

## SOLUTIONS

### BASED ON TENSION-FREE SILENCE

Join us for this unique, experiential retreat for select invited guests:  
medical doctors, medical and multidisciplinary scientists and intellectuals  
21 - 23 November 2014  
Brahma Kumaris World Spiritual University  
Retreat-centre, Sonapat, Delhi



Phone Nos.

BK. Dr. Satish Gupta 00 91 94 13 37 30 79

BK. Sis. Guddi 00 91 70 23 45 36 00

pls register online at.....



## The Retreat

This retreat offers you a few days in which:

- your mind and body can become calm and cool
- your energy to carry on and keep on going can be restored
- your life can be renewed.

These days, spiritual experiences are the only means to keep your life safely and securely on track. In this retreat, you will have several outstandingly deep experiences that will provide insights as to how you can remain safe and stable in all areas of your personal and professional life. The retreat is designed in such a way that your unique spiritual personality will gradually be empowered to emerge effective solutions to all current and future situations.

The retreat will be repeated and refined every 3 months, to enable you to establish a clear, consistent, tension-free basis for achieving the above aims with gentle ease.

Components of each retreat will include:

- Introduction to the experience of deep mental silence in which an energetic mental link with The Supreme Energy can be forged;
- Thoughtful exchanges with other participants in small groups, guided gently by experienced facilitators;
- Internal and external space and time for you to assimilate your experiences and contemplate their effects on your life and profession;
- Silent walks to deepen your relationship with your Supreme Friend;
- Walks with new-found friends participating in the retreat—according to your choice and need;
- Exchanges, with God and your co-participants, of many visible and invisible spiritual 'flowers';
- Individual and small group meetings with BK-elders in which you can tap their wisdom in response to your needs;
- Individual follow-up meetings with a BK-facilitator of your choice.

All verbal sessions of the retreat will be translated into English and live transmission of retreat activities will be provided to registrants across the world who are unable to travel.

IN CASE OF NEED YOU CAN ARRIVE as early as 19TH OR 20TH NOVEMBER AND DEPART as late as 24TH OR 25TH NOVEMBER 2014.

A VERY WARM CELESTIAL WELCOME!

## Experiences

How BK retreats have had positive influences on the lives of people who attended them:

I once was walking with Sis. Guddi in Madhuban. She asked, "Are you a soul?" I looked at her and she repeated the question. At that moment my body awareness totally vanished.

Later, in a meditation, I felt as if a large angelic light appeared behind me. It became smaller and smaller and entered my heart from behind and moved towards the front of my heart. The world was filled with love and light. After these BKWSU-retreats, I can say that my life now is such, that I walk through it in tension-free bliss.



Mr. Luc Smít, CEO of the Leading Real Estate in Netherlands.



After my first time attending a spiritual BK retreat in 2013, I felt very content. After coming back home, I remained in a blissful stage although surrounded by noisy circumstances.

Till today I am very glad to say that my spiritual progress has had a very good influence on my family at home. I felt very comfortable staying with the BK family for such a long time, as I was able to be as and who I really am. Whatever I did, I enjoyed.

When I experienced deep meditation in the divine atmosphere - my mind was full of peace and embraced with love and light. I realized that the Supreme Soul is not far away, but close to me, looking at me lovingly, and guiding me all the time. Whenever I, the soul, experienced being filled with God's love, love was naturally flowing from me to the surroundings.

Mrs. Harumi Ito, Japan



I started to enjoy life which had all the time been a battle before. I could reconnect with my inner power, and got more clarity and self respect. My health (had many psychosomatic symptoms) and my relationships with others improved; panic attacks stopped; I got calm and relaxed; and I got more and more independent from others because I got the answers directly from the Supreme, God. I feel more and more liberated, free from sorrow, happy and stable. I enjoy living and also sharing my inner peace and happiness with others.

Mrs. Christina Falk, Teacher for particularly problematic children, Germany





SILENCE IS THE KEY TO THE LANGUAGE OF  
HEAVEN ON EARTH.

SILENCE IS THE STRONGEST POWER EXISTING.

SILENCE IS AN OMNISCIENT EXPERIENCE.



THE SUPREME'S  
IMMENSE ENERGY  
IS THE SEED