



*14 exquisite exchanges
with my future life*

*"For the sake of the world out there
we have to start investing our
consciousness into the future,
to be pulling ourselves
into the future. This is a very
important real way of giving
myself this intoxication,
to be aware that
I am master creator of the Golden Age."
Dadi Janki, Sydney, 1987*



*Dedicated to Dadi Janki who was an embodiment of her future
form & tirelessly inspired us to reach ours also.*

Dear Friends

We are writing regarding
'14 Exquisite Exchanges with My Future Life'.

This is an artfully designed reflective journal with exercises which invite users to contemplate and explore their future life. The journal can be printed out and used individually, or as a Centre activity over a weekend or a two-week period. The journal comes with a simple resource kit which includes audio links of recorded exquisite 'secrets', future form 'tasters' by seniors, educational video link and ideas for suggested uses.

Some feedback:

"The world-wide lock down has signaled that the old world is soon to finish, but also a magical new world is on our doorstep. I have been feeling the pull to the wonder of our future world, so when I saw Exquisite Exchanges, the beautiful colours, words and vibrations propelled me into our future. I really felt like I was touching the trees of heaven....." Charlie

This sweet offering was like a breath of fresh air. The beauty of the art pulled me in and the reflections invited me to imagine inner beauty as expressed in my golden aged state. I explored one secret per day for 14 days. It generated a light and lovely feeling that I am still carrying with me. A unique and lovely experience. Thank you. Judy J

Each aspect I read of the Exquisite Exchange made me feel exquisite. I already began to feel the beauty of subtly of each word, and my memories started to be awakened, it felt so real. Such an important thing for us all to be immersed in at this time....!! Manda

I always appreciate when something engages me at a level that does not seem to involve or cleverly perhaps bypasses the intellect. Such was the instinct in relation to Exquisite Exchanges which with no prior

knowledge of, drew me in, delighted not least the intellect and left every facet of the soul, smiling broadly..... Waddy

Our Respected RCs have given their blessings to this journal.

To receive a soft copy of the journal and the resource pack, please email us at: exquisite.exchanges@au.brahmakumaris.org

Much love
The Exquisite Exchange Team

Charlie, Judy J, Manda, Petra, Trish, Waddy



*“You **have** to see the trees
of Heaven in front of you.
They are **so** close to you.”*

BapDada