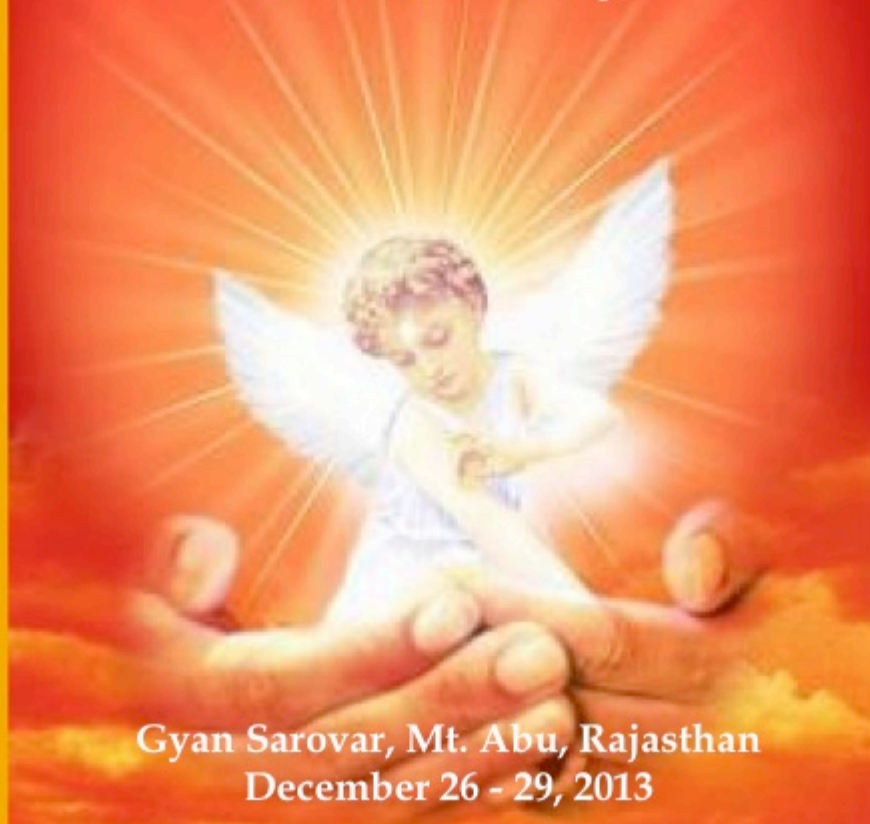


6th Annual International Parents Retreat
December 2013 Report
Your Victory is Guaranteed
Success is Our Birthright



The Sixth International Parents Retreat (IPR), took place in the midst of the nearly Zero Degree Celcius cold and at times cloudy and foggy weather but always beautiful Gyan Sarovar from 26th to 29th of December, side by side with the International Children's Retreat and the International Youth Retreat.

Fifty one (51) participants from fifteen (15) countries attended the retreat with variety of backgrounds including; number of single parents, couples, parents of young children, parents of older children who are out of the house and parents of lokik children, as well as grandparents. The theme of the retreat was, "***Your Victory is Guaranteed – Success is Our Birthright***".

We would like to present this year's report by sharing the feedbacks shared by the participants, as their experiences and observations speak volumes.

- The retreat provided many opportunities for small group classes and conversations that created an intimate settings for the group, as opposed the very large setting in Gyan Sarovar where one gets lost in the midst of all sorts of groups.
- It was wonderful and unforgettable moments together while having learned to love the Brahmin family as well as learning how we can become victorious;
- I highly appreciated the roadmap created to make us victorious. All classes were so beneficial. Sister Meera took us to a very high level of yoga and how victory is reached through yoga;
- This retreat taught me that success is the journey and victory is the destination;

- Reinforced my faith that this is the only path. Inspiration by all the classes given by seniors reassured me that victory is guaranteed and that all I have to do is to have faith in myself, Baba and Drama. Plus, classes by sister Vicky was very enjoyable.
- The health and fitness session highlighted the importance of daily exercise and keeping the body healthy to have a good instrument to have strong yoga and I intend to exercise daily;
- I enjoyed Sister Vicky's session – dancing away to do action without any tension, so others can feel the vibration of my peace;
- I learned how to maintain the body healthy and peaceful;
- What I can learn is that parenting practical problems are international and not personal. It was really nice being together and light;
- I have learned a lot from this retreat. And I have also been able to discover certain subtle negativity inside me through these classes. It also made me realize from the beginning how I was successful in small things and that it was a journey. Class were really interesting;
- Very happy to be part of this retreat and everything was very interesting;
- I have learned the difference between attachment and being loving as well as the soft vs. hard power by Sister Maureen. Also, she made it clear to us about the ill-effect of the "Looking Good" Syndrome;
- I liked the energizer exercises at the beginning of each session by sister Vicky and sister Sujata's class on healthy relationship between the body and mind. It was very insightful;
- From Sister Vidanti's class, I took all her experiences. It was so wonderful. Also, it was great sharing on how she has been able to deal with the lack of rain and the yoga power to create rain falls in Africa, and how we are the masters of the elements and not vice versa;
- I became a better parent, more loving towards my son and at the same time detached and meeting other brahmin family felt very good and stay happy and light all the time;
- It was really very enriching. This retreat helped me to understand the role of parenting better. The various classes made many points of knowledge very clear. As Baba said, "Success is our birthright" and what is success and what is victory, is the short-term and long-term achievements respectfully;
- All the classes were very good especially the classes by sister Meera and sister Sujata.
- Victory spells out to be V=Vices, I=Identified as, C=Courage, T=To, O=Overcome the Obstacles, R=Removing Weaknesses and Vices, Y=making Yourself complete and perfect. Victory is guaranteed when you are with Baba and no third person in between as shared so beautifully by Atam Prakash Bhai.
- Light dance steps that I can include in my daily warmup exercises were very helpful. I also got clarifications from few of my questions about the body care vs. body consciousness as well as the difference between victory and success.
- It was a nice surprise to find out that there was a Parents Retreat because I just came to see Baba and knew that there was a Youth Retreat only. It was my first retreat in Madhuban after being a BK for 15 years;
- Nothing is impossible if one has firm faith in Baba and success can be achieved if one is realistic and well planned;
- I have received self-confidence during this retreat. And in Sister Maureen's class, I have learned about observing our own sanskars (our old stuff) when they emerge and how to work on them;
- Enjoyed sister Meera's class – great insight and practical;
- The opening session with Brother Atam Prakash was very sweet, the cake that he brought with him was even sweeter and his nurturing and loving energy was felt throughout. The yoga experience with Atam Bhai was very deep and impactful. One thing that he shared was "Nothing in the world is impossible for me when I am with Baba".
- It was great to see the review of the past retreat and it would be nice to see the progressive updates of the retreats of the past.

The Retreat and the Year 2013 ended successfully, happily and powerfully with all of us in the retreat having a lot to take back to our service places in terms of reflection, churning, food for thoughts and sweet memories at

this insightful International Parents Retreat. On the final evening of the retreat we were blessed with the special chance to visit the 4 Pilgrimage sites in Pandav Bhawan and to climb Baba's Rock together.

Please see attached the Parents Retreat Group Photo – Baba's Shining Stars, Victorious Souls, the Children who know that Success is their Birthright.

In closing, the IPR Team would like to thank BapDada for the great and priceless opportunity to be instruments to create the retreat with Him being the Supreme Coordinator, that we all collectively benefit, grow and fly high. We would also like to thank Didi Nirmala and Sister Meera for supporting us in this retreat as well as all the past retreats, sharing their wisdom, time and invaluable experiences. We learned a lot from this divine connection and elevated relationship developed throughout these past 6 years. We especially like to thank Dileep Bhai from the Training Section and all the Gyan Sarovar niwas for their endless and tireless cooperation in fulfilling the needs and requests of the retreat coordinators and participants to make the retreat effortless and an absolute success. Our special thanks goes to our sound department as well as the sound facilitator, brother Mayuresh of Mumbai who outshined by being ever-ready, cooperative and always helpful in doing the sound, stopping the sound, taking care of light, camera and action.

The Year 2013 ended successfully, happily and powerfully with all of us having a lot to take back in terms of reflection, churning, food for thoughts, sweet memories at this insightful International Parents Retreat that ended on the evening of December 29th with visiting the 4 Pilgrimage sites in Pandav Bhawan and Baba's Rock.

Thank you Baba.

Thanks you Drama.

Thank you the Divine Family.

Om Shanti

IPR Team