



## Intensive preparation for the perpetual Profession Time to transform oneself

The adventure of life is to learn. The purpose of life is to grow. The nature of life is to change. The challenge of life is to overcome. The essence of life is to care. The opportunity of life is to serve. The secret of life is to dare. The spice of life is to be a friend. The beauty of life is to give.

*William Arthur Ward*

It was a hidden treasure from the God of the Universe, who planned so beautifully, systematically, sacredly and creatively. The two months' intensive preparation for final profession was like gathering Divine Spiritual Food for our Journey of Life.

We, two Srs. Mary Manisha Kujur and Maria Srilakshmi Mattukoyya reached Carmelaram, Bangalore on 14<sup>th</sup> February, 2022, for a two week programme, we were a total of 16 sisters in the Institute from different Congregations who attended this Spirituality Course. We had four topics - leadership in consecrated life, women's empowerment, Psalms and communion in communities. Though these topics are familiar they gave us a deeper understanding and meaning for life. We were inspired by the unity among us, the simple life style of the priests there and the different types of prayers and adoration. All these spiritual exercises drew us closer to God. We had a day to care for our souls, we went to Mysore for an outing. It was a day of fun and laughter where we relaxed. When we left from there, we could experience the pain of departing from the people whom we knew.

**One-month guided retreat in Dhayana Ashram, Bangalore:** After the two weeks programme in Carmelaram we came to Dhayana Ashram which is run by the Society of Jesus. When we heard about a month's retreat, we were a bit anxious about how it was going to be, can we make it? With these mixed feelings we reached the place on 1<sup>st</sup> March, 2022 and began the retreat on the same day. We were 40 sisters from different Congregations and were divided into two groups and each group was guided by a priest. We had two talks and met the preacher once in two days and shared our spiritual experience. We never knew how the days passed by, we could remember only the days we began and concluded such was the deep experience of God during this one-month retreat.

As we listened to the first day's talk, we were so excited to be there, because the Lord has prepared and has a great plan for us to be with HIM alone. We became more silent, quiet, experienced the aloneness and solitude within and around us. A constant consciousness of all the five senses in order to experience the sixth sense which is Mystic. As we stood under the foot of the cross every drop of Jesus blood helped us to shed our ego, pride, all unwanted things and let them go. Through this retreat we experienced the fullness of life through the Holy Trinity, who transformed and energised us.

We thank our directress Sr. Kala for arranging such a wonderful retreat.