

USA, West Coast BK Retreat with BK Asha Didi at the Anubhuti Meditation & Retreat Center July 1 – 4, 2016

USA West Coast BK Retreat with BK Asha Didi, Director of Om Shanti Retreat Center, was held at Anubhuti Meditation & Retreat Center

near San Francisco, July 1-4, 2016. “The Time is Now: Being Essenceful and Powerful” was attended by over 140 BKs from Canada, USA and Mexico.

There were powerful meditations focused on building the angelic stage. Asha Didi told stories of the early days of the Yagya, Mama and Brahma Baba. The closing ceremony was celebrated at the labyrinth with a picnic, theatrical performances, songs and dance.

The retreat atmosphere was very powerful. Asha Didi is a true instrument of Baba. Her clear understanding of Baba’s knowledge, powerful yoga sessions, lightness and humor brought the family together. Sister Chandru, Director of Anubhuti, also gave an inspiring class on Being Essenceful and Powerful. Participants particularly enjoyed Asha Didi’s stories of Mama. They shared their experiences of a very self-transformative weekend, and all went away filled and refreshed.

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