



# 1st Asia Pacific Youth Retreat

From 22 to 24 May, the Asia Pacific Youth Retreat was successfully held at the Asia Retreat Centre. A total of 41 youths took part in this insightful and enjoyable retreat. We were fortunate to have Didi Chandrika, Head of the Youth, Arts and Culture Wing of the Brahma Kumaris World Spiritual University, India, as the resource person for the retreat. She was accompanied by Sister Kruti, the Coordinator of the Youth Wing in India, and Sister Jothi from South Africa.



The retreat began with an inaugural event in which the guests and participants were welcomed in a regal manner by Didi Meera and ARC residents with crowns, tilak, and garlands, creating a powerful and uplifting atmosphere. After the inauguration, Didi took us down memory lane by sharing experiences and stories from her younger days with Brahma Baba. It was inspiring and touching to hear about her deep love for God and how she became the number one Godly student.



On 23 May, the day began with a powerful amritvela session conducted by Didi Chandrika in a unique and inspiring way. She introduced a theme that encouraged participants to see themselves as master oceans of love and to serve the self, the world, and the elements. After amritvela, the youths took part in an exercise session, which was also joined by Didi herself. Her enthusiastic participation reflected her youthful spirit, brought her closer to the youths, and inspired them even more.



That morning, Didi read the murli and conducted a short class afterward, where she shared four key points on how youths can be successful. After breakfast, Sister Kruti led an engaging murli churning session in a unique format, beginning with questions and followed by practical sharing on how to apply each point.



The first masterclass was conducted by Didi Chandrika on the retreat theme, *Designing My Destiny*. She provided a clear understanding of the subject and shared many practical experiences and insights to help the youths apply it meaningfully. To deepen their understanding of the topic, Brother Murli conducted a workshop on the key challenges youths face today and how to shape a more successful future. Adding a refreshing twist to the usual afternoon routine, the retreat featured a team-building session led by Brother Balan, focused on building self-confidence and encouraging the youths to work together as a group.



In the evening, Didi Chandrika conducted a second masterclass on the topic *Facing Uncertainties*. She shared practical guidance on helping the self stay focused on spirituality, which serves as a source of safety for youths during these delicate times in the world. After dinner, a relaxed chit-chat session was held with Didi Chandrika, Didi Meera, and Sister Kruti. They shared many stories about Brahma Baba and the Dadis, creating a strong feeling of their presence throughout the retreat. The day concluded with a deeply moving experience in which the scene of Avyakt BapDada taking leave was enacted. Many youths felt a deep sense of love in the atmosphere and went to bed filled with Baba's remembrance.



On the final day, 24 May, Didi once again conducted amritvela in a creative way, filling the atmosphere with power and serenity. She also conducted murli and offered bhog that morning. After breakfast, a Holi celebration was held in line with the day's murli, in which Baba spoke about the true meaning of Holi. The session, led by Didi Meera, invited everyone to offer their weaknesses into the flame and was followed by personal drishti with Didi Chandrika. Afterward, a question-and-answer session was held to address the youths' questions, mainly on aspects of gyan and Brahmin principles.



The retreat concluded with several youths sharing their experiences, including their expectations before attending, what they gained from the retreat, and what they planned to practise afterward. Gifts, toli, and blessings were then presented to all participants as a remembrance of this experiential and rejuvenating retreat. Our guests were also thanked and given tokens of appreciation for their valuable contribution. The retreat ended on a joyful note with a garba dance led by Sister Kruti. Everyone enjoyed the dance and left feeling rejuvenated, empowered, and ready to move forward toward their destiny.



Om Shanti