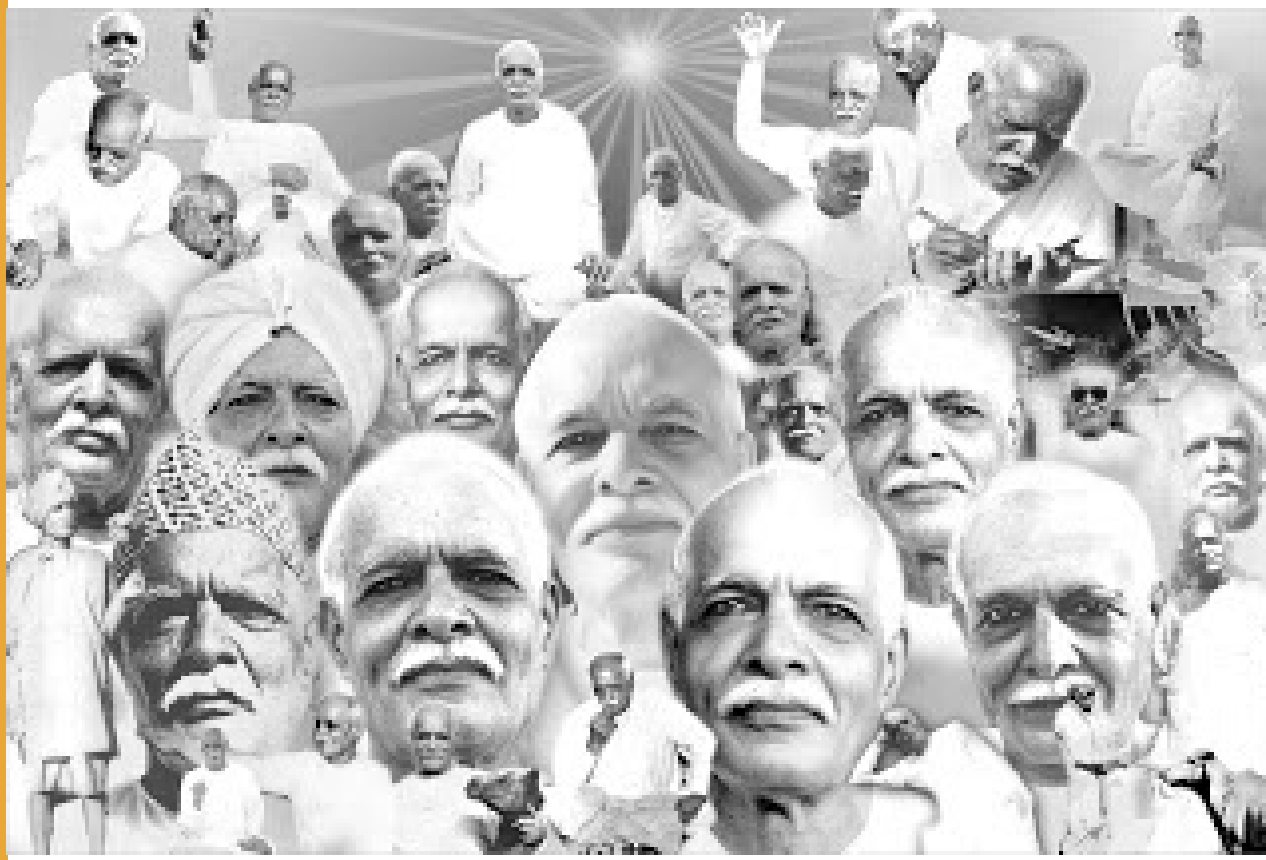
Introduction.

January 2020

# Celebration

## Return to the Source Outward-facing Finale

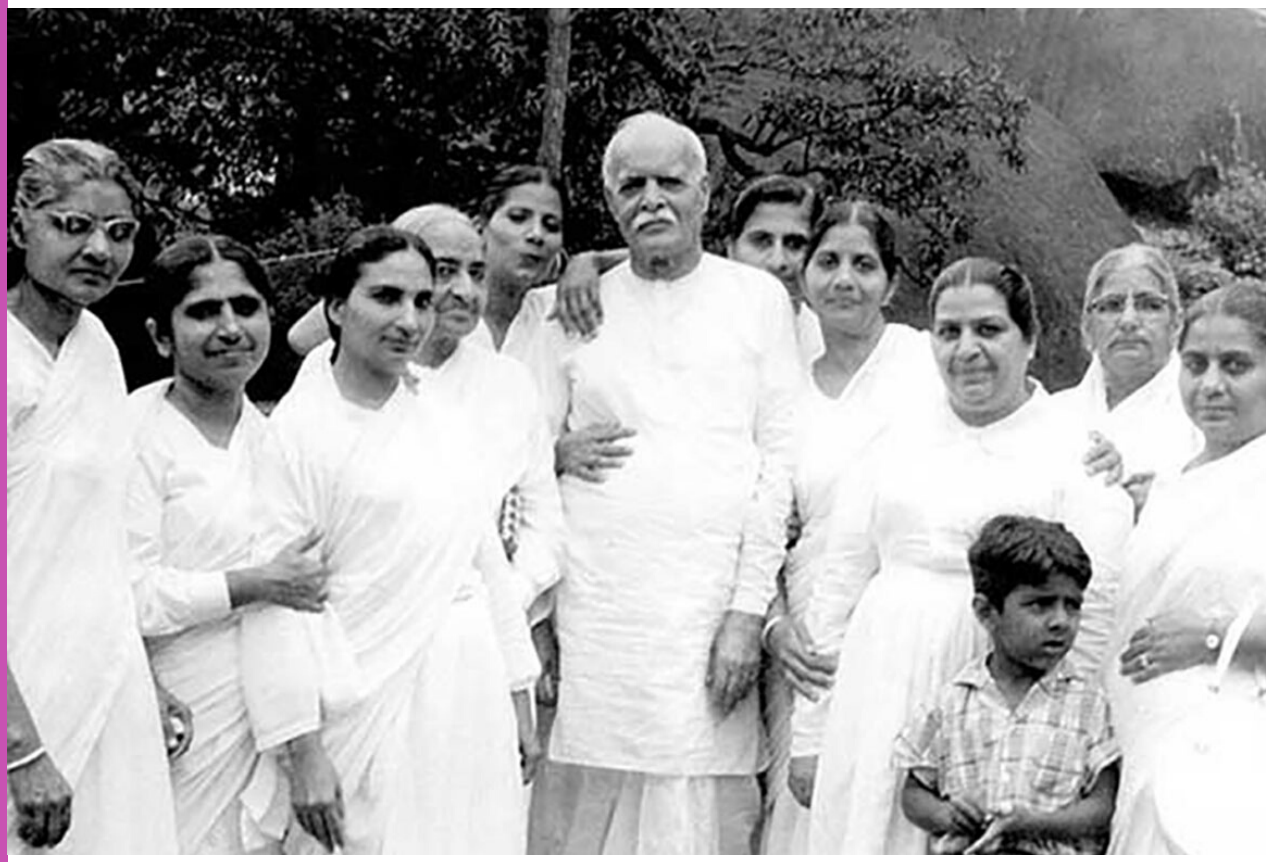


We hope you have enjoyed these past months of this outward facing focus on Return to the Source. This is a short session suggested to celebrate in honour of Brahma Baba as an inspiration of one who was first to Return to the Source.

Conversation.

# Conversation process

**Aim: to celebrate the life of Brahma Baba, the founder of the Brahma Kumaris, as an example and role model of one who spent time with the Source.**



**Step 1:** Introduction Welcome the group. Let them know that this session will be focused on a role model, the founder of the Brahma Kumaris as it is the month we celebrate his example.

**Step 2:** Ask people to take a moment to reflect on the qualities that have encountered with the Brahma Kumaris.

Ask: What is it that people seem to appreciate most about the BKs? Hear answers. (Some may say they appreciate the work we do, or our way of being and doing things.)

# RETURN TO THE SOURCE

Conversation.

**Step 3:** After a brief conversation ask people: What would the founder be like to inspire such a world-wide gathering/movement?

Let's imagine together. Let people reflect and think for a few moments and ask them to share their reflections. As an instrument of God, he spent so many years in close contact with the Source, in meditation, silence, yet loving family person.

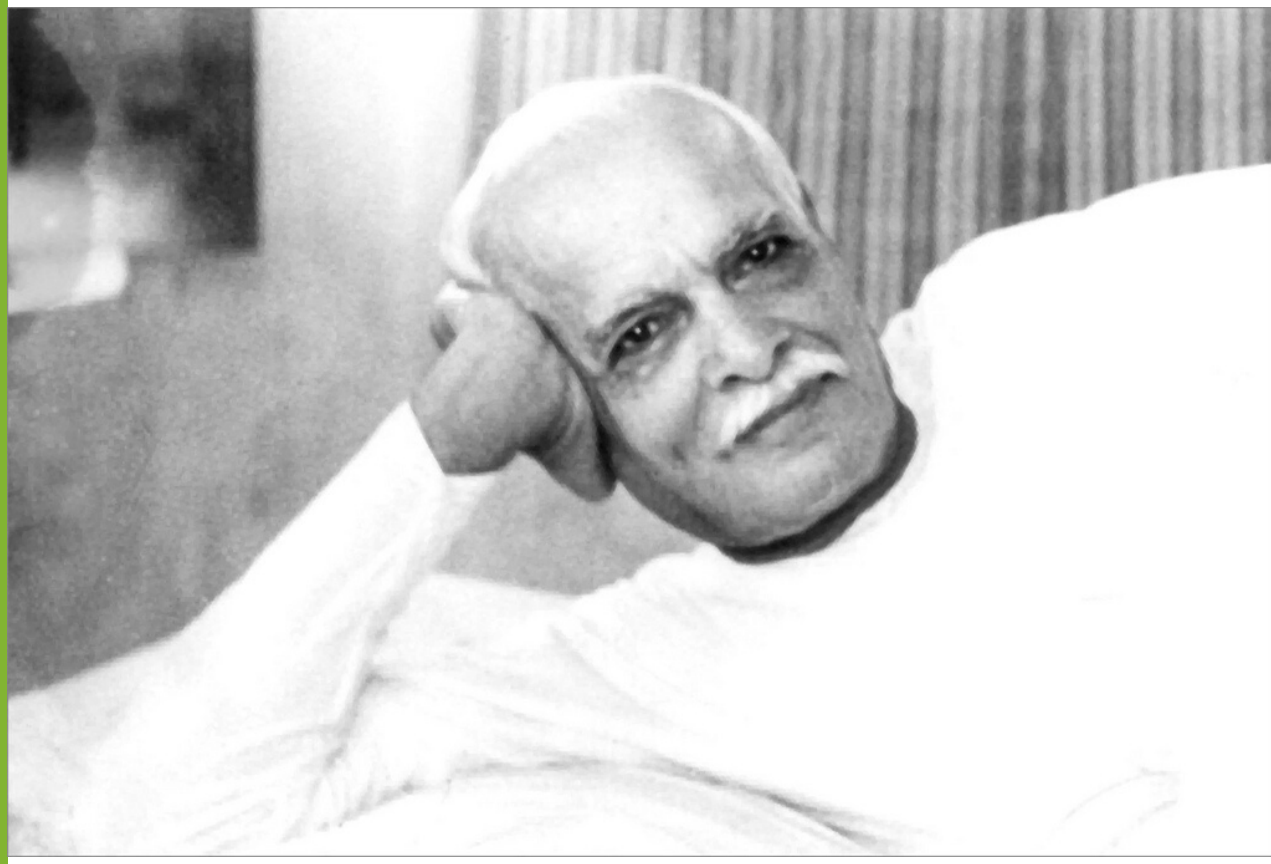
Share your stories about Brahma Baba after hearing what others think such a person would be like.

**Show video:**
ONE https://www.youtube.com/watch?v=y_eNw_a8Mmo

Commentary.

# Commentary:

**Please read this through completely and then dwell on each of the 18 steps so that you can get the most out of them stop.**



1. I sit with the aim of experiencing my own highest potential. I am ready and open for this.

2. I know that this is possible. I have become aware of the very clear example of Brahma Baba. He is not only example of inspiring behavior; he is also an example of complete dedication to the practice of meditation.

3. I imagine in front of me a scene of his own discipline and understanding. God, the Source of all spiritual qualities, had become his constant Companion.

Commentary.

4. He had dedicated his life to serving others spiritually. In order to serve, he had to charge his own battery very well.

5. Just by remembering his example, I can accompany his steps in meditation, as if I was sitting beside him and he was guiding me.

6. I become aware of the two worlds – the one within me that I have to strengthen and the one outside that I have to serve.

7. Very gently, I invoke the presence of the One, God the seed of all spiritual qualities. Very quickly, I am in front of Him, aware of His subtle light and power.

8. No other connection is more important than this one. It is through this that I can recharge myself completely so that I can better represent Him as an instrument of this divine force in the world.

9. I start a loving, heart-to-heart conversation with the One who is the best Father, who has such deep concern for my welfare. What can I say to such a Father?

10. I am now in front of the one who is my Mother, who nurtures me with such love. What can I say to such a Mother?

11. I am now in front of the one who is my Teacher, who gives me all of the spiritual knowledge that I need to understand both the scenes that happen around me and the work that I have to do in the world. What can I say to such a Teacher?

12. I am now in front of the one who is my Guide, who shows me the path to become liberated from my ignorance and confusion. What can I say to such a Guide?

Commentary.

13. I am now in front of the one who is my eternal Friend, who goes in front of me and encourages me on, who holds my hand as I go through my different situations and relationships, who moves behind me to give me support if my own courage fails. What can I say to such a Friend?

14. I remain in front of the One who is the image of all sustenance, the Source of all the qualities and powers that I (and we) need to make our lives and world better. I just enjoy this realisation in silence.

15. I feel the fortune that I am receiving from the Bestower of all fortune.

16. I sit beside that One and have a glimpse of the world as He sees it. How much mercy and compassion flow out of me towards the world?

17. I once again thank this intuitive experience of how Brahma Baba meditated and the love that he had for God, the Source.

18. I come back from this deep experience of silence, having been inspired by the subtle presence of Brahma Baba.