

Africa Madhuban Experience Day Retreat



**AN INVITATION FOR ALL BK
STUDENTS IN/OF AFRICA**

*The Holy Stars of the
Earth...
A Madhuban Experience Day Retreat*

SUNDAY 10TH MAY 2020

JOIN VIA ZOOM

ID 281 919 7882 PASSWORD 379236

Scheduled Programme

GMT zone : Ghana, Mali, Senegal, Ivory Coast, Burkina Faso, Gambia, Sierra Leone, Liberia, Togo

Please use the Zoom ID below not the one on the Flyer

New Zoom ID 818 3798 5917 Password BapDada108 (note: B and D are capitals)

Amrit Vela (local time) 3 am to 4 am

Synchronised Murli & Class

Murli 4 am – 5 am read by **Sr Sonal, Zambia**

Class 5 am – 5:30 am by **Vedantiben** – Topic **“How to Become an Embodiment of All Powers”**

The Synchronised Programme begins at 9:30 am

Welcome & Video Tour of Madhuban 9:30 am to 10 am

Class with Br Charlie, Australia 10am – 10:30 am Topic “Transitioning From Brahmin to Angel”

Exercise with Sujataben of Global Hospital, Madhuban 10:30 am to 11 am

Break

All about Baba’s Hut

**Video & sharing of Madhuban experience by Br Francis, Seychelles
11:15 am to 11:25 am**

**Class by Sheiluben, Pandav Bhavan, Madhuban 11:25am – 11:45am
Topic “How to Receive Blessings From Baba”**

Baba’s Room

Class by Mohiniben, New York 11:50 am – 12:10 pm Topic “Being Ever-Ready”

Bhorg offering in Baba’s Room – Sr Elizabeth, Ethiopia 12:15 pm to 12:30 pm

Break

History Hall

Slideshow by Br Samba, Mali 12:45 pm to 12:55 pm

Class by Sr Manda, GRC, UK 1 pm to 1:20 pm Topic “How to Develop Constant Remembrance”

Tower of Peace

Video presentation with explanation by Indraniben, South Africa 1:25 pm – 1:35 pm

Meditation Experiment with Atam Prakashbhai, Shantivan, Madhuban 1:35 pm to 1:55 pm Topic “Creating A Bodiless Stage”

Break

Yoga Bhatti 2:15 pm to 2:45 pm Conducted by Vedantiben & Nairobi sisters

Sharing Experiences of the day 2:50 pm to 3:20 pm facilitated by Sr Sonal and Br Francis

Goodbye Gift