

PLEASE GIVE THIS NOTICE TO EACH INDIVIDUAL BEFORE COMING TO MADHUBAN - ALSO PLEASE ANNOUNCE IN THE CLASS

Dates and Outline for Double Foreigners Program in Gyan Sarover, March 12th-19th, 2015

My Stage My Yagya – Making My Stage the Center of My Life

*Dear Center Coordinators,
Om Shanti,*

An international team, with the RCs as Advisory Consultants has put together a program for Double Foreigners, with the aim of bringing newness in our learning, and expanding the depth of both Gyan and experiences.

The program will run from the morning of March 12th to the evening of March 19th. Could you please pass this information to all BKs that are in connection with your Center and who are going to Madhuban at this time.

Please note that each of the courses consists of two sessions in one day. (9:30am-12:30pm AND 4:30pm-6:00pm.) So we request that you stay with the course that you have registered for, as it will not be possible to swap courses in between.

Please register your interest on line as soon as possible, by February 15, 2015. This will enable us to consider the facilities available. We will do our best to make translations available for all courses. Register for the course of your choice on <http://tinyurl.com/maloelm>

*Many Thanks, In Baba's Yaad,
Program Planning Team*

Month	<u>Main Program</u> for Double Foreigners	Facilitator	Participation	Notes
7th-8th March	Double Foreigner Arrivals			Gyan Sarover
12th March Morning Afternoon	Welcome to Your Family Welcome Ceremony for everyone First Timers – Welcome in the Garden Panel – Heart to Heart		For all Double Foreigners (DF)	
13th March Evening	Classes - Workshops Meditation – Class – Gift Ceremony		For all DF	
14th March Morning Afternoon	Silence Day Dialectic Silence Experience Ring Ceremony for First Timers Silence Bhatti		For all DF	
15th March Morning	BapDada's Meeting First Timers – How to meet Avyakt BapDada	BapDada's Meeting	For all DF	
16th March Morning Evening	Day of Reflection on BapDada's Murli (Murli Revision) Regional Meetings Class – Yoga Bhatti		For all DF	

<p>17th March All the courses to the right are offered on the 17th and 18th</p>	<p style="text-align: center;"><u>COURSES</u></p> <p>Values, Virtues, Ethics and Morality Raja Yoga enables us to perform the purest and most beneficial karma, to create our future. For that we must build our stage. There are three levels. 1. The five elemental and qualities of purity, peace, power, love and bliss. 2. To cultivate divine virtues. 3. comprised of the Powers of Yoga. With this foundation we are in a position to create new values, Ethics and morality for a new civilisation. Making Shrimat a practical reality of life, moving beyond the iron aged systems of values, ethics and morality.</p>	<p>Sr Denise:</p>	<p>By Choice – for all DF</p>	<p>In English – translation for other languages may be available.</p>
<p>17th March Two Session course 9:30am-12:30pm 4:30pm-6:00pm</p>	<p>"Transforming Knowing into Experiencing" Explore moving beyond the knowing and believing into experiencing. Baba said each point of knowledge has an associated experience. Explore the idea that when Baba says churn He means experience the Ocean of knowledge. We will:</p> <ul style="list-style-type: none"> • Explore methods to experience more in yoga • Look at the mind as a laboratory to experiment with new experiences • Enjoy some experiential drills • Look at spiritual experience as the main form of sustenance in our Yogi life 	<p>Br Charlie</p>	<p>By Choice – for all DF</p>	<p>In English – translation for other languages may be available.</p>
<p>18th March Two Session course 9:30am-12:30pm 4:30pm-6:00pm</p>	<p>Checking and Changing We understand that everything depends on the quality of our actions. Baba underlined this for us in His murli at the end of 2014, launching 2015 as the time for checking and changing. This special course offers mini lectures by the seasoned pros -- our very divine, senior brothers and sisters from Madhuban -- on how they follow Baba's shrimat in order to pass with honor in all 4 subjects. Along with tips for improving your study, yoga, dharna and seva, there will also be conducted meditation, and quiet time to do your own 'checking and changing'.</p>	<p>Sr Sharona</p>	<p>By Choice – for all DF</p>	<p>In English, with translation into Spanish; translation for other languages may be available.</p>
	<p>The Art of Giving Happiness The sign of success in yogi life is our deepening experience of inner contentment and our outer expression of happiness; happiness in relationships, connections and service. Contentment makes us ever enthusiastic in distributing happiness. To truly stay happy and to give happiness is an art that requires us to be yog yukt in a very practical way. It requires a deep cleaning of our 'chit', so that we remove the tendency to take sorrow. The result is the ability to use all the powers of the soul at the right time in the right way. In this course we will experiment in Yoga to clean out our 'sorrowful' (taking and giving) tendencies and also explore some of the principles of living that can bring true, practical happiness.</p>	<p>Sr Maureen</p>	<p>By Choice – for all DF</p>	<p>In English – translation for other languages may be available.</p>
<p>12th-19th Evenings</p>	<p>Dadi's and Seniors' Classes, Interviews, Panels, Stories</p>		<p>For all DF</p>	
<p>19th March Morning Evening</p>	<p>Panel – DF and Madhuban Nivassis Yoga bhatti Celebratory Event – Dadi Jankiji's Centennial (100 year Birthday)</p>			