

RETURN TO THE SOURCE



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

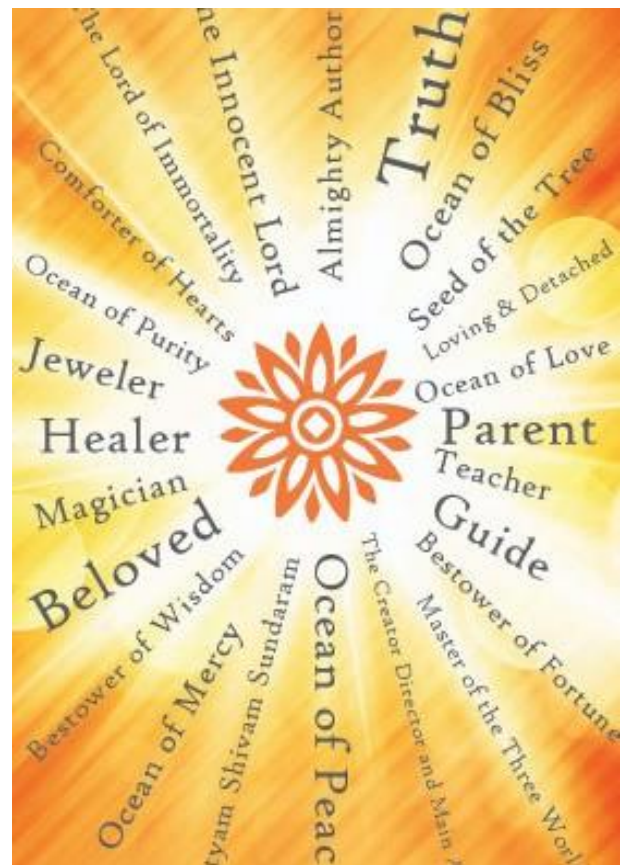
Liberator

December

Source of Power

January

Celebration





Introduction.

November 2019 God as Liberator

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 becoming free with God's help

Meditation

Introduction: Welcome the group members and introduce the focus of this session -God as Liberator.



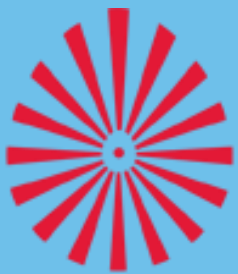
Start by asking people to think about themselves when they are their 'best'. What it looks like/feels like.

"Take a moment and imagine your complete and perfect self – the soul that is you – having done all the work to be the best you can be. What would be the experience of this completeness? Wholeness?"

With that image firmly in your mind, return to the group.



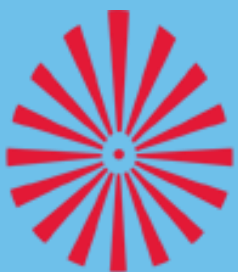
Ask each person to think about one barrier or obstacle they are experiencing now that stops them from being their best – e.g. a pattern of thoughts or feelings, a negative behaviour or habit.



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Workshop.



C

Give each person 3-4 strips of paper (2 inches wide) and ask them to write each obstacle in big letters on a strip of paper (one obstacle per strip).

D

Ask them to share their 2-3 obstacles with a person sitting next to them.



E

Create a chain of barriers by having each person tape (or staple) the ends of one strip of paper into a loop. Each person says aloud one word to describe what is on their paper as they connect it as a link in the chain.

As each person speaks, they loop their obstacle and tape or staple it through the previous one. If the group is large, they could be broken down into smaller groups of 8-10 people. Until there is a big chain sitting on the floor or table in the middle of the group.

F

Once all the obstacles are attached as a paper chain and it loops back connecting the first and last loop, call it 'the chain that limits us from being who we truly are'.

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Workshop.



Ask people what the word 'chain' suggests to them. What are the positive and negative connotations of the word? Whatever the connotation, a chain can constrain so we lose our freedom. We must loosen or remove these chains in order to be free. HOW?



On a flipchart draw the two cycles:

Vicious Cycle—Negative thoughts lead to feeling bad lead to saying negative things lead to acting in ways that hurt self or others lead to negative thoughts.

Virtuous Cycle—Positive thoughts lead to feeling good lead to speaking well of others leads to actions that uplift self and others leads to positive thoughts.



Suggest that the chain is a vicious cycle. Introduce the idea that we can break out of the Vicious Cycle anywhere to begin a new Virtuous Cycle.

This is what liberation is about – breaking the chain of vicious cycles to be free.



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Workshop.



Suggest that this is where God's role is to fill us with the pure energy that acts as power to break negative cycles.

We also learn from God's example of being all-loving and all-powerful that we, too, can learn to overcome negativity by raising our gaze above the battlefield to access a pure energy that empowers and clarifies.

We also understand that our thoughts will create the chains that bind us, by changing our thoughts we can change the cycle.



Have a short meditation to connect to the Source of Liberation and draw the energy required to break the cycle.

Ask each person to look at the 'chain that limits us' and consider where they could break into this vicious chain/cycle to create a virtuous cycle for themselves.

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Workshop.



If comfortable you could read out some samples of the obstacles on the chain and ask for suggestions/strategies that could loosen, remove, and/or replace these chains.

Ask the group to brainstorm and generate ideas for each one and for the person who wrote it to listen.

If not comfortable ask each person to consider this privately then ask people to share in pairs.



End the session by asking each person to find their paper link in the chain and rip it apart, breaking the chain.

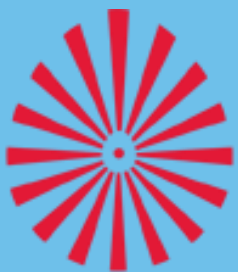


Reflecting– Ask them to reflect on the whole session:

- WHAT was most helpful to you in this session?
- What do the activities suggest to you about liberation?
- What insights do you have about God's role in liberation?
- Have them share their thoughts in the group.

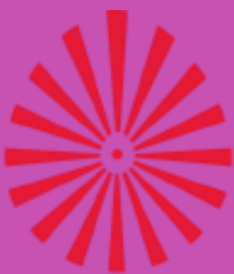
Embodying Learning–Suggest to the group that they pick one strategy from the session which they know they could use this week in one area of their life to liberate themselves from a place where they feel caught in a vicious cycle.

End with silence or a song (suggestion: Be Who You Were Born To Be by Bliss).5 minutes





Conversation.



Small group conversation

(Suggested as a separate from the workshop.)



1. What would you like to be free FROM?
2. What would you like to be free TO...?(Acknowledge two sides to freedom/liberation.)
3. How would you feel if you were totally free?
4. What is God's role in liberating me and what part do I play in my own liberation?

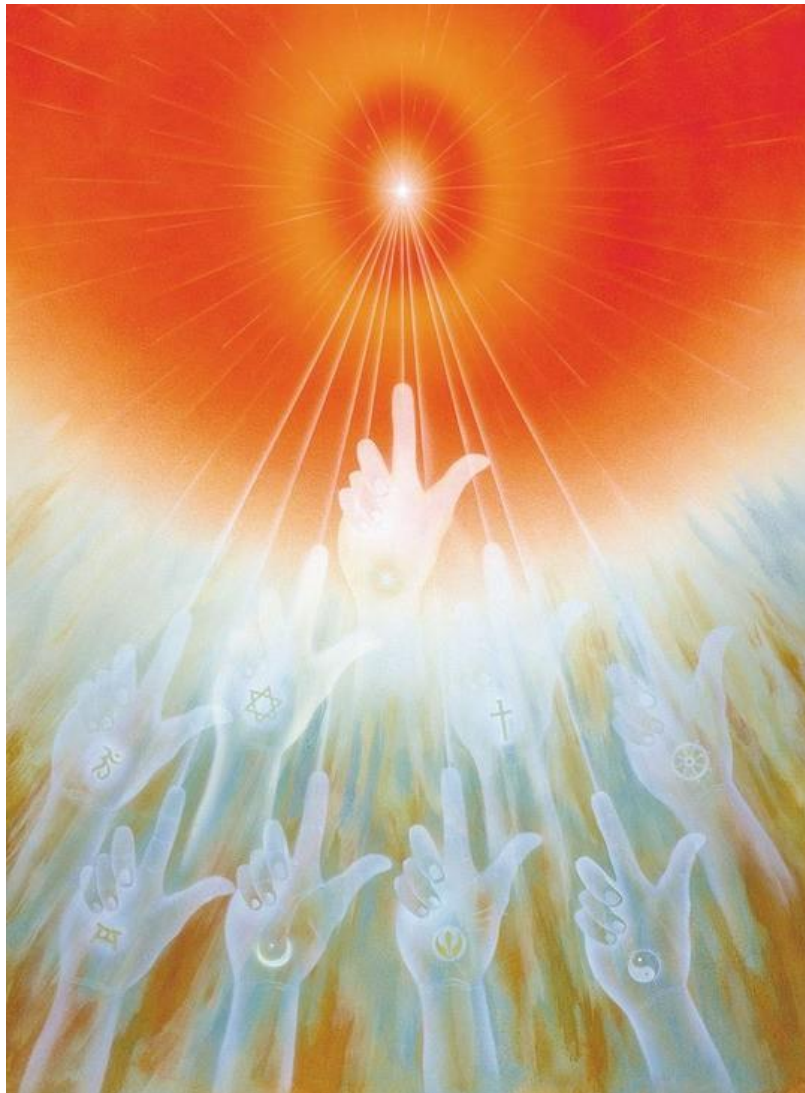


Commentary.

Commentary: God as Liberator

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 the experience of direct peace from 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.



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Commentary.

I stay in the awareness of being the spiritual entity giving life
to this physical body...

I am a tiny point of conscious energy sitting on my seat of
command behind the middle of the forehead...

At this moment, I'm in the centre of everything that is going
on around me, my life and the lives of all others...

Since I am calm and stable I can feel my peace...

Since I'm not running after things mentally, I feel my deep
contentment...



Since I feel very still, I am aware of my basic nature of love
towards everything and everyone...

I am aware of the world going on around me, but I send my
thoughts to a dimension of light beyond the physical...
to my sweet eternal home...

On the screen of my mind I visualise the Divine Source, the
one we call by different names as God...

I am in front of that one and I feel the strength that is in His
rays...

I begin a loving conversation with Him about freedom...
You are eternally free because You know the secrets behind
creation...

You lend me Your vision so that I can feel the depth of those
secrets...

Sitting here mentally with You, I look back on the stage where
I play my different roles...



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Commentary.



I see how the real and eternal being that I am had become
caught up in the consequences of thoughts, words and actions
that came up in the course of play my roles...

You help me feel free from the play...

You fill my heart with the deepest love towards the people and
objects that are part of my roles in the physical world...
Because of that love I am free from the needs connected with
others and things...



I am totally light in both senses – illuminated and without any
weight...

I feel totally liberated from thinking about the roles and
activities...

You make me feel free from all burden and waste...
You fill me with so much spiritual power that I am free to
serve selflessly...

Even from this elevated state I can send pure vibrations to
everyone and everything connected with me...

To the whole world and all of my sisters and brothers...
I remain a few moments more just enjoying how light and free
You make me...

Knowing that I can come back to this loving connection
whenever I want...

I gradually come back to the physical surroundings...