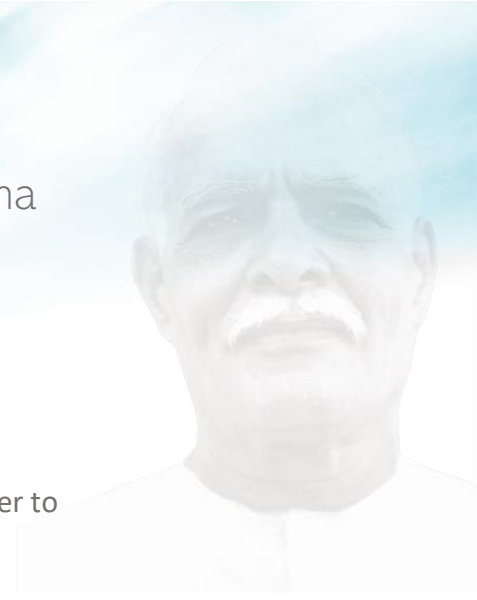


## Call of The Time:

Living a Yogi Life of Avyakt Silence like Father Brahma

### A Silence Invitation for the Brahmin Family

This invitation encourages you to make January 2023 into a deep and transformational month, moving all of those who are able to participate closer to the powerful avyakt stage. It's going to be magical!



## PREPARATION BEFORE JANUARY

1

Dadi Prakashmani's class:

"Now let everyone go in the cave of yoga!"

## MAKING JANUARY INTO A MONTH OF AVYAKT SILENCE

2

### AVAKT MURLIS FOR THE AVYAKT YEAR




5 Senior Yogis experiment with practices in these murlis and share with us their experiences.

These are our amazing spiritual resources:

Brother Brijmohan  
Mohini Didi  
Didi Sudesh  
Brother Raju  
Brother Charlie

Find the recordings on the

 **Silence Platform**


3

### DAILY HOMEWORK: EXPERIMENTS WITH SILENCE



With experiments based on the avyakt murlis, BK students and teachers experiment themselves in order to sustain a deep avyakt stage.

Find the experiments on the

 **Silence Platform**

Find a more detailed description on next page.

## Call of the Time:

### Living a Yogi Life of Avyakt Silence like Father Brahma

1

#### PREPARATION before January 2023

(Request to all centre coordinators around the world)

In preparation for this month of silence, we are sharing a class by Dadi Praskashmani in which she explains that Baba and the Dadis want the whole of the Brahmin family to do tapasya with a determined thought. "This tapasya will destroy all obstacles!"

We encourage you to read this class, feel the spirit of what the Dadis want from us and share it with those at the centre. Use it as preparation guidelines for January. Encourage students and teachers to make practical adjustments to their way of living the way Dadiji suggests. As we move through the remaining days of the year, invite feedback from everyone about the differences they're experiencing as they follow the guidance from Dadiji. What is supporting their subtle efforts for remembrance?

2

#### The AVYAKT MURLIS for the Avyakt Year and the senior yogis experiences

On the 5 Sundays in January, we will listen to the murlis spoken by BapDada in 1993, the year He named as "The Avyakt Year". 5 senior yogis will experiment with practices in these murlis prior to listening to those murlis as a family and will share a recording of their experiences. These audio clips will be played to the whole class after the avyakt murli is read on Sunday. It will also be posted on the **Silence Platform** so that the BK family can go back to the recordings in the week when they do experiments of their own.

3

#### DAILY HOMEWORK: The family's EXPERIMENTS WITH SILENCE

Each Sunday, after listening to the avyakt murli and the experiences of the senior yogis, BK students and teachers are encouraged **to experiment themselves in order to sustain a deep avyakt stage**. On the Silence Platform we offer an experiment for each day for everyone to work with.

#### AVYAKT SIGNALS from Madhuban on Solitude (ekant) and Concentration (ekagrata)

The avyakt signals offer an additional way to make consistent effort. Rather than just reading the avyakt signals – **experience them!** Every day don't let go of the signal until you can **feel** and **experience** the stage Baba is describing. Think less - feel more!

Access the **Silence Platform**:

<https://www.experiments-in-silence.org/>

