**GLOBAL BHATTI**  
Saturday, May 28th, 2022  

**DESIGNERS OF THE GOLDEN WORLD**  
Based on the “Golden Drops” initiative and inspired by Dadi Janki’s teachings  

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

<table>
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<tr>
<th>Time</th>
<th>Activity</th>
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| **Amrit Vela** | Designers of the Golden World  
3.00 – 3.30 am The Magician  
3.30 – 4.00 am The Purifier  
4.00 – 4.30 am The Sweetest  
4.30 – 5.00 am The Alchemist |
| **Pre-murli Yoga** | Designers of the Golden World  
6.00 - 6.30 am I experience the divine intellect preparing itself to catch the golden drops of Baba’s wisdom during murli class. |
| **Murli** | Designers of the Golden World  
6.30 - 7.30 am Murli of the day |
| **Post Murli Yoga** | Designers of the Golden World  
7.30 - 8.00 am Absorb the Murli of the Day and the murli-experiment, including: What aspect of today’s murli offered you a glimpse or insight into your future life in the Golden Age? What subtle aspect of your Golden-Aged self has been brought into the light of your awareness? |
| **Meditation with commentary** | Designers of the Golden World With commentary by Brother Ken  
(on the basis of Dadi Janki’s class on the Golden Age, Sydney 1987)  
10.00 - 10.30 am |
| **Bhatti** | Designers of the Golden World  
10.30 - 11.00 am Me with my body here creates my body there  
11.00 - 11.30 am Me here is the design and decoration of my palace there  
11.30 – 12.00 noon Me acting pure here creates positive karma for there |
| **Interval** | Lunch, Eat, Rest, and Move in a Golden-Aged way  
12.00 - 4.00 pm |
| **Bhatti** | Experiential time with coloring, writing, pondering  
4.00 - 5.30 pm |
| **Spreading Sakaash (seated)** | Designers of the Golden World  
6.30 - 7.00 pm Send powerful Sakaash to Brahmins, to additionally empower them in all awarenesses above. Experience the power of the gathering |
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<td>7.00 - 7.30 pm</td>
<td>Send powerful Sakaash to the souls of the world, sending them vibrations of peace and hope. <em>Inspire them to shine light on beauty, to consciously create a beautiful world</em></td>
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<tr>
<td>Bhatti</td>
<td>8.30 – 9.00 pm</td>
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*Excerpts of murlis and Dadi Janki Class available on the Portal ([bkmeditation.online/Global-Bhatti-2022](bkmeditation.online/Global-Bhatti-2022)), suggested as inspirations for the meditations.*

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