

# GLOBAL BHATTI

Monday to Wednesday, January 16-18, 2023

## AVYAKT SILENCE

### Timetable first day – January, 16<sup>th</sup> - The Cave of Yoga

(This is a guideline. Can be adjusted to suit yourself/your centre, keeping the goal of 8 hours of Yoga, besides remaining in Karma Yoga during the personal times)

Amrit Vela (Based on Murli Excerpts)	3.00 – 5.00 am	<b>Add to your Amrit Vela experiences with Baba related to the Cave of Yoga.</b> See the murli excerpts for each half an hour as inspirations: Yogeshwar, the Lord of Yoga – Power of Silence 1-3
Personal time	5.00 – 6.30 am	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Pre-murli Yoga (Adjust to local time)	6.30 - 7.00 am	<b>Cleaning mind and intellect</b> to receive knowledge.
Murli (Adjust to local time)	7.00 - 8.00 am	<b>Murli of the day</b>
Post Murli Yoga (Adjust to local time)	8.00 – 8.30 am	<b>Absorbing the Murli</b> of the day
Personal activities	8.30 – 10.30 am	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Master Class	10.30 – 11.00 am	<b>Class by Jayanti Didi: “The Cave of Yoga”</b>
Meditation	11.00 – 11.30 am	<b>Listen to the commentary by Sister Jayanti and spend time exploring the Master Class</b>
Personal activities	11.30 am – 3.00 pm	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Meditations “The Cave of Yoga”  (Use the murlis excerpts as inspirations)	3.00 – 3.30 pm	<b>In the Cave of Yoga</b>
	3.30 - 4.00 pm	<b>The final victory of Brahma Baba through yoga</b>
	4.00 - 4.30 pm	<b>The sign of love for Brahma Baba</b>
	4.30 - 5.00 pm	<b>How to follow the father</b>
	5.00 - 5.30 pm	<b>What is following the Father</b>
	5.30 - 6.00 pm	<b>Being completely victorious, as Brahma Baba</b>
Personal activities	6.00 – 6.30 pm	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Spreading Sakaash	6.30 - 7.00 pm	<b>Send powerful Sakaash to the souls of the world</b> , for an experience of real silence inside them
	7.00 - 7.30 pm	<b>Send powerful Sakaash to the brahmins</b> , for us to fully accumulate the power of silence, by remaining free of any waste thoughts
Personal activities	7.30 – 8.30 pm	Remain in <b>Karma Yoga</b> , to keep the remembrance continuous
In Baba’s lap	8.30 – 9.00 pm	<b>Just being with Baba and no one else:</b> Relax and Surrender into Baba’s Lap

Excerpts of Murlis available on the Portal ([bkmeditation.online/Global-Bhatti-2022](http://bkmeditation.online/Global-Bhatti-2022))

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

# GLOBAL BHATTI

## Monday to Wednesday, January 16-18, 2023

### AVYAKT SILENCE

#### Timetable second day – January, 17<sup>th</sup> – Become Unlimited Renunciates

(This is a guideline. Can be adjusted to suit yourself/your centre,  
keeping the goal of 8 hours of Yoga, besides remaining in Karma Yoga during the personal times)

Amrit Vela (Based on Murli Excerpts)	<b>3.00 – 5.00 am</b>	<b>Add to your Amrit Vela the following experiences:</b> Being a Conqueror of Attachment – Being in the Stage of Guest Consciousness - Being a Raj Rishi - Being a World Benefactor. See the murli excerpts for each half an hour as inspirations.
Personal time	<b>5.00 – 6.30 am</b>	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Pre-murli Yoga (Adjust to local time)	<b>6.30 - 7.00 am</b>	<b>Cleaning mind and intellect</b> to receive knowledge.
Murli (Adjust to local time)	<b>7.00 - 8.00 am</b>	<b>Murli of the day</b>
Post Murli Yoga (Adjust to local time)	<b>8.00 – 8.30 am</b>	<b>Absorbing the Murli</b> of the day
Personal activities	<b>8.30 – 10.30 am</b>	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Master Class	<b>10.30 – 11.00 am</b>	<b>Class by Ken bhai: “Become Unlimited Renunciates”</b>
Meditation	<b>11.00 – 11.30 am</b>	<b>Listen to the commentary by Ken bhai and spend time exploring the Master Class</b>
Personal activities	<b>11.30 am – 3.00 pm</b>	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Meditations “Become Unlimited Renunciates” (Use the murli excerpts as inspirations)	<b>3.00 – 3.30 pm</b>	<b>Renunciation: A step to an elevated fortune</b>
	<b>3.30 - 4.00 pm</b>	<b>Renunciation of body consciousness</b>
	<b>4.00 - 4.30 pm</b>	<b>Renunciation of all bodily relations and connections</b>
	<b>4.30 - 5.00 pm</b>	<b>Personality of a Renunciate and a Great Renunciate</b>
	<b>5.00 - 5.30 pm</b>	<b>Attaining complete renunciation</b>
	<b>5.30 - 6.00 pm</b>	<b>Renunciation and Tapasya: Basis of Success in Service</b>
Personal activities	<b>6.00 – 6.30 pm</b>	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Spreading Sakaash	<b>6.30 - 7.00 pm</b>	<b>Send powerful Sakaash to the souls of the world</b> , for a glance of their true identity, creating disinterest for the old world
	<b>7.00 - 7.30 pm</b>	<b>Send powerful Sakaash to the brahmins</b> , for us to stabilise fully in the stage of Unlimited Renunciation
Personal activities	<b>7.30 – 8.30 pm</b>	Remain in <b>Karma Yoga</b> , to keep the remembrance continuous
In Baba’s lap	<b>8.30 – 9.00 pm</b>	<b>Just being with Baba and no one else:</b> Relax and Surrender into Baba’s Lap

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# GLOBAL BHATTI

## Monday to Wednesday, January 16-18, 2023

### AVYAKT SILENCE

#### Timetable third day – January, 18<sup>th</sup> - Lost in the intoxication of the One Beloved

(This is a guideline. Can be adjusted to suit yourself/your centre,  
keeping the goal of 8 hours of Yoga, besides remaining in Karma Yoga during the personal times)

Amrit Vela (Based on Murli Excerpts)	<b>3.00 – 5.00 am</b>	<b>Add to your Amrit Vela the following experiences:</b> The flag of revelation hoisted in our hearts – The experience of true love - Lost in the love of both fathers - Creating and sustaining the atmosphere of love. See the murli excerpts for each half an hour as inspirations.
Personal time	<b>5.00 – 6.30 am</b>	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Pre-murli Yoga (Adjust to local time)	<b>6.30 - 7.00 am</b>	<b>Cleaning mind and intellect</b> to receive knowledge.
Murli (Adjust to local time)	<b>7.00 - 8.00 am</b>	<b>Murli of the day</b>
Post Murli Yoga (Adjust to local time)	<b>8.00 – 8.30 am</b>	<b>Absorbing the Murli</b> of the day
Personal activities	<b>8.30 – 9.30</b>	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Master Class	<b>9.30 -10.00 am</b>	<b>Class by Mohini Didi: “Lost in the intoxication of the One Beloved”</b>
Meditation	<b>10.00 - 10.30 am</b>	<b>Listen to the commentary by Mohini Didi and spend time exploring the Master Class</b>
Meditations “Lost in the intoxication of the One Beloved” (Use the murlis excerpts as inspirations)	<b>10.30 – 11.00 am</b>	<b>Intoxication of love having found the Father</b>
	<b>11.00 – 11.30 am</b>	<b>Merged in God’s love</b>
	<b>11.30 am – 12.00 noon</b>	<b>The power of love of the beloved Father</b>
Personal activities	<b>12.00 noon – 2.30 pm</b>	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Meditations “Lost the intoxication of the One Beloved” (Use the murlis excerpts as inspirations)	<b>2.30 - 3.00 pm</b>	<b>Merged in God’s love</b>
	<b>3.00 - 3.30 pm</b>	<b>The power of love of the beloved Father</b>
Spreading Sakaash	<b>3.30 – 4.00 pm</b>	<b>Send powerful Sakaash to the souls of the world</b> , for having a glance of true love, the love of both fathers
	<b>4.00 – 4.30 pm</b>	<b>Send powerful Sakaash to the brahmins</b> , for us to remain combined with BapDada, spreading true love in the world
Personal activities	<b>4.30 – 5.30 pm</b>	Remain in <b>Karma Yoga during your activity</b> , to keep the remembrance continuous
Avyakt Meeting	<b>5.30 – 8.30 pm</b>	<b>Celebrate the meeting with the One Beloved</b>
In Baba’s lap	<b>8.30 – 9.00 pm</b>	<b>Just being with Baba and no one else:</b> Relax and Surrender into Baba’s Lap

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