

GLOBAL BHATTI

Saturday, April 30, 2022

THE POWER OF AWARENESS

Timetable

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

Amrit Vela	3.00 – 3.30 am	Awareness of Baba - Deeply experience Baba as Father, Teacher and Satguru*
	3.30 – 4.00 am	Awareness of Baba - Deeply experience Baba as Purifier*
	4.00 – 4.30 am	Awareness of Baba - Deeply experience Baba as Companion*
	4.30 – 5.00 am	Awareness of Baba - Remain absorbed in the Ocean of Love*
Pre-murli Yoga	6.00 - 6.30 am (Adjust to local time)	Cleaning mind and intellect to receive knowledge
Murli	6.30 -7.30 am (Adjust to local time)	Murli of the day
Post Murli Yoga	7.30 - 8.00 am (Adjust to local time)	Absorbing Murli of the day
Class	10.00 - 10.30 am	The Power of Awareness (Class by Charlie bhai)
Bhatti	10.30 - 11.00 am	The Power of Awareness (with Commentary by Charlie bhai)
Bhatti	11.00 - 12.00 noon	Deeply experience the Awareness of the Drama*
Bhatti	3.30 - 4.30 pm	Deeply experience the Awareness of Being a Guest in the Physical World*
Bhatti (walking or moving)	5.30 - 6.30 pm	Deeply experience the Awareness of the Confluence Age*
Spreading Sakaash (seated)	6.30 - 7.00 pm	Send powerful Sakaash to brahmins, to additionally empower them in all awarenesses above.
	7.00 - 7.30 pm	Send powerful Sakaash to the souls of the world, to touch them with the awarenesses above.
Bhatti	8.30 – 9.00 pm	Just being with Baba: Relax and Surrender into Baba’s Lap

* Murli excerpts available on the Portal (bkmeditation.online/Global-Bhatti-2022), suggested as inspirations for the meditations.

Register your yoga time on the Portal – section “Contribute - Billion Minutes of Yoga”