

Dakar SENEGAL

Ongoing Values and Meditation classes at a local private School in Dakar

On the 5th July 2014, at the awards giving ceremony for the year end at a prestigious private school in Dakar, Senegal, along with the Mayor of the city, BKs were invited as chief guests. At the school, GROUPE SCOLAIRE SEYDOU NOUROU TALL, a private school and college of 2000 students, the Brahma Kumaris have been offering ongoing classes on values and meditation to both the students as well as the parents association.

The Director of the institution Mr. Babacar DIOP, is currently one of our regular student for the last three months. During the ceremony there had been an acknowledgement of the benefit experienced by all expressed both in words and as written testimonials.

Below are a few photographs taken during the ceremony. On the first left image: The Mayor of Pikine, Mr. Pape Malike Hann; Honory President, Mr. Diop; The Director of the college Mr Babacar Diop; Brother Satyakam and Sister Linda of Brahma Kumaris Organisation.



View of the gathering

Speech and
Congratulation
and good wishes

Token gift some
literature



Retreat on 06th and 07th June 2014 at the residence of Sister Yaye Bani Diop at Fann, a retreat was held on theme **"Refresh, Recharge and Rejoice in BEING WITH THE ONE"**. The theme is related to our international project in September. The retreat offered an opportunity to strengthen our connection with Baba and deepen our values in our spiritual life. We were fortunate to have Brother Hery-Zo, who travelled a long way by road from Guinee Bisau, to come and assist in running the retreat. There were 21 participants. During the retreat we included reflective exercises like a write letter to the self and God. We explored in greater depth the 8 Powers, Care for mother earth, and as the month of June reminds us of sweet Mama, a part of Yagya History during the time of mama day was also explored using Adi Dev as a reference. As part of our meditation experiments we visited the Light House and had yoga giving sakash to the whole country. Below is some memento of the retreat as well as some experience of participants.



Some experiences quote:

Om shanti

It was with great pleasure that I discovered the retreat of bk. the experience was rewarding and successful in the way of baba. The retreat help me a lots to understand this many thing about the spirituality of the things that is related to the vision I had of spirituality:

- o Tolerance
- o Love for our neighborhood, whatever religious affiliations are
- o Return to the source (BABA) whatever the situation that we are confronted

Brother BABACAR DIOP GENERAL DIRECTOR GROUPE SCOLAIRE SEYDOU NOUROU TALL PIKINE



Om shanti. It is a great pleasure to me to be in front of my keyboard to share the joy and happiness of this retreat. Because I think it's I had to be there and sooner or later I had to encounter with my Brahmins family. And this is not an experience but a temporarily living reality short but everlasting in spirituality. So it was not only a retreat but something related to the heart. Before, I ask myself the questions I, the soul why participate in this retreat? Several reasons came to the surfaced of my mind among them the largest were:

- o To protect myself as well as my brotherly soul
- o To uplift myself
- o To understand and have better relationship with Baba
- o Make the right decision regarding my future

After two days of retreat, clearer vision of faith and feel a supernatural light guided me and whispering in my heart. I, strengthened myself bravely to walk towards Baba the holiness and taking firm resolution to take right steps in all my doing. "Being world transformer, and link with generator, now, I am spreading the light of unconditional love, infinite peace, eternal bliss, divine purity to illuminate all my brotherly soul"

SISTER MARIE MADELEINE

Dear Brothers and sisters

I went to the retreat without knowing what to expect. I can say I did it only because my intuition told me to do so. Usually, I do not mix with people easily, due to shyness and reserve nature. I did not have proper understanding of raja-yoga. At the end of the retreat, I can say that I have received the peace in my heart, I felt very relaxed and full of new feelings, feelings of peace, sharing... I wanted to do thing right, stop being sad, give smile to my family. Now, I do have compassion in the heart, despite the problems that my family is going through, I am very serene. I am just trying to apply some of the principles that had been raised, and boost the morale of those surrounding me. I feel positive energy within and I am cheerful. So it was a very successful experience with very nice people, authentic, with simplicity and Serenity. Let us hope Baba continue to inspire us and recharge us. Om Shanti

From Sister AMINA WAZNI

