

1st ONLINE NATIONAL BK RETREAT

24th & 25th June 2021

As 24th June was Mama's day, it was decided to make it as a retreat for 2 days nationwide. Though we used to have so many retreats and programmes together nationwide, this was the 1st online national retreat. In this COVID 19 pandemic situation, considering the need of the BKs, it seemed necessary to have a sustenance programme to empower all Baba's children in order to bring back the zeal and enthusiasm. And also it was an opportunity to meet everyone from all corners of the country. All the sessions were conducted via Zoom and YouTube in all 3 languages (English, Sinhala & Tamil) as per need. Many places, particularly in rural areas people don't have much facilities such as smart phones, internet etc. Somehow the majority of them made effort to gather in small groups and participated. We were able to see the enthusiasm of BKs through the zoom videos and comments on the chat boxes.

Programme details are given below:

24th June Thursday – Mama's day:

MC – Sis. Gopi

4.00 am – 5.00 am amritvela meditation with visuals and live commentaries in Sinhala & Tamil through Zoom & YouTube.

6.00 am – 7.30 am : Meditation, bhog offering and murli class were conducted through 3 different zoom and YouTube links language wise.

In English : Bro. Ganesh from Kandy centre

In Sinhala : Sis. Rammi from Maharagama Geeta pathsala

In Tamil : Bro. Suresh from Batticaloa centre



9.00 am – 10.35 am : Meditation and class by **Didi Dr. Nirmala ji** on "**Mama's specialities**"

Didi ji shared many qualities of Mama which she saw practically in her and also related few yagya stories where Mama expressed her divine qualities such as being obedient to Baba – saying "Ha ji" to all Baba's directions, paying attention to amritvela, murli etc., being an embodiment of tapasya, having total faith in all aspects etc.

11.00 am – 12.00 noon : Creative meditation was conducted by Bro. Seelan from Dehiwela centre through Zoom links only. In this session participants were asked to write and burn their false image and were made to stabilize in their true self-respect.

5.15 pm – 6.30 pm : Meditation and class by **Bro. Ganesh** on "**Subtle efforts of Mama – Royalty of purity**" in which he highlighted the subtle efforts of Mama paying attention on her intellect, having firm faith in Baba, soul conscious attitude, churning gyan and going into the depth of it and so on.



6.30 pm – 7.30 pm : Meditation with visuals and live commentaries in Sinhala & Tamil.

25th June Friday

MC : Sis. Lekha

4.00 am – 5.00 am amritvela meditation with visuals and live commentaries in Sinhala & Tamil through Zoom & YouTube.

6.00 am – 7.30 am : Meditation and Murli class were conducted through 3 different zoom and YouTube links language wise.

In English : Bro. Ganesh from Kandy centre

In Sinhala : Sis. Vithanage from Galle centre

In Tamil : Sis. Ranji from Jaffna centre

9.15 am – 10.35 am : Meditation and self-reflection: “My inner journey for the past 15 months – where am I now?” was conducted by Sis. Lekha from Mullaitivu in which participants were given 8 questions to reflect and write.



11.00 am – 12.30 pm : Meditation and class by **Bro. Charlie** on “**Power of renunciation**” in which he explained different aspects of renunciation, Mama’s renunciation, the necessary of power of renunciation for our progress and also some of his personal experiences.

5.15 pm – 6.45 pm: Meditation and class by **Muthumani behn** from Adaiyar, Tamilnadu on “**Mama’s dharna**” in which she explained many practices of Mama, related few stories from the scriptures and also inspired everyone to make intense effort.



After the class few BKs from different centres shared their experiences gained from this retreat. Each one was given just 2 min. to share. But from their sharings we were able to see the benefits gained by the participants.

Finally, Bro. Ganesh gave words of blessings and followed by blessing ceremony in which each one received his/her retreat blessing. All were so happy to be together for 2 days after a long time and also the presence of the senior instruments and their valuable classes have given extra energy to move forward in this spiritual journey.

Since this is an online retreat we can’t count the exact no. of participants, but by observing all the zoom & YouTube live links there might be approximately 400 BKs participated in this retreat.

With the help of BapDada and the cooperation from all Baba’s valuable jewels, retreat became very successful.

Our special heartfelt thanks go to Didi Nirmala ji, Charlie bhai, and Muthumani behn for spending their valuable time with all of us.

Some of the BK participants' view during the classes


