

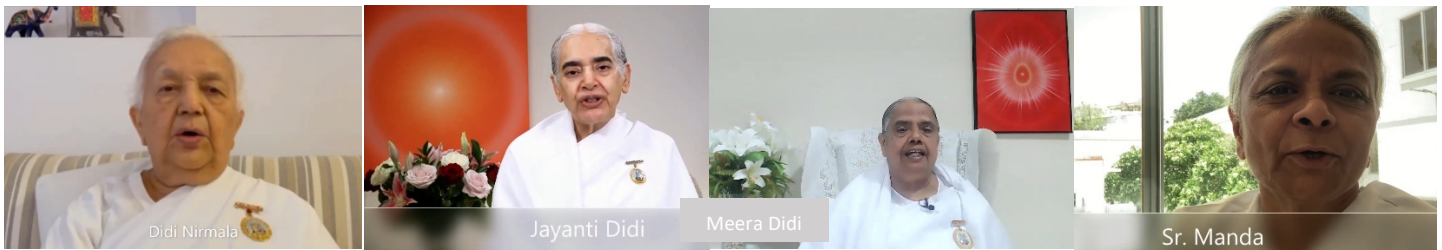
## **GOLDEN AGED RETREAT FOR SRI LANKAN BKS**

### **Sat 3<sup>rd</sup> & Sun 4<sup>th</sup> July, 2021**

It was a great fortune for all Sri Lankan BKS to have a wonderful national retreat conducted by very experienced senior BKS Sis. Judy Johnson, Sis. Petra, Sis. Trish & Sis. Marieke to experience the golden aged life. This online retreat was held on July 3<sup>rd</sup> & 4<sup>th</sup> and more than 700 new and old BKS from various parts of the country participated with zeal and enthusiasm. It was conducted in English and translation was provided in Sinhala & Tamil.

#### **Program details are given below:**

On July 3<sup>rd</sup> Saturday the retreat began by 11.30 am with a warm welcome by our Divine Bro. Ganesh, National Co-ordinator of Sri Lanka and after that the introduction of the programme was given to the participants and followed by a video was played which carried the words of blessings from our respected senior instruments Didi Dr. Nirmala (GS), Jayanti Didi (UK), Meera Didi (Malaysia) and Manda behn (UK) and also BapDada's recent bhog message about giving the experience of golden age.



The whole programme was facilitated in a very creative way through self-reflections, discussion in breakout rooms, writing the thoughts/experiences in chat box, small movements, drawing, meditation experiences through visuals, dristi exchange in gallery mode etc. on the following themes:

#### **July 3<sup>rd</sup> Saturday:**

11.30 am – 1.00 pm : Brand new world & Palace of the womb  
5.00 pm – 7.30 pm : Anatomy of golden aged soul & Harmony in relationships

#### **July 4<sup>th</sup> Sunday:**

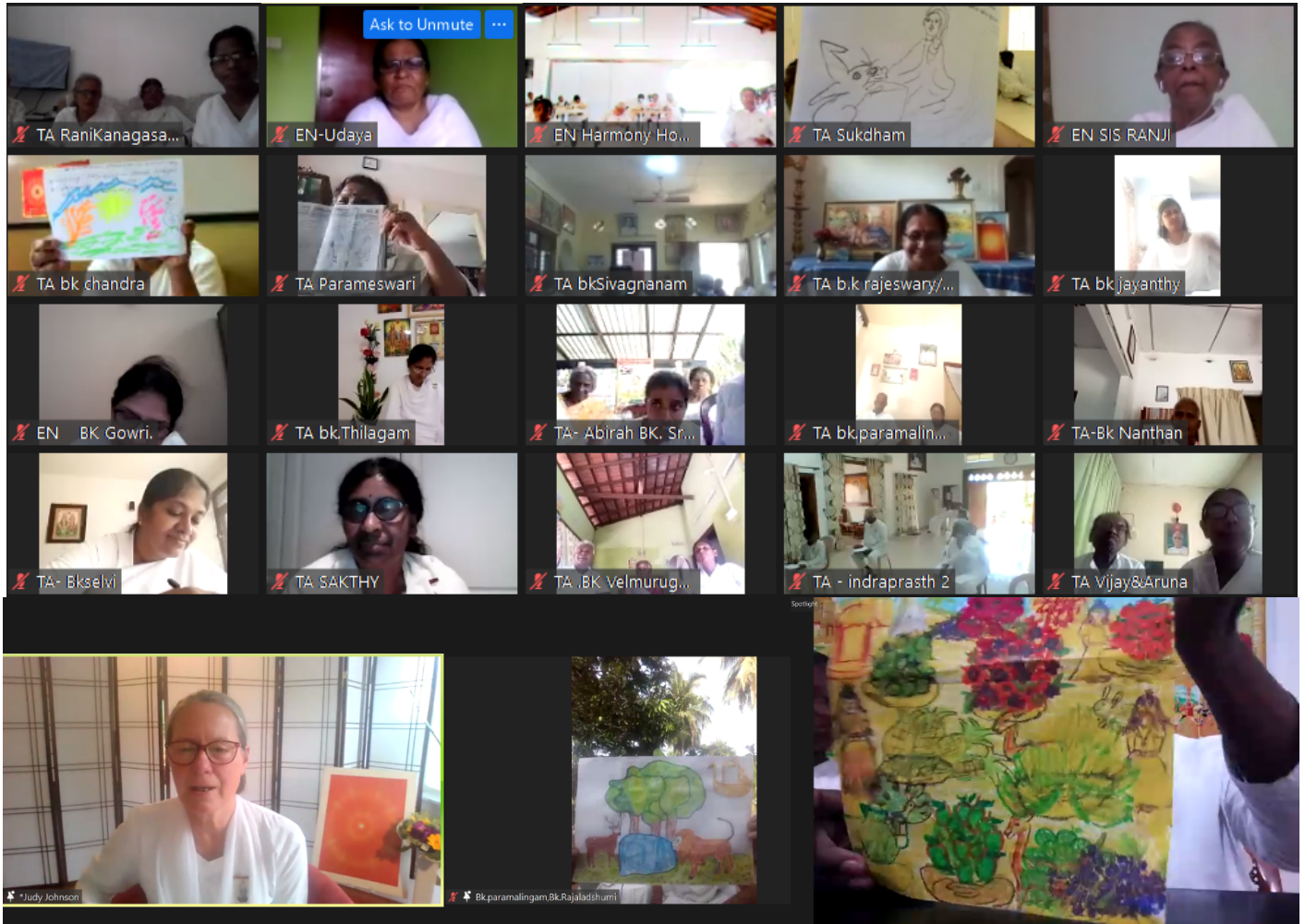
4.00 am – 4.45 am : Amritvela together (BapDada's bhog message given on 13/08/2020 via Sashi behn)  
10.00 am – 12.00 noon: Exploring the wonders, Satopradhan body, Relationships with Nature & Animals  
5.00 pm – 7.30 pm : Transitions between births

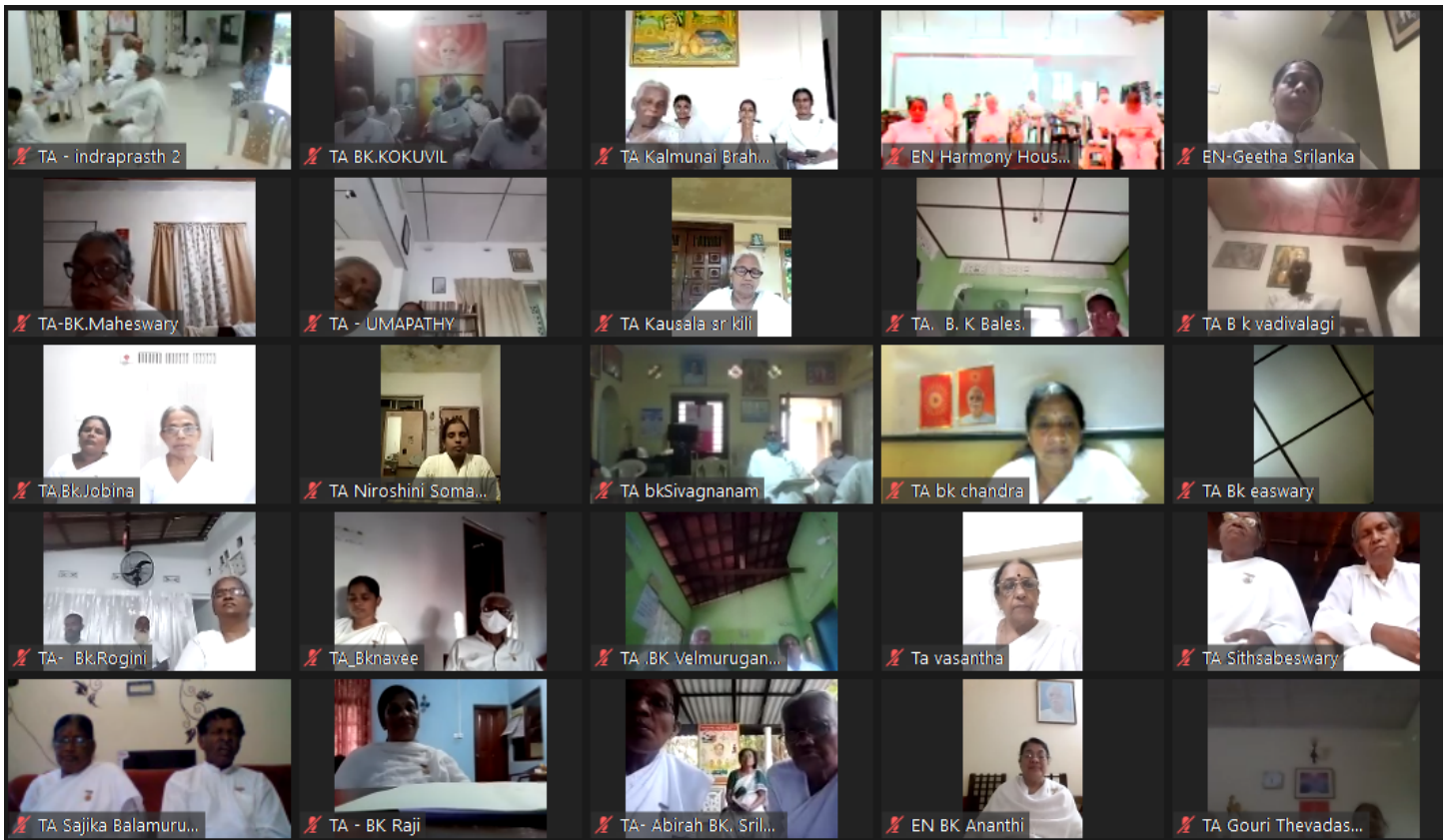
On 4<sup>th</sup> July Sunday evening Santosh Didi (Russia) shared golden insights with beautiful sceneries of the golden age.

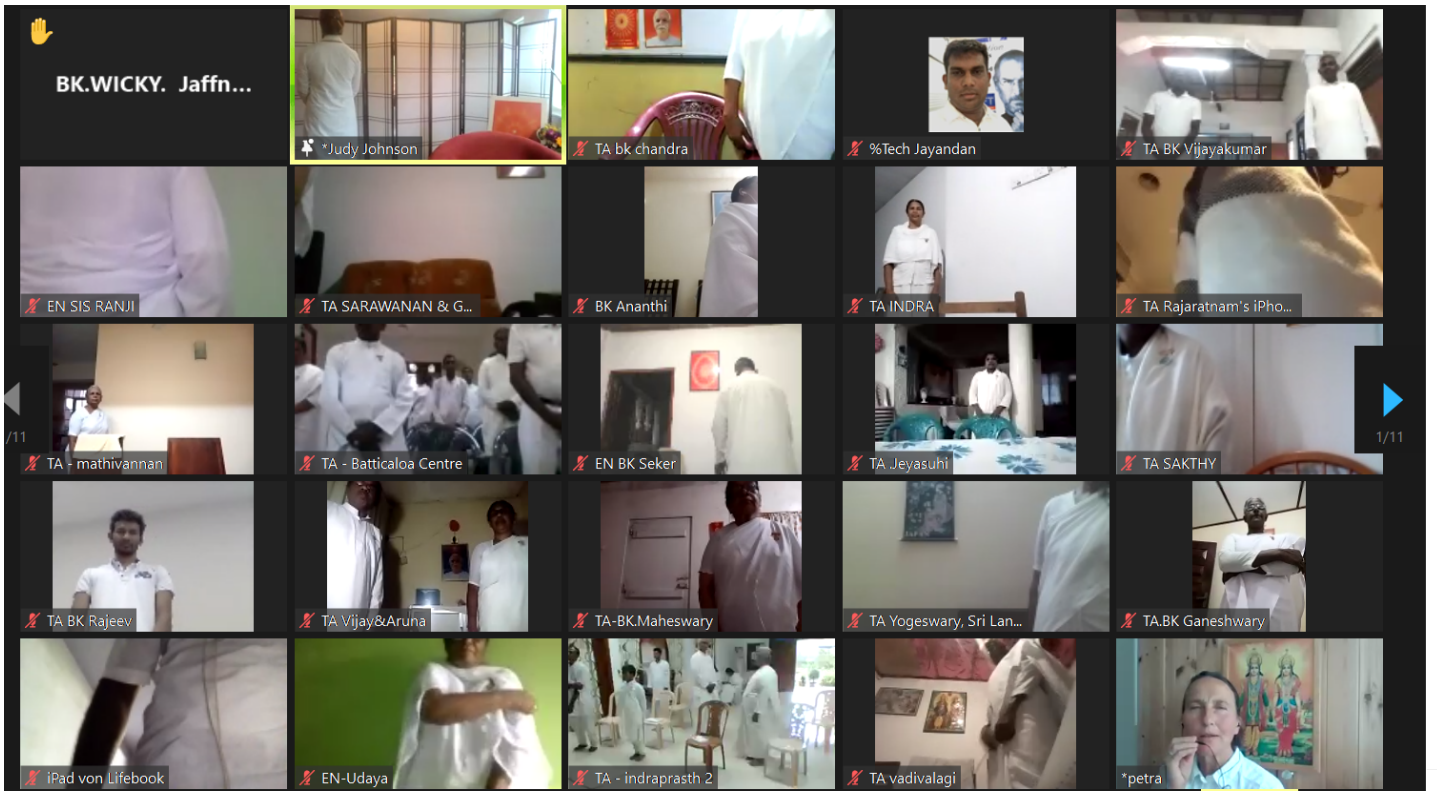
In fact, during this lock down period, this kind of retreat has really empowered all the BKs in Sri Lanka. We could see the happiness & joy in everyone's faces. When seeing the comments in the chat box and hearing the experiences from the participants we could see how much each one has really experienced golden age. There were many new BKs who were less than 1 month in gyan.



### Some of the screen shots during the whole retreat



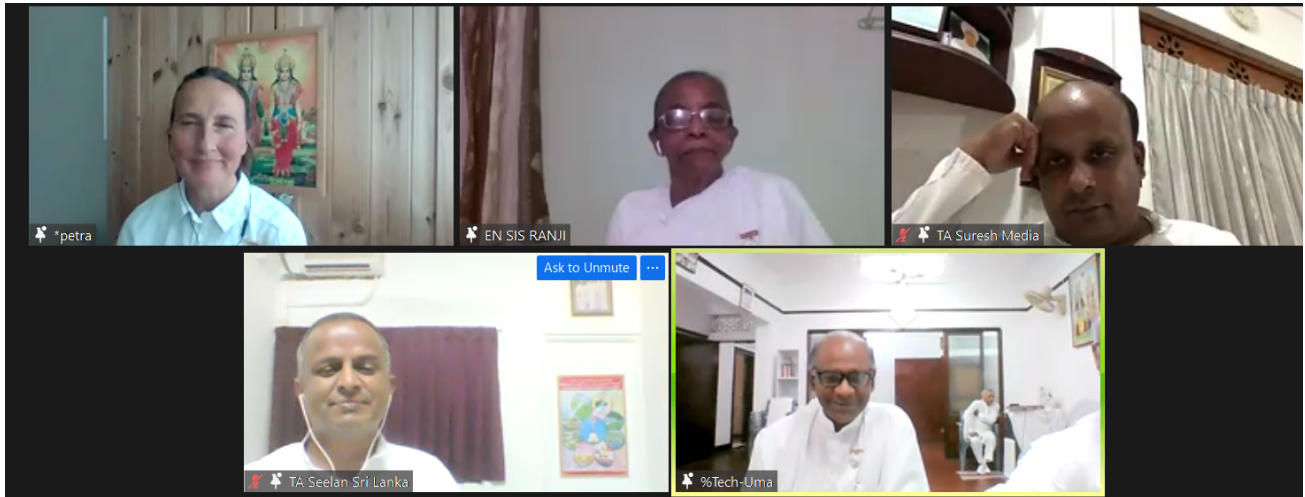




### Sharing experiences at the end



**National Co-ordinator – Bro. Ganesh &  
Centre Management Team – Sis. Ranji, Bro. Seelan & Bro.Suresh**



### Technical & Interpreters team



## At the end.... Saying "Good Bye"



Although many poor BKs don't have the internet, smart phone facilities, the local centres and BKs helped each other to participate in this retreat as a group.

Our sincere thanks go to Beloved BapDada, Dr. Nirmala Didi, Jayanti Didi, Meera Didi, Santosh Didi & Manda behn for their words of blessings & inspirations. We especially thanks all the facilitators –Sis. Judy, Sis. Petra, Sis. Trish and Sis. Marieke and also Bro. Ricardo for spending their valuable time with all of us and really took all the participants into the golden age.

### **In Baba's yaad,**

Bro. Ganesh (NC) &

CMT- Sis. Ranji, Bro. Seelan & Bro.Suresh