

# Asia Region Chinese Retreat

## Journey into Golden Age

111 BKs from Malaysia, China, Hongkong (China), Singapore and Korea participated in a one and half day retreat from the 10th to 11th of April 2021

The whole group explored and embraced their perfect and complete form in a loving and silent way through a variety of activities including class by Didi Dr Nirmala, small group discussions, sharing of golden age recipes, Golden Age bhakti and Questions and Answers Session with Meera Didi. During the sharing moments, the chat box was exploding with words of joy, happiness, intoxication and realization. Participants had clearer pictures of Golden Age through Seniors' class and Questions & Answers Session. Didi Dr Nirmala inspired participants to develop all divine virtues.

Participants experienced the power of gathering, sense of belonging, very warm family gathering and took a lot of inspiration and increased their faith in the self, Baba and divine family through this retreat. The highlights of the retreat was Golden Aged bhakti – diving into the depth of our Golden Aged vibrations.... Participants were in tears, feeling so touch by the love of God, the bhakti also enriched participants' memories of golden age and their experience in this bhakti was awesome. Participants appreciated the effort of technical team using various pictures, video clips, commentaries and beautiful music to enable them to dive deep into the vibrations of golden age ... They were inspired and aspired to make greater effort attaining completion and perfection. The commentary has led some participants into good experience of tasting the sweetness of golden age fruits and eating in happiness. They are now have clearer understanding about golden age and increased spiritual intoxication in what Baba said about golden age in the murli. Participants are now able to develop unlimited disinterest for the old world, attached their heart to new world and aspired to increase fortune for 21 births.

On Sunday, the participants appreciated deeply to share about the royalty and harmony of relationships in the future. The whole retreat was well sustained by the smooth running logistic team, 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.

Thank you Baba and Drama for such a beautiful and powerful experience.

第1个图片食材包括：生菜、草莓、  
橙子、香蕉；

**Golden  
Age  
Recipes**



第2个图片食材包括：莴苣、百合、  
胡萝卜、橄榄油；

**Golden  
Age  
Recipes**



第3个图片食材包括：南瓜、小麦面粉。

Golden  
Age  
Recipes



# Retreat Speakers, Facilitators and Participants



## Technical Team