

THE PROGRAM

KANYINI TJUNGU "We Care Together"

Change Your Life - It's Time

**A weekend retreat for Indigenous Australians
to finish the past and recover the true
Inheritance that your Ancestors gave you –
Your True Spirit and Heart.**

Friday 25 - Sunday 27 March 2011

Centre for Spiritual Learning, Leura, Blue Mountains, NSW

BOOKINGS: www.bkwsu.org/au/retreats or Phone: 02 4784 2500

WELCOME

You are invited by the Elders of the Gundungurra and Darug peoples of the Blue Mountains region to share in a weekend of wonderful company, food and dialogue in the beautiful surroundings of the Centre for Spiritual Learning at Leura.

This program will enable you to return to the deep and sacred way of our culture to practise sitting in the Stillness our Ancestors taught us.

“Living on the Wind” using Dadirri “Deep Listening and Quiet Inner Contemplation” you will learn more of our Foundational Laws to support your wholeness and wellness.

In our Souls we carry the Powers which enables us to be Strong and Powerful in the Cross Cultural World where the grief of our past history is with us constantly. You will relearn how to use those powers and become strong knowing that our heritage is to BE as our Ancestors were.

It's time to finish this sorrow and Walk Tall, Strong and Confident in the knowledge that you are the Inheritors of an Ancient and Powerful Wisdom that has never left you.



FACILITATORS

Elders **Auntie Carol** and **Auntie Bev** with **Tjanara Goreng Goreng** and **Ceane Towers** welcome you to share with us and relearn your cultural spirituality. Auntie Carol and Auntie Bev are Elders of the Blue Mountains region and have generously supported these retreats for the past 3 years by welcoming Aboriginal and Torres Strait Islander people from other areas to share in their land and their country in a healing space.

Tjanara Goreng Goreng is a Wakka Wakka Wulli Wulli woman with cultural ties to the Anangu Pitjantjatjara peoples of Uluru having been adopted as a young woman by Uncle Bob Randall and Nana Barbara Tjikatu, Traditional Owners of Uluru and Kata Tjuta. With her Elders permission she shares the deep spiritual knowledge and Laws of our clans to assist in recovery and wellness of our peoples across Australia through the Founding of the Foundation for Indigenous Recovery & Development, Australia. Tjanara holds post-graduate degrees in social work, counselling therapy and community development and is completing her doctorate on “The Road to Eldership” She is considered a Songwoman and Auntie in her own family.

Ceane Towers is a Wiradjuri, Gamiloi and Darug woman from Lithgow and is the Family Support Worker at the Blue Mountains Aboriginal Cultural Resource Centre in Leura. Ceane is a trained mental health worker in mental health first aid and she holds a Masters degree in Social Policy. Ceane is a mother and teacher in her traditions and shares her knowledge through dance and song.

Please book directly online at the website www.bkwsu.org/au/retreats for the Blue Mountains Leura Retreat Centre program.

If you are unable to access the internet please contact Tjanara directly on 0416 459 997 if you want to chat about the program.



The wonderful Centre for Spiritual Learning on 132 acres (53.4 hectares) of prime natural bushland and is just 2.5kms along the Mount Hay Road from Leura and adjoins the World Heritage Blue Mountains National Park.

The Hosts

The Centre for Spiritual Learning is run by the Brahma Kumaris Raja Yoga Centres Inc in Australia, a branch of the Brahma Kumaris World Spiritual University, international headquarters, Mt. Abu, Rajasthan, India, who are known worldwide for their work in the field of lifelong learning and developing values. The centre is staffed and managed by volunteers who are also teachers of meditation, experienced in creating a reflective and peaceful atmosphere. It is this atmosphere of silence and lightness that leaves a deep impression on guests – even after a few hours, the peacefulness of the place helps to restore an inner state of calm.

Lifestyle

All meals provided are vegetarian. Please abstain from smoking, drugs and sexual activity. Please dress modestly in keeping with the spiritual atmosphere. (eg: no sleeveless tops or shorts).

Fees

There is no charge or fixed fee for this program. To help continue their work of running spiritual retreats, voluntary contributions are from those who have benefitted from its activities is greatly appreciated.

What to Bring

Two sheets, pillowcase, torch, umbrella, walking shoes, towel and toiletries, notebook and pen.

Arrival times

Arrival 5 - 7pm Friday. Departure 3pm Sunday.

We will provide accommodation only for people attending the full retreat.

How to get there

186 Mt Hay Road, Leura NSW 2780, Tel. (02) 4784 2500

Please Book Online www.bkwsu.org/au/retreats

Travel: 1.5 hours west of Sydney. Accessible from Sydney by car and train.

The Leura railway station is a ten-minute taxi ride away.

