

Double Foreigner Programs Madhuban Season 2018 - 2019
UPDATED List of Retreats & True Self Esteem Courses for Groups 9 – 12, February – April, 2019

Dear Centre Coordinators,

Greetings of love,

Please find below an updated list of retreats for February through to April.

For some of the retreats as noted below, you can register online and the links will be sent out in due course.

For other retreats registrations will be on arrival in Gyan Sarovar.

If you would like to join a retreat and you need translation: Please talk to your Language Coordinator (via your National Coordinator).

Language Coordinators will explain which retreats there will be translation available for.

If you have any questions please email us at: dfseason@brahmakumaris.org

In Baba's yaad,
Double Foreigner Program Team

Group 9 February

<p>SELF-COMPASSION RETREAT</p> <p>As Baba's children we have the knowledge that our true nature is of compassion and love but we often still treat ourselves harshly. The Self-Compassion workshop includes experiential exercises which will help us to recognise how we are sometimes unkind and subtly violent towards ourselves and how we can learn to respond in a kinder and more compassionate way. This choice is done because we care about ourselves and realise that if we really want to motivate ourselves, love is more powerful than fear. The emphasis is on building resources rather than addressing old wounds, and positive change occurs naturally as we develop our capacity to be kinder to ourselves.</p> <p>It is important to attend the full two day retreat from 9:30-1:00 and 5pm till 8pm</p> <p>Registration is ONLINE. Link will be sent to you in due course:</p>	<p>10, 11 Feb 2 Days Facilitator Sarah Eagger ben Limited to 40 participants</p>
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<p>SPIRIT OF CARE: From Your Inner Sanctuary – Open Your Wings And Fly We all have our own silent, safe and wise place within us – at the epi-centre of our soul. The place where the light burns brightest... A ‘sanctuary’ of our own... a sacred place within where we can take refuge and find peace... a place where God’s presence waits patiently for our return. With one thought we can be there... to find peace, re-connection, love and the wisdom of insight... Here in our inner sanctuary we can be free from the constraints of the world. Free to heal the self, our relationship with others, empower nature and the elements, and sit in God’s presence. We would be happy if you could join us to explore this inner sanctuary over 3 days at this the 10th anniversary of the Spirit of Care retreat. We will explore the sacredness, silence and greatness our inner sanctuary offers us... Spread your wings and fly free...We will explore the sacredness, silence and greatness our inner sanctuary offers us.... Spread your wings and fly free....</p> <p>Registration is only available ONLINE. Registration link: brahmakumaris.org/r/spirit-of-care</p>	<p>12,13,14 Feb 3 Days Coordinators: Valeriane ben, Sarah Eagger ben</p>
<p>A REFLECTIVE PERSONAL JOURNEY RETREAT – FOR THOSE 25 YEARS AND OVER IN GYAN Using the tools of honest reflection, questions, curiosity and journaling to go deep inside ourselves, in the container of silence. The questions are directed towards helping us review our spiritual life to date, discover aspects that may have been hindrances, and aspects that we can now develop in order to progress further. The idea is to re-awaken our awareness of the powerful future destiny that awaits us. The retreat format includes a small amount of sharing, evening meditations together, and the rest of the time spent in solitude, for personal reflection.</p> <p>Registration is ONLINE. Link will be sent to you in due course:</p>	<p>12-15 Feb 3.5 days Coordinator: Manda ben Limited to 20 participants</p>
<p>TRUE SELF-ESTEEM COURSE You are invited to attend an interactive, and insightful course on re-creating the true self-esteem we once had. Good self-esteem is an essential for spiritual progress. Low self esteem affects everyone and every area of life. This course includes practical spiritual and psychological tools to heal the self and become your natural happier self. Join this course for a group and individual learning experience.</p> <p>Registration will be in Global Office on arrival in Gyan Sarovar.</p>	<p>12,13,14 & 15 Feb 4 mornings 9:30 am - 12:30 pm Facilitator: Peter Keogh bhai</p>
<p>BAD (BRAHMIN TO ANGEL TO DEITY) RETREAT An experiential retreat in which we will invite the Future forms to come closer to the Present. To remove the remaining masks of the Past and reveal the Divinity of our Original Golden Aged consciousness. With input from Seniors, personal reflections and uplifting co-sharing, we will take further steps to returning to our Royal SwaRaja state.</p> <p>Registration is ONLINE. Link will be sent to you in due course:</p>	<p>19-20 Feb 2 Days Coordinator: Yogesh bhai</p>

Group 10 February - March

<p>TRUE SELF-ESTEEM COURSE You are invited to attend an interactive, and insightful course on re-creating the true self-esteem we once had. Good self-esteem is an essential for spiritual progress. Low self esteem affects everyone and every area of life. This course includes practical spiritual and psychological tools to heal the self and become your natural happier self. Join this course for a group and individual learning experience. Registration will be in Global Office on arrival in Gyan Sarovar.</p>	<p>26, 27, 28 Feb 1 March 4 mornings 9:30 am - 12:30 pm Facilitators: Peter Keogh & Diane Tillman</p>
<p>TRANSLATOR'S RETREAT – CREATING FORTUNE BY USING YOUR SPECIALTIES Everyone has a specialty and by recognising it, each person may create their fortune. For a day, all Baba's translators will get together to work on their own specialty and see how to improve it. ONLY FOR TRANSLATORS – IT IS NECESSARY TO UNDERSTAND ENGLISH. Registration is ONLINE. Link will be sent to you in due course:</p>	<p>2 March 1 Day Coordinator: Marcelo bhai</p>
<p>ALIGNING OUR FUTURE WITH THE ORIGINAL SEED RETREAT – FOR THOSE 30 YEARS & OVER IN GYAN This season there is a new retreat being offered to the Double Foreigner family who are 30 years and above in gyan. The retreat will be in Gyan Sarovar and Pandav Bhavan. There is a limit of 50 participants in the retreat and so those who wish to join the retreat will need to please register promptly. Invitations are for those 30 years and above who are main instruments (living within the Centre or otherwise) Registration is ONLINE. Link will be sent to you in due course:</p>	<p>4, 5, 6, 7 March 4 Days Coordinator: Patricia ben (Limit of 50 participants)</p>
<p>POWER OF CONCENTRATION The aim of this retreat is to understand the nature and importance of practicing and training CONCENTRATION for better results in yoga. The Retreat will include practices that help in developing concentration, a Silence day to practise increasing the love for the self and Baba, journaling and reflection. Excerpts of Baba's murlis and questions for the day will be offered. Participant Requirement: no use of cellphone, computer, reading or any distracting practice. Registration is ONLINE. Link will be sent to you in due course:</p>	<p>5 (evening), 6, 7 March 2.5 days Coordinator: Luciana Ferraz ben</p>
<p>“CLOSING THE GAP” – EXPERIENCE <i>Awaken our inner capacity of CONSTANTLY creating our stage</i> For 2 days we close the gap between what we are now in our everyday life and what we will be at the end. For this, we awaken the inner capacity of CONSTANTLY CREATING OUR STAGE. This stage of ongoing inner activeness we can see in the jewels of our Brahmin family. We can also emerge that sanskar and take this experience back from Madhuban. Let's start a new phase of effort making: Silent, focussed, constant, very creative, smilingly and never alone but in Baba's supportive gaze. Be prepared to spend a lot of time with yourself – and Baba. With His help we can bring about that change. Registration is ONLINE. Link will be sent to you in due course:</p>	<p>8, 9 March 2 Days Coordinators: Mathias bhai and Shashi ben, UK</p>

Group 11 March

SILENCE RETREAT

To participate in a silence retreat in Madhuban is an unparalleled opportunity for BKs to guarantee a deep spiritual experience for ourselves. We will meet twice a day for group meditation and provide short optional guidance. Please be prepared to commit yourself to the experience. You may prepare by reading up or listening to classes on the stages that you wish to experience. You may also work with your own material for additional reading. You will receive a journal for reflections and some selected murlis that you may find useful on this journey. Silence is an unparalleled tool of us as raja yogis. This is an opportunity for us to engage together. **Registration will be in Global Office on arrival in Gyan Sarovar.**

**16, 17, 18 (18 am only)
March
2.5 Days
Coordinator: Vijai
bhai**

Group 12 March - April

A PORTAL INTO GOLDEN AGE

Heaven is nine hundred and twelve thousand, five hundred days long. That's nine hundred and twelve thousand, five hundred days without fear of any sort, without stress or anguish, pain or sorrow. Without having to get up early to go to work, without going to bed exhausted. Without being scared of the dark. Without having to labour for food or shelter. It's a very long time to be living like that so what will you do each day?

The aim of this silent, introverted retreat is to go deep, explore and experience, using art and craft, dance and song and the written and spoken word, the details of our days together in Heaven, within a specially constructed and decorated section of Gyan Sarovar. We will investigate the Golden Age nature, the animal kingdom and human relationships in an immersive, experimental atmosphere designed to draw from your subconscious mind, your ancient past. There will be creative activities balanced with a lot of inwards reflection in order for you to discover your unique self, as you were in the beginning.

Registration is ONLINE. Link will be sent to you in due course:

**April 2 Days
Coordinator: Phil bhai**
(Retreat dates will be confirmed shortly)

Please Note: The annual BK Mental Health Professionals Meeting will be on 5 and 6 March 2019 in Gyan Sarovar.

All BK Mental Health Professionals are welcome to attend. The morning sessions will be from 10:00 to 1:00 and the afternoon session from 5:00 to 7:30pm. People can register by writing to Sister Gopi at gopi.elton@au.brahmakumaris.org or to Sister Diane at sealbeach@us.brahmakumaris.org.