Introduction.

# Return to the Source

**In Madhuban the RCs selected this theme for 2019.**

There will be 2 parts to our approach:
- An internal process especially for the BK family
- An outward focus for service in our communities

**This describes the outward-facing service focus for the remaining months of 2019**

**AIM of PROGRAM:**
To weave together God and the Tree as a mirror of all cultures and religions enabling seekers to return to God as their Source.

Each month will focus on one **well-known quality of God** as recognized across religions.

8 names were selected based on research to cross-reference the most common attributes from multiple religions

May
**Love**

June
**Benevolence**

July
**Truth**

August
**Merciful One**

September
**Ocean of Peace**

October
**Protector**

November
**Liberator**

December
**Source of Power**

January
**Celebration**

Introduction.

December 2019

# God, the Source of Power

## THREE POSSIBILITIES FOR ACTIVITIES

Please find suggestions for use with public/contacts during this month. Feel free to create your own or adapt these ideas.

**Aim of the Month:** to experience becoming free with God's help

**A) A mini workshop** to explore the theme

**B) A conversation** guide with good questions to facilitate a meaningful conversation

**C) An extended written commentary** (30-45 min) to be used especially during world meditation hour (and any other time as well)

**NOTE:**
Please speak aloud the commentary during World Meditation Hour and focus the music and ambience of that hour on the month's theme.

You may wish to combine these 3 elements in one public program OR create 3 separate opportunities
~ a conversation group, a workshop and a Bhatti.

Workshop.

# A: Workshop process

**Aim of the Month: to experience God as a Source of Power**

**Introduction** Welcome the group. Let them know that this session will be focused on God as a Source of Power.

1

Ask people to take a moment to remember a time when you felt powerful. Reflect on the experience. What conditions supported this feeling of being powerful?

- Share in pairs
- Then ask people: What was source of this power?
- Hear from people (could be focus, determination, pure intention, doing something I loved, doing something I am good at, etc.)

We use the word power in many ways...let's explore the meaning of power especially in a spiritual context.

2

Ask people to identify words to describe power as used and understood in the world today.

3

Now a new sheet and ask people to identify words to describe spiritual or inner power.

4

Ask people stop and reflect on: What is the difference between the two forms of power? How do you experience the difference between these 2 types of power? Hear group answers and conversation.

# RETURN TO THE SOURCE

Workshop.

5 Ask people to consider: Where do you get your power from? What is your source of power?

6 Introduce God who is the Source of ONE kind of power but not the other. Introduce the idea of a power source for the soul who is like a discharged battery required to recharge.

7 Meditation commentary: Go to God as Source of Power. Power up your inner qualities. Like a battery charger. (Create your own commentary of use the commentary written here for World Meditation Hour)

**Drishti experience**

**Option 1:** Hold this energy and look down at a piece of paper – write down 10 aspects of your life (relationships, roles and possessions) that are important to you.

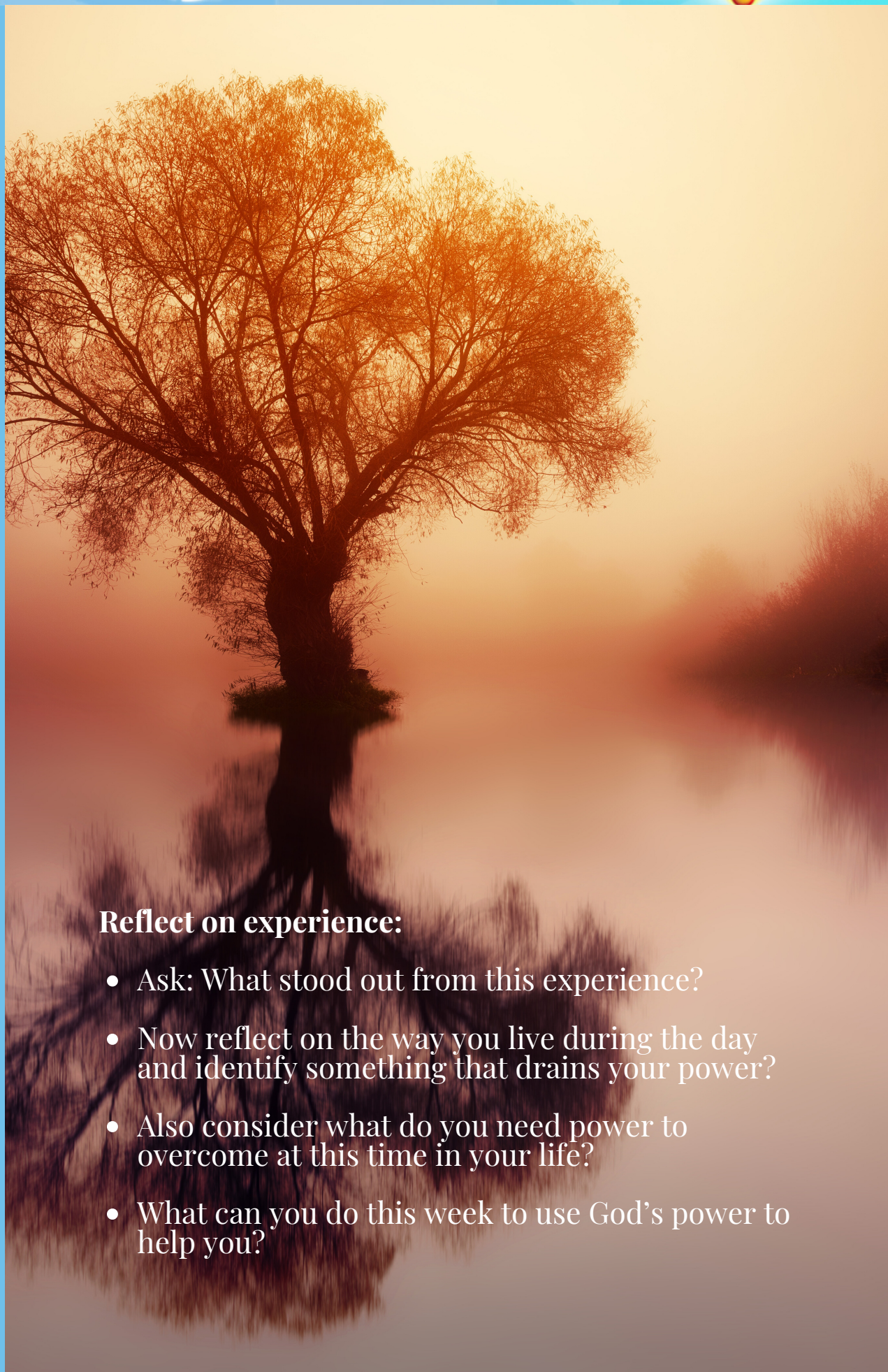
Then put yourself at the middle. Holding this spiritual power and having God with you – give power through your eyes to your life, from a position of spiritual power.

**Option 2:** Stand in pairs, one in front of the other (try to find person whom you know little, or don't know at all).

Mentally put yourself in God's place and try to see with His eyes the soul who is in front of you: how would God look at His child, what would He see? Practice this exercise for 2-3 minutes.

# Return to the Source

Workshop.



**Reflect on experience:**

- Ask: What stood out from this experience?
- Now reflect on the way you live during the day and identify something that drains your power?
- Also consider what do you need power to overcome at this time in your life?
- What can you do this week to use God's power to help you?

Conversation.

# Conversation questions

**(Suggested as a small group conversation separate from the workshop.)**

1. We use the word Almighty to refer to God? What is the nature of that might or power? Is it a physical or spiritual phenomena?

2. God's power is described as Creating, Destroying and Sustaining? What does this mean from a practical perspective? What does God's power create? What does it destroy? What does it sustain? (Clarify from BK understanding)

3. How do I know I am spiritually powerful?

4. How can I obtain spiritual power from God through a closer connection and relationship? Imagine the self/soul plugged into God's power supply.

5. How can I retain my spiritual power once obtained? What behavioral patterns do I have that help or hinder me in remaining spiritually powerful?

6. What new habits do I have to develop to remain empowered?

Commentary.

## Commentary:

# God as a Source of Power

**Please read during World Meditation Hour slowly over 30 minutes with soft music.**

This could also be used during other sessions. This is a longer meditation preparing people to go into a direct experience of God. It is offered in written form so you may enjoy the fortune and fruit of reading aloud, putting Baba's energy into it, and adding/subtracting or recreating as you wish.

**Go slowly into the depth of each of these 21 steps.**

# Return to the Source

## Commentary.

1. I sit quietly and I turn my mind inwards.

2. I become aware of who I am, a spark of infinitesimal energy, a wondrous being of light, behind the center of the forehead, looking through the eyes.

3. Sitting on this seat of command, I become aware of all of the things that I have accumulated over my life - relationships, positions, possessions.

4. From this point of stillness, I observe life, this body, my thoughts, I realize, this is not who I am. All this I have called mine, but it is not me.

5. Just being able to separate myself from the accumulation, gives me a sense of understood responsibility and command.

6. This awareness is the seat of self-sovereignty and power over my life. When I look at my hand I have control over the movement of each finger. In the same way I have power over my mind. I create my thoughts and feelings, no one else.

7. Silently and gently, I lift my awareness beyond the physical – the senses, experiences, sounds and actions. I take myself to a region of pure, golden red light, to my eternal home. Deep silence embraces me.

8. I gently turn my thoughts to the One we have called the Almighty. I see Him as a subtle sun-like Being, just radiating that might in the form of peace, love, joy, purity, truth.

9. I spend time with each of these qualities as I plug into the Source of spiritual Power. I feel how His Peace empowers me

10. I feel how His Love empowers me.

Commentary.

11. I feel how His Joy empowers me.

12. I feel how His Purity empowers me.

13. I feel how His Truth empowers me.

14. In this divine union between the soul and the Supreme, falsehood cracks and falls away, and the soul returns to its natural essence. I am connected with the Source of Spiritual Power and now comprehend the real depth of His title of Almighty.

15. He is not just a Source of Powers and Qualities. He is also the essence all relationships. The perfect Mother, Father, Teacher, Guide and Friend.

16. With a feeling of great love and humility. I consider each of these relationships and how they empowered me. I feel how as my Mother, He empowers me.

17. I feel how as my Father, He empowers me.

18. I feel how as my Teacher, He empowers me..

19. I feel how as my Guide, He empowers me.

20. I feel how as my Friend, He empowers me.

21. +I remain in the bliss of this connection and relationship and gradually come back to the normality of my surroundings. The connection with the eternal Home of light remains, the companionship with the Powerful One remains. I feel totally empowered to live my life in the best way possible.