



# *Call of the Time Retreat*

Mt Abu, India

28<sup>th</sup> September - 2<sup>nd</sup> October 2013

## *Gazing with New Eyes*



## *Feeling Great*





# Now...

*Now I spin the wheel of time. Now I design with the Unlimited. Now I sit as a child and master*

I landed on sacred vistas and was lovingly received at the airport. I truly felt at peace as I was welcomed to India by the BK sisters and brothers. I was so excited and the 4 hour drive to Mt. Abu was almost overwhelming. When we arrived near sunset, my gaze fell on the misty hills. The silence and stillness enveloped me. The air was so fresh, it almost hurt to breathe. Upon arrival at the retreat I immediately felt at home. There was no nervousness at all. I was amazed by the dedication, seva and embrace of all the devotees and everything was done in rhythm, every action was divinely guided. There were representatives from 60 countries (Spain, UK, USA, South Africa, Bosnia, Greece, Uruguay, Mexico, Canada, Netherlands, Brazil, India, Turkey, Argentina, Namibia, Sri Lanka, Costa Rica, Belgium Seychelles, Kenya, Mozambique, Malaysia, Iceland, China and Philippines) who all merged together in a fine and intricately woven tapestry as if we had met before. That is the call of time and we were all alert and ready to soar .

I was excited by my first Indian vegetarian meal and my soft warm bed. The message I found on my pillow read: *You have unshakeable faith in yourself, in God and in the drama of life. Your faith makes the impossible possible. Your determined faith moved God to cooperate with you and your victory is guaranteed.* This was totally on point and resonated deep within me. It was like a bolt of lightning from the sky above.





*Now I am free. Now I can fly. Now I know that  
I am soul, aware of my Divine Parent*





Speaking about the sky.....the next morning it opened. It poured with rain, the wind howled. We were in the grasp of a cyclonic storm. It was clearly nature's way of washing clean, purifying and ensuring the slate was clean. The sacred vista was not going to horde any excess baggage. The drama of life was indeed upon us. Miraculously everything happened as it should and solutions were rhythmic and in motion to dissolve any problems before they even started. During nature's conversation with the earth, our Mother Dadi was as usual a symbol and beam of light. She enthused calmness, focus, enthusiasm, faith and extraordinary presence.



The sunrise lessons began promptly at 4am followed by stretching at 6:45am. Meditation followed by silence made me feel the magnificence of creation: hearing the morning breeze whispering through the trees, the sound of the birds and my inner voice was clear.

About 100 people were waiting with bated breath. The silence was palpable. And then....Dadi Janki made her appearance. Alas Arrive Africa, Awake Africa to Infinite Light. What a humbling moment to feel her presence and know that she sees greatness in us all. Her determination for us to experience how life naturally presents the best to all of us was amazing. In the silence I could hear internal communication between everyone seated together. The echo of my heart and the soul of Africa was whispering quietly: *Where am I? Who am I? What brought me here? Where do I come from? Where am I going? Is this a sheer dream for a better world? Hey, we are all breathing harmoniously with bliss. Eish, never mind, just be still.*





As Dadi greeted us with: Om Shanti. Om Shanti. Om Shanti, I felt we were showered with infinite blessings. Coupled with this greeting, the wind outside, the rain pelting down and the pulse of each and every heartbeat added to the peaceful atmosphere and infused me with patience to wait for the moment to unfold naturally. The power within was awakened and radiated throughout. This was the beginning of the journey to pure ecstasy.

Moments of silence and meditation created amazing energies which culminated in praise, song, dance and tears of joy abounded. We enjoyed a beautiful orchestra of light lovingly orchestrated by Judy Rodgers, Sister Jayanti and Sister Gayatri.

I felt that I was drinking from the calabash of grace and definitely felt the consciousness of God radiating throughout. Serving the world from a spiritual foundation awakened my soul consciousness and the essence of practicing what we preach. The most awesome moment was feeling the silence at Madhuban Gate – the silence allowed me to feel the divine presence, healing within, no fear and definitive courage, letting go and ultimate surrender.

I felt a total oneness with all the devotees and participants regardless of race, creed, gender, status and age. The 60 countries represented became woven in ONE tapestry of a symphony of unity in action. I left the mountain feeling like I could physically move mountains myself. I was refreshed, energised and my feet and thoughts were light. I was aware of what I should do and the fact that I should do it right now!

Grace and gratitude to all the souls that made this calling possible and who walked this journey with me.





*Now I know what it means to feel well beyond the  
body*





A conversation with Dadi unfurled: there was no confusion, understanding was clear and absolute clarity was felt. Dadi's message showered everyone with power as well as peace and laid a foundation about the core and existence of our souls:

Peace  
Peace

Love

Truth

Happiness

Purity

Humility

Patience

Sweetness

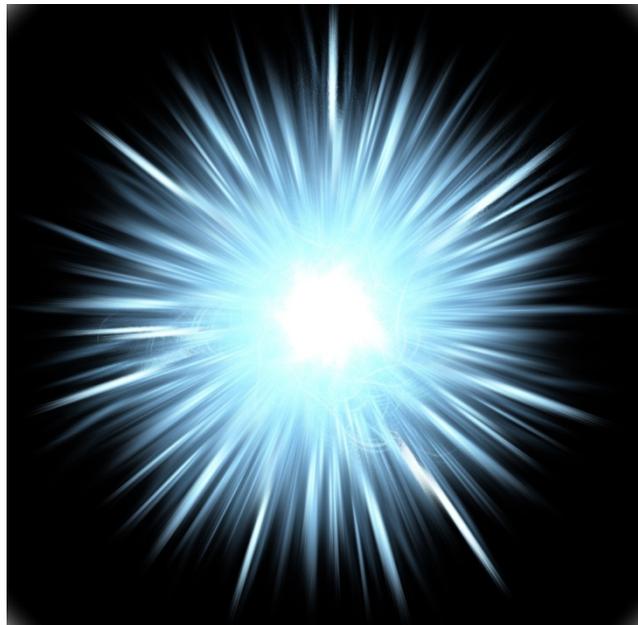




*We are the point of light*



*We are free from bondage*





# *Moving Lessons*

Dadi's wisdom flowed over us and told us what we needed to know - the soul consciousness:

- Creating an invitation to make our minds our best friends
- Learning how to relate to God as our father, teacher and best friend
- Understanding that social consciousness does not blame
- Enjoying moments of pause and stopping the internal traffic
- Reiterating that our souls are infinite but our bodies have a beginning and an end thus God the Supreme, is pure and the embodiment of love and so are we as God's children
- We are all conduits for channeling God's lessons then we should be aware of everything we do
- There is a reason that we are all here to do God's work for humanity
- Having gratitude, giving thanks and counting our blessings is key
- Forgiveness and letting go is critical in order to move forward
- As hard as it may be, we must let go of burdens that arise from guilt, fear, anger, blame and betrayal so we can travel light
- Carrying burdens and self-inflicted bondage need to be lifted in order for us to be purified
- We can't move forward if we have created barriers that prevents us from realising our greatness and feeling love and happiness
- Attachment and clinging creates barriers and blockages. We must let go and surrender
- "Nothing belongs to us" yet we are beyond everything
- Service and reaching out are important in order for us to receive
- Positive thoughts bring authentic power to our body, mind and soul
- Ordinary thoughts based on ego are destructive and should be eradicated
- Wasteful thoughts should not have any room in our minds. They are not necessary
- A peaceful, powerful and radiant intellect requires truth, honesty, humility, love and happiness
- The root of all suffering is attachment thus detaching frees the soul
- Soul consciousness helps us to be aware of ourselves as consciousness-light
- The mind is the interface between the energy of the soul and outward expression
- Whatever we think about will affect the quality of our remembrances
- When we give peace we will feel peace
- Give your ideas with authority and then let go of it

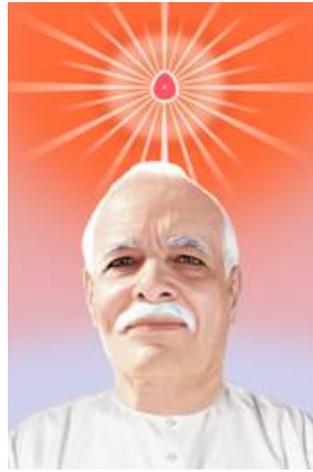




- Take responsibility for everything you do
- We become what we think about deeply
- Loving simple things is humility
- Simplify life to find beauty in nature
- Secrets are a disease so find ways of saying what needs to be said
- Faith leads to victory. When there is faith, the quality of thoughts becomes very good
- Our thoughts create a vibration and an atmosphere and through atmosphere hearts are touched
- It is essential to keep the intellect clean
- The mind has two main ailments, desire and attachment. There are three levels of desire: craving, wanting and subtle hope
- When the soul is totally detached it frees itself from bondage and experiences itself to be a trustee
- Nothing belongs to me, I am beyond everything
- To become an example we need to pay attention to three things:
  - I am a child of God
  - I am a Student
  - I am an Instrument



# *Secured in Brahma Baba's Sweet Home*



**B**oundless Blessings. Our Beacon of Light. We thank you for your sweet healing light

**R**ighteous Blessings. Our Beacon of Light. We thank you for your sweet healing light

**A**stounding Blessings. Our Beacon of Light. We thank you for your sweet healing light

**H**earfelt Blessings. Our Beacon of Light. We thank you for your sweet healing light

**M**agical Blessings. Our Beacon of Light. We thank you for your sweet healing light

**A**nointing Blessings. Our Beacon of Light. We thank you for your sweet healing light

**B**ountiful Blessings. Our Tower of Light. We thank you for your purity and silence

**A**marazing Blessings. Our Tower of Light. We thank you for your knowledge

**B**lissful Blessings. Our Tower of Light. We thank you for your might

**A**uspicious Blessings. Our Tower of Light. We thank you for your peace



**Dadi Janki, Spiritual Leader, Brahma Kumaris**

*D*evoted Soul. We thank you for your gifts of greatness and peace

*A*nointed Soul. We thank you for your gifts of greatness and peace

*D*edicated Soul. We thank you for your gifts of greatness and peace

*I*nspiring Soul. We thank you for your gifts of greatness and peace

*J*oyous Soul. We thank you for your gifts of greatness and peace

*A*mazing Soul. We thank you for your gifts of greatness and peace

*N*obel Soul. We thank you for your gifts of greatness and peace

*K*ind Soul. We thank you for your gifts of greatness and peace

*I*gniting Soul. We thank you for your gifts of greatness and peace



**Ratan Mohini, Spiritual Leader, Brahma Kumaris**

- R*adiant Soul. Grace and Gratitude for your serving heart
- A*dmirable Soul. Grace and Gratitude for your serving heart
- T*houghtful Soul. Grace and Gratitude for your serving heart
- A*udacious Soul. Grace and Gratitude for your serving heart
- N*urturing Soul. Grace and Gratitude for your serving heart
- 
- M*agnificent Soul. Grace and Gratitude for your serving heart
- O*pen Soul. Grace and Gratitude for your serving heart
- H*armonious Soul. Grace and Gratitude for your serving heart
- I*nspiring Soul. Grace and Gratitude for your serving heart
- N*ourishing Soul. Grace and Gratitude for your serving heart
- I*nvigorating Soul. Grace and Gratitude for your serving heart





**Hirdaya Mohini, Spiritual Leader, Brahma Kumaris**

*H*armonious Soul. We thank you for your infinite love and devotion

*I*gniting Soul. We thank you for your infinite love and devotion

*R*ighteous Soul. We thank you for your infinite love and devotion

*D*utiful Soul. We thank you for your infinite love and devotion

*A*rdent Soul. We thank you for your infinite love and devotion

*Y*earning Soul. We thank you for your infinite love and devotion

*A*mazing Soul. We thank you for your infinite love and devotion

*M*arvellous Soul. We thank you for your infinite love and devotion

*O*rganic Soul. We thank you for your infinite love and devotion

*H*ealing Soul. We thank you for your infinite love and devotion

*I*nsightful Soul. We thank you for your infinite love and devotion

*N*urturing Soul. We thank you for your infinite love and devotion

*I*nviting Soul. We thank you for your infinite love and devotion





**Judy Rodgers, President, Communication Architecture Group / Founder, Images and Voices of Hope**

*J*udicious Soul. We thank you for your consistency and everlasting faith

*U*plifting Soul. We thank you for your consistency and everlasting faith

*D*elightful Soul. We thank you for your consistency and everlasting faith

*Y*outhful Soul. We thank you for your consistency and everlasting faith

*R*adiant Soul. We thank you for your consistency and everlasting faith

*O*bedient Soul. We thank you for your consistency and everlasting faith

*D*ynamic Soul. We thank you for your consistency and everlasting faith

*G*regarious Soul. We thank you for your consistency and everlasting faith

*E*nergetic Soul. We thank you for your consistency and everlasting faith

*R*ighteous Soul. We thank you for your consistency and everlasting faith

*S*incere Soul. We thank you for your consistency and everlasting faith





**Jayanti Kirpalani, Director, Brahma Kumaris International Coordinating Office**

*J*oyous Soul. We thank you for your wisdom and higher consciousness

*A*dmirable Soul. We thank you for your wisdom and higher consciousness

*Y*outhful Soul. We thank you for your wisdom and higher consciousness

*A*lert Soul. We thank you for your wisdom and higher consciousness

*N*urturing Soul. We thank you for your wisdom and higher consciousness

*T*houghtful Soul. We thank you for your wisdom and higher consciousness

*I*nspiring Soul. We thank you for your wisdom and higher consciousness

*K*ind Soul. We thank you for your wisdom and higher consciousness

*I*nviting Soul. We thank you for your wisdom and higher consciousness

*R*esurrecting Soul. We thank you for your wisdom and higher consciousness

*P*urifying Soul. We thank you for your wisdom and higher consciousness

*A*rticulate Soul. We thank you for your wisdom and higher consciousness

*L*oving Soul. We thank you for your wisdom and higher consciousness

*A*mazing Soul. We thank you for your wisdom and higher consciousness

*N*ourishing Soul. We thank you for your wisdom and higher consciousness

*I*nspiring Soul. We thank you for your wisdom and higher consciousness





**Gayatri Naraine, Representative, Brahma Kumaris to the UN, USA**

*G*reat Soul. We thank you for your dedication and guidance

*A*dmirable Soul. We thank you for your dedication and guidance

*Y*outhful Soul. We thank you for your dedication and guidance

*A*lert Soul. We thank you for your dedication and guidance

*T*enacious Soul. We thank you for your dedication and guidance

*R*igorous Soul. We thank you for your dedication and guidance

*I*nspiring Soul. We thank you for your dedication and guidance

*N*oble Soul. We thank you for your dedication and guidance

*A*dmirable Soul. We thank you for your dedication and guidance

*R*estoring Soul. We thank you for your dedication and guidance

*A*lert Soul. We thank you for your dedication and guidance

*I*nspiring Soul. We thank you for your dedication and guidance

*N*ourishing Soul. We thank you for your dedication and guidance

*E*mpowering Soul. We thank you for your dedication and guidance





# *Grace and Gratitude*

Gratitude means thankfulness, counting your blessings, noticing simple pleasures, and acknowledging everything that you receive. It means learning to live your life as if everything were a miracle, and being aware on a continuous basis of how much you've been given. I am very grateful. Thank you.

*Infinite Gift of  
Peace and Greatness to all*

