



SUSHMA DIDI'S VISIT TO SOUTH AFRICA

On a beautiful sunny autumn day, on May 23rd Sushma Didi and Chandrakala Didi from Jaipur, landed in the mother city of South Africa, Cape Town. They had the opportunity to take in the beautiful vistas of the natural beauty of the city on that day. The next morning a breakfast meeting was held with community and faith-based leaders to offer an opportunity for personal sustenance. The theme was **Anchoring ourselves and Building Inner Strength**. Many expressed how the daily challenges can lead to feeling depleted, however, the space provided and the insights Didi shared about seeing ourselves as a source that 'gives' rather than taking offered a new perspective. To be able to give, it is so important to take the time in self-care and silence to fill yourself - especially paying attention to end all forms of waste. The morning concluded with a meditation by Chandrakala Didi.



South Africa as well as neighbouring countries. The theme of the retreat was **Spiritual Renewal - Stepping into the Circle of Protection**.

After a trip to Cape Point where the two oceans meet both guests returned for an evening public program entitled **Soul Power - a transformative energy** where the Consulate General Mr Ashok Babu welcomed Didi. Desert Rose offered their sacred music which set the tone of the evening. The audience took great benefit of the practical approach Didi offered to them in integrating a spiritual practice in their daily lives.



From Cape Town, both Sushma Didi and Chandrakala Didi flew to Durban to conduct the annual from 26 May to 28 May. The retreat was attended by 170 students from various centres within



After the retreat, a programme was held for the wider community of Durban on 30 May, entitled **"Peace in the Home"**. Sushma Didi's message was supported by an address from social worker, Zene Thambiran. Both speakers focused on the foundation of peace in the home being the mental and spiritual welfare of little children. Didi encouraged the adults who attended, to nurture and empower their children in a safe space within the home. She also emphasised that this sacred responsibility calls for greater self-awareness and personal development of each adult. She suggested soul consciousness and meditation as the practice to achieve this and she conducted two powerful guided meditations.

From Durban, Sushma Didi and Chandrakala Didi flew to Nelspruit where she had the opportunity for a safari experience at the Kruger National Park and the viewing of wildlife. In the evening a public program was held on the theme of Experiencing **God's Power for Hope and Protection**.



From Nelspruit, the next program was in the capital, Pretoria where a Sneh Milan was held at the centre for close contacts and friends. The simple examples used by Didi deeply encouraged souls and the emphasis not to hang on to the past and keep moving forward. All left light, inspired and motivated. The next morning was a breakfast program for close friends and community leaders in Johannesburg where the theme explored was **Anchoring ourselves and Building Inner Strength**. Didi's sharing on the difference between the role and the being and learning to play our roles with detachment was very impactful and left the participants with a new approach to their work. Thereafter we had a quick visit to Baba,s home in Soweto and a public event in Lenasia where the theme was, **Experiencing God's Love for Hope and Protection**. To a diverse audience from all communities, Didi's message on the power of meditation and learning to listen to God touched the souls deeply.

The final day after Murli class was a program held at the Observatory centre in Johannesburg **in honour of Yoga Day** to which a representative of the Indian Consulate in Johannesburg, Mr. Sudhir Khurana attended. Sushma Didi shared the meaning of Raja Yoga - the importance of self-mastery as the basis for overall well-being which begins with mastery over the mind. This included a powerful meditation and many were deeply moved. After Didi's talk, all participants engaged in yoga exercises in Baba's garden. There was one final adventure, which was a trip down a mine shaft in Johannesburg and witnessing the pouring of gold.





A final farewell to Didi on Monday - where each of us who had breakfast with her shared our inspirations and sustenance taken. Thank you to Baba and the drama for sending these beautiful angels to South Africa.