

FEELING AT HOME: DIDI SUDESH IN BALTIC STATES

There is no place like home. East or west, home is best. The famous proverb reveals the truth about our Sweet Home, a place of rest and comfort for all souls. Having been on the Drama stage for a long time, some of them now are searching for peace. And there are souls with a special role, who can't stay without showing the path to the Land of Peace to those who got lost wherever they are, South or North, East or West. Undoubtedly, Didi Sudesh is one of the special; she is tirelessly circling the globe, generously sharing the Godly wisdom with her brothers and sisters. Over the past few years she has visited 70 countries and wherever she goes, souls get the experience of closeness and belonging, as if they find themselves at home. The very name "Sudesh" means "native land, homeland or motherland".



Baltic States - Lithuania, Latvia and Estonia - are independent neighboring states, located in the northeast of Europe and border the Baltic Sea, Russia and Belarus. At the end of July 2013 they had the fortune to host BapDada's special jewel, Didi Sudesh.

Like a sea breeze, carrying freshness and newness Didi brought positive changes in the lives of Baba's children. Her presence filled the atmosphere in Baba's centres with natural love, gentleness, sweetness, respect and cooperation. Didi visited all three capital cities, Vilnius (Lithuania), Tallinn (Estonia) and Riga (Latvia). Everywhere public programs and Raksha Bandhan celebrations were organized. This way, Baltic countries among the first tied Rakhi and reconfirmed the vow of purity.

Vilnius, Lithuania

Vilnius was the first to light the torch of purity. 40 BKs from different places in Lithuania as well as from Riga, Latvia and Kaliningrad, Russia came to celebrate Raksha Bandhan with the family. Didi reminded us the deep significance of both, the festival and the sacred thread we got tied.



Didi gave interview to the Rakta (The Key) magazine on the topic "The essence of spiritual practice".

Two public programs took place in the beautiful hall of the hotel "Airis". The first topic was "**Secrets of gaining inner strength**". Didi emphasised the meaning of true power: "Power is the ability to transform any situation without fighting. As light doesn't fight with darkness and warmth doesn't fight with coldness, so a

truly powerful person does not fight against anyone or anything, he just uses the inner light, the light of pure consciousness. But how can we purify the consciousness? The Supreme Light, God, plays an important part in the process. He purifies and fills the souls with power, that's why our first and foremost task is to forge mental connection with Him".



The second program was devoted to the **“Art of living in harmony with the self and others”**. “The main secret of harmony lies in the ability to focus on goodness and positive qualities in a person. Then even if there are some defects you will be able to accept them in the same way as everyone appreciates and accepts beautiful roses despite their thorns. The doors to disharmony are: 1) questions ‘what? where? why?’ 2) comments; 3) comparison; 4) criticism. Beware of them!”



Tallinn, Estonia

Three days passed as three hours and the plane was carrying Didi like winking to another home, now in Tallinn. The family in Tallinn is not big in number but big in heart. The eldest students are four years old in Gyan, but they are all very loving and cooperative. And as is known, the youngest are the loveliest and the most beloved. That's why Baba bestowed countless blessings upon His children through Didi Sudesh. Didi spoke warmly about Tallinn's family. She said: “Small family is like a diamond, not big, but precious or like a seed, which can grow into a big tree. A small gathering is strong because we are close to each other.



The public program **“Peace of mind as the key to happiness”** took place in the conference hall of the Europe hotel. Audience – 70 people – liked Didi from the first and listened to her attentively for 2 hours. Didi inspired everyone to consider themselves to be souls because it is the foundation of peace in mind. Didi explained that peace of mind is such a key to happiness which can only be made by its owner. Everyone’s mind is unique and what can be a huge problem for one is nothing at all for another. A very important thing to attain peace of mind is not to keep ill feelings in the heart – otherwise you disrespect your own mind, your happiness and your good qualities. Learn to forgive others and the self. Didi concluded her speech with a beautiful message: “Let my heart be a temple where the inner light is ignited and the atmosphere is filled with peace which I can share with all”.



Riga, Latvia

At the program **“Spirituality in life”** Didi first explained the difference between religion and spirituality. “The original purpose of religion consisted in returning to the original self. But these days, people just praise those who once had profound religious experiences; they don’t have those experiences themselves. They perform rituals without understanding the deep significance behind that. If people have no spiritual experience, but they are simply afraid of punishment, this doesn’t help to transform their life. We must also understand what life is”. “Since it is the soul that gives life to the body, the living energy that expresses itself through the body and gets experience; since the original state of the soul is peace, love, purity, happiness and wisdom, the spirituality in life means to live in soul-consciousness and express original qualities of the soul.”



The BK's retreat was an important event for BK's family in Baltic. It gathered 60 BKs from 9 places – Riga, Daugavpils, Rezekne (Latvia), Vilnius (Lithuania), Tallinn (Estonia), Moscow and Kaliningrad (Russia), Odessa and Nikolaev (Ukraine). They came to a very picturesque place in the countryside to celebrate Raksha Bandhan and enjoy the atmosphere of purity along with the beauty of nature. It was a golden chance to stay in such an elevated company and fill the soul with Godly powers.



The name of the retreat was **“Spiritual roses in Bap Dada's garden”**, so all were spreading spiritual fragrance and enjoying each others' specialties. Wherever you looked, you could see blossoming flowers – happy faces of Brahmins.

Didi told us the story of our transformation in this life of Brahmins. At the beginning we become lotus flowers. We realize that there is mud all around us, but we want to maintain our purity, so we become detached from the old world. Then we change into rose buds, which burst and spread the fragrance of spirituality, sharing our virtues with others. But we also should become a sunflower, the one who only looks at the Sun, carrying the seeds of the future in the heart.





The next day we celebrated Raksha Bandhan. Didi's drishti took us beyond into the Subtle World. The atmosphere in the hall was filled with light and power.

The main thing that we kept observing all those days was spirituality in practical life. Didi was always content and it made the atmosphere around here light and easy. She shared the feelings of her heart and people near her felt they were near and dear and at home.

