

SEG 2024

Focus Group List

F1-- FRIDAY-----9:50 - 10:50

Fun & Games! Wake-Up! Get Acquainted!

w/ Emma Branch McGill

Location: Mandali Hall

More Fun For All! Multi-generational! Play! 30 minutes of games is just not enough for some people! So, the 9:15 Warm-up Games will continue into the first focus group session. Come at 9:15 and then opt to stay for another hour of fun from 9:45. Or, for late bloomers, start with Focus Group Games at 9:45.

Color your own BABA buttons!

w/ Angela Chen

Location: Bazaar Room

Using original artwork by Angela, you are invited to color your own BABA buttons! All materials provided, and you will leave with a finished button made on the spot. Limit of one finished button per person. Or you can have an unlimited number of colored bookmarks laminated on site.

Sharing Coming to Baba Stories

w/ Jim Watson

Location: Nazaar Niche (Smith)

One of the richest and most intimate groups that we have at the Southeast Gathering. Through sharing how Baba brought us to Him, we see the manifestation of His truth and love... and in this sharing we join closer to each other. No pressure to tell your story, but an opportunity to hear from those who

MANDALI STORIES

w/Jon Meyers

Meher Baba's Mandali have been a huge blessing on all our lives. We will share together about Baba's close ones...even if you weren't able to meet them, please come and get to know them. Bring photos of them to share.

Surrender with Meher Baba

w/Laurent Weichberger

Location: Alexander (Realization Installation)

Surrender with Meher Baba is based on the many things Baba said to us about the importance of spiritual surrender to the Avatar. For example: "There are three things on the spiritual path about which there can be no compromise: love, obedience, and surrender. " We will have a facilitated discussion and group exercises. Jai Baba!

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Focus Group List

F2----- FRIDAY-----11:00 - 12:00

Baba on the Awakening to come, thru Norina in Meher Baba Journals

w/ Scott McKeig

Location: Alexander (Realization Installation)

Baba gave detailed messages on the inner nature of the great awakening to come thru Norina that were published in the Meher BABA Journal (1938-41). He told journal editors, Elizabeth and Adi, that they should publish them as submitted by Norina, and that they would be appreciated “ in future”. Now, 85 years later, they feel increasingly relevant and revelatory.

Restoring Baba Pictures

w/ Roger Stephens

Location: Bazaar Room

Repair and recreate your old Baba photos, cards, and posters using a variety of fun techniques. Bring your old favorites to be turned into your own original art. Art materials and supplies provided. Using multi-media, we will color artwork, using colored pencil paint, markers, paint and assemblage.

The Pilgrim Experience

w/Jay Schauer

Location: Jap Room (Rear Harrison)

Great things to happen on pilgrimage to Myrtle Beach, India, and other sacred Baba places. Let’s share some of our experiences of encountering Baba at those holy places of pilgrimage. I will give a prize for the best story!

Anahata Heart Awakening Yoga—Gentle Form

w/Barbara Schauer

Location: Activity Center (near Retreat Village)

This yoga practice will be simple and centering. Feel free to use a chair if you want. The aim is to be physically comfortable and mentally present in order to enjoy more completely the time we spend with Baba and each other in our lives. Please bring a mat if possible.

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Focus Group List

S1—Saturday 9:30- 10:40

InterPlay with Baba

w/ Terry McCarthy

Location: Mandali Hall

Interplay is a powerful way to explore who we are and to share that in a supportive environment. InterPlay is an active, creative way to unlock the wisdom of the body. Our group will play with stories, voices and movement about our connection with Baba. Come create for Baba and each other . . . and especially to have fun together!

Living With Baba as our Master & Enriching our Relationship with Baba

w/ Evie Lindemann

Location: Nazaar Niche (Smith)

What has happened in your life since being with Baba?....How has your life changed, evolved with Baba as your Master? Let's share stories and exchange ideas of support in how to be His aspirant in everyday lives to enrich our relationship with Baba.

Interesting Nuggets from Infinite Intelligence & Other New Publications

w/ Lauren Berns

Location: Alexander (Realization Installation)

Recent years have brought us three major publications attributed to Meher Baba, dating from the 1920's (Infinite Intelligence, Tiffen Lectures & Creation and It's Causes). Although not published at Baba's direction (see e.g. God Speaks), they all include useful, interesting & sometimes strange bits of knowledge from the Source of all knowledge. We'll chat about some of those tidbits and consider what value these works offer to as Baba's Lovers and spiritual aspirants.

HeartSong

w/Angela Chen

Location: Jap Room (Rear Harrison)

Includes a body relaxation meditation, then we go into an "OM" point, and sing from the heart. Based on taichi meditation, but with the added aspect of singing. Discover the song of your heart.

Truth Exploration- What is Truth?

w/ Alta Burnett

Location: Activity Center (near Retreat Village)

Have you ever pondered the question What is Truth? What answers do you have? Alta has pondered the question many times, has some thoughts about what truth is.. but wants to know and explore more with fellow explorers.. both spiritually and experientially. Come join her in the search for answers as she shares a few ideas and then opens the session for group discussion.

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Focus Group List

S2 - Saturday 10:50 - 12:00

A Cinematic Introduction to Stages of Consciousness

w/Josh McGill

Location: Nazaar Niche (Smith)

Josh will use film clips to show the stages of consciousness as described in integral theory. The integral model is important to life, to describe and navigate the spectrum of challenges all humans face—from the personal to the global. It fits very nicely with Baba's assertion of the evolution of consciousness. Come check it out, it will be fun and lively!

Understanding Indian Rhythm

w/ Cliff Hackford

Location: Activity Center (near Retreat Village)

Learn the Taal System, how to count and learn the Bols (strokes) that make up the Taals in different time signatures. The practice of tali (clap) and Kali (wave) while learning to count the beats. Made easy for anyone to learn.

IMPROV! Learn to adapt/adjust & have fun with improv.

Being natural & spontaneous with Baba.

w/ Kate Brown

Location: Mandali Hall

Acting or role-playing a scene spontaneously, without a script. We will start with fun warm-ups to loosen you up and connect to the group. Be prepared to laugh, cry, and smile. Improv helps to connect to others. It's relaxing and fun, & teaches you to be more spontaneous, confident, imaginative and detach from expectations with flexibility and creativity. -
-Letting go of control, and open your mind from fixed patterns of routine.—

Listening Circle: Expressing and Listening as a Means of Connecting

w/Wilson Van Winkle

Location: Alexander (Realization Installation)

Listening Circle: Expressing and Listening as a Means of Connecting w/Wilson Van Winkle
Location: This is an experiential group for practicing deep listening and for the practice of expressing what really matters. It is an invitation to go beyond our sometimes superficial ways of relating...to real connection.