

6th International BK Gujarati Retreat
Appreciating My Life
Nairobi, Kenya
6th - 12th July 2018

The 6th International BK Gujarati Retreat attracted 53 enthusiastic participants from Doha, Dubai, Muscat, New Zealand, India (Ahmedabad, Poona, Mt Abu etc) and Uganda to the Serve Africa Retreat Centre in Nairobi, Kenya

The participants were welcomed with a local kikoy shawl and a rose flower. A live band played Jambo Jambo, a local Kiswili welcome song. Vedantiben and Hasubhai, the trustee officially warmly welcomed all.



The retreat started with a Silent Experiment Laboratory. There was one subject each hour from 9.30am -12.30pm and 4.00pm-7.00pm to go into deep silence. Chairs were placed around the room facing the wall so they could detach themselves from everything around. Brahmababa's variety images were put up as inspiration.





Being Introvert - a chance to going within withdrawing from all the scenes around and preparing a stage to be with the self.

Self Cleaning - Was a time to check the self and cleanse the defects and weaknesses and decorate the self with self respect.

Devotees - Worship worthy Image - A wonderful exercise of devotee soul doing worshipping in front of worship worthy deity and the deity responding to the devotees.



Destruction - An experience was created with the various sounds and scenes of destruction with volcano eruption, tsunami, bombs blasting, machine guns being fired, natural calamities etc. All gave powerful dristi to all to create powerful vibrations.



5 elements - An exercise was conducted to healing the physical body connected to the 5 elements and going out in the open to connect to the elements.

Golden Age - All were transported to the Golden age experiencing the meeting with prince and princes, going to school to learn art, music, dancing etc, flying in their vimans, enjoying the 56 varieties of food, etc



The next day was variety classes:



Bhav nabhen from New Zealand shared on **Appreciating the Self**.

- Never compare: Value and appreciate your part because Baba chose you. No two people's life is same.
- Through churning our self-respect will be strong-rooted and we will find lots of valuables within.
- Remember the blessings we get from Bapdada and trust the truth of it.
- Positive Thinking yields a lot of power. Its give us the hope to move forward.

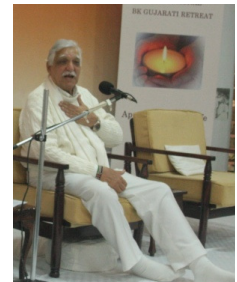
Vedantiben shared on **Appreciating Baba**

- Love Baba from deep inside and experience that it in daily life.
- Experience what we get from Baba and then it becomes a realisation.
- The shrimat of Baba should not be diluted or ignored.
- Lightness in life helps us move forward.
- importance of writing to God which should be done from deep inside



Pratibhaben shared on **Appreciating Drama** on how each and every step in Drama is beneficial in long run.

Nizarbhai shared his experience of becoming Baba's child and how he maintains the life in a real and true way as well as that Baba is the Boss and he is taking care of everything.



The whole group continued with the retreat in the great wilderness of Masai Mara in 8 mini vans connecting with the nature and simplicity. This was a chance to share experiences in small groups and also as a whole.



Nairobi Family