

Sr Chandru and Sr Gita visit & International Gujarati Retreat News
Serve Africa Retreat Centre
Nairobi- Kenya
July 2017

Sr Chandru from San Francisco and Sr Gita from Los Angeles visited Nairobi to conduct the International Gujarati Retreat.

Sr Chandru was one of the first instruments who served in Africa during the early days with Sr Vedanti. Also Sr Gita's origins were from Tanzania. It was like the experiences of the lokik and alokik days of childhood being emerged.

Sr Chandru gave a public talk on Inner Strength for Current Times on the 8th June for over 100 souls



- Peace has a loud sound which can generate so much power.
- This is the time to share vibrations of Peace. Go out and talk to people , smile at them. Never think, if they did not smile, why should I? One must not become a miser when it comes to giving peace.
- Let us control our own anger, stay with positive energy and forgive people. Then, God's presence will be felt very naturally.

On 8th June Sr Gita shared with a group of over 50 mothers on how to conquer fear and become powerful.



The International Gujarati Retreat started from 9th June- 14th June. Around 32 souls participated in the retreat from, and Kenya, Tanzania, USA, UK, Uganda and Zambia.

The participants were given a traditional warm welcome in the morning class with kikoy shawls, roses, and a local crown and garland for Sr Chandru and Sr Gita which was followed by dancing with the local music.



The theme of the retreat was Appreciating Myself. Everyone took benefit from the elevated vibration and powerful classes which enriched the soul with many treasures. Many felt that they were sustained spiritually like being in Madhuban.

Some on the points shared were:

- In Confluence age time, we are on a vacation. Nothing belongs to us. We live to enjoy every moment like a guest. We are making effort to go back Home.
- When any Karmic account comes to be cleared, have the awareness that the soul at this time is getting purified.
- When we do service in the centre, let us do with complete accuracy with no shortcuts that is service done in love for Baba. Blessings are received as a result of our elevated karma.
- Yoga helps us to stay spiritually young and Baba takes care of us at every moment. Spend quality time with Baba.
- Live in such a way that we live a long life so that I can make effort. In Kaliyug our life span decreases according to time. Like Dadi Janki would say, that we say that we are living when our mind is awake and healthy. Illnesses may come to the body but our mind must remain good.

The meaning of the word Appreciate

- A – Awakening. Baba has awakened me from the deep sleep of ignorance.
- P – Protection. Baba protects me from the outside and inside negative forces.
- P- Polishing. Baba polishes me with His divine love and changes me from stone to diamond.
- R- Remembrance. He always remembers me even if I forget Him.
- E- Empowers. Whenever I feel weak, He fills me with divine powers
- C- Company. He never leaves me alone. But holds my hands and guides me at every step.
- I-Inspires. He inspires me to move forward by looking at my pure self and by decorating me
- A – All in One. He gives me the experience of all relationships.
- T-Truth. Baba makes me aware of my true identity, my true religion and the true world.
- E- Enlightens. Baba ignites the lamp of the soul and makes sure that it stays ignited.



Sr Chandru shared her experiences with Baba and Mama. How Baba sustained her and guided her in this spiritual life.

Sr Gita shared how she came in knowledge and her experiences with the seniors how they taught her everything to progress in this spiritual life.

Sr Vedanti demonstrated the importance of how to share virtues through dristi. Everyone gave dristi to each one and spread the powerful vibrations of their virtues.

She also shared the importance of health and fitness. Brahmin life is about staying fit so that we can do service and have powerful yoga.





Sr Pratibha shared the Write to God project and facilitated the group to write to Baba.

At night after dinner was story telling time by Srs Vedanti, Chandru and Gita which everyone enjoyed very much.

The retreat ended with tears of love flowing down from many eyes while sharing their experiences.

The last two days they got chance to visit the Masai Mara where they enjoyed fully their time in company of nature and the wild.

