

GLOBAL (SILENCE) BHATTI, 2022

Volcanic Remembrance of One

		16 th January	17 th January	18 th January
Theme for the Day		Bodiless Stage	Angelic Consciousness	Lighthouse and Might-house
Amrit Vela	3.00 - 4.00 am	Experience being with One		
		Seed Stage	Seed Stage	Seed Stage
	4.00 - 5.00 am (BapDada's Drills ¹)	Being Bodiless	Angelic Consciousness	Bestower of Fortune
Pre-murli Yoga	6.00 - 6.30 am	Cleaning mind and intellect to receive knowledge	Cleaning mind and intellect to receive knowledge	Cleaning mind and intellect to receive knowledge
Murli (adjust according to local time)	6.30 - 7.30 am	Murli of the day	Murli of the day	Murli of the day
Post Murli Yoga	7.30 - 8.00 am	Absorbing Murli of the day	Absorbing Murli of the day	Absorbing Murli of the day
Seniors Class ²	10.30 - 11.00 am	Being Bodiless (Mohini Didi)	Angelic Consciousness (Jayanti Didi)	Lighthouse and Might-house (Brij Mohanbhai)
Bhatti	11.00 am - 12.00 noon (Murli Excerpts ³)	Full concentration on the wonder of Baba	All Relationships with One	Power of Silence
Bhatti	3.30 - 4.30 pm (Commentaries ⁴)	Incorporeal stage	Soul Conscious stage - sparkling star	Master sun of knowledge
Bhatti (walking or moving)	5.30 - 6.30 pm (Murli Excerpts ³)	Unlimited disinterest	Intense love for God	Karmateet-Liberation-in-life stage
Spreading Sakaash seated	6.30 - 7.30 pm (Commentaries ⁴)	World Benefactor	Master Almighty Stage	Lighthouse and Might-house
Bhatti	8.30 - 9.30 am	Relax and surrender into Baba's lap	Relax and surrender into Baba's lap	Relax and surrender into Baba's lap

1. BapDada's Drills in text will be posted on the portal
2. Seniors Classes. These classes will be available on the portal
3. Murli excerpts in text will be posted for your reference. Suggestion is to print and use them.
4. Meditation commentaries by various seniors will be uploaded on portal. These will be in English. We are asking regions/centres to provide in their own languages.