

Information on Double Foreigner Programs, Madhuban 2020
February Group 8 – March/April Group 11 (including Retreats & Workshops as of 2 December 2019)

Dear Center Coordinators,

Warmest Greetings of Love

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

We are writing to you with details for February Group 8 through to March/April Group 11. Although there may be some adjustments to the following Groups, we wanted to give you a sense of what is being designed for each group.

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

In Baba's yaad,
DF Program Team

GROUP 8, FEBRUARY (arrivals 8/9 February)

Group 8 will include special bhattis, panel discussions, workshops and master classes from our RCs and seniors, panels from the Mental Health Team, a workshop on Sustainability and Climate Change, along with small group conversations to enable interactive learning and deeper experiences. There will be a special celebration of the 25th Anniversary of Gyan Sarovar on the 22 February.

RETREAT Enhancing the Power of Concentration	
15 February 2-Day Concentration is essential for the invention of anything new, whether it is an invention of the physical world or spiritual world. Concentration is the key to easy success. To become stabilised in concentration is a powerful stage. Even one thought in such an elevated stage gives you many experiences of being equal to the Father. Experiment with this spiritual power and see for yourself. Registration will be in Global Office on arrival in Gyan Sarovar.	Facilitator: Meera Ben
RETREAT Mystic at the Edge	for 25 years and above in gyan
13 - 14 February 2-Day The aspiration of a mystic is to experience the rapture of God's love and to transform through deep knowing and experience rather than effort. Love is recognition. Is there any other way we can reach the heights that Baba has set for us except through the attainment of full recognition, enlightenment. Registration will be in Global Office on arrival in Gyan Sarovar.	Facilitator: Morni Ben

COURSE True Self-Esteem	
16 - 19 February - mornings only You are invited to attend an interactive, and insightful course on re-creating the true self-esteem we once had. Good self-esteem is an essential for spiritual progress. Low self esteem affects everyone and every area of life. This course includes practical spiritual and psychological tools to heal the self and become your natural happier self. Join this course for a group and individual learning experience. Registration will be in Global Office on arrival in Gyan Sarovar.	Facilitated by: Mary Jeanne
RETREAT Bap Samaan the Journey and Destination	
15 - 22 February For those who wish to engage in a more intensive study during their stay in Madhuban we are offering a 8-day focused study group. This will be guided with special reflection questions, meditation exercises and practices. Registration will be in Global Office on arrival in Gyan Sarovar.	Facilitators: DF Program Team

GROUP 9, FEBRUARY/MARCH (arrivals 25/26 February)

Group 9 program will include master classes from our RCs and seniors, a tailored Bap Samaan journal with reflective exercises for those who wish to have in a more self reflective study, a Green Day, a Retreat tailored for those 30 years and above in gyan, a Self Compassion Retreat, a Retreat on Reframing Virtues, a Spirit of Care Retreat, sessions on Disaster Management, Mental Well Being session, classes designed for Centrewasis, sessions especially tailored for First Timers and yoga bhattis.

RETREAT Self-Compassion	for those 15 years and above in gyan	
29 February (pm) & 1 - 2 March 2.5 Days As Baba's children we have the knowledge that our true nature is of compassion and love but we often still treat ourselves harshly. The Self-Compassion workshop includes experiential exercises which will help us to recognise how we are sometimes unkind and subtly violent towards ourselves and how we can learn to respond in a kinder and more compassionate way. This choice is done because we care about ourselves and realise that if we really want to motivate ourselves, love is more powerful than fear. The emphasis is on building resources rather than addressing old wounds, and positive change occurs naturally as we develop our capacity to be kinder to ourselves. We have also heard that we shouldn't give or take sorrow and this course will give us some practical skills on how to achieve this. It is important to <u>attend the full two and a half day retreat</u> Please register by email at dfseason@brahmakumaris.org Maximum 30 participants		Facilitator Sarah Ben, UK

<p>COURSE True Self-Esteem</p> <p>29 Feb, 1 & 2 March - half day only You are invited to attend an interactive, and insightful course on re-creating the true self-esteem we once had. Good self-esteem is an essential for spiritual progress. Low self esteem affects everyone and every area of life. This course includes practical spiritual and psychological tools to heal the self and become your natural happier self. Join this course for a group and individual learning experience. Registration will be in Global Office on arrival in Gyan Sarovar.</p>	<p>Facilitated by: Mary Jeanne</p>
<p>Green Day in Madhuban</p> <p>3 March 1-Day</p> <p>What is your spiritual contribution to support the transition process towards golden age?</p> <p>Welcome to explore your relation with Mother Earth and your creative powers. With presentations on a World in Transition we will go deep into the connection between mind and matter. We will arrange a variety of green conversations, nature art workshop, a silent morning walk and an outdoor peace concert.</p> <p>Registrations for conversations and workshops will be in Global Office on arrival in Gyan Sarovar</p>	<p>Coordinated by Golo bhai, David bhai, Sonja ben</p>
<p>RETREAT Exploration of 1969 Murlis - Practices for the Avyakt Stage for 30 Years and above in Gyan</p> <p>7-9 March 3-Day</p> <p>The set of Murlis from 1969 are such a precious resource to guide us on our journey towards the avyakt destination. Beyond space and time, they are completely relevant to the situations we are living in. The purpose of this retreat will be to explore in depths of a selection of those Murlis allowing us to extract some personal practices to come closer to the Bap Samaan stage. Registration in Global Office, on arrival in Gyan Sarovar</p>	<p>Coordinated by Patricia ben</p>
<p>RETREAT Spirit Of Care</p> <p>7-9 March 3-Day</p> <p>Reuniting with Our Original Essence – the Real Art of Caring</p> <p>The cycle of time is ending, and new beginnings call. We are coming to completion, and like the conch shell echoing in the distance, we hear the call of time and of our hearts. The call to shake old identities, reunite with our original self and return once more to the pure essence of our being. To do this we need to remember... remember who we are and the art of caring and kindness: caring for ourselves, others, the world and for nature - our companion. The spirit of care is a beautiful, unique retreat that gives us the luxury of time and space for spiritual enquiry. Time to reflect on the journey towards authenticity and freedom. We invite you to spend 3 days to explore, share and learn as we clear the blocks on our journey forward. We will reconnect with the self and the One, ignite the flames of yoga and create the energy needed to bring us resilience and stamina. If you don't speak fluent English please contact your language coordinator for translation during the retreat. For questions email valeriane.bernard@ch.brahmakumaris.org. Registration is only available ONLINE brahmakumaris.org/r/spirit-of-care</p>	<p>Coordinated by Valeriane ben</p>

RETREAT Reframing Virtues	
8 – 9 March - mornings only Reframing Virtues will provide a unique, practical, and powerful framework for restoring virtues in daily life. Participants will be exposed to easy, effective ways to cultivate virtues. Each virtue will be rated into three categories: 1. Beginner; 2. Intermediate; 3. Advanced. The participants will pick 6 virtues from each of the categories and accentuate the virtues by reflecting on them and practicing the meditations over the course of the sessions. The aim of this retreat is to plant the seeds of virtue in our mind, water them with constant reflection, and let them blossom in our heart. Registration will be through Global Office, on arrival in Gyan Sarovar.	Facilitator: Shireen ben

GROUP 10, MARCH (arrivals 13/14 March)

The focus for Group 10 will be master classes from RCs, a 2-day Silence Retreat, a 1-day experiential retreat on the Power of Self Belief, an orientation and tailored programs for first timers, and creative yoga bhattis.

RETREAT The Power of Self Belief	
Date to be confirmed 1-day Baba tells us such amazing things about ourselves; so many elevated titles. But how deeply do we embrace them? We believe Baba, but we may not have such complete belief in ourselves. The aim of this one day retreat is to help close that gap. By understanding and recognising what deep belief systems are holding you back allows you to limit and even remove their influence over you. Then you can adopt empowering beliefs that will help you reach your destination. The day will be a journey of introspection, journaling, interaction and meditation. Registration will be through Global Office, on arrival in Gyan Sarovar.	Coordinated: Mark bhai, UK
RETREAT Silence Retreat	
Date to be confirmed 2-Day We are offering a Silence Retreat for those who would like to commit to 2 days of introspection and silence. The purpose of a Silence Retreat is to provide a space for souls to explore the self at a deeper level and practice solitude. This Retreat will run parallel to the main program, so participants will be able to participate in the main program also. Additionally they would be required to attend two daily sessions at 9:30am and 4:30pm. Participants will be provided with some murli reading material on the topic and will be asked to maintain silence during the entire retreat. (No speaking). Registration will be through Global Office, on arrival in Gyan Sarovar.	Coordinated by Vijay bhai, Trinidad

GROUP 11, MARCH/APRIL (arrivals 29/30 March)

Group 11 program will include a special program on the theme of Bap Samaan, yoga bhattis, a session on Child Protection; classes from seniors and sessions especially for first timers. There will also be four creative workshops.

WORKSHOP The Importance Of Self-Care For Our Well-Being	
Date To be confirmed Half Day It's easy to neglect living in a balanced and empowering way. Increasing our focus on self-care, we will feel a greater sense of contentment and cheerfulness allowing us to better manage ourselves, our interaction with others and the world around us. Registration will be through Global Office, on arrival in Gyan Sarovar.	Facilitator: Margaret Barron, UK
WORKSHOP Journal Writing For Self Discovery	
Date To be confirmed Half Day This course is about your hopes and dreams and your inner world. It is about your creativity and your emotional growth, about expressing yourself and keeping track of your spiritual development. Through journal writing, you'll discover personal tools with which you can resolve old conflicts, heal old wounds and generally feel positive about yourself. Registration will be through Global Office, on arrival in Gyan Sarovar.	Facilitator: Margaret Barron, UK
WORKSHOP Sleep Better, Sleep Well	
Date To be confirmed Half Day While you rest, your brain stays busy, overseeing a wide variety of biological maintenance tasks that keep you running in top condition and prepare you for the day ahead. Without enough hours of restorative sleep, you're like a car in need of an oil change. You won't be able to work, learn, create, and communicate at a level even close to your true potential. Registration will be through Global Office, on arrival in Gyan Sarovar.	Facilitator: Margaret Barron, UK
WORKSHOP Emotional Freedom	
Date To be confirmed Half Day We live in a world where something unexpected can happen at any moment and it throws us off guard and brings up a well of feelings. Or we struggle with the old emotions of the past that can be triggered off by any situation we find ourselves in with other people. What can we do in order to master our emotions and feel freer to enjoy our life? Registration will be through Global Office, on arrival in Gyan Sarovar.	Facilitator: Margaret Barron, UK