

PROGRAMMES

2023



BODHINI

THE SCHOOL OF CHRISTIAN MEDITATION



01

3-MONTH CONTEMPLATIVE EXPERIENTIAL ENCOUNTERING OF CHRIST IN THE SCRIPTURE (CEECS)



Date: 1 January – 31 March 2023

Are you usually beset by distractions, mental business, drowsiness, restlessness, agitations, guilt and time management when you go for prayer and meditation? If so, here is a hunting technique taught in the Bible i.e., hearing and doing the WORD.

CEECS will offer you the right understanding, education and experiential knowledge about hearing and doing the Word. You will be taught the hermeneutics of contemplation in which texts are read noetically, a practice that enhances your experiences of transformation, innovation and well-being.

02

3-MONTH MINDFULNESS BASED SISTER FORMATORS COURSE INTENSIVE [MBSFCI]



Date: 15 January – 15 April 2023

Bodhini, a home for Christian mindfulness meditation, teaching and practice offers 3-month mindfulness-based course for Sister Formators to become effective spiritual resource personnel. MBSFCI provides Hands-on Training that incorporates mindfulness into everyday life, which helps one to explore oneself, and to activate the qualities that make one an authentic guide, alive and engaged.

The Goal of MBSFCI is to help the persons change negative thought patterns, habits and actions and thereby be more positive, calm, noble, compassionate and in control.

03

3-MONTH TRAINING AND MINDFULNESS RETREAT FOR SISTERS PREPARING FOR FINAL PROFESSION



15 January – 15 April, 1 October – 30 December 2023

This course will equip you to revisit the consecrated life at its source and deepen your sense of identity as a consecrated individual from the vantage point of mindfulness. Methodologically, consecrated life is studied from two sides. On the one side, an interdisciplinary perspective drawn from the Bible, tradition, theology, philosophy, psychology, sociology and other disciplines. On the other side, you will be given hands-on training and disciplines for becoming inseparably religious and spiritual in the changing paradigms.

04

MINDFULNESS MEDITATION FOR JUBILARIANS



Date: 25 April – 26 May 2023

Here is a one-month mindful practice where you will be equipped with tools to prioritize and pay attention to what's going on within and around you, not to regret your past life but by rewiring your brain, unlock your creativity and boost your performance in an age of increasing chaos and uncertainties of life. This is a special programme for silver and golden Jubilarians to revitalize themselves through Mindfulness and Meditation.

05

MINDFULNESS-BASED LEADERSHIP ENHANCEMENT [MBLE]



Date: 01 June – 31 July, 1 October - 30 November 2023

This 2-MONTH mindful and interactive Leadership programme is designed for leaders/animators to cultivate the art of mindfulness into every aspect of daily life which can spur individual growth and enhancement of leadership capabilities with a mind-set of service to the community, Church and society at large.

MBLE offers both Bible-based mindful theories, approaches [tools] and practices to increase one's focus, build resilience, be proactive and creative, manage emotions and behaviour, cultivate a compassionate environment, and engage in self-care to serve with excellence.

Envisaged to enable persons to be effective at personal, relational and organisational aspects of leadership in religious and spiritual setting.

06

6-MONTH MINDFUL-CONTEMPLATIVE EXPERIENTIAL LEARNING PROGRAMME [MCELP]



Date: 01 June – 30 November 2023

This highly beneficial mindful-meditation training course [MCELP] will offer Biblical evidence-based tools, practices, and resources to prime your body and mind to feel more focused, to encounter challenging situations, to nourish your relationship, to ever maintain a peaceful and committed life.

MCELP is offered to the providers and recipients of religious formation, community animators, spiritual directors, jubilarians, for sabbaticals and all those who recognize the great necessity of being initiated into

mindful-contemplative practice for one's own life, inspire others and help them to improve their lives in meaningful ways.

[Participants who complete this course will be given a certificate]

07

1 MONTH MINDFUL-CONTEMPLATIVE RETREAT (MCR)



Date: 1 February– 28 February, 1 July – 31 July 2023

MCR is an in-depth spiritual journey through the Scriptures. Several distinct yet interrelated biblical texts are used to know the anatomy of contemplation as delineated in the Bible, and are useful for the practitioner. The components of contemplation concealed in the texts will be analyzed and practised as well.

If you are searching for a contemplative retreat, then, you have come to the right one; MCR is perfect for priests, religious, and nuns to forge new pathways to success, to embark on a journey of healing your soul and self-renewal, in a troubled and noisy world.

08

1-MONTH MINDFUL ENCOUNTERING OF CHRIST IN THE SCRIPTURE (MECS)



Date: 1 April – 30 April, 1 December – 31 December 2023

MECS brings the spiritual weight of the word, the Bible today, to the present, 'here and now', to my current life. This course affirms that the scope of the biblical interpretation is not just limited to historicity or to the scientific explanation of the language of the text, but goes beyond. Hence, MECS is designed to teach the participants to read the translation of the meaning of the text, for the transformation of life.

In addition, MECS explores the components of contemplation, confronts the crowd, rain, flood, and wind in everyday life, and casts the net to the right side to withstand the pressures of life. In this course, we teach you to discover the profound spiritual significance of the scriptures and to apply it to your inner life as you seek God.

09

2-MONTH COURSE ON CHRISTIAN MINDFULNESS MEDITATION (CCMM)



Date: 3 October – 29 November 2023

CCMM is designed mainly to teach the participants, how to do meditation anytime, anywhere in spite of their multiple commitments. The lessons on meditation progressively disclose the biblical idea of mindfulness - both as a process and an outcome. As time moves on, the participants will be clear of any doubts on meditation.

CCMM is an intensive training for those who are seriously seeking God in prayer and interested in the science behind mental (silent) prayer. This course will appeal the religious, priests, nuns, family persons, teachers, and to all seekers of life; it is fully accredited and focused on the Bible.

10

1-MONTH INTENSE SADHANA FOR JUNIOR SISTERS



Date: 1 December -31 December 2023, Medium: Malayalam

This 1-month Sadhana course is designed to enlighten and create awareness to the young religious on the formative process, using the SOIL-SEED symbolism from Bible for sprouting, growth and fruition.

Method: Teaching- Silence - Assimilation - Meditation- Guidance.

11

A FORTY DAYS DESERT EXPERIENCE (DESEX)



Date: 20 November – 30 December 2023

DESEX 40 is designed to silence the intruding thoughts to reach the state of apatheia – the state of dispassion. Mental askesis – the meditation techniques discovered in the rugged emptiness of the desert. In this programme, the tools utilized are the rich resource materials of the Desert –the works and teachings of the great Abbas and Ammas.



To savour these spiritually enhancing programmes
Join us at **Bodhini** : The School of Christian Meditation.

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