

SUDHA DIDI'S VISIT TO BISHKEK, KYRGYZSTAN

In April 2014 Sr. B.K. Sudha, Director General of the Centre of Spiritual Development, Moscow, and Joint Regional Coordinator of the Brahma Kumaris visited Kyrgyzstan for the first time. During her visit she met the students and teaching staff of universities, students of the preliminary course of the Brahma Kumaris, and the general public.



The Kyrgyz Republic or Kyrgyzstan is a country in Central Asia, bordering Kazakhstan, China, Tajikistan and Uzbekistan, with the Tian Shan mountain range covering over 80% of its territory and beautiful Issyk-Kul Lake, which is the second largest mountain lake in the world. The main religion of the country is Islam. The capital and largest city of Kyrgyzstan is Bishkek, situated at about 800 meters altitude, which originally was a caravan rest stop on the Silk Road through the Shan mountains. The city was founded in 1825 as a Khokand fortress by Uzbek Khan of Kokhand, and is now the financial and cultural centre of Kyrgyzstan.

Sudha Didi started her visit in Bishkek on 9 April meeting with new students of the Raja Yoga Course; 16 people joined it and welcomed her to their country.

On 10 April she met 50 students from the Psychology Department of Bishkek Humanities University as well as the Dean of the Faculty.



Sudha Didi spoke about religion and spirituality. She underlined that Raja Yoga doesn't contradict with any religion, but inspires a person to practice the truths, which religious scripture and texts contain. She also explained how students of the Brahma Kumaris University are engaged in the study of positive qualities and practice them. After the meeting, the students didn't want to leave. They asked Didi for her autograph, and she wrote words of good wishes in their copy-books and they photographed together.

In the evening meeting with Raja Yoga students Didi explained the difference between information and knowledge. She said: 'Information can be a kind of burden while knowledge means understanding. When knowledge becomes experience it is known as wisdom. Ask yourselves: do I really need the information I'm getting and why? Go deeper into your own self and contemplate this because, first of all, we need awareness and realization. Awareness is the first step to self-transformation. Although, we understand our shortcomings, sometimes we cannot overcome them because of our lack of awareness and realization. Then, to transform yourself, you have to realize your original positive qualities. Knowledge is a seed which we plant into the soil of our mind. After that it needs to be watered and this water is our connection with God. As a result you will reap the fruit of your virtues. Check yourselves to see to what extent

you have imbibed the knowledge and become humble. Ego indicates inner emptiness. That's why it's said: empty vessels make the greatest sound. Ego and false identification make the soul unable to develop itself.'

Another meeting, with students from the Social Workers Faculty of Bishkek Humanities University took place on 11 April, attended by 42 people. Sudha Didi spoke about the types of thoughts and qualities of soul. She explained what the foundation of positive thoughts is: self-confidence, courage and kindness. At the end of the meeting she gave everyone the book *Gems of Virtues*.



On the same day Didi met 65 students from the Kyrgyz State University of Construction, Transport and Architecture. She was asked to speak on the theme: *The Art of Positive Thinking*. 'My ability to think becomes an art when my thoughts are beneficial both to myself and those around me. Negative thoughts come spontaneously mainly due to circumstances; but to have positive thoughts we have to work on them. When I nourish my intellect with good and positive information, there are far less bad thoughts. So you shouldn't start your day just reading newspapers, nor finish it by just watching TV.'

Didi asked students to write down their five good habits and five bad habits and to describe them. Everyone diligently did their task, and then participated actively in question & answer activity with her.



On 12 April Sudha Didi met with amateurs of different yoga systems at the Anand Centre.

On 13 April, in the morning, she discussed a pure lifestyle with a group of new Brahma Kumaris students. They were impressed with her words that we need to maintain our purity both for our own sake, for the world's and for God. Didi said that during special religious festivals, for instance Ramadan, religious people maintain purity because they understand that purity is the way to God. The meeting ended with words of mutual gratitude and good wishes.