

Information on Double Foreigner Programs, Madhuban 2019/20
for October Group 1 through to February Group 7 (Including Retreats & Workshops *as of September 2019*)

Dear Center Coordinators,

Warmest Greetings,

The overall theme for this season's Double Foreigner Program is **Bapsaman – the Journey and the Destination.**

We are writing to you with details for October Group 1 through to February Group 7.

Although there may be some additions and adjustments to the following Groups, we wanted to give you a sense of what is being designed for each group.

For details on February Group 8 – March/April Group 11, we will be writing to you in the near future.

If you have any questions please email us at: dfseason@brahmakumaris.org

In Baba's yaad,
DF Program Team

GROUP 1, OCTOBER (arrivals 2/3 October)

The focus for Group 1 will be master classes from RCs, a Green Day, an orientation and tailored programs for first timers, several classes designed for Nimits/Right Hands/those in Gita Pathshalas and creative yoga bhattis,.

GREEN DAY IN MADHBUAN,	
12 October Welcome to fine tune your relationship with Mother Earth. Through presentations on Planetary Consciousness we will go deep into the connection between mind and matter. The day will include a variety of Green Conversations, an Art Workshop, Silent Morning Walk and Evening Peace Concert. You are most welcome to join. (Registrations for workshops will be through Global Office, on arrival in Gyan Sarovar)	Coordinated by Golo bhai, David bhai, Sonja ben

GROUP 2, NOVEMBER (arrivals 2/3 November)

Group 2 program will include a special program on the theme of Bapsaman, yoga bhattis, classes from seniors and sessions especially for first timers. There will be creative workshops and a one-day retreat.

WORKSHOP “The end of the End and beginning of the Beginning”	
11 November. Half Day Every day Baba reminds us of our two destinations: the Land of Peace and the Land of Happiness. In this retreat, we will consider the efforts required for me to depart easily and arrive in a good position. Am I ready for the ‘suddenlys’ of the end? Am I making accurate preparations for 2,500 years of happiness? This workshop will include presentation, discussions and reflective exercises. (Registrations for the retreat will be through Global Office, on arrival in Gyan Sarovar)	Facilitated by Tim bhai, Australia
RETREAT “Crunching the Ego and Building Self-Respect”	
13 November. One Day Taking off on Baba's last three words: Nirakari, Nirvikari and Nirhankari (egoless, viceless, incorporeal), this one day retreat will be aimed at looking at the different and subtle forms of ego and the methods and benefits of crunching them. Equally it is important to build a true self respect which has its foundation in being incorporeal. For those who are interested in doing the real inner work! (Registrations for workshops will be through Global Office, on arrival in Gyan Sarovar)	Facilitated by Aruna ben, Kuwait

GROUP 3, NOVEMBER (arrivals 26/27 November)

The program will include tailored classes on the theme of Bapsaman, with experimental sessions on Brahma Baba's practises, yoga bhattis, classes from seniors and sessions especially designed for first timers. Participants will be offered a beautifully designed journal. Another highlight will be the two-day Golden Age Retreat.

RETREAT “Golden Age Retreat”	
2-3 December "When we remember the past we sustain it and when we remember the future we create it." What if this is literally true? The more we can remember Heaven and the clearer our vision is, the quicker it will be created. Baba encourages us to remember Him and the inheritance in order to become pure and earn a first class ticket to Golden Age. So for the two days of this retreat, from dawn to dusk, from the time we awaken until the moment we go to sleep (and even in our dreams!) we are going to immerse ourselves in exploring and experiencing Satyuga only. Book your ticket for a journey into the beautiful depths of your mind. (Registrations for the retreat will be through Global Office, on arrival in Gyan Sarovar)	Facilitated by Phil bhai, Australia

GROUP 4, DECEMBER (arrivals 8/9 December)

There is no special program for this group although a daily program of classes and bhattis will be arranged.

GROUP 5, DECEMBER (arrivals 22/23 December)

The program will include a beautifully designed retreat on the theme of Bapsaman, classes with our seniors, orientation and special sessions for first timers. **There will be a Christmas Cultural Program on the 25th of December** and an **opportunity to decorate Harmony Hall** with Christmas decorations in advance, so anyone is most welcome to bring Christmas decorations with them.

Those wanting to **participate in the Cultural Program** are requested to bring with them their costumes, any musical instruments, etc.

(Please note that Christmas themed items will be given priority.)

RETREAT “Bapsaman – The Journey and the Destination”	
26-30 December BapDada holds the highest vision and hopes for His children; and He lovingly continues to remind us of our perfect, complete stage. In doing so, He gives us a glimpse into what He sees; a window into God’s mind and heart. So, let us give the return of His love, as we collectively embark on a journey to becoming Bapsaman and fulfilling BapDada’s hopes. Madhuban provides a powerful atmosphere supported by deep tapasya, presence of our seniors, and the foundation laid by Brahma Baba. Let us take this precious time as an invaluable gift to deepen our awareness and practises of reaching that perfect stage. This retreat will provide the opportunity for us to go into the depths of understanding and experiencing God in His many facets. Through reflective practises, experiential learning, silence, creative workshops and rich conversations, we will emerge our unique and eternal parts as we journey towards our destination. (Registrations for the retreat will be through Global Office, on arrival in Gyan Sarovar)	Coordinated by Nita ben & Team

GROUP 6, JANUARY (arrivals 9/10 January)

January is the memorial-month of Brahma Baba's final stage. On 18th January he left his body in his Bapsaman stage. The whole program will be designed around how he reached this stage, so that we feel what his silent light experience was like: what he did, which steps he took on his journey and how he reached his destination.

Many senior brothers and sisters in Madhuban have stories of meeting him and have witnessed how he became perfect and complete. Their testimonies will be an inspiration. They will give us glimpses and enable us to practice as Brahma Baba practiced. **Your whole time in Madhuban will be a retreat with lots of silence time, self-reflection, experiential moments and powerful Bhattis.** There will also be training on Sustainability.

GROUP 7, FEBRUARY (arrivals 24/25 January)

There is no special program for this group although a daily program of classes and bhattis will be arranged.

There will also be a training on Sustainability with Golo bhai.