

## 10<sup>th</sup> International Kumaris Retreat Gyan Sarovar, 5<sup>th</sup> – 10<sup>th</sup> February 2010

10<sup>th</sup> International Kumaris Retreat began on the 5<sup>th</sup> February in Gyan Sarovar. As the 10<sup>th</sup> anniversary, this retreat promised to be a special one. 85 Kumaris were present from 23 countries, ranging from youngest kumari of 14 years to the oldest of 60 years.

According to the theme of the retreat "Experiencing the Joy of Flying" the whole retreat took the concept of a flight. The room was transformed into an ambience inside an aircraft. All the Kumaris were treated as Angels boarding into the flight of Baba Airways International. The kumaris were made to go through the real flight procedures from check-in, getting their passport and boarding pass, filling in immigration form and going through security check points. The crew which was the coordinating team was ever ready for all eventualities and to fulfill the needs of the angels traveling in the flight. Each session of the retreat was led by different captains (seniors). The retreat had variety of session from classes by seniors, interactive session in the form of interview and video presentations, workshops and creative meditations.

Gulzar Dadi inaugurated the retreat and gave beautiful instructions to stay free from bondage by sitting on the seat of self respect. Other seniors continue the analogy saying:

- Excess baggage or burdens come through our thoughts, and so they have to be removed through our thoughts.
- The flight is a two-seater. The pilot is Baba and you are co-pilot.
- The higher your altitude, the faster you can go.
- There are many flights to the land of sorrow. Very few flights to the land of soul world and even few to the Golden Age. Make sure we take the right flight.

Kumaris had great fortune to meet all three Dadis during the retreat. The retreat was unique this time whereby it was also held for half a day in Pandav Bhawan on the 7<sup>th</sup> February after Shiv Ratri flag hoisting ceremony in Pandav Bhawan. Dadi Janki and Dadi Ratan Mohini met the Kumaris in Pandav Bhawan. Dadis gave their inspirations to Kumaris. The initial duration of the retreat was three days and upon Dadi Janki's advice the retreat was continued till the 10<sup>th</sup> February morning.

Each Amrit Vela session was special with creative meditations with candles and commentaries and sacrificial burning giving beautiful experiences. Here are few memorable experiences of some kumaris:

"I enjoyed amrit vela meditation very well with deep experience"

"I am flying so high

"The awareness that I had the courage to look at myself in my own mirror of the heart"

“A lot memorable experience with Meera bhen and Sheilu bhen.

“Experienced freedom with Creative Meditation.

“The chart of mileage (drill, remembrance and dharna chart) is very interesting and important too.

During the day the drill of 5 forms was conducted creating powerful experiences. The retreat was concluded by Didi Dr. Nirmla giving the guidance on becoming Baba's right hand and also a session of creating a rosary of self respect which was shared by each of the angels, bringing out the their best point of self respect.

Each kumari left filled with inspirations for newness in gyan and yoga and complete with homework for next steps in effort. Everyone took great benefit from the retreat.

From Kumaris Team  
Malaysia