

DATE	Main Program for Double Foreigners	Facilitator
	<b>All Courses in English - translation for other languages may be available- All Courses are by choice – for all DF</b>	
<b>Oct. 7-8</b>	<b>Double Foreigner Arrivals</b>	
<b>Oct. 9</b>	<b>Welcome to Your Family</b> (Welcome Ceremony)	
<b>Oct. 10</b>	<b>Workshops, Ring Ceremony, First Timers Program</b>	
<b>Oct. 11</b>	<b>Day of Silence, Ring Ceremony, Gift Ceremony</b>	
<b>Oct. 12</b>	<b>BapDada's Program</b>	
<b>Oct. 13</b>	<b>Murli Revision</b>	
<b>Oct. 14</b> 9.30 am – 12.30 pm  5:00 pm – 6:30 pm	<b>The Art (and Science) of Not Thinking</b> – One way of understanding the spiritual pilgrimage is to see it as a means of going beyond the conditioning we have acquired in our minds and brains. Pure observation, in the consciousness of the soul and God, brings the freedom to see people and circumstances more as they really are, and to respond with kindness. When we develop a divine intellect, it is as though God does our thinking for us. In this course, we will draw on insights from frontier science as well as Raja Yoga to learn more about the relationship between soul, mind, and brain. We will examine our own conditioning, to see where it may still be blocking our ability to live with virtue, in the light of God's love and wisdom.	<b>Br Neville, UK</b>
<b>Oct. 14</b> 9.30 am – 12.30 pm  5:00 pm – 6:30 pm	<b>Being your own Spiritual Coach</b> – Baba is our Guide, Teacher. Father, Mother, Friend, Beloved. And He is teaching us to be the best in all of these for ourselves. He tells us to check and change. He invites us to see ourselves through His eyes. He says 'spin the cycle'. How can we be sure that we are not falling into the same traps of the past, the sankaras of 'body consciousness' are not tricking us into thinking we are doing this path correctly but really we have simply cut and paste our bhakti preferences into the path of return. Coaching oneself means developing a great capacity to observe oneself, oneself in relationship with others, with Drama, with results recognize the hidden codes within emotions and feelings – and know the difference between the two- fully enjoy the Confluence Age learn from the journey – successes, mistakes and from others challenge ones understanding again and again in order to stay vitally alive and ever expanding in wisdom listen to your inner voice of truth and learn to trust that Baba's Voice is very connected to that place. This one day session will offer an introduction to the idea, with various practices and techniques that you can apply immediately in your life, bringing you closer to your true self and to the One.	<b>Sr Caroline W,</b>  Chili
<b>Oct. 14</b> 9.30 am – 12.30 pm 5:00 pm – 6:30 pm <b>OR</b> <b>Oct. 16</b> 9.30 am – 12.30 pm 5:00 pm – 6:30 pm	<b>The Ultimate FREEDOM</b> – Seven Crucial Conversations on the way to Liberation in Life We may be free to go, eat, buy, say and do almost anything, anywhere, anytime, but as long as there are any feelings of unhappiness we know we are not yet truly free spirits. Real freedom is only possible when we fully see and understand why we are not free in our being! This understanding doesn't come from outside-in with more information or beliefs, it comes 'organically' from inside-out when we engage in contemplative and curious conversations within our self and with others. During this one-day course we will kick start the seven crucial conversations that will lead us to our own ultimate liberation. As we do we will explore: • The seven deadly questions that will set your spirit free • Why we are 'already and always' fully free but don't know it! • How we lock our self up in a prison of our own making every day • The mysteries of the eighth conversation revealed	<b>Br Mike, UK</b>

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<p><b>Oct. 16</b> 9.30 am – 12.30 pm</p> <p>5:00 pm – 6:30 pm</p>	<p><b>The Art of Giving Happiness –</b> BapDada’s signal to us for the coming year is to stay happy and distribute happiness, and to remain ever enthusiastic as the wah, wah, children! To truly stay happy and to give happiness is an art that requires us to be yogyukt 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>We will explore:</p> <ul style="list-style-type: none"> <li>• ‘Whole’ happiness ie happiness that I truly live;</li> <li>• Happiness in relationships</li> <li>• The role of humility and dignity in happiness</li> <li>• Identifying the barriers to happiness</li> <li>• How to be abundant to overflowing with happiness from Baba • Sustaining happiness</li> <li>• Being a natural bestower of happiness.</li> </ul> <p>“Detachment is – never ever allowing sorrow to enter your heart ”Dadi Janki”</p>	<p><b>Sr Maureen,</b> UK</p>
<p><b>Oct. 16</b> 9.30 am – 12.30 pm</p> <p>5:00 pm – 6:30 pm</p>	<p><b>Transforming Knowing into Experiencing-</b></p> <p>This course will explore moving beyond the knowing and believing into experiencing. Baba once said each point of knowledge has an associated experience. This workshop will explore the idea that when Baba says churn the Ocean of knowledge he means experience the Ocean of knowledge. How to transform the knowing into spiritual experience?</p> <p>During this course we will</p> <ul style="list-style-type: none"> <li>• Explore methods to experience more in yoga</li> <li>• Look at the mind as a laboratory to experiment with new experiences</li> <li>• Enjoy some experiential drills</li> <li>• Look at spiritual experience as the main form of sustenance in our Yogi life</li> </ul>	<p><b>Br Charlie,</b> Australia</p>

**Please register your interest on line as soon as possible, latest September 25, 2014. This will enable us to consider the facilities available. Please register for the workshop of your choice at: <http://tinyurl.com/ngu572n>**