/ yam



½ cup  
cooked pasta/  
noodles/  
bee hoon  
or  
½ bagel/  
waffle/ roll



# High places

Two world class venues as we celebrate our 20th anniversary in transcending spirit.



**T**he mere mention of the grand venues for our Best World Anniversary & International Convention sounds

well worth the trip. Certainly, the social facet of attending the convention is one of the reasons our anniversary gathering promises to be an experience beyond the ordinary !



## Day 1

World Learner Extravaganza

### Saturday

June 12, 2010

### Time

7-11pm

### Venue

Singapore Indoor Stadium

### Highlights

Official launch of World Learner Cultural Immersion Program  
May Day Live performance



Spectacular programs await some 6.000 distributors across the Asia-Pacific. Be there when they happen at the Singapore Indoor Stadium and Resorts World Sentosa. While most are more familiar with the ultra modern and futuristic indoor stadium, Resorts World Sentosa is an integrated resort facility like no other spanning over 49 hectares on Sentosa Island. It is home to Southeast Asia's first and only Universal Studios theme park, six luxury hotels, marine life park, a casino. Both venues are ideal for us as we sizzle up to a jubilation for our 20 years of empowering life! 🎉

**Day 2**

20th Anniversary  
Dinner &  
Talent Show

**Sunday**

June 13, 2010,

**Time**

7-11pm

**Venue**

The Grand  
Ballroom of Hard  
Rock Hotel,  
Resorts World  
Sentosa

**Highlights**

Awards  
Presentation  
Talent Show  
20th Anniversary  
Celebration

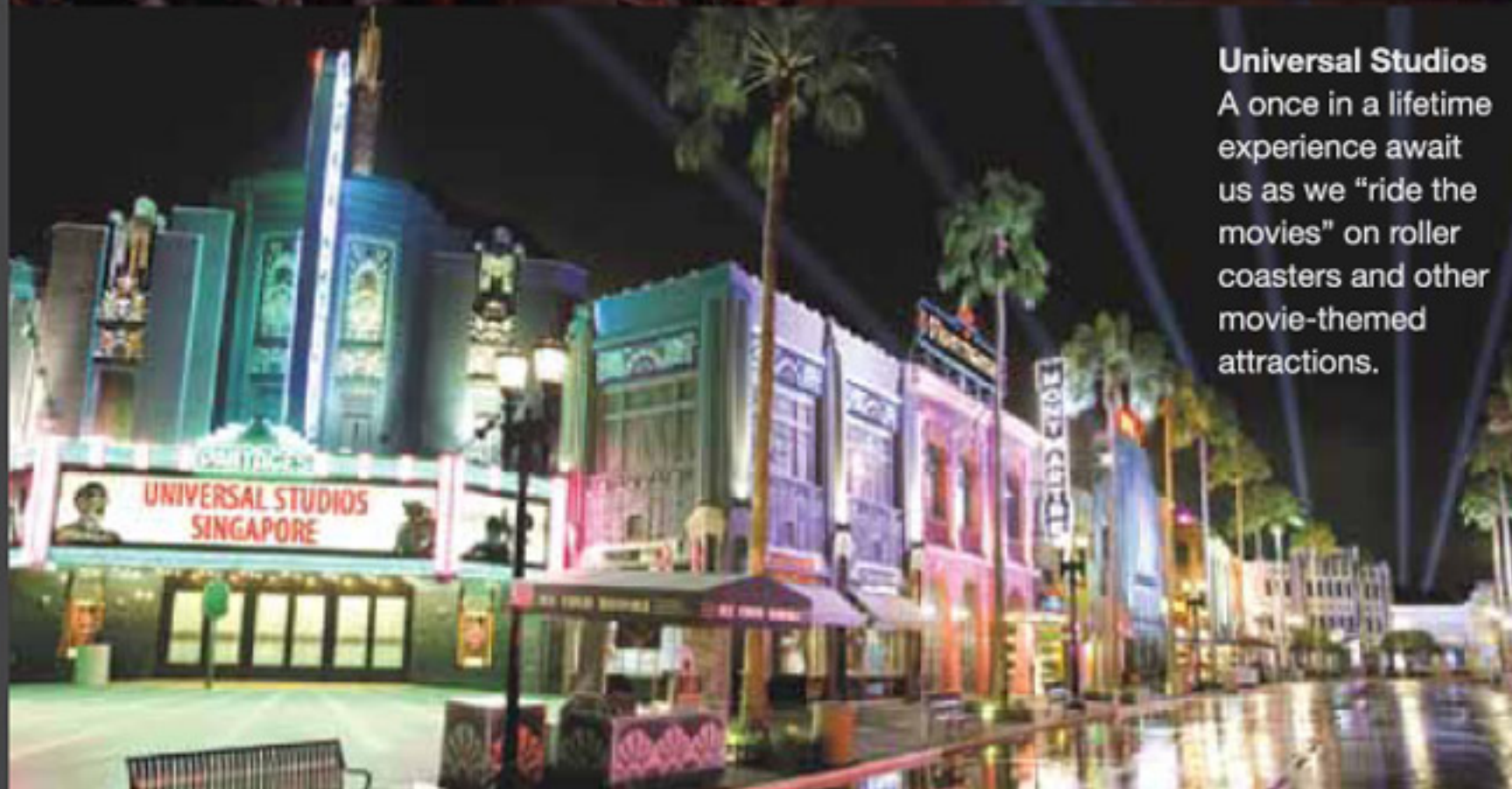


**Hard Rock Hotel**  
Breathtaking design,  
fashionable dining  
options, and the  
best entertainment  
experience assure  
us that our gathering  
will be beyond the  
ordinary.



**Grand Ballroom**

Hard Rock Hotel is  
home to some of the  
resort's best meeting  
and conference  
facilities, and indoor  
exhibition space.  
This includes 26  
meeting rooms and  
one of Asia's largest  
ballrooms with seating  
for 7,300 guests.




**Universal Studios**  
A once in a lifetime  
experience await  
us as we "ride the  
movies" on roller  
coasters and other  
movie-themed  
attractions.

# Local vocals

BWL Malaysia celebrates the lunar new year in auspicious and meaningful ways.



The act of selfless giving is the spirit of the Chinese New Year. On 22nd February 2010, bearing this same spirit, bwL Malaysia visited the Silver Jubilee Old Folk Home, to bring not only gifts and tokens but to spread hope and joy to all of our old folks out there.


Quiet and secluded, Best Worlders turned the place into an ambience of joy and laughter. They handed gifts and red packets with blessings. The BWL core value of Community was clearly at alive and at work. Our BWL Leaders in Malaysia wants all Best Worlders to know what a life-changing experience it was for them to propagate our spirit of community, and to give back to those who truly need our help and support. 



BWL Malaysia celebrates the Chinese New Year in style. To welcome the Lunar New Year, a gathering of Bestworlders was held in Kuala Lumpur and Johor Baru Regional Centre on the 23rd and 25th February 2010. You just know it when Bestworlders come together, they can turn any place in to one that radiates energy and beauty. In honor of the festivities, it was time off the usual grind for a

bit of play – to relax, get together, entertain, and be entertained.

The highlight of this year's Chinese New Year celebration was the "Cheongsam Competition". The festive atmosphere was on as everybody came dressed in strikingly bright, stunning cheongsam. As the finalists paraded in their stylish cheongsam with their fair

and beautiful complexions and shapely figures, the audience could not help but marvel at the benefits that DR's Seager and Avance health food supplements have given to keep them in such lovely demeanor. The New Year gathering lasted only a few hours, but it left behind memories that Best Worlders in Malaysia will treasure for a long, long time. 



# Rich parable


**O**nce there was an ill-tempered boy, who simply could not contain his irritability. Concerned about his attitude, the boy's father thought of a way to help him. One day, the father handed his son a bag of nails. The father said, "Son, for each time that you lose your temper and start a quarrel with someone, I want you to hit one nail on the fence.

The first day was certainly a red-hot day for the boy who found 37

instances of disagreement with a number of people. For that, the boy had to hit 37 nails onto the aging fence.

As the days went by, he learned to control his anger, and fewer nails were hit on the fence. One day, the boy did it so well that there was not a nail left to drive. The boy happily told the good news to his father, but his father said "Son, from this day on, for every time that you did not lose your temper, I want you to pull a nail out from the fence for that." Every single day after that, the

boy - who had transformed into a cheerful, open-minded fellow, had to pull out more and more nails, until none was left on the fence.

Finally, his father took the boy to the edge of the fence and said to him: "Son, you've done a good job and I appreciate that. However, take time to look at the fence with all these nail holes. These holes can never be restored. Just like the times you wounded hearts with your nasty attitude, you too, have left an irreparable hole in their hearts." 

## Thoughts:

When we take a broad-minded outlook in our dealings with people, we put in motion the value of Harmony. If there is something we can work out today to make other people feel a little happier and more comfortable with us, it would do much to lessen the mistrust and suspicion that tend to divide us. Let us take small steps in order to achieve the greater good for everybody to fill this world with harmony and make it a better place to live.

