

Brahmakumaris' Anubhuti Retreat Center

Brahmakumaris' Anubhuti Retreat Center resumed residential retreats after the long pause due to the Covid social distancing mandates. The much awaited 're-opening' was celebrated with a spiritual retreat for new BKWSU spiritual students from all over USA.



25 fully vaccinated for covid-19 souls participated, including 4 married couples and volunteers gathered for 5 days to practice Rajyoga meditation, reflect and enjoy various activities aimed at teaching spiritual living. Most of these students had attended the 7 days course during the Covid pandemic over the internet (using zoom). This was their first in-person experience of being in any BK center.

Below are the major highlights of the retreat:

Welcome Ceremony:

The retreat started off by welcoming the students in the most traditional manner dristi and toli and badge.

Thereafter, all participants went into silence for 3 days to minimize the sensorial distractions and to allow the subtle divine experiences to unfold as well as to maintain the social distance mandate. Covid -19 test was done after 3 days after arrival.





Various spiritual activities were conducted to go within and practice surrender like Blind fold guided walk by lake side trail, Graveyard meditation.





Trip to the Muir Woods National Monument:

A trip to Muir wood National Monument was arranged to practice Deep silence, Gratitude and Power of Sakash and Ladder of life Cycle





Glimpse of Golden Age:

The meditation hall of the Anubhuti retreat center was decorated like the Golden Age, complete with royal thrones and sparkling jewel like decorations. The participants were dressed up in regalia and treated like royalty. The visualization experience helped participants visualize their 'perfect deity form' and the Golden Age as described in the Divine writings.



Meet and greet Chandru Didi & the BK family:

A visit to the Pioneer Brahmakumaris Center, Dristi from Respected Chandru Didi and Silence experience in the very First Baba's Room of USA was a substantial experience for "Zoom Babies"!!!



Special Session on Preparing and Offering Bhog:

A special session was organized wherein it was emphasized to cook in a meditative manner in God's remembrance. They also taught the new students the proper manner in which the Bhog is served and offered to God.

Raksha Bandhan Celebration:

A traditional rakhi ceremony was also organized. The USA-West Coast Director, Chandru Behn and senior sister Geeta Behn tied rakhis, gave dristi, toli and gifts to all retreat attendees.



Closing Ceremony:

The retreat ended with a cultural evening program where participants sang, danced and expressed their gratitude to the Anubhuti staff and the BK family. Most participants became emotional as they shared how special they felt being reunited with the Divine Father and the long-lost spiritual family all united in God's love.

