

Information on Retreats that will run during the Double Foreigner Programs 2018 – 2019 Season, Madhuban

Dear Center Coordinators,

The overall theme for this season's Double Foreigner Programs is: **Eternal Mantras – Experiencing Manmanabhav & Madhyajibhav.**

As usual in advance of each group we will email you details of the special activities and sessions that will take place in each group. This season there will be a number of new retreats that will run and we are writing to you to let you know about these. It is possible there will be a few more retreats added to the list, but as we understand many of you are booking tickets, we wanted to write to you know.

The Registration links and process will be sent out to you in due course. If you would like to join a retreat and you need translation: Please talk to your Language Coordinator (via your National Coordinator). Language Coordinators will explain which retreats there will be translation available for.

<p>VOLCANIC YOGA RETREAT According to the present time the aim for your efforts should be to become Volcanic in form. In the beginning it was the part of being a goddess of coolness. Now play your part being the goddess of power. To become an image to grant visions you need to become the form of fire. This is the final effort. The spark of destruction will be ignited when you adopt the fiery form. With this final effort the speed of self service and destruction will move with fast speed. Volcanic form means – the form of being a light and might house. With this volcanic stage you will burn your devilish sanskaras and nature and become completely pure, and burn the rubbish of the world and become an instrument for world transformation.</p>	<p>9-10 October 2 Days Group 1 Coordinator: Meera ben</p>
<p>SPECIAL RETREAT FOR THOSE 30 YEARS AND OVER IN GYAN Full details will be sent out in the near future. Invitations are for those 30 years and above who are main instruments (living within the Centre or otherwise)</p>	<p>24-27 October 4 Days Group 2 Coordinator: Patricia ben (Limit of 50 participants)</p>
<p>MANMANABHAV TO MADHYAJIBHAV – A CLOSE-UP VIEW OF MY COMPLETION RETREAT The objective of this Retreat is to have a close-up view and experience of our respective golden aged sanskaras...starting with our own unfolding process to our highest selves, topped with deep experiences with BapDada, the seniors and the family. During the retreat, we will explore and empower the practices that form the foundation of our Brahmin life and carry us towards the crystallization of our objective.</p>	<p>___ October 2 Days Group 2 Coordinator: Gaitree ben</p>
<p>TRANSITION TO ANGEL, TO DEITY RETREAT A retreat for Brahmins to explore and personalise the process of becoming an angel and a deity. What does it take to become angelic? What is it like to be a deity? Embedded within your subconsciousness are the memories of both the angel and deity that you once were. In this year of completion, reactivate these hidden memories, upgrade your practice and fulfil BapDada's desire.</p>	<p>___ October 2 Days Group 2 Coordinator: Peter Clarke bhai, Australia</p>

<p>THE ETERNAL MANTRAS – MANMANABHAV & MADHYAJIBHAV RETREAT BapDada has inspired us to hold the awareness of this year as being the year of completion; to go into the depths of the experience of our pure essence and reveal the blueprint of our perfection. This retreat will provide the opportunity for us to ENTER into a sacred space and EXPLORE the beauty, power and wisdom that already lies within. Through reflective practices, silence, creative workshops, meaningful conversations and cultivating new learning methods, we will immerse ourselves to facilitate deeper EXPERIENCES, as we journey to EMERGE our perfection and EXPRESS the wonder of Baba’s magic.</p>	<p>26-29 Dec 4 Days Group 6 Coordinators: Nita ben and Lekha ben</p>
<p>ETERNAL MANTRAS: EXPERIENCING MANMANABHAV & MADHYAJIBHAV BHATTI – RETREAT In the angelic month of January there will be 8 special days with only morning class and evening bhathis. Classes will sustain the bhathi's in the evening. The emphasis is on the way Brahma Baba and Mama experienced the eternal mantra's manmanabhav and madhyajibhav. How we can walk in their footsteps and experience the mantras ourselves. A special journal on the Madhuban theme is available with murli points, inspirations from Mama and Baba, charting and many reflective questions to go deeper on the pilgrimages to our home and our kingdom, to become one with our true and perfect self. The focus will be on yoga so we can become embodiments of manmanabhav and madhyajibhav and finally leave Madhuban in a state of completeness and with a lot of strength.</p>	<p>12-19 Jan 8 Days Group 7 Coordinators: Petra ben and Rajesh bhai</p>
<p>SPIRIT OF CARE RETREAT - "FROM YOUR INNER SANCTUARY, OPEN YOUR WINGS We all have our own silent, safe and wise place within us – at the epi-centre of our soul. The place where the light burns brightest... A ‘sanctuary’ of our own... a sacred place within where we can take refuge and find peace... a place where God’s presence waits patiently for our return. With one thought we can be there... to find peace, re-connection, love and the wisdom of insight... Here in our inner sanctuary we can be free from the constraints of the world. Free to heal the self, our relationship with others, empower nature and the elements, and sit in God’s presence. We would be happy if you could join us to explore this inner sanctuary over 3 days at this the 10th anniversary of the Spirit of Care retreat. We will explore the sacredness, silence and greatness our inner sanctuary offers us... Spread your wings and fly free...</p>	<p>12-14 Feb 3 Days Group 9 Coordinators:Valeriane ben and Chrissy ben</p>
<p>A REFLECTIVE PERSONAL JOURNEY RETREAT – FOR THOSE 25 YEARS AND OVER IN GYAN Uses the tools of honest reflection, questions, curiosity and journaling to go deep inside ourselves, in the container of silence. The questions are directed towards helping us review our spiritual life to date, discover aspects that may have been hindrances, and aspects that we can now develop in order to progress further. The idea is to re-awaken our awareness of the powerful future destiny that awaits us. The retreat format includes a small amount of sharing, evening meditations together, and the rest of the time spent in solitude, for personal reflection.</p>	<p>12-15 Feb 3.5 days Group 9 Coordinator: Manda ben Limited to 20 participants</p>
<p>BAD (BRAHMIN TO ANGEL TO DEITY) RETREAT An experiential retreat in which we will invite the Future forms to come closer to the Present. To remove the remaining masks of the Past and reveal the Divinity of our Original Golden Aged consciousness. With input from Seniors, personal reflections and uplifting co-sharing, we will take further steps to returning to our Royal SwaRaja state.....</p>	<p>19-20 Feb 2 Days Group 9 Coordinator: Yogesh bhai</p>

<p>TRANSLATOR’S RETREAT - CREATING FORTUNE BY USING YOUR SPECIALTIES Everyone has a specialty and by recognising it, each person may create their fortune. For a day, all Baba’s translators will get together to work on their own specialty and see how to improve it. ONLY FOR TRANSLATORS – IT IS NECESSARY TO UNDERSTAND ENGLISH.</p>	<p>__ March 1 Day Group 10 Coordinator: Marcelo bhai</p>
<p>POWER OF CONCENTRATION The aim of this retreat is to understand the nature and importance of practicing and training CONCENTRATION for better results in yoga. The Retreat will include practices that help in developing concentration, a Silence day to practise increasing the love for the self and Baba, journaling and reflection. Excerpts of Baba’s murlis and questions for the day will be offered. Participant Requirement: no use of cellphone, computer, reading or any distracting practice.</p>	<p>__ March 2.5 days Group 10 Coordinator: Luciana Ferraz ben</p>
<p>“CLOSING THE GAP” – EXPERIENCE <i>Awaken our inner capacity of CONSTANTLY creating our stage</i> For 2 days we close the gap between what we are now in our everyday life and what we will be at the end. For this, we awaken the inner capacity of CONSTANTLY CREATING OUR STAGE. This stage of ongoing inner activeness we can see in the jewels of our Brahmin family. We can also emerge that sanskar and take this experience back from Madhuban. Let’s start a new phase of effort making: Silent, focussed, constant, very creative, smilingly and never alone but in Baba’s supportive gaze. Be prepared to spend a lot of time with yourself – and Baba. With His help we can bring about that change.</p>	<p>__ March 2 Days Group 10 Coordinators: Mathias bhai and Shashi ben, UK</p>
<p>A PORTAL INTO GOLDEN AGE Heaven is nine hundred and twelve thousand, five hundred days long. That's nine hundred and twelve thousand, five hundred days without fear of any sort, without stress or anguish, pain or sorrow. Without having to get up early to go to work, without going to bed exhausted. Without being scared of the dark. Without having to labour for food or shelter. It's a very long time to be living like that so what will you do each day? The aim of this silent, introverted retreat is to go deep, explore and experience, using art and craft, dance and song and the written and spoken word, the details of our days together in Heaven, within a specially constructed and decorated section of Gyan Sarovar. We will investigate the Golden Age nature, the animal kingdom and human relationships in an immersive, experimental atmosphere designed to draw from your subconscious mind, your ancient past. There will be creative activities balanced with a lot of inwards reflection in order for you to discover your unique self, as you were in the beginning.</p>	<p>__ April 2 Days Group 12 Coordinator: Phil bhai</p>

NOTICE REGARDING TRUE SELF ESTEEM COURSES

These courses will be offered in Groups 1, 2, October, Group 9, February and Group 10, March. Registration will be in Global Office on arrival in Gyan Sarovar.

If you have any questions please email us at: dfseason@brahmakumaris.org

In Baba’s yaad,
Double Foreigner Program Team