

# Exploring Our Golden Age World - Exquisite Exchanges with the Malaysia and Singapore family

At the inspiration of Meerabhen, 280 BKs from Malaysian and Singaporean joined in a one and half day retreat for the 20th and 21st of February which was facilitated by Judy Johnson, Petra and Trish.

The whole group explored and embraced their perfect and complete form in a loving and silent way through a variety of experiential practices, journaling, moving, drawing, sharing and Golden Aged bhatti's. During the sharing moments, the chat box was exploding with words of happiness, intoxication and realization.

On Saturday they began their journey by entering Satyug from the soul world in the Palace of the Womb and explored the mind, intellect, sanskars and brain of the satopradhan self. In between they lunched in the Happiness of Eating and shared Golden Recipes with photo's and drawings displayed on the screen. The first day ended with the Happiness of Sleeping the Golden Aged sleep "Sona".

Sunday Amrit vela included inspirations from Dadi Janki and deep memories of perfectness emerged from that. And linking to the sunday's avyakt murli which was all on service, they reflected on the question *"What service are you doing now and how will that turn to gold in the Golden Age?"*

The families appreciated deeply to think about the royalty and hamony of relationships in the future and all came to a golden final with Transition between Births.

The whole retreat was perfectly sustained by the smooth running logistic team, who provided 3 language channels (Chinese, English and Tamil). So everyone could take full benefit and lay a fundament for further exploration and stabilization of their future form in their own spaces and places.



# GOLDEN AGE



## EATING IN HAPPINESS

## ENJOY THE FROZEN LOLLY'S OR THE FRUITY BLISS

- Orange Lolly 🍷
- Pomegranate Lolly 🍷
- Mixed Fruit Lolly 🍷
- Orangi Bliss 🥤
- Blissfully Pomegranate 🥤
- Mixed Fruity Surprise 😊



## SALADS & FRUITS

- Juicy fruits
  - Apples
  - Grapes
  - Oranges
  - Pear
  - Plum
  - Prunes
  - Pomegranate
- Salad
  - Cucumber
  - Carrots
  - Green Leaves
  - Nuts
  - Tomatoes



## SEEDLESS FRUITS, SQUEEZED FOR FRESH JUICE



# DRINKS & NUTS







Recipe - Salad

- Cucumbers
- Grapes
- Carrot
- Spinach
- Rox Salt
- Cherries
- Mango Pulp





# Sharing of Retreat Experiences and Closing Remarks by Bro Letchu



EMPEROR SHIRI NARAYAN

EMPRESS SHIRI LAESMI