

The Future of Power Retreat 4th to 7th December – A week-end with knowledge and experience to last a life time!

Two days in Madhuban; 150 leaders from India and Nepal ;a small group representing the five continents. This elite gathering from all walks of life had emerged out of six years of Future of Power dialogues – which embraced over four thousand participants in 57 cities! This was the ultimate opportunity for those inspired by the work of the past six years to deepen their understanding of spirituality- to be filled and nurtured by God's love and knowledge. It was our opportunity to come closer and cement out relationships with the top levels of military, police, business, social workers, scientists, academicians, medicine, and the arts. At our briefing meeting the day before, Nizar had addressed the team. I remember vividly him tapping his chin with the side of his hand saying "we want to fill them right up to here (as he touched his chin) with spiritual knowledge and sustenance!"

And we certainly did that! And so much more...

According to the camera team whose responsibility it was to track and record everything - from the Friday night to the Sunday we all participated in 19 separate sessions. We certainly were busy!

It all started with a welcome candlelight dinner in the large dining room of Gyan Sarovar. It was our great fortune that even at this early stage of events Dadi Janki graced us with her presence visiting each table, giving the chance for every single participant to have a personal meeting. Clearly this retreat was going to be a success! To say the least the schedule was full - even on our first full day participants were invited to attend amrit vela to the sound of live music provided bybrother David Kilowski. At 6:30 each morning Sr Maureen from Australia gave the first class of the day providing guidance on mediation. And throughout the whole retreat David was there with his array of instruments inspiring short periods of depth and inner silence between each of the sessions. Incredibly, over the two days our guests received almost the entire course of Raja Yoga knowledge! And what first class teachers that had! The main sessions were conducted by Sr Sheilu of Madhuban, Sr Shivani who conducted not one but FOUR sessions over the two days, and Nizar who was able to help the guests ground all the elevated spiritual perspectives they were gaining in a practical down to earth way.

On Saturday evening at sunset Sr Aruna who had flown all the way especially from Kuwait conducted an unusual and what turned out to be a wildly successful 'Meditation Laboratory' in the plaza directly in front of Harmony Hall. She took us all most skillfully from body consciousness to soul consciousness until finally we were all transfixed in the powerful moment of dead silence experiencing ourselves as we really are! As the master of ceremonies responsible for getting everyone to move from session to session on time and efficiently I can tell you it was a hard task to move everyone out of this beautiful 'space'.

If Saturday was the day for deep spiritual insight and understanding then Sunday was the day when our guests got to integrate our spiritual knowledge within the context of scientific understanding. Br Neville from Oxford gave an outstanding lecture entitled 'You are not your brain' in which he outlined the amazing correlation between our deep spiritual understanding and the very latest scientific understandings about the nature of reality. This was followed by yet another outstanding session with Br Surya from Seattle where he showed us the important correlation between science and spirituality; finally finishing off with tantalizing news about how medical researchers have actually found the 'seat of the soul' - news, we were told that will break sometime in 2016!

Our guests were drawn from those who had attended any one of our prior Future of Power programs but also many spouses attended. And so obviously some of them were not necessarily as motivated or positively orientated towards a spiritual weekend in the mountains. What was so heartening to see was how in the short period of two days all their hearts were melted and minds opened. Our feed back session was replete with guests sharing their gratitude and how important and life changing this Future of Power retreat had been. Indeed there were some who were so inspired that they announced there and then that they would like to make their own resources available for the continuation of this work!

And so what are their memories? How much will they remember? How much will they take and integrate into their lives? Some, a lot. Some, a little less. But all come away with an experience where their heart was deeply touched. They were not introduced to the God of the Brahma Kumaris; they were introduced and reacquainted with God who is theirs!