

International Children's Retreat Golden Sparrows For Golden Age
December 26th to 30th 2018 Gyan Sarovar



In Charge: Meera Didi, Malaysia

Teachers: Sisters Sunaina (India), Vidhatri (India), Karen (Canada), Valli (Malaysia), Sita (Nepal), Lakshmi (India), Archana (India), Nikki (India)

December 26, 2018

The Golden I—Inauguration Day



In the morning, Sister Lakshmi conducted a yoga warm up session. Sister Vidhatri conducted murli. Sister Sunaina facilitated an ice breaking exercise. Meera Didi inaugurated the retreat. The children performed a dance with golden fabric for Meera Didi. Meera Didi talked about certain sparrows who every day would come to Madhuban, who liked Baba's voice, food and the vibration. She said "To be a Golden Sparrow you must speak so softly and sweetly".



In the evening Sister Sunaina asked the children to write their vision of the Golden Age. Sister Sunaina also asked the children to write down their Golden sanskaras. Sister Karen facilitated the evening meditation.

December 27, 2018

In the Loving Hands of the Goldsmith



Sister Sita conducted the warm up exercise for the day. Sister Lakshmi read murli. Then everyone went to Harmony Hall to offer bhog and receive nectar.



Sister Sheilu greeted the children. Sister Sheilu mentioned we can fly if we are light because heaviness comes from the vices. See only the soul. Baba is the Goldsmith. Continue to give blessings to everybody.



Dadi then visited the group. The teachers did a dance for Dadi and some children also sang.



In the evening, Sister Karen Asked the children to write and draw a virtue on their arm or face or hand. Then some youth joined us to share their experiences. Sister Pavitra talked about her vision of the Golden Age. Brother Louis shared how he was touched by Mama's photo. Sister Sapna talked about the importance of saying om shanti and she also sang songs with the children. In the evening, Sister Vidhatri conducted a meditation.

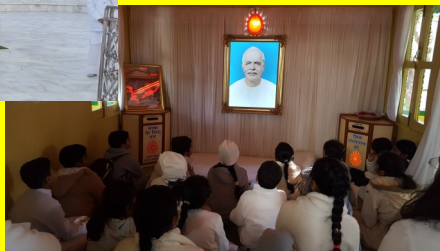
December 28, 2018— Becoming a Golden Sparrow



Sister Vidhatri conducted a five forms meditation. Then a refreshing yoga warm up. Sister Archana conducted murli. Sister Suman asked us to chant om and presented a power-point speaking of Brahma Baba and the seniors.

Sister Karen does an activity on personal virtues. She asked the children to write down and draw their strengths in the form of a virtue.

In the afternoon the children and teachers visited Madhuban.



Then brother David spoke on the topic and played some instruments. Sister Lakshmi conducted the meditation.

December 29, 2018— Flying into the Golden Era



Sister Valli conducted a warm up exercise. Sister Sita read murli.

While at Dadi Janki park, Sisters Dipti and Gopi discussed the Golden Age and the differences of the four ages. Then the children were given special blessings, toli, ice cream and fruit.





While in Dadi Janki's park, sister Nikki facilitated an activity. Sister Nikki divided the children into groups and then she asked the children to role play a theme of the Golden Age.

December 30, 2018— Being a Living Deity



Sister Sunaina conducted a lively warm up exercise. Sister Karen conducted murli.

Meera Didi discussed the Golden Age and the qualities of the diety. Then the children practiced for the cultural evening.



In the evening, the children had an awards ceremony and cultural evening. Special guests included Nirmala Didi and Meera Didi. There was wonderful singing, poem reading and dancing. Meera Didi addressed the group and said, "Learn to fly to be light and be happy all the time." Didi Nirmala addressed the group encouraging them not to depend on anyone.



It was a full and lively retreat. Many thanks to all those who contributed to make this retreat a success. And also with appreciation to the parents, children, the ICR team Sisters Sunaina, Vidhatri, Karen, Valli, Sita, Lakshmi, Archana. A special thanks to Sister Nikki for your help. And also thanks to the seniors and Meera Didi for your tireless support.

ICR Team