

Hindi Nordic Retreat

Himmelbjergvej 11, 8680 Ry | 18 – 20 May 2023



The Brahmakumaris Nordic Retreat 2023 was held on Thursday, May 18th, where Brahmins from Norway, Denmark, and Sweden gathered. The retreat focused on the theme of "Manmanabhav." The event began with Kruti Behen delivering a lecture on her understanding of Manmanabhav. She explained that everything visible to our eyes is temporary, while divinity, pure virtues, and a state of mind imbued with purity are everlasting. Kruti Behen emphasized the importance of experiencing and internalizing the divine qualities to make them a part of our eternal journey. She emphasized the significance of invoking Baba (God) and making Him our companion in every task we undertake. By touching everything in life with Baba's presence, we receive His blessings. According to her, in the worldly realm, we should consider every relationship as a trustee, allowing us to care for our loved ones without attachment. She emphasized that we are mere instruments and should feel grateful for being adopted by the Supreme Father. Our ultimate goal is to become like Him. Thus, the definition of Manmanabhav is to connect our mind with Baba and remain in constant remembrance of Him.



On May 19th, Vedanti Behen conducted a class where she shared her perspective on Manmanabhav. She stated that Manmanabhav is a direction for our mind, intellect, and sanskaras (inner personality traits). She emphasized the importance of linking our mind with Baba's mind and encouraged everyone to be like Lakshmi Narayan (symbols of a divine couple) in their thoughts and actions. Vedanti Behen explained that as members of the Godly Army, our mind may be restless like a monkey, but it should always be connected to Baba. She outlined a three-step process for spiritual

progress: moving forward by aligning our mind with Baba's mind, inwardly reflecting on pure thoughts and intentions, and reaching upward to maintain a constant connection with Baba.

During the retreat, a group discussion was held on the topic of Manmanabhav. Participants were divided into four groups, and each group shared their interpretations and definitions. Some common themes emerged, such as connecting the mind with Baba, following the guidance of the Supreme Father, and walking on the path illuminated by Baba's teachings.

The participants were also asked to reflect on their current state and identify three virtues that were strong in their lives. Responses included peacefulness, fearlessness, stability, surrender, tolerance, and courage. Additionally, they were prompted to identify three virtues that required further development, such as detachment from attachments, overcoming vices, and addressing laziness through regular meditation.

Avyakt Murai's statement that resonated with the participants was: "When you fully surrender to Baba and give everything to Him, you are not giving but investing, and you will gain in multiple folds." This highlighted the importance of maintaining a soul-conscious state and bridging the gap between one's spiritual aspirations and their current state of being.



In Manda Behen's class, the participants were encouraged to cultivate automatic remembrance of Baba through love and companionship. Manda Behen emphasized the importance of serving Baba with one's body, mind, and wealth. She stressed the need for increased concentration and practising spiritual efforts (adhyatmik purusharth). Mansa Seva, which involves radiating powerful positive vibrations towards the world while performing one's duties, was emphasized. Manda Behen outlined a three-step approach for spiritual progress: concentration, understanding, and empowering the intellect to overcome the mind.

During the question and answer session, a participant asked for guidance on how to stop reacting in challenging situations. Manda Behen advised taking a one-second pause before reacting, cultivating a soul-conscious state, and remembering one's role as a trustee.



Overall, the retreat provided a platform for understanding and practising Manmanabhav, establishing a deep connection with Baba, and integrating spiritual values into daily life. It offered opportunities for introspection, group discussions, and guidance from experienced teachers.

BK Jignesh Bhai, Center coordinator from south Sweden, BK Shushma, Denmark and BK sister Dorte, Denmark have planned the whole retreat and gave wonderful chances to explore and talk with seniors.

Om Shanti

