

**GLOBAL BHATTI**  
**Saturday, 26 March 2022**  
**Being Unshakeable & Immovable -**  
**Inspiration from Dadi Gulzar and Dadi Janki**

**TIMETABLE**

(This is just a guideline. The timetable can be adjusted to suit yourself /your centre, keeping the goal of 8 hours of yoga)

Amrit Vela	<b>3.00 – 4.00 am</b>	Absorbed in the love of One: Increasing the experience of Love**
	<b>4.00 – 5.00 am</b>	Absorbed in the love of One: Love as the foundation for intense remembrance**
Pre-murli Yoga	<b>6.00 - 6.30 am</b>	Cleaning mind and intellect to receive knowledge
Murli (Adjust according to local time)	<b>6.30 -7.30 am</b>	Murli of the day
Post Murli Yoga	<b>7.30 - 8.00 am</b>	Absorbing Murli of the day
Bhatti	<b>10.30 - 11.00 am</b>	Unshakeable & Immovable (Commentary by Didi Nirmala)
Bhatti	<b>11.00 - 12.00 noon</b>	Beyond with Baba**
Bhatti	<b>3.30 - 4.30 pm</b>	Being prepared, so victorious **
Bhatti (walking or moving)	<b>5.30 - 6.30 pm</b>	Keeping yourself and the atmosphere powerful **
Spreading Sakaash (seated)	<b>6.30 - 7.30 pm</b>	Sending powerful vibrations, good wishes and pure feelings to souls affected by conflicts around the world
Bhatti	<b>8.30 - 9.00 pm</b>	Baba cares ** Relax and Surrender into Baba's Lap

\*\* Wisdom Points by Dadi Janki and Dadi Gulzar – available in the Portal