

Information on Double Foreigner Program February, Madhuban, 2017 *Including Course Registration for February*

Dear Center Coordinators,

The overall theme for this season's Double Foreigner Programs is: **A Personal Transformation Program: A Simple Life of Gyan and Yoga.**

For Group 6, A Personal Transformation Program will run from 14th – 26th February (with arrivals on 12/13 February). There will be a number of activities going on including reflective conversations, yoga bhattis, courses, workshops, master classes, soul conscious labs & case studies, first timers' orientation, first timers' interactive garden welcome, panels and courses, etc.

COURSES for Group 6

We would like to invite the students at your Centres who will be in Madhuban for these groups to register online for the courses. It would be lovely if you could please pass this information to all BKs that are in **connection with your Center**. The courses will take place in Gyan Sarovar.

Please register for the courses of your choice at:

1) <http://tinyurl.com/zo8fbet> (True Self Esteem)

2) <http://tinyurl.com/huvyr49> (Feb 25 Courses)

*Please do register online at least 2 weeks in advance of the course date. This will enable us to arrange the necessary facilities. When you register, please **only choose that course you will be able to attend**, according to your time in Madhuban.*

If you need translation, please talk to your Language Coordinator (via your National Coordinator). Language Coordinators will organize the courses and they will explain which courses you may attend so there will be translation available.

For Group 7 and Group 8 in March and April – we will be sending you a notice for these groups soon.

Many thanks

In Baba's yaad

Double Foreigner Program Team

DATE	Courses for Group 6, February <i>All Courses are in English - translation for other languages may be available.</i>	Course Facilitator
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	* True Self Esteem (*5 day morning only course will run concurrently with classes and other activities from the 17th– 21st)	
17, 18, 19, 20, 21 February 9.30am–12.30pm	<u>True Self Esteem Course</u> You are invited to attend an interactive, and insightful course on discovering and improving true self-esteem. We know a lot about self-respect from murlis, Baba and spiritual teachings – but do we have tools to accept and manage thoughts and feelings that have gone unacknowledged or unnoticed? In this course explore how to listen to myself and discover meaningful short cuts to spiritually managing my hurt thoughts/ confused feelings/unhealed interactions. Join this course for a group and individual learning experience.	Sr Grace and Br Peter

	On the 25 th please choose one of the following 4 courses that will be offered.	
25th February 9.30am–12.30pm 4:00pm– 6:00pm	Your perfect form is invoking you: Rediscover your inner beauty and find your “Element” Life is sending us inner and outer signals for self-transformation but, because of our body-consciousness, that is, because of our limited consciousness, we continue to blame others, circumstances or relationships and situations. We stand as victims and are therefore dependent instead of being masters. Explore through an interactive process ways to have a better feel/understanding of your own inner beauty and the importance of finding one's own “element” in spirituality and creativity.	Br Benoit
25th February 9.30am–12.30pm 4:00pm– 6:00pm	Steps to Surrender We can make efforts for years and years...or, we can surrender. This workshop will explore the Power of Humility as opposed the disempowerment of humiliation. It will also explore the Power of Vulnerability, of being ourselves and allowing others to be themselves...to fall and to get up again with grace.	Sr Morni
25th February 9.30am–12.30pm 4:00pm– 6:00pm	Knowing God Intimately Perhaps the greatest gift of the Confluence Age is that we have the chance to know God...not just as an idea, a theory or belief, but truly...wholly...experientially. And yet, perhaps the greatest frustration or even sorrow is that when the honeymoon of spiritual childhood finishes and we lose that experience it can sometimes be hard to recover it again. Mostly we don't know why and we don't know what to do and we do our very best with what we know...following shrimat with greater fervour and dedication, or throwing ourselves into service or even finally accepting that “well I am not one of the handful”.	Sr Caroline Ward
25th February 9.30am–12.30pm 4:00pm– 6:00pm	"Jeevan Mukti.....Now" An experiential and interactive journey, using the Key of Knowledge, towards the Ultimate state of personal freedom and happiness. We will reflect, listen, share, explore and discover with the tool of "edu-tainment.	Br Yogesh Sharda