

I had the opportunity to attend a month-long *Mindful Contemplative Retreat* from 3<sup>rd</sup> to 31<sup>st</sup> July, 2022 at Bodhini.



There are several programmes of varying durations organised at Bodhini. All the programmes are based on Bible texts and focus on experiential learning of mindfulness meditation. The Programme Director, Dr. James Manthra OCD., took sessions on contemplation, its components and transformative power and the process of God's intervention in raising a soul to contemplation, based on the Bible texts Ez:47:1-7 and Hosea:2:14-15. There were many parables and texts which were explained very systematically and logically, relating to religious life. I found it very helpful and thought-provoking, especially the *Multiplication of the loaves* Mt: 14:13-21 and the parable of the *Sower and Seed* Mt: 13:1-9 apart from other related texts and characters from the Bible. It helped me to reflect and understand how important it is to be blessed and broken, in order to be effective in my life and mission, to produce a hundredfold response to God's call as a religious. It had been a graced journey where I also recognised the many blessings and breakings that happened in my life and accept them with a grateful heart and surrender them to God. The entire programme was very enriching and inspiring and could easily relate to my life and mission. The experience at Bodhini has created in me a curiosity and thirst for the Word of God and meditation. A contemplative stance with a profound inner silence is a way to experience God who is a Mystery beyond human comprehension. The device used and the process applied for meditation is very helpful to keep our mind alert and free from distractions and scattered thoughts. The five days of complete meditation helped me to experience the presence of God within me and enjoy inner peace and tranquility. I learnt to live with abundant consciousness and see abundance in everything and in everyone.

I am deeply grateful to God and my Province Leadership Team for giving me this opportunity to be refreshed and rejuvenated. I am indebted to the Programme Director Dr. James Manthra OCD., whose words and actions are exemplary and takes keen interest in keeping Bodhini clean and green and providing a conducive place for God experience.

Mercy George RGS



## REMINISCENCES OF BODHINI

*The School of Christian Meditation is situated at Vythiri, the tourist hub of Wayanad district. Bodhini is run by OCD Fathers of Manjuma Province, Kerala. The pleasant and cool climate, the beautiful nature surrounded by tea and coffee estates and the homely atmosphere make it a conducive place for meditation and God-experience.*

