

VISIT BY BK JUDY JOHNSON from Halifax, Nova Scotia, Canada to Australia



Between 24 July and 14 August 2017, Judy Johnson visited BK Centres in Sydney and Melbourne, Australia. She conducted workshops for BKs and gave talks for evening classes, which were enjoyed by all.

SYDNEY

Thu 27 July – Five Dock

At BK InnerSpace in Five Dock, Sydney, Judy presented to about 30 participants at the Spirituality Matters seminar series on *The Dance of Change*. She included four steps to help us dance with change...

I - soul

C - choose to change, concentrate, will (power)

A - activate image, actually see it

N - never mind distractions

bring in the

Divine

Observer

Sat 29 July – Blue Mountains Retreat Centre, Leura

Over 50 BKs participated in a day retreat on *Vishnu Experience in the Confluence Age* and discovered new ways of looking at differences between others in the gathering and the balancing of opposing energies within the self. Judy's lightness and her depth of understanding were appreciated by all.



Tue 8 August – East Sydney

Judy conducted a lunchtime meditation with Sr Conny at the city fringe meditation space.

Sat 12 August – Five Dock

Five interstate guests especially came for the Facilitation Training Skills for BKs, a half day program which introduced participants to contemporary creative ways of facilitating. Judy has many inspiring tools in her facilitation toolkit which not only assist people to understand spiritual concepts but to do this in an appealing modern way. All participants were very enthusiastic about these methods.

MELBOURNE

Wed 2 and Thu 3 August – Fitzroy and Sunshine West

Judy gave evening classes at the Centres on *The Seven Secrets of the Universe* and *Dancing with Change*. On the Friday she went to the retreat centre for a BK weekend retreat.

Fri-Sun 4-6 August – Centre for Spiritual Learning Peninsula

The Victorian family had a wonderful varied retreat with Sr Judy. This included a fun Friday night session on *Oh the Places You'll Go*, a 1-day *Facilitation Skills Training* on Saturday, *Vishnu in The Confluence Age* experience on Saturday evening, and then an engaging interactive Murli churning experience on Sunday morning. Nearly 70 souls attended these retreats, and a wonderful family scene was experienced, with Sr Judy conducting much of the final Vishnu session with a child on her lap, providing a model of the inclusiveness she had cultivated throughout. This was followed by a youth retreat.

The themes of engagement, participation, and respect for different learning styles, and methods of participation throughout each of the programs built on each other and were valued by all. The Facilitation Skills Training was identified as a key training opportunity to support teachers in implementing the spirit of the new Core Curriculum, and for renewed efforts to enhance family cohesion within our BK community. It will provide a foundation for further training opportunities being planned by the Care and Wellbeing group, and Sr Judy has graciously indicated interest to come back to build on this in future years.

Margot Schofield (Fitzroy Centre)



Participant Experiences

The facilitators training and Vishnu stage conducted by Sr Judy was a real eye opener. It was a wonderful and fulfilling experience as many aspects were integrated, blending feeling and a deep understanding. Sr Judy was one to facilitate and not teach, all the time showing us how to do the same. The whole time with her was *out of the box* but also very structured, the blend of it making it a remarkable experience.

We started the Saturday with being open and present, important and initial steps for being a facilitator. An important method that stayed with me was that we must engage the intellect of those we deliver to, so then it becomes all about the experience. Through structured questioning, I was taken to reflect and come to understand what I was ready to open in my soul at the moment.

The whole time there were a lot of activities in groups designed to give a practical understanding of being a good facilitator. I especially liked the task of just being an observer and catching the vibrations of the one recounting their experience. These may have seemed just games but they were actually a valuable catalyst for self-analysis. With few words, Sr Judy was able to give an understanding of "Intention-based listening" as a very important aspect of being soul conscious. We were then led to the understanding that facilitating is an invisible path by which we are a guide supporting a creative process of learning, deepening and sharing. We were also given the steps and the questions to go with the steps.



The concluding part of the facilitator's session was a real finale as, again in groups, we realized how each of us experience and imbibe understanding differently according to our learning and personality styles. As groups, we realized how we were different and how important it is to allow people to learn without teaching, being mindful of these differences.

All in all, I felt that Sister Judy had a very easy way of letting me personally come to realize many deep points about myself, facilitating, the variety of souls amongst us, and about group dynamics. The whole experience was phenomenal."

Ali Reshamavala, (Doncaster Class Location)

"Oh the Places You'll Go" - The Friday night's session of watching a story narrated in a drawing form, and then discussing with a group out in a relaxed space, with a cup of coffee, stimulated our minds and engaged us for the weekend. All the activities were very nicely planned. Any discussion in a group or group expression (eg. Joy, love) was wonderful. The "Vishnu Experience" session and the handout gave clarity of my personality now and vision of becoming Vishnu. Hearty thanks to Sis. Judy. *Kalpna Trivedi (Sunshine West)*

Om shanti.