

## GLOBAL BHATTI NOVEMBER 2023 – TIMETABLE

### KARMA YOGA THROUGHOUT THE DAY

Special attention to Karma Yoga throughout the day, full of contentment and lightness

Suggestions for various ways to do it available on the portal\*, “Karma Yoga” section:

- The Six Points of Attention for Powerful Karma Yoga (also useful as a control card)
- Inspirations for Creative Karma Yoga Baba's Yuktis for Karma Yoga

### MEDITATION SESSION 4:00 PM TO 6:00 PM

(or adapt this time as appropriate, maintaining the session duration)

<b>4 to 5 pm</b> 4 to 4:15 pm	<b>Meditation “Embracing the personality of brahmin life”</b>
4:15 to 4:50 pm 4:50 to 5:00 pm	<p>Exhibition of video excerpt of BapDada’s murli, and reflective questions as inspirations for the meditation:</p> <ul style="list-style-type: none"> <li>● <i>What does my heart say about my stage of contentment? What would others say? Celebrate with Baba what you have already attained and empower yourself for additional attainments.</i></li> <li>● <i>“A soul absorbed in experiences is a fully satisfied soul, a contented soul”, says Baba AM 17/03/91. How much do I get absorbed in spiritual experiences, beyond understanding, in meditation and karma yoga? How can I stay more?</i></li> <li>● <i>What are the experiences I need to increase to make my contentment unconditional? How will I develop them?</i></li> </ul> <p>Meditation Break, or add this time to meditation</p>
<b>5 to 5:20 pm</b>	<b>Meditation “Being content, being world benefactor”</b>
	<p><i>Suggestion:</i></p> <ul style="list-style-type: none"> <li>● <i>Stabilize yourself in the contentment stage. Experience how contentment makes us great donors, donors of blessings, and benefactors of the world. Let yourself be merged in this experience.</i></li> <li>● <i>Gently contemplate your likeness to Baba: you, master benefactor of the world; Baba, the Benefactor of the World.</i></li> <li>● <i>Direct your benevolent gaze to the world. Check which virtues and powers are most needed now. Donate.</i></li> </ul>
<b>5:20 to 5:40 pm</b>	<b>Meditation “Strengthening the power of our togetherness through contentment”</b>
5:40 to 6:00 pm	<p><i>Suggestion of inspiration for your meditation:</i></p> <p><i>Blessing: May you be a contented soul who is loved by all and who makes the fortress of the gathering strong.</i></p> <p><i>(...) No one can shake a gathering that is united in one direction. However, the basis for this is to be loving to one another, to give regard to one and all, to remain content yourself and make everyone content. (...) The power of the gathering is the special basis for victory. MA 14/01/80</i></p>
	<b>Meditation with free theme</b>
	Closing meditation to complement or summarize your experiences

\* Portal link: <https://tinyurl.com/Global-Bhatti>

\* Your feedback is welcomed: [globalbhatti@brahmakumaris.org](mailto:globalbhatti@brahmakumaris.org)