

INTERNATIONAL CHILDREN'S RETREAT



THE ROYAL SWAN



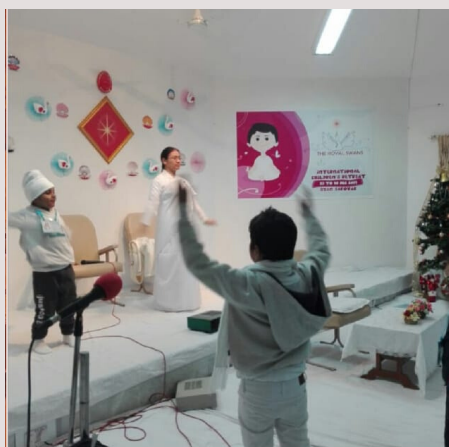
GYAN SAROVAR 25TH-30TH DECEMBER 2019

Coordinator and Facilitators: Meera Didi- Malaysia, Sisters Vidhatri and Sunaina from Delhi (ORC), Sister Sita from Australia, Sister Valli from Malaysia, Sisters Lakshmi and Archana from Calcutta

The International Children's Retreat this year was another successful event. It was attended by 36 children. The theme of this year's Retreat was The Royal Swan.

25TH DECEMBER

The Retreat began with an energetic exercise routine and a powerful meditation conducted by Sister Valli. Murli of the day was read by Sister Sita. The registration process was completed under the able guidance of Meera Didi and all the facilitators.



26TH DECEMBER

The ice breaking session was conducted by Sister Sunaina and Sister Vidhatri. Children sat in a big circle and shared which good quality they would like to take one from the other. After that Meera Didi came to meet everyone, sweet drishti was exchanged. The children were the MC for the event. Puranjay shared his experience from the last retreat adding that the pilgrimage to Pandav Bhawan was special for him. Vedika, our youngest participant this time, recited a poem. Tara and Meher presented a song. Meera didi set the note for the Retreat suggesting that each session should begin with chanting OM twelve times, just the way our Dadis did early in the Yagya. She also suggested that Quiet Time or QT should be followed. Meera Didi explained the significance of Candle lighting before the ceremony and also pointed out the specialities of a swan.

Sister Dipti's session with the children saw the children work in groups to create their vision of a loveful, peaceful, pure, joyful swans first and then share them with everyone. She lovingly asked the children to share everything with Baba and just go and sit in front of Him and say, "Baba, I am here and Baba will do His magic and fulfil all your wishes!"

Sister Sunaina and Sister Vidhatri placed a large blank banner of the Royal Swan theme in the centre of the room. Each child was asked to write on a sticky note, five qualities that they practice every day and paste them on the banner. Creative meditation was conducted by Sister Vidhatri, where each child was asked to pick up any of the qualities he/she liked to inculcate, from the banner and then ask Baba to fill you with that quality.



26TH DECEMBER

Sister Dipti with the children as they share their feelings about the different swans



27TH DECEMBER

The exercise session was conducted by Sister Sita on some child friendly songs. OM Chanting was done.

Sister Vidhatri read the Murli and conducted a game of Cross Word on the Murli. Children enjoyed this.

At 10.30am, a much awaited visit to the Dadi Janki Park was organized, where Brother Bhavesh enthralled the children with his games, dance moves and role play! The children returned to the dining area for an ice cream treat!

In the evening session, Sheilu Didi met the children and spoke on the topic of Strength of Royalty. She stressed on the need for being peaceful, speak good words, be positive and neither to give nor take sorrow. A powerful swan would always look at the positive in all. The serene and powerful Creative Meditation was conducted by Sister Sita and Sister Valli. Children were guided to fill themselves with the eight powers of the soul by going in circles and transferring power through drishti to each other.



Brother Bhawesh allows children to be at their creative best!



Sister Sheilu during a session with the children on The Strength of Royalty

28TH DECEMBER

Exercise session was conducted by Sister Sunaina. Murli was read by Sister Archana.

A dialogue with the Youth group members proved very fruitful. The Youth panel comprised of Sister Beatrice from Italy, Sister Sapna from Australia and Brother Louis from Switzerland. Children posed various questions to the panellists such as the kinds of problems faced by the youth in their Brahmin life, problem of bullying, how to do anger management, Karma philosophy and Shiv Baba's incarnation in Brahma Baba's body!

These were answered satisfactorily by the panellists.

Later in the evening, Sister Gopi encouraged participation from the children about the stages of energy - Satopradhan, Rajopradhan, Tamopradhan. She emphasised on the need for children to 'be sensible and limit their exposure to media'. She asked the children to be careful about the choices they make and think of the energy before using their thoughts, words and actions as well as to be careful regarding their food choices. The children wrote birthday wishes for Dadi Janki on the small heart cut-out paper given out by Brother Shyam. Soon after, Brother David came with instruments from all over the world and shared different notes, beats and rhythms. The children were excited to try each of the instruments themselves.

We had the great pleasure of Dadi Janki coming to Gyan Sarovar to celebrate her 104th birthday. The children sang a Hindi song- *Bachpan ke din bhula na dena*- for her. Sisters Vidhatri and Sunaina danced to welcome Dadi.



The Youth panel comprised of Sister Beatrice from Italy, Sister Sapna from Australia and Brother Louis from Switzerland.

Sister Gopi during the session on Royal Diet.
A few members of the Youth group shared their experiences of having been in the Children's Retreat themselves, in the past years.



28TH DECEMBER

Dadi Janki's 104th Birthday Celebration at Gyan Sarovar



Dadi Ji wearing the same crown of The Royal Swans as the children!

29TH DECEMBER

Dynamic exercise was initiated by Sister Lakshmi followed by quiet meditation. Murli was read by Sister Valli. A pilgrimage to Pandav Bhawan was undertaken by all the children and teachers. Everyone gathered at the courtyard, where Sister Sunaina explained the importance of all the Four Dhams. Then a tour of all the Four Dhams was done. The children were encouraged to write a letter to Baba in Baba's Hut.

Sister Indra met everyone in the Meditation Hall and gave an interesting formula of how to connect to Baba easily, just like we connect to people through our phone, and gave toil.

Sister Lakshmi helped the children to prepare a paper craft on the Royal Swan. The children made the beautiful and attractive swans and addressed each other as Holy Hans. In the evening session, we had Meera Didi meeting each child with a long sweet drishti and a warm hug. She gave wonderful points on the Divinity and Royalty of a Swan and what are the things a God's Child would do and would not do!



Pilgrimage to Pandav Bhawan





Meera Didi filling each child with her warmth and love



The Holy Hans Craft

30TH DECEMBER

After the Dynamic Exercise and meditation, Murli was read by Sister Lakshmi. The children practised for their cultural programme in the evening. At 5 pm, parents, youth group facilitators and a few youth joined us for the cultural event presented by the children. Sister Nirmala, Sister Meera, Sister Dipti, Sister Gopi, Sister Neera and Brother Ramesh graced the occasion with their presence and blessings.

The Retreat concluded with the participants being awarded for various categories like full attendance and punctuality, good behaviour, sincerely noting the Murli points, Gyani and Yogi soul to name a few.

