

International BK IT RETREAT, 24-30 November 2019

Approximately 25 BKs attended the 2019 IT Retreat in Australia. The participants came from eight different countries (Canada, Colombia, India, Hong Kong, New Zealand, United States & UK) and various States of Australia.

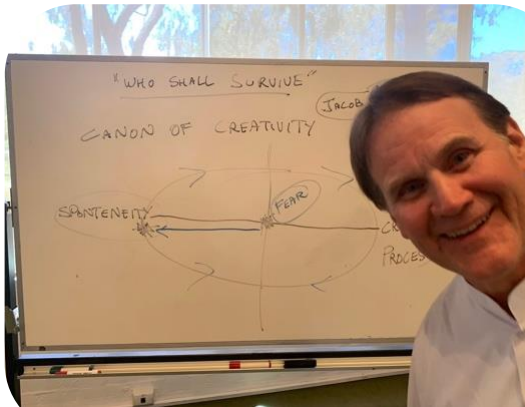
MELBOURNE



The retreat started in Melbourne at the Peninsula Retreat Centre (Baxter). All the participants were warmly welcomed by Sister Jacqui and team Baxter.

The first day started with sightseeing around Frankston, visiting the Moonlit Sanctuary Wildlife Conservation Park which is home to Australian native birds and animals such as wombats, kangaroos, dingoes...

Sr Chrissy from Melbourne conducted the opening program on the topic on Creativity. Her excellent performance was followed by participants' introductions.



Br Erik from New York then conducted a session on Karma and four main areas in which to settle your karma - mind, body/health, wealth and relationships. He also spoke about and four ways of settling karma by using gyan, yoga, dharna and seva

Br Erik presented an interested correlation between the mango with its unique shape, taste and seed, and Shiv Baba.

On the third day all participants went out sightseeing around Melbourne CBD area, starting from the Melbourne War Memorial, followed by Melbourne Art Museum and a central city tour. The tour finished at Fitzroy Meditation Centre with Brahma Bhojan hosted by Sr Christine and team.

SYDNEY



The latter half of the retreat started by taking flights from Melbourne to Sydney on day four, to go to Leura Retreat Centre.

On the way, we did a quick stop over at Wilton Retreat Centre where Sr Phillipa and team Wilton offered Brahma Bhojan to all the visitors.



The first day of our stay at Leura started with going into Sydney CBD with sightseeing of the Opera House and Sydney Harbour Bridge.



There was a surprise package of another Brahma Bhojan - prepared at Five Dock Centre, transported and served from the back of the van by the awesome Br Dan - at beautiful Bondi Beach. Before heading back to Leura in the Blue Mountains, everyone took the opportunity to visit Five Dock where all the participants had an interactive conversation with Senior Br Charlie.

The second day in Sydney included long and short walks around the Blue Mountains and Leura Retreat Centre respectively. On the third day, all the participants took a bus tour sightseeing around the Blue Mountains, visiting iconic Three Sisters rock.



The fourth day started with an amazing Qi Gong stretch conducted by Br Warren which was followed by Br Charlie's wonderful session on 'Soul Consciousness and Self-Empowerment'. In the afternoon, Br Marcelo conducted a workshop on 'The Role of the Eight Powers in Strengthening Soul Consciousness' and their practical use at work.



To conclude the day, a Cultural Program was organised with the theme 'Ignite the Inner Light' (the theme of the retreat) which was so much fun and hilarious. 😊 See snapshots of the very fun and mesmerizing evening!

On the last day, Sr Sally conducted a workshop on 'Deepening Relationships with Baba'.

All this wouldn't have been possible without the hard effort put in by team Australia organising the schedules and programs, meals, accommodation, transport etc. etc.

Last but not the least, thanks all the Senior brothers and sisters and RCs for their loving cooperation and sweet blessings.