

GLOBAL BHATTI JANUARY 2025 – TIMETABLE

KARMA YOGA THROUGHOUT THE DAY

**SPECIAL ATTENTION TO KARMA YOGA THROUGHOUT THE DAY
IS AN IMPORTANT COMPONENT OF GLOBAL BHATTI**

Use the example of Brahm Baba's life for your karma yoga today.

More suggestions are available on the Portal, at <https://tinyurl.com/KY-Inspirations>

MEDITATION SESSION 4:00 PM TO 6:00 PM

(or adapt this time as appropriate, maintaining the session duration)

<p>4 to 4:45 pm</p> <p>4 to 4:17 pm</p> <p>4:17 to 4:45 pm</p>	<p style="text-align: center;">Meditation “Follow the father and become complete & perfect”</p> <hr/> <p>Exhibition of video excerpt of BapDada’s murli.</p> <p>SUGGESTED EXPERIENCES, besides other points you selected from the video:</p> <p>The five special steps of Father Brahma (mentioned by BapDada)</p> <ul style="list-style-type: none"> ❖ The first step: A total renunciate. When the mind and body are surrendered to the Father, bodily relationships are automatically renounced. ❖ The second step: Always obedient. Although the task of establishment was a huge one, he didn't disobey any of the instructions (...) “Yes, My Lord, I am present.” ❖ The third step: Faithful in every thought. “No one but the one Father” ❖ The fourth step: A world server. The special basis of success in doing service is to be humble, to be an instrument and to be unlimited. ❖ The fifth step: Free from any bondage of karma, free from any relationships of karma, that is, free from any bondage of the body, an angel, karmateet. <p>Meditation</p>
<p>4:45 to 5:30 pm</p> <p>4:45 to 5:05</p> <p>5:05 to 5:30</p>	<p style="text-align: center;">Meditation “Remaining combined with Shiv Baba, following the father”</p> <hr/> <p>Exhibition of Mohini Didi’s video “My Experience with Brahma Baba”</p> <p>SUGGESTED EXPERIENCES</p> <p>Experience your selected points of the video, and consider these reflective questions:</p> <ul style="list-style-type: none"> ❖ To what extent and accuracy do I remain combined with Shiv Baba throughout the day? ❖ How will I improve this stage, following the example of Brahma Baba? <p>Meditation</p>
<p>5:30 to 5:45 pm</p>	<p style="text-align: center;">Meditation “Being a bestower of fortune, like the father”</p> <hr/> <p>SUGGESTED EXPERIENCES, keeping the inspiration of Brahma Baba's example:</p> <ul style="list-style-type: none"> ❖ (...) both Fathers are Bestowers of Fortune (...) AM 14/10/81 Brahma is called the bestower of fortune (...). AM 02/01/78 (...) master bestowers of fortune are those who give in every thought and at every step (...) AM 07/01/85 ❖ (...) you have to play the part of being a master bestower of fortune, because time is coming closer (...) bestowers of knowledge (...) power of remembrance (...) all the powers (...) virtues (...) spiritual vision and spiritual love (...) cooperation to every soul (...) elevated company and connection (...) zeal and enthusiasm (...)AM 07/01/85 ❖ The basis of fulfilling the need for whatever you want is to continue to give the maximum of that particular thing. Giving is the basis of receiving. AM 07/01/85

5:45 to 6:00 pm

Meditation “Experiencing myself in Golden Age, inspired by Lakshmi and Narayan”

Have an experience of your live in Golden Age, feeling supported by the vibration and life of the benevolent emperors. Review your main experiences in the previous meditations.

* Portal: <https://tinyurl.com/Global-Bhatti>

* Your feedback is welcomed: globalbhatti@brahmakumaris.org