



Silent Conversations

Experience Peace in the Light of Meditation

28th July to 30th July 2017

Academy for a Better World, Gyan Sarovar, Mt. Abu

Organised by:

Transport & Travel Wing,

RajYoga Education and Research Foundation,

and Brahma Kumaris

www.wheelsforpeace.org



Brahma Kumaris

Brahma Kumaris is a unique, spiritual, value-based educational institution with activities focused on development of human potential. It recognizes the intrinsic spirituality of every human being, thus facilitating development of spiritual awareness through a process of lifelong learning.

As an international institution spread in more than 137 countries, Brahma Kumaris offers people of all backgrounds an opportunity to learn meditation and deepen their understanding of universal principles. As a worldwide family, it provides a caring, cooperative and supportive environment that encourages individuals to bring out the best in them. Its services are offered free of charge.

www.brahmakumaris.com

Venue: Gyan Sarovar, Academy for a Better World, spread across 28 acres of land, offers residential programs on practical implementation of human, moral and spiritual values and principles.

Key Features: Universal Harmony Hall, Spiritual Art Gallery, International Center for Higher Learning, Meditation Rooms, three man-made lakes and solar energy plant. In 1996, the Academy was presented to Habitat II, the second UN Conference on Human Settlements held in Istanbul, Turkey. It was recognized as part of the Best Practice Initiative for Human Settlements.



Transport & Travel Wing

The Transport and Travel Wing (TTW) of RajYoga Education & Research Foundation (a sister organisation of Brahma Kumaris) engages voluntarily with people associated with the transport, travel and tourism sectors. The aim is to strengthen the foundation of human values in these sectors. The approach is to enable the people in these sectors explore their innate values, realize their potential and experience holistic development. The vision is to see the transport and travel sector emerge as a powerful agent of spreading happiness and harmony.

TTW undertakes various educational programmes and events like training programmes, seminars, retreats, conferences as well as awareness building events.

www.wheelsforpeace.org



*When we put our problems in God's Hands,
He puts His Peace in our Hearts.*



An Invitation

- ▶ To all who wish to Experience Peace, Explore Silence, Embrace Happiness and Enrich Life
- ▶ To all experienced professionals from Transport, Travel and Tourism sectors
- ▶ You are Invited. Welcome Home.

Details and Registration:

www.wheelsforpeace.org/SilentConversations

Contact:

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Objectives

At the heart of the Brahma Kumaris teachings are the fundamentals of RajYoga Meditation. This retreat will provide a practical understanding of the relationship between spirit and matter, as well as an understanding of the interplay between souls, God and the material world. The spiritual insights and the silent pauses will facilitate your inward journey in an efficient and effective way. It will help you to:

- ▶ Become skilled at the practice of making time and space for meditation
- ▶ Develop necessary inner strength to harness your thoughts, emotions and responses
- ▶ Use your meditation skills in everyday life





Programme Schedule

Friday, 28th July 2017

05.00 pm - 08.30 pm - Inaugural Session

Saturday, 29th July 2017

07.15 am - 08.30 am - Benefits of Silence
09.30 am - 10.30 am - Creative Meditation
10.30 am - 11.00 am - B R E A K
11.00 am - 12.00 pm - Being the Light
12.00 pm - 01.00 pm - Visit to Spiritual Art Gallery
04.30 pm - 05.15 pm - E V E N I N G S T R O L L
05.30 pm - 06.30 pm - Power of Mind
06.30 pm - 07.30 pm - Silent Meditation
07.30 pm - 08.00 pm - Self-Refection and Review
08.00 pm - 08.30 pm - D I N N E R

Sunday, 30th July 2017

07.15 am - 08.30 am - Living with Faith
09.30 am - 10.30 am - Creative Meditation
10.30 am - 11.00 am - B R E A K
11.00 am - 12.00 pm - Silent Union
12.00 pm - 01.00 pm - Challenges in Meditation - P A N E L
04.30 pm - 05.15 pm - E V E N I N G S T R O L L
05.30 pm - 06.30 pm - Meditation Insights
06.30 pm - 07.30 pm - Silent Meditation
07.30 pm - 08.00 pm - Experience Sharing and Q & A
08.00 pm - 08.30 pm - D I N N E R