



## Agent Of Change

Dhyan Vimal, founder of Friends To Mankind, inspires DIAN PASQUINAL KAUR with a message: we can all make a positive change in this world simply by doing what we can, from where we are

PORTRAIT / JAY LAI, ROLLING CAPTURE

MODERN-DAY PHILOSOPHER Dhyan Vimal is one inspiring man. He shares with me about the beginnings of Friends To Mankind, the non-profit organisation he founded in 2004, and his personal mission to heal mankind, one step at a time.

Vimal is a simple boy who grew up in a fishing village in Johor, Malaysia. After having to stop his law studies due to monetary issues, he got into sales and it was at this point that he became interested in human development and training. He studied psychology and therapy systems on his own and attended plenty of courses. He was also instrumental in

unearthing methods for human growth and transformation.

During a trip to India in 2002, Vimal discovered the prevalence of poverty. The sight of a frail mother and a hungry child stayed with him for months, prompting him to go into a state of fasting and meditation after which he decided to form Friends To Mankind in Canada.

### FRIENDS TO MANKIND

Vimal articulates his thoughts in a commanding voice and the words that flow from him are gospel truth, if you would take the time to listen. He preaches the simple

message of undertaking *sewa* – Sanskrit for an act of kindness or selfless service – to heal mankind. “Anyone can do what they can, from where they are, to heal the world. I’m just helping to show people how to step out and play a bigger role. People think living for themselves is the most important but the truth is, you live wholly only when you include others,” he says.

He admits there is no real solution for the world’s problems but that Friends To Mankind is a solution to human problems as far as he is concerned. “We must be friends to one another and learn to look after one another if we want to eradicate poverty.

on a bicycle to raise awareness of child prostituting and trafficking in that country.

Vimal is passionate about creating more ambassadors around the world who will go on to initiate more projects that will benefit mankind based on the two principles of the organisation: first, in considering you, consider another too; and second, may your success be the success of humanity at large.

“We’ve destroyed half the earth because we didn’t pause to consider other inhabitants and future generations in the name of development,” says Vimal. “Our goal is to make every corporation a Friend To Mankind corporation and to ensure that people are not judged based on their race, religion or creed.”

Friends To Mankind aims to be the silent majority that will stand against the wrongs of the world. “We are not reactive, we are proactive. We want to become a force that makes a stand and does the right thing. We are a movement of conscience and awareness that is creating its own movement around the world,” states Vimal who strongly believes in his role as the voice of the underdog. His greatest goal is to have a bank that will offer grants and support for any project that will benefit mankind.

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### TOUCHING LIVES

Since its inception some six years ago, the organisation has been on a tremendous growth spurt through its centre in this country and offices in Canada, the US, the Netherlands, Australia and Singapore.

Inquiries to become a Friend To Mankind flood into the offices on a daily basis. “When someone agrees to embark on a project and seeks our assistance, we support them in any way that we can – whether it’s with our finances, resources, contacts or expertise. We are the resource or support centre, not the star. The people who embark on these beneficial projects are the real stars.”

The high points for Vimal with Friends To Mankind are seeing his organisation penetrate the mainstream audience and cultivate a presence in Hollywood. “These achievements make me glad but my greatest pleasure comes from seeing my daughters

being friends to mankind without my help,” he says. “The girls came across an international foundation called Girl Effect and decided to raise funds for the foundation by organising a flash mob,” he notes with pride. On challenges, Vimal says he cannot afford to become discouraged because there are too many people suffering and his frustrations mean very little. “I wish I could do more. I can now say humanity is slowly learning to celebrate itself and its own kind.”

So how do we become better human beings and play our part? “Consider others,” is Vimal’s reply. “Bring love into your life. Be colour-blind. Go beyond greed. The moment there’s another person in your life, you are already a friend to mankind. The moment you allow somebody into your life, love has happened and you are a friend of mankind. Most Asians are so caught up in customs and formalities that they forget the reality of the situation. There are too many good people in this world for us to waste precious time on those who aren’t. My advice is simple: stop being afraid, go beyond fear, allow love to happen and meet life absolutely.”

Vimal has authored 14 books about a variety of topics, from success to meditation to psychology, and he has hundreds more to publish. The books address the questions he often gets from his followers around the world. He also receives numerous invitations to speak at gatherings and conferences, often holding his audience captive with his impressive oratory. Friends To Mankind business gatherings held every two months around Klang Valley are fast gaining popularity among CEOs and business owners.

This modern-day monk also formulated Discipline One, an online training programme that is particularly popular in the West. It teaches the basic skill of managing beliefs, creating your own reality and attracting positive things into your life using good thoughts. “It’s my biggest discovery in 1995 and through it, you re-learn how to restore your power, discover and transcend all that takes your power away. It’s like switching on a part of your mind and helping you realise that you can go on to do great things.”

Just when I thought the world had become all about “me, myself and I”, I am inspired to meet a man who truly believes in seeing the good in people and harnessing that good for the world’s benefit. For more information on Dhyan Vimal and Friends To Mankind, visit [dhyanvimal.com](http://dhyanvimal.com). ■