

Sudesh Didi's visit to Australia

Sudesh Didis Centre visits and rakhi.

- Centres and Rakhi

8 - 27 September 2023

SYDNEY

- ❖ Sudesh Didi's first stop was Sydney, arriving from London at Five Dock Centre around 9pm on Friday 8 Sep.
- ❖ Over the weekend there were BK Rakhi celebrations at Wilton on Saturday evening (120-150) and Five Dock on Sunday morning (about 200).
- ❖ On Sunday evening she met and shared stories with the Shiv Shakti Group of BK sisters.
- ❖ On Tuesday, her last morning, she briefly met a group of those 25+ years in gyan and the Five Dock operations team.
- ❖ Didi left by road for Canberra after breakfast, with a guard of honour in the car park to wave her off.



CANBERRA

- ❖ Didi's Murli classes on the two days in Canberra were a delight. Small audiences provided a unique opportunity to connect with her deep insights instantly.
- ❖ We felt her yoga power was so cooling and sustaining that there were not many questions left in the mind. Her lightness and humility were refreshing.
- ❖ We took her to see kangaroos and she almost leapt out of the car when we spotted a few of them.
- ❖ Didi's humility was like a mirror as to how a Brahmin soul should be at this time of the cycle.
- ❖ Our Rakhi program was very well attended by over 60 souls.
- ❖ Everyone took a lot of benefit from her visit whether new or contact souls or BKs.



GOLD COAST

- ❖ Gold Coast centre had a small and beautiful Rakhi tying session with Didi for 10 BKs on Friday morning after murli.
- ❖ One BK had their Rakhi tied after the public program at the centre on Thursday evening.
- ❖ Three BKs went to Brisbane to have Rakhi tied with Didi and other Queensland BKs.



- ❖ We took Didi and Sr Sucharita on a 15 minute walk to the beach, where we all enjoyed paddling in the ocean, taking photos, laughing and enjoying ourselves.
- ❖ There was a 15 minute walk back and short rest and then preparation for evening program.
- ❖ Didi was a positive gem, loving and easy to be with. She shared great stories that were insightful.
- ❖ Sr Sucharita was also great to have here, She was helpful, light and supportive.



BRISBANE

- ❖ Didi Sudesh spent a very full and fruitful time in Brisbane. On Friday 15 Sep. she took the road trip from Gold Coast to her first Brisbane port of call, Shailer Park Course Location.
- ❖ There she shared quality time with both new and experienced students, before moving on and receiving a hearty welcome at Nundah Centre. This would be home for the next two nights. We were treated to wonderful stories and classes. Our first Rakshabhandan in Baba's new Centre was made a profound experience in Didi's presence. Each Rakhi was tied and received with such love and care, by around 70 souls.
- ❖ Didi squeezed in a brief trip to the new Sunshine Coast Course Location in Buderim to spend time with a small group of Brahmins and tie Rakhi.
- ❖ On Sunday morning Didi was whisked away to the airport following a group photo session with a very happy Brahmin family.



ADELAIDE

- ❖ Sudesh Didi arrived at the Adelaide Centre on Sunday 18 Sep.
- ❖ There were two Rakhi sessions at the centre attended by nearly 100 souls: **2.30pm - 4.30pm** (55) and **6.30pm - 8pm** (43).



- ❖ Everyone greatly enjoyed her divine elevated company. She gave a lot of love and wisdom.
- ❖ There was Monday morning Murli, mid-morning class for Hindi group and on Monday evening a public program at the centre.



Here are quotes from BK souls who met Didi Sudesh in Hobart:

- ❖ In the Centre Didi led the last 15 minutes of Amrit Vela yoga both days, which was very powerful.
- ❖ It was lovely to experience BapDada's equal vision
- ❖ As soon as I walked in the room, I felt a pure, angelic aura from her
- ❖ It was very nice and heart-warming to meet Sudesh Didi.
- ❖ It was really serene, and I truly felt like I was sitting in front of an Angel!
- ❖ Her stories and presence gave me a living experience of Brahma Baba and reminded me of Madhuban and BapDada
- ❖ I felt bodiless for so long, it was really magical and I felt so much love.
- ❖ I experienced that I was meeting Baba soul-to-soul when I was taking bhog.

FAIRFIELD

- ❖ Didi's first stop in Melbourne was to Fairfield to inaugurate building No 11 which had neared completion. (Jayantiben had inaugurated building No 13). Fairfield is very fortunate to get a double inauguration by Baba's very special angels.
- ❖ Didi stayed for lunch, offered bhog, gave a short class and rested before going to the public program in the evening. Everyone loved the joy and sweetness she brought with her.



Didi entered by the front door but inaugurated No 11 building from the back door (as the front is directly on the street /pavement)

23/9/23 – 24/9/23

- ❖ Rakhi Festivities at Baxter started days in advance with the making of more than 600 tolis and the arrival of some international and interstate guests.
- ❖ Sudesh Didi received a grand welcome on Thursday night with flowers, music and a light dinner.
- ❖ Didi met a group of doctors (BK) on Friday afternoon and had a short class and meditation in the evening with around 60 guests and Karma Yogis.
- ❖ Rakhi tying was divided into three different sessions starting on Saturday morning and ending with a family day on Sunday morning after murli.

- ❖ Children had their celebrations separately with Rakhi being tied by Sister Sally.
- ❖ Many of Baba's children had heartwarming experiences while getting their Rakhi tied by Sudesh Didi and came away with tears of happiness and love.

DANDENONG STAR JOURNAL – FREE CIRCULATION GREATER DANDENONG AREA – AND
ON LINE DIGITAL (CIRCULATION 54,620). – Tuesday 3rd October 2023

INTERFAITH

Patience in insecure times

By Didi Sudesh Sethi of Brahma Kumaris
Centre for Spiritual Learning

Sudesh Didi is the European Director of the Brahma Kumaris and was visiting the Brahma Kumaris Centre for Spiritual Learning last week.

Everyone has hope and want things for the better, however what is lacking is patience and security.

According to 2022 World Health Organization reports, about 264 million individuals worldwide have anxiety disorder. (3.6%).

So while there is hope why is the anxiety so high and becoming higher by the day?

Insecurity has surpassed hope and the power to have patience has dropped.

Challenges in life are increasing.

As we learn more about the ways of life, the brain's capacity to retain, contain and maintain a sane balance is declining.

Everyone is looking for love, respect and



acceptance externally.

We are aware of the challenges but without exploring and accepting the reasons behind them solutions cannot be found.

The mind gets pulled in many different directions and there is a "tug of war" as the games of inferiority or superiority continue.

Internal insecurities are externalised and added to the already chaotic external environment.

The compounding effect of this returns to trouble and haunt us, internally and the cycle continues leading to anxiety and many other mental health disorders.



Sister Didi Sudesh Sethi from the Brahma Kumaris Spiritual Centre For Learning.

Relationships from childhood are no longer built on a canopy of protection and no one can be blamed for this as we are all part of a world

which is trying to balance financial, emotional and psychological needs.

This leads to fear of the unknown; fear of loss and fear of failing.

We seek a quick fix rather than taking time to reflect which requires patience.

The solution to this is training the inner self, and awakening the spirit to rekindle self-respect, love, empathy and kindness.

Being kind and respectful to the self (internal change) will lead to gratitude and appreciation for all (external change).

The ripple effect of this will be a happy heart and where there is happiness the sadness of insecurity and failure will not survive.

This then allows hope to be rekindled.

It is important that kindness and gratitude are cultivated in children and that as adults we continue to nurture what is natural within the spirit – Love, Peace, Purity and Happiness.

Enquiries about the Greater Dandenong Interfaith Network: executive@interfaithnetwork.org.au or 8774 7662

- ❖ A student said Didi's style and stamina were commendable, and she felt very energized yet light after tying Rakhi and felt surrounded by Baba's love and assurance.
- ❖ A small group that stayed back after lunch farewelled Didi with songs and good wishes.

NEWS

YARRA VALLEY

- ❖ Didi Sudesh visited Yarra for a sharing and luncheon with about 20 guests, including Ian and Ruth Gawler.
- ❖ Didi was delighted to see the kangaroos and birds while enjoying a buggy ride around the property.

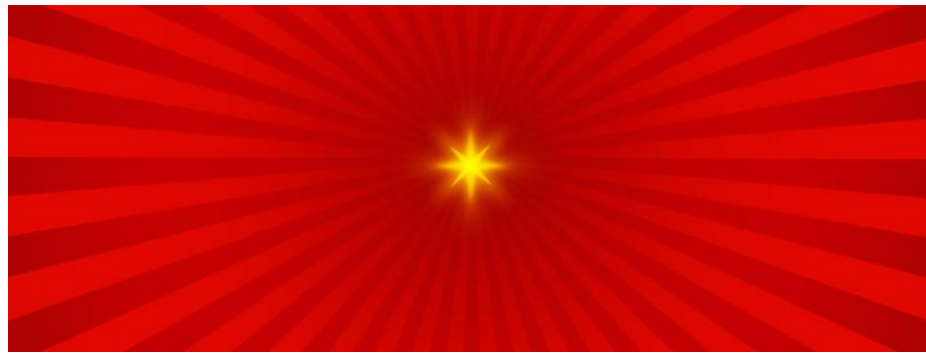


PERTH

- ❖ Didi Sudesh and Sr Sucharita arrived in Perth late on Sunday 24 Sep.
- ❖ Monday 25th was a public holiday for the Monarch's Birthday, so we had a full day to take full advantage of their visit. After an inspiring Murli and class we had breakfast and then celebrated Rakhi with over 60 souls. At 5pm we headed to the class location in Padbury where over 40 souls were there for Rakhi.
- ❖ On Tuesday 26th an inspiring Murli class followed by breakfast with family and then Didi rested before the evening public program.
- ❖ On Wednesday 27th Didi shared another inspiring Murli class. At 10:30am, she gave a Hindi class on zoom with English and Tamil translations. Didi shared that she felt she had a holiday in Perth as she wasn't so busy and was very appreciative as she would return to a hectic schedule in the UK.



Here are some photos of BK family from Cannington and Padbury.



**THANK
YOU**

**OM
SHANTI**