

11th International Parents Retreat Report



December 26 – 29, 2018
Gyan Sarovar – Mt. Abu, India

The International Parents retreat took place in Gyan Sarovar from 26th to 29th of December, alongside the International Children's, the International Youth and Young Adults and the Double Foreigners Retreats.

Because, this year, the total number of double foreigners was less than last year, there emerged a beautiful collaboration with the coordinators of the Double Foreigners retreat, for all to take the maximum benefit of the available spiritual resources provided by our seasoned experienced divine Seniors, which resulted in number of shared sessions.

58 registered participants in total of which 20 were first-timers from 16 countries attended with a happy heart and great enthusiasm and thereby, with Baba co-created a successful retreat.

Honoring the Self and the Family was the successful theme of this retreat.

Day 1 Morning Session - Wednesday December 26, 2018 Inauguration of the IPR Retreat with Sister Sheilu of Madhuban

The retreat began with the great fortune and honor of having divine sister Sheilu for the inauguration and candle lighting ceremony. Sheilu Bhen gave a powerful and love-filled class, starting the retreat with a firm spiritual foundation. This wonderful start of deep-felt spirituality continued throughout the rest of the retreat.

Few points from sister Sheilu's class worth sharing:

- In Madhuban you the steamer, fill yourself and then you go and deliver.
- The steamer, where God is the captain, always floats above the water and does not allow the water of the outer world to enter the steamer because if it does, it then will sink.
- A child trusts his father. I, the child of the Father, am not afraid because my Father is the Captain. He will make sure I will not be harmed.
- Coming to Baba, first you are respecting yourself: "I know who I am."
- I cannot force anyone or change anyone. I can only change myself. If I honor myself, I automatically honor the family. Transformation happens through self-respect. Thinking of original qualities will also bring self-respect.

Day 1 Evening Session - Wednesday December 26, 2018 Workshop and Research on Honoring the Self with Sister Hillien

Workshop and research on "Honoring the Self" was adjusted from the book on "*Virtues; Knowing*." The participants were asked to create 2 questions they would like to ask considering they do understand what "Honoring the Self" meant, and conducting 5 sets of interviews with other participants and collecting the data. Then

analyzing the answers, looking for similarities, themes that stand out, etc. Sitting with Baba in meditation and presenting Him the question(s) and themes/answers given, checking within what does feel right? What answer does Baba give? Sharing of the experiences were very beautiful, taking us to a deeper level of understanding and experiencing Baba.

Day 2 Morning Session - Thursday December 27, 2018

The Spiritual Cure for Feelings of Anxiety and Negativity by Sister Dipty

This was a continuation of the powerful day as we also were very fortunate to have divine Sister Dipty to share her deep experiences and words of wisdom.

When Baba comes, he comes with that original love. Baba loves me because He is Love. The entry point is: I am a pure soul, that is the real identity and that energy resonates with God. Baba sees me in my purity. Align with that frequency. Guilt and negative feelings are of a different frequency.

“I am liberated” activate this energy. Then Baba and drama will cooperate with you. My duty is to come into the light and stay in the light, because just as a solar panel, when it stays inside in the shade, it cannot be charged and therefore, it has to be placed in the sun, similarly, we have to come into the light and stay in the presence of the light of the Father. Take 1 day and sit with Baba. Do I take the full drishti of Baba right now? The power is not in the scene. The power is in me. Ask yourself the question: “Do I really want to be free?” Baba has opened the door. Do I go out and be free or do I stay in?” or “No. I cannot walk through the door, I have bondages.” The choice is yours which question to answer and work with and work on.

Dadi Janki visited the Retreat

Then we had the divine fortune of having Dadi Janki visiting the retreat. She shared that for the coming year we have to be simple and a sample.

Day 2 Evening Session - Thursday December 27, 2018

The Divine Whisper of Manmanabhav by Dr. Brother Sachin

Evening session was shared session with the Double Foreigner's Retreat.

Manmanabhav is the deep and internal stage of deep silence that can only be experienced with one's own experience.

The meditation is not like following a technique. It is about one's own experience in meditation. Meditation is the flowering of the soul.

Dr. Sachin Bhai was giving a different perspective to think about the divine whisper of Manmanabhav by taking us through different points.

Day 3 Morning Session - Friday December 28, 2018

To Surrender Yourself with Brother Atam Prakash

Morning session was shared session with the Double Foreigner's Retreat.

To surrender myself means that whatever is mine is just for Baba. My life is just for Baba. Atam Bhai shared 10 points of what it means to surrender oneself. The result of surrendering is having all relationships with the One naturally. The session ended with a powerful experience of the angelic stage.

Day 3 Evening Session - Friday December 28, 2018

Baba's Rock Walk and Meditation with Brother Harish

We had a peacefully long walk on a beautiful day alongside of Nakki Lake. After the powerful meditation, we all went to the 4-Pilgrim places in Pandav Bhavan.

Day 4 Morning Session - Saturday December 29, 2018

Workshop on Emotional Stability with Sister Lalita of Japan

In this outdoor workshop at Dadi Janki's Park after enjoying Dilip Bhai's exercises on Baba's songs and a fruit party, we looked at past year, writing down incidents that happened. Underline those I was not happy about. Look at the list and see the incidents in which people that hurt me. Bring them before me in meditation and say; "I forgive you." Then back to list, looking at incidents that I might have hurt others. Bring them before me in meditation and Say; "I forgive myself." Then incidents that I consider to be positive, bringing them before me in meditation and Say; "I thank you for that."

Day 4 Evening Session - Saturday December 29, 2018

Meera Behn – Closing Ceremony with Meera Behn of Malaysia

It was with great honor to have respected and beloved Meera Behn, our spiritual sustainer and guardian angel of the International Parents Retreat, for the closing ceremony of a successful retreat:

Have the vision to myself and to others, as Baba sees me.

We are souls and each soul has its own part to play. Let it be.

Nowadays, to play the role of a parent means you have to be a facilitator, a guide, be always available and they will come to you for guidance, not pushing them or telling them what they must do.

See the children as students, as souls, and we as instruments have to serve these student souls.

Feedback of the Retreat:

25 Feedback sheets were received. Main points are:

Everybody was happy that senior classes were combined with Double Forgeigner's Retreat.

Many had very good yoga experiences, more depth, the experience of being brought closer to Baba, empowered faith in Baba and deeper appreciation of the self and Baba's vision on the self.

Empowering for transformation and newness was experienced.

Realizations: I am the one giving energy to a situation but situations in themselves are neutral.

Insight into our own strength and weaknesses and how to respond to that. Everybody mentioned Dadi Janki's visit as a highlight of the retreat.

Few Suggestions for Future Retreats:

- Question and Answer Sessions with seniors would be much appreciated
- Sharing regarding parenting - role related issues
- How to overcome guilt
- More interactions in sessions
- Relationships, how to harmonize, how to detach?
- Experiential meditation
- Outdoor activities

On behalf of everyone in short: The retreat had a spiritual depth and power in which everyone took benefit.

We would like to express our gratefulness and thanks to all Baba's instruments of Gyan Sarovar whose cooperation made this 11th International Parents Retreat a spiritual success for all.

In Baba's sweet remembrance, The 2018 IPR Team

