
RETREAT FOR BK INTERNATIONAL PARENTS DECEMBER 2018

**Dear Centre Co-ordinators,
Retreat for BK International Parents December 26-30, 2018**

Each December is a time when families visit Madhuban, children participate in Children's Retreat and young people participate in the International Youth Retreat.

This upcoming December 2018, we shall also be holding a retreat for parents during the time of the Children and Youth Retreats. The sessions will take into account the Children Retreat's timing. Parents will be asked to register any time before December 26th at the Global Office in Gyan Sarovar. The classroom location will be announced on December 26th for your information and convenience. For any further information please contact **Sister Hillien from Holland at bkhillien@gmail.com**.

If you are an International Parent visiting Madhuban in December, you are very welcome to attend whether or not your children are in their respective retreats.

11th International Parents Retreat Honoring the Self and the Family



4 1/2 - Day Parents Retreat from December 26 - 30, 2018

As Brahmins we come to realize that every thought, every word and every action matters. How can we make sure that our mind is concentrated and that our words and actions are elevated not just about the self but also about others?

The method for this is to check what is keeping me from doing this. Baba says we have to come to know the self, the true self at a very deep level. We have to understand the heart, our feelings and how the heart is affecting the mind. If we have any type of anxiety within the heart and mind our thoughts become weak and negative and we cannot honor the self or the family.

In this retreat we will explore and discover the spiritual tools that may help us deal with anxiety and feelings of restlessness and negativity in life. We will learn how to replace this misalignment and step into our highest potential naturally and thereby honor the self and the family.

In Baba's loving remembrance,
BK International Parents Retreat Team