

**PROGRAMME FOR AUSTRALIAN RETREAT CENTRES**  
**JANUARY TO MARCH 2004**

This list is a summary of the retreats running during January, February and March.  
For more information please email the retreat centres directly or visit our website [www.brahmakumaris.com.au](http://www.brahmakumaris.com.au)

*Brahma Kumaris Centre for Spiritual Learning, Baxter, Melbourne*

Email: [baxter@brahmakumaris.com.au](mailto:baxter@brahmakumaris.com.au)

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**4 January**

**INNER PEACE INNER POWER PART 1**

An introduction to Raja Yoga meditation

**9-11 January**

A weekend training for BKs on giving the Course

**11 January**

**INNER PEACE INNER POWER PART 2**

**16-18 January**

**BRAHMA BABA'S DAY** – for BKs

**23-25 January**

**BKs FAMILY RETREAT**

**30 January-1 February**

**SILENCE RETREAT** – for general participation

**6-8 February**

**PACE DELLO SPIRITO**

A Retreat for those whose first language is Italian. Introduction to BKs, spirituality and Raja Yoga Meditation.

**8 February**

**INNER PEACE INNER POWER PART 1**

**13-15 February**

A Retreat for those whose first language is Spanish

**15 February**

**INNER PEACE INNERPOWER PART 2**

**20-22 February**

**DEEPENING EXPERIENCE**

A weekend retreat for evening class students

**20-22 February**

A Retreat for those whose first language is Russian

**22 February**

**INNER PEACE INNER POWER PART 3**

**27-29 February**

**STEP BY STEP** - Learning to Meditate

**5-8 March**

**SILENCE RETREAT**

Advanced retreat for BKs and those who have been to Silence Retreats before.

**12-14 March**

**FOUR FACES OF WOMAN**

**19-21 March**

**ADVANCED COURSE IN RAJA YOGA MEDITATION**

For those who have completed the introduction course to stage III. Includes Baba on Line.

**26-28 March**

**SELF ESTEEM**

How to enhance the best of oneself through the creative art of meditation and spirituality.

**28 March**

**INNER PEACE INNER POWER PART 1**

**2-4 January**

**POSITIVE THINKING & MEDITATION**

We are what we think! A weekend to reassess the quality of your life. Topics covered will be: the quality of thoughts, how thoughts are created, different types of thoughts, thought patterns and habits. The aim of this weekend is to provide a simple introduction to the workings of the mind and an introduction to Raja Yoga meditation.

**9-11 January**

**RAJA YOGA MEDITATION & PHILOSOPHY PART 1**

An introduction to the philosophy of Brahma Kumaris Raja Yoga. Topics covered over the weekend are understanding myself, understanding God and the law of karma.

**9-11 January**

**RAJA YOGA MEDITATION & PHILOSOPHY PART 2**

This weekend will take participants deeper into the practice and philosophy of Brahma Kumaris Raja Yoga.

This retreat will cover the spiritual journey of humankind through the cycle of time, the tree of life and principles for a meditative lifestyle.

**16-18 January**

**BK WEEKEND**

18<sup>th</sup> January - Day of remembrance. A time for BKs to come and enjoy solitude and reflect on their spiritual life.

**23-25 January**

**THE SOUL CONNECTION**

Take time out to strengthen the soul through an understanding of the connection with your own true identity and your link with the Supreme. A weekend based on the practice of Raja Yoga meditation which will look at topics such as positive thinking and its effects on the mind, understanding myself, the Supreme and empowering myself through understanding the effect of my actions.

**30 January-1 February**

**ITALIAN SPEAKERS' RETREAT - An introductory retreat to Raja Yoga meditation for people whose first language is Italian.**

Nella sua essenza pratica, Raja Yoga è un metodo che conduce a riconoscere che la pace 'è' la nostra più profonda natura, ma che ciò viene spesso dimenticato, ed occorre riscoprirlo. Un profondo anelito verso la pace individuale, in uno spazio universale di pace, è alla base del Raja Yoga. Questo processo è definito come 'spiritualità'.

**6-8 February**

**FROM FEAR TO LOVE**

This retreat will explore the various types of fear, the behaviour manifest due to fear and the meaning and state of love.

**13-15 February**

**RAJA YOGA MEDITATION & PHILOSOPHY PART 1**

See 9-11 January

**13-15 February**

**RAJA YOGA MEDITATION & PHILOSOPHY PART 2**

See 9-11 January

**20-22 February**

**EIGHT SPIRITUAL POWERS OF RAJA YOGA**

The powers gained through Raja Yoga are silent and subtle. These 8 powers enable one to deal effectively with the demands and challenges of daily life. Using these powers at the right time you are released from past patterns.

**19-21 March**

**RAJA YOGA MEDITATION & PHILOSOPHY PART 1**

See 9-11 January

**19-21 March**

**RAJA YOGA MEDITATION & PHILOSOPHY PART 2**

See 9-11 January

**26-28 March**

**PEACE RETREAT**

This program is designed for airline cabin crew to experience peace of mind. Take time out for yourself and to discover how to create a new outlook on life.

*Inner Space, Wilton, Sydney*

Email: [bookings@bks.com.au](mailto:bookings@bks.com.au)

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**2-4 January**

**NEW YEAR, NEW BEGINNINGS**

Celebrate the new year with a new beginning. Explore creative ways to help you make your purest desire a reality.

**9-11 January**

**LIVING VALUES EDUCATION FOR PARENTS**

A retreat for parents and children offering experiential values activities and practical methodologies.

**23 January, Friday 7.30pm**

**SEFARAD (CONCERT)**

A spellbinding journey that is old and new, with music ranging from Arabic to Hebrew, Latin and Gaelic. We will hear music of the Golden Age in Spain, when Jews, Christians and Moslems co-existed before 1492.

**Sat 24 – Wed 28 January**

**DISCOVER THE SPIRIT WITHIN**

A journey that will take you deep within yourself to experience your own true nature - this retreat we will cover the Raja Yoga course.

**30 January-1 February**

**SIXTEEN CELESTIAL ARTS**

Have you ever felt you were thrust into this thing called "Life" without your permission and with no preparation? New options for clarity and understanding, together with practical skills to become qualified as the master of your life.

**Sat 31 January, 2 - 5pm**

**BACK FROM THE EDGE - finding theatre's soul (Spiritual Theatre Performance)**

In ancient Greece, actors were revered and respected as having magical powers to transform themselves and through this, inspire the people toward their highest 'god-like' selves. Japanese and Australian actors will have spent a week researching this original vision of artistic honour and this afternoon event will give a focus for them to share their realisations.

**6-8 February**

**MAINTAINING HIGHER CONSCIOUSNESS IN REAL LIFE**

Call it the real or unreal world, we all have the challenge of sustaining our spiritual balance within it. Investigate the challenges and experiment with solutions. For people who have completed the Raja Yoga course.

**13-15 February**

**RAJA YOGA MEDITATION COURSE (PARTS 1 & 2)**

Learn a simple and practical method of open-eyed meditation; develop new habits of thinking positively and constructively; understand the natural laws governing the relationship between the soul, Supreme Soul and the physical world.

**14 February, 9.30am - 4pm**

**POSITIVE THINKING**

You are what you think! The aim of this one-day workshop is to provide a simple introduction to the workings of the mind and learn to turn negative thoughts into constructive ones. Includes meditation.

**20-22 February**

**HEALING POWER OF LOVE**

A spiritual path is a journey of true love, which brings inner happiness and peace of mind. Experience the healing power of love and discover freedom and truth.

**27-29 February**

**SAMAHEY KI PUKAR (Call of Time) Language: Hindi**

If time teaches you then time is your master, but if you transform before time then you are the master of time. This retreat will explore becoming the master of time.

**6 March, 9.30am - 4pm**

**MEDITATION MADE EASY**

A one-day retreat to experiment and to experience the practical and simple techniques of Raja Yoga meditation.

**13 March, 3 - 6pm**

**EXPLORING UNIVERSAL SPIRITUAL LAWS**

Explore the journey of the soul and how our 'past story' overlays and influences our present. We will look at the universal spiritual laws that govern us and how to use this understanding to deal with the past and create a positive future.

**20 March, 9.30am – 4pm**

**COMPLETING THE SELF (for BKs)**

A one day retreat for bks to review previous murlis in preparation for the final murli of the season.

**26-28 March**

**TRANSITIONS**

Finding the self in the uncertainty of life's changes. An experiential and interactive weekend focussed on developing awareness, creative response and spirituality as resources for dealing with the challenge of life transition.