

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

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 7, A Personal Transformation Program will run from 14<sup>th</sup> – 29<sup>th</sup> March** (with arrivals on 14/15<sup>th</sup> March). There will be a number of activities going on including a training course on raja yoga, course on self-esteem, a retreat on spiritual care, yoga bhattis, courses, workshops, master classes, case studies, first timers' orientation, first timers' interactive garden welcome, panels and courses, etc.

**COURSES for Group 7**

We would like to invite the students at your Centres who will be in Madhuban for this group 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/marchselfesteem> *True Self Esteem March 16-18*

2) <http://tinyurl.com/h95rbjv> *Courses March 23*

*Please do register on line 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.

*Many thanks*

*In Baba's yaad*

*Double Foreigner Program Team*

**Courses for Group 7** *All Courses are in English – translation for other languages may be available.*

**Course Facilitator**

**True Self Esteem Course – 16-18 March – 9.30am-12.30pm and 4.30pm-7.00pm**

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 Nonie (Peru),  
Sr Mary-Jeanne  
(Canada), Dr Sarah  
Eager (UK)

**The Art of Being - a creative inquiry into the soul – 23 March – 9.30am-12.30pm and 4.30pm – 6.00pm**

Experience using creative and expressive arts to inquire into the depth of consciousness. Through creativity we will explore spaces within ourselves that perhaps we haven't been to before, open doors that we haven't had the courage to open, or haven't known how to step through. Take new steps to listen to what your heart is really saying to you. Strengthen your intuition and increase spiritual power to move through barriers. These gentle, fun and non-threatening activities allow you to be ready to touch something deep within. "You can only create what you are ready to see!"

There will be sessions to choose from where we will explore spirituality and express our thoughts and feelings through activities like collage, painting, movement and sound. We'll be hearing and highlighting stories that may already exist inside us and there will be opportunities for sharing those stories.

Activities will require no skill or prior experience. Everyone will be encouraged to try something new, as the emphasis will be on moving through the process rather than creating a work of art. Join us in this exciting journey of self discovery.

Sr Chris (Australia)  
and other  
facilitators

**Raja Yoga and Plato's Allegory of the Cave – 23 March – 9.30am-12.30pm and 4.30pm – 6.00pm**

Plato's Ancient Western message of coming out from the cave of the shadows to the real world is one of the most accurate memorials of Baba's simple and ultimate gyan of waking up.

In his allegory of the cave, Plato, the beloved student of Socrates and the teacher of Aristotle shows clearly the contrast between fiction versus reality that is Drama versus the Home.

Plato is considered not only one of the world's best known and most widely read and studied philosophers but the Father of Metaphysics. It is most of all from Plato that we get the theory of Forms, according to which the physical world we know through the senses is only an imitation of the pure, eternal and unchanging world of the Forms.

Coming out of the Cave of Shadows is Baba's encouragement to take the high jump and experience liberation in life in a second.

Sr Anna (Lebanon)

**Profound Forgiveness and Healthy Relationships – 23 March – 9.30am-12.30pm and 4.30pm – 6.00pm**

Our relationships with others are ultimately a reflection of our relationship with our self. When we know the 'real me' and our 'true potential' we realize our own self-worth and value. Each of us is needed in the world, each of us has a gift to give to the world.

For there to be healing physically, mentally, or emotionally there needs to be a flow of energy. Love, forgiveness, gratitude and compassion bring vitality and strength to myself and to my relationships. In forgiveness of others I will not only learn how to forgive myself I have an opportunity to turn a challenge into a profound gift.

- Understand how our inner world and attitude affects our relationships
- Discover the root cause of conflict or unmet expectations
- Enjoy "Letting Go" and using meditation to experience peace and stillness
- Learn steps to forgiveness I call ASPIRE and manage pain and sorrow

Sr Elizabeth  
(Anubhuti, San  
Francisco, USA)