

Sister Jayanti's visit to South Africa

Sister Jayanti was invited to South Africa for a national tour from the 15th until the 26th June. On arrival in Durban on the 15th, with Sister Jagruti she had her first national radio interview – Radio Lotus in the evening at 7:00 p.m.. The theme for the tour was **Spirituality in a Fragmenting World**.

From Friday the 16th of June until the 18th we held our annual Southern African Retreat. Over 250 souls gathered at the Protea Hotel in Hilton, a small village about an hour away from Durban. The theme of the retreat was **“Returning to the Seed.”** There were guests from every main city in South Africa including the following countries, Swaziland, Namibia, Botswana, Zimbabwe, Mozambique, Zambia and Mauritius.

Some jewels shared by Sr Jayanti were,



“To

deepen the practice of soul consciousness – be aware of the pull of habits. Renounce the habits that keep pulling the intellect.”

“When there is too much choice and not enough wisdom it leads to stress. Keep the intellect clean and clear so that you can access the wisdom within.”

“When there is business in the mind, and any reaction then I am not being soul conscious.”

“Soul consciousness is when the mind is quiet and moves in a pure and elevated way. It won't take time to connect to Baba, in soul consciousness I am in tune with Baba.”.

“Soul consciousness will take us to our destination. Let yourself feel We have the gyan but we need to focus on the practices.”

“If I get into the ‘why’ I will not be able to settle or learn. So ‘why’ is not a question I ask because I know this is the iron age. Things are moving fast”.

“Thoughts should only come if I give it permission to come. In soul consciousness I won't say why, but I will ask myself, what is Baba teaching me and what is it that I want to learn.”

“When there is stability there is self-trust and others are able to trust me.”

“What is the difference between those of the 8 and the many others, deep, deep soul consciousness.”

Returning from the Retreat, there was a temple program in Tongaat, a town where service first started in KwaZulu-Natal. Sr Jayanti touched the souls who attended – providing a very clear picture of where we are in terms of time and the importance to connect with the Divine for clarity and guidance. Immediately after the program Sr Jayanti was taken for the second national radio interview on SAFM. The focus of this interview was on the role of spirituality in bringing up the girl child.

For the next two days in Durban there were several programs, including a reception by the Deputy Mayor of Durban where many high level councillors, consulate generals and media persons were present, a breakfast program for community leaders and principles and a public program. All programs were well attended and people took tremendous benefit from the clarity with which Sr Jayanti shared on collectively focusing on personal change to impact national or global change. At each program, rap artist Nimo Patel, founding member of Empty Hands performed and added an inspiring message of selfless service through music.



From Durban Sr Jayanti and Sr Jagruti went to Port Elizabeth where from the airport Sr Jayanti accompanied by Sr Jagruti was taken to a mothers class in Malabar, the area where the original centre was in port Elizabeth. Jayantibhen was pleased to note that in spite of the centre having closed down to Gracebhen's health, the sustenance and progress of the community continues.

The evening's programme was held at The Athenaeum, where the programme was opened to the sacred music of Desert Rose. Sister Jayanti addressed the gathering on the importance of maintaining one's own internal stability and focus on the Divine in a fragmenting world where systems are literally falling apart. She enlightened us about how we are living in the era of post-truth and the only method left to us is to maintain our own yoga and connection to the One who is The Truth. After a moving meditation commentary, backed by Desert Rose, the gathering heard the latest and newest song Ajai Alai which sealed everyone's love and connection to the Divine.

The next morning bhog was offered as part of a one year ceremony of the passing of Sister Gail's mother, Dawn Vorster, who had been instrumental in the establishment of Lotus House 11 years ago. After morning class our angels then had a quick breakfast and were transported to the airport for the next leg of their tour to CT.



In Cape Town Sr Jayanti was interviewed on live national television talk show program called Afternoon Express <https://www.youtube.com/watch?v=wPsX2Uiypg4>.

The conversation explored the topics of spirituality, meditation finding stability in a ever changing and uncertain landscape. She reaffirmed the power of the individual in making change and impacting society. The evening program was held in conjunction with the Cape Town Interfaith Initiative (CTII). The evening began with a short slideshow presentation setting the tone for the theme - how peace and love is required during

these challenging times. Dizu Plaatjies, a renowned musician and teacher of traditional African musical instruments explained the historical and contextual origins of the instruments, before rendering a performance. This was followed with Elizabeth Petersen, Director of the South African Faith and Family Institute (SAFFI), introducing Fr Matespane Morare, a Jesuit priest, who shared a bleak picture of the current state of the country and the world and raising the question of what next. Sister Jayanti acknowledged where we are at and responded with a beautiful message of hope. She shared how she has observed that there is a growing awakening in consciousness and awareness across the world that something different is required. Ordinary individuals are beginning to recognize this need and beginning to take personal responsibility for creating and contributing towards the change required. The evening ended with a powerful guided meditation from Sister Jayanti reinforcing the vision of hope.

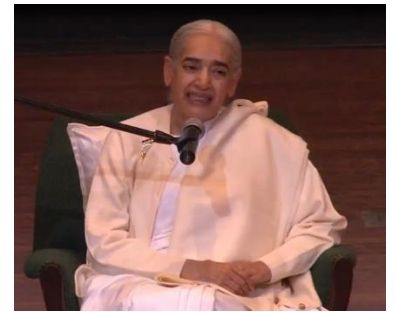
The next day Sr Jayanti flew to Nelspruit, where a centre has been opened just a year ago. There was a beautiful program where about 200 souls attended was held at a conference centre and she shared, "there was hope for the future, as every person has inherent goodness inside of them. We did a survey and asked people around the world what their vision was of a better world. They all came back with the same answer; peace, honesty, responsibility, integrity, love and happiness. Just spend a few minutes every day to connect with yourself. There is too much emphasis on the material and physical world, that we lose touch with our inner being."



The final leg of Sr Jayanti's visit was in Johannesburg. Saturday afternoon was a public program, which was opened with a rendition by Desert Rose. Sr Jayanti shared insights on the time we living in but more so the responsibility we all have for about 45 minutes. Thereafter she was interviewed by Ntombikani – exploring ways in which to integrate spirituality in every day life. Some of the key points shared were, “The things that are happening around us is to make us check ourselves. As I go deeper I realise that I am on a spiritual being on a human journey. I need to make time

and listen inside. How do I balance everything or actually check what is my priority. The first priority has to be myself. Make sure to keep the mind cool, the intellect merciful and words and language very sweet.”

The next day the family gathered together and we celebrated Mama's Day with a special bhog offering. After breakfast there was a special morning program with leading community leaders, activists and business leaders. The morning dialogue explored some key questions that people were confronted with - How do we rise above this chaotic noise and create clarity so that we can impact more meaningfully? How do we rise above the incessant pull and push of events and maintain a broader picture above the duality of judgement and remain centered. As the world around seems to intensify, the question many of us are asking is how do we resource ourselves better to maintain our own stability and sustained sense of wellbeing? Sister Jayanti powerfully directed the focus and attention to the self – on self transformation. Never underestimate the power of the individual – each one can make a huge impact. It takes a few committed individuals that become a catalyst for a greater change.



The last day on Monday was a day with the family – sharing sweet memories and having time with all of Baba's instruments from around the country.

Sr Jayanti left a very powerful fragrance with the family. Everyone is inspired and felt the impetus to take our personal efforts to another level.