

## **PROGRAMME FOR AUSTRALIAN RETREAT CENTRES JULY – SEPTEMBER 2003**

This list is a summary of the retreats running during July, August and September.

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, Frankston, Melbourne***

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

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**4-6 July**

**FOUR FACES OF WOMAN**

A journey for women through the cycle of time. By invitation only.

**11-13 July**

**POSITIVE THINKING**

How to maintain a positive attitude in our daily life.

**16-20 July – ANNUAL MEETING OF AUSTRALIAN CENTRE RESIDENTS**

**25-27 July**

**YES – YOUR EFFECTIVE SELF**

A simple and powerful self-management development program for everyone.

**1-3 August**

**CONSCIOUSNESS AND DESIGN**

For architects and designers to explore the essence of creating.

**1-3 August**

**SPIRITUALITY AND CONSCIOUSNESS**

A retreat for Russian speaking people.

**8-10 August**

**RAHKI CELEBRATIONS**

**16 August**

**INNER PEACE AND INNER POWER - PART ONE**

Introduction to Raja Yoga Meditation.

**17 August**

**LIVING VALUES EDUCATION**

An afternoon promotion to teachers, principals and educationalists.

**22-24 August**

**ESSENTIAL SPIRITUALITY**

A retreat for first-timers to explore their spiritual journey.

**28-31 August**

**YOUTH LEADERS FORUM (18-28YRS)**

Exploring responsibility and leadership.

**6 September**

**INNER PEACE INNER POWER – PART TWO**

Continuation of the Raja Yoga Meditation course.

**7 September**

**LIFE'S PURPOSE**

Exploring spiritual qualities and powers to overcome challenges in our life.

**12-14 September**

**THE FIFTH FACE OF WOMAN**

Exploring the spiritual power of the Shakti.

**19-21 September**

**CALM AND CREATIVE**

For young women (18-25yrs) on self-discovery to empower the soul.

**26-28 September**

**LIVING VALUES EDUCATION**

Training in Living Values for teachers, principals and educators.

**4-6 July**

**RAJA YOGA PHILOSOPHY AND MEDITATION PART 1**

A retreat for those who are new to meditation or who practice other types of meditation and would like to add depth to what they already have. This weekend will be a step-by-step experiential journey into meditation, soul consciousness and the silent space we call yoga. Experienced yogis will facilitate all workshops and meditation sessions.

**4-6 July**

**RAJA YOGA PHILOSOPHY AND MEDITATION PART 2**

For those who have completed Raja Yoga Meditation and Philosophy Part 1. Topics will include the Tree of Life, the World Cycle and Principles that enhance a Spiritual Lifestyle.

**11-13 July**

**RETREAT FOR THE GUJARATI SPEAKING COMMUNITY**

This retreat is for those who have completed Raj Yoga Meditation and Philosophy Part 1. During the weekend participants will deepen their practise of meditation and philosophy of Raja Yoga. This retreat will be held in Gujarati, English and Hindi.

**25-27 July**

**RAJA YOGA PHILOSOPHY AND MEDITATION PART 1**

(See 4-6 July)

**1-3 August**

**THE FIFTH FACE – WOMAN AND GOD**

If you have attended the Four Faces of Woman retreat and are interested in exploring the Fifth Face-you and your relationship with the Supreme-you are invited to attend this retreat. This is very much a personal journey. It is also a call to service, to explore what it might mean to be an instrument in the transformation of our world.

**8-10 August**

**RAJA YOGA PHILOSOPHY AND MEDITATION PART 2** (See 4-6 July)

**22-24 August**

**DIALOGUE OF CIVILIZATIONS**

'Dialogue amongst Civilisations' is a year declared by the UN General Assembly and a decade declared by UNESCO. Its fundamental principles are the celebration of cultural diversity, tolerance of dissent, and universal human rights. Participants to this 3<sup>rd</sup> Dialogue among Civilisations Forum will include representatives of religious and political organisations, academics, politicians, national and international agencies located in Australia and abroad. Participants concerned to help create a better future are welcome to attend. Please check our website for further details: [www.peopleofspirit.net/forum2003/forum2003.html](http://www.peopleofspirit.net/forum2003/forum2003.html)

**29-31 August**

**RAJA YOGA PHILOSOPHY AND MEDITATION PART 1** (See 4-6 July)

**5-7 September**

**LIVING VALUES EDUCATION – A program for educationalists and school teachers**

For students to be motivated to learn and utilize positive and cooperative social skills, the creation of a values-based atmosphere, in which they are encouraged, listened to and valued, is essential. It is in this context and in response to the call for values to be at the heart of learning, that the Living Values Education program has been developed. There will be two streams, one for newcomers and one for those teachers who are already using the material in their schools.

**12-14 September**

**POSITIVE THINKING AND MEDITATION**

A retreat to reassess the quality of your life! Over the weekend the following topics will be covered: the quality of our thoughts, how thoughts are created, different types of thoughts, thought patterns and habits. You will learn the art of meditation and discover the answer to the question: who am I?

**19-21 September**

**SPIRITUALITY IN PALLIATIVE CARE**

Hidden within every occasion of service is a spiritual dialogue and a meeting of hearts and souls. This often forgotten reality is the key to bringing peace and contentment to distressed souls. A weekend workshop designed to uplift and invigorate professionals or volunteers who care for the terminally ill.

**26-28 September**

**RAJA YOGA MEDITATION AND PHILOSOPHY PART 1** (See 4-6 July)

**Inner Space, Wilton, Sydney**  
**Email: [bookings@bks.com.au](mailto:bookings@bks.com.au)**

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**4-6 July**

**NATIONAL BK YOUTH RETREAT**

BK youth gathering with Br Lee James

**11-13 July**

**AWAKENING THE CHILD WITHIN**

Our child awakens and nurtures our spirituality, leads us into our healing, and guides us back to our true selves. A weekend to embrace the child in you.

**13 July Sunday 2 - 3.30 pm**

**BOOK LAUNCH**

'The Soul Illuminated' by Judi Pemell.

**25-28 July**

**SILENCE RETREAT**

Using the benefits of silence, discover your original spiritual nature in a peaceful environment.

**2 August Saturday 2 – 5.30 pm**

**REUNION & 4TH BIRTHDAY CELEBRATION FOR INNER SPACE**

For all BKs and past retreat participants and facilitators.

**2 August Saturday 7 - 8 pm**

**BORDERLAND**

A play with music celebrating the colourful life and times of Rabindranath Tagore, the first Asian to win the Nobel Prize for Literature.

**8-10 August**

**TRANSITIONS**

An experiential and interactive weekend, with a strong focus on developing awareness, creative response and spirituality, as resources for dealing with the challenge of life transition.

**16 August**

**RAKHI FOR ALL THE SYDNEY BK FAMILY**

**22 - 24 August**

**MEDITATION FOR THE FAMILY**

Meditation for parents as well as peaceful and simple reflective activities for the children.

**29-31 August**

**RAJA YOGA MEDITATION**

Part 1 of the basic Raja Yoga course.

**5-7 September**

**SELF-ESTEEM – AN INNER JOURNEY**

A weekend to enhance self-esteem, let go of negativity and lead a balanced life.

**6 September**

**WOMEN'S WELLBEING**

Explore strategies to achieve balance and harmony in body, mind and spirit.

**13 September**

**THE HEALING SOUL IN BEREAVEMENT AND LOSS**

A one-day workshop awakening our natural healing power.

**19-21 September**

**YOUR EFFECTIVE SELF – THE INSIDE STORY**

A presentation on taking charge of your life by using the eight powers.

**26-28 September**

**DEEP THOUGHT**

An opportunity to spend time with other BKs and discuss topics of mutual interest.