

Antar Vahini

A Journey to Inner-Self

EDITION 3

SHIVANANDAM: AWAKENING THE SHIVA WITHIN



Awaken your Soul - A message from Babaji Shivananda

Om Namah Shambave, Om Namah Shivaaya



This year, was the 17th Shivaratri being celebrated at Kangra. It was a night long festival of Shiva filled with bliss and incessant singing of Sankeertan's and bhajans. Everyone present (including the many who participated over Zoom) felt the night pass very quickly, such was the energy.

Two days post Shivaratri, I took few devotees to Mandi city which is also popularly known as Varanasi (Kashi) of the hills. I wanted them to witness the glory of International Mandi Shivaratri festival where Gods/Goddesses are invited from their 81 temples. It was not a sight of earth, it was Deva Loka (world of Gods/Goddesses). We were surrounded by divine beings and the Dev Naad (Sound of Divine) reverberated the entire Mandi valley. No words are enough to describe that atmosphere. So, I have decided that next Shivaratri, I will take more people and plan a short trip to this beautiful Mandi valley.

BABAJI..



Daily Chants:

@ 18.30 IST -> Lingaastakam,
Lalitha Sahasranaamam, Rudram
@ 22.00 IST -> Om Namah
Shivaaya Chanting



Weekly Chants &

Meditation:

3rd Sunday of every month @
18.00 IST -> Hanuman Chalisa |
Sunday Satsang by Babaji incl
Q&A sessions



Ram Navami and Hanuman Jayanthi

Watch out for updates in Apr'21



Sadhana

Sadhana is a disciplined practice that helps connect one to the Higher Self.

The Daily Inspirations is a call from Babaji to be kindled to act, Infact act now ! The messages have been read, heard and passed on to multiple well-wishers surely!

It is now time to be spiritually renewed and elevated. Contemplate deeply on these inspiring messages, hear the voice from within and express gratitude for any insights. Like all spiritual practices, Contemplation will also need practice. Making contemplation a priority each day will help one turn inward and find the much-needed answers to the questions about the self. Awaken, Live and Inspire !



Paramatma is present right where you are. You are like a fish swimming in the ocean called Paramatma. If the fish sets out to find the ocean, it will find itself facing a huge difficulty. How will it find the ocean its already swimming in, elsewhere? You don't have to find Paramatma. You have to live Paramatma. You have to drink Paramatma. You have to dance Paramatma. You have to reside in Paramatma. Paramatma is present in every breath of yours. Where is HE not present? Can you find any such place where Paramatma is not present? Paramatma is the name of One who is all pervasive. Although you keep repeating like a parrot this truth that Paramatma is everywhere, you still ask where is Paramatma? - Babaji



That prayer offered out of joy or bliss is the one that is heard because, joy or bliss is the tune of the Paramatma. That is the language of the Paramatma. Sorrow is your language, which Paramatma does not understand at all!

Sorrow is something you have manifested for yourself. HE sent you here with empty hands. Who ever said or asked that you exceed your boundaries; with palatial mansions and overflowing wealth, a big name and large lands, who ever asked you to nurture the sorrow of amassing all these and even more? Who has ever found or attained Paramatma with these worldly comforts and objects? Paramatma has no connection whatsoever with these worldly pleasures and objects. Paramatma doesn't even understand the cry and clamour for these worldly pleasures but then, who is there to cry or clamour for the real Truth? You wish to see that One who is not hidden or hiding anywhere! Keep accumulating all these worldly objects of wealth but they will desert you in barely a moment.

Paramatma has created you also to dance and sing just as the flowers do. Sorrow is a script of your own writing and the result of your own doing. Sorrow is not your true nature, outlook. Joy or bliss is your true nature! Paramatma does not understand the language of sorrow at all! It is for this reason that Jesus declared, "Those who are childlike are the ones who will gain entry into the kingdom of my Lord" Therefore, be childlike and blissful, singing and dancing just like them. Victory to the world! - Babaji

Babaji's
Daily
Inspirations



Have you seen the Ektara that a wandering mendicant carries? An ektara is a single stringed instrument symbolic in nature, signifying that for Paramatma just that one string is enough; that there should not be any other sound or voice in the heart other than HIS. Be it a Sitar or a Veena or a Sarangi; these have many strings on them which symbolise the world outside whereas the Ektara signifies Paramatma Himself. Victory to the world! - Babaji



Awaken before the last breath leaves you. Experience that Samadhi, that Higher Consciousness or the Higher Self at least a little, before the last breath leaves you! You have been sent to a Diamond quarry but here you are, lost in the illusory delight of collecting worthless stones & pebbles. Whilst you are still lost in this futile pursuit, one fine day you will be notified that your time is up! - Babaji

The Babaji's Satsang's are recorded and made available for those keen, please reach out. The recent Satsang on Atma Gyaan was one of a kind, beautifully articulated through storytelling, anecdotes and elucidations that even a spiritual novice would be able to latch onto. Much needed blessings to stay on the path and divine energies were passed on too. While no teaching can get one to realise the Self, the needed methods and qualities to carve our own path, thread our own life and withdraw from the colours of the Ego are definitely worth multiple hearings!



1

THE VIRTUAL YATRA

Spiritual awakening through a pilgrimage to places of spiritual significance or a Devotional Celebration

2

A JOURNEY WITH HIM

Each devotee's experience is as unique as HIM or HER, as we travel together on this journey to "Oneself"

3

FROM THE ASHRAM

Updates from the space that exhorts one and all to become leaders of Inner Transformation – an adventurous Journey inward !

4

EXPERIENCE THE TRUTH

The truth of an inward Journey of the Master or the Truth of the soul felt experiences of devotees comes to you...

1

The Virtual Yatra – Shivarathri at Kangra



On the 11th March'21, it was the 17th Shivarathri celebration at Kangra. Devotees woke up to a beautifully adorned mandir with flowers and rangoli decorated by Babaji, himself.



Lingaabhishekam was performed to the many Lingams manifested at Kangra with milk, honey, go muthra, coconut water, ganga-jal, ghee etc amidst heavenly Sankeertan's, chanting and Aarati to conclude at 11.00 AM.

At mid-day, Babaji released his book "A Journey to the Self" and several devotees received a copy of the book. Time was also well spent with a Gur who came down from the mountains to meet with Babaji. Sections following in the newsletter, will bring you more insights into these events.

Early evening saw the haven being lit to sacred chants that reverberated the space. Evening Sankeertan's, Bhajans and Aarti was performed and the Mandir closed.





On re-opening the Mandir post dinner, the blessings in the form of Vibhuthi on the deities and the manifestations of Lingam's enthralled the many devotees congregated for the night bhajans that were to start 9.00 PM.



On the stroke of the clock at 9.00 PM, Babaji charmed devotees with his Sankeertan's. Devotees were entranced to another world of pure divinity and Shiva. The congregated devotees sung a number of bhajans to their hearts accompanied by the instruments all through the night. In spurts, Babaji delighted devotees with more bhajans and Sankeertan's, taking them away deep into their own selves.

This year, apart the congregated devotees at Babaji's residence, a number of devotees across the globe were blessed with a beautiful opportunity to participate and be absorbed from their very homes. The delight of these devotees knew no bounds. It did not matter what part of the day or night it was, the treat to the soul just had them zoomed in.

The night was thus filled with Joy and Oneness unto 6.00 AM, the next day and the celebration concluded with an Aarti performed at the mandir.



2

A Journey with HIM

Experiences from Devotees - 2021 Shivarathri @ Kangra and A unique Journey with the Devatas @ Mandi !

Be it the Mata Mandir, the hotel breakfast dharshan, the Shiv Temple - Boothnath dharshan or the Mandi market, the few devotees who accompanied Babaji were guided and led by Babaji to wonderful dharshan's of the devetaa's everywhere they went. They had tales to say, below are a few excerpts in their own words. Immense Gratitude and Love flowed through from these devotees as they share their experiences with us.

Dear Readers, Stay blessed and Greeted by more than 200 palki's carrying the Divine !

Devotee Experience 1 – Abhishek G (Devotee from Bangalore)

After having attended the last year's (2020) Shivarathri at Kangra, how could I stop myself from attending it this year. I reached Kangra on the Sunday before Shivarathri. From the moment I landed at Kangra airport, I couldn't wait anymore to have Babaji's Darshan. I felt my travel from Kangra airport to Babaji's home as the longest part of journey although I had travelled 10 hours to reach Kangra. I finally reached and was welcomed with a warm Babaji hug and a beaming smile. Ah!! what more could one ask for? All the tiredness from travel just vanished with his greetings.

During lunch or whenever we had an opportunity to sit together with Babaji, he repeated "Shivarathri pe bahut majaa ayega dekhna" (**We will enjoy a lot on Shivarathri**). Indeed it had to be! as Shiva himself in human form was with us. Jai Bole Nath! Jai Vishwaguru!

The preparations for Shivarathri started on Wednesday. All present were assigned duties, some polished idols, some brought flowers for decoration and some others in cleaning. All around, there was festive atmosphere. Infact every day is a festival with Babaji, isn't it?

It was decided that Sankeertan's and bhajans will be from 9:00 PM to 6:00 AM on the Shivarathri night. The local people started flocking around 8:00 PM. Once Babaji started Sankeertan's, we dissolved into Om Namah Shivaaya ! We just didn't want him to stop singing and none realized how quickly the night passed. Few of us were planning to return after Shivarathri but Babaji had a pleasant surprise for us. He said, he was taking us to the World famous Shivarathri fair at Mandi (a city which is about 4.5 hour's drive from Kangra) for a couple of days.

On the way, Babaji explained us the history and significance of this fair. The city Mandi is popularly known as Shiv ji ki nigari (Shiva's own city). Every year all the mountain Gods/ Goddesses gather in this city for a 7 day festival. Every village high up in the Himalaya's are guarded and guided by these Divine forms.



It is these divine forms which guide people and warn about any extreme Himalayan weathers/ calamities beforehand. Otherwise, I learn it is impossible to sustain in such terrains and unpredictable weather with minimal facilities. It is then I understood why this region is called as Dev Bhoomi (Abode of divine).

The idols of these Gods/ Goddesses are carried on a structure made of bamboo (palki). This palki is accompanied by the bands which you won't find anywhere else except in this region. When the band starts playing, all thoughts just flush away. It's called Dev Naad (divine vibration). The atmosphere is so very energetic that one will feel the divine presence and so it was for me. We were surrounded by Gods and Goddesses everywhere.



When the divine manifests in these palki's, they start dancing all by itself. They each weigh easily 100's of Kg, but when they start swinging and swaying, they seem feather weight. After having their blessings, we purchased a few traditional pottery and clothes. We also had an amusement ride in the fair with Babaji. We returned back to Kangra as the fair came to an end. Even after our return, when we sit with our eyes closed, we could only hear those divine sounds. Their memory is etched in our hearts forever. Babaji said we all will come next year again with much more people and witness this divine gathering. Can't wait for another opportunity with the Divine Babaji and the Gods and Goddesses !



Om Namah Shambhave! Om Namah Shivaya!

Devotee Experience 2 – Neha Dholakia (Devotee from Mumbai)

Every journey with Babaji is a quest to find the self. When I landed at the Kangra airport, I looked at the snow clad Himalayan Mountains and I felt the warm welcome of Swami's Omnipresence. It was a delight traversing through the snowclad mountains and narrow roads until I was greeted by Babaji and his family on reaching the residence.

A divine guest for Shivarathri :



As we sat in the kitchen awaiting our dear Babaji's mother to serve us food, Babaji amazed us with the divine stories in the pahadi (hilly) regions. Babaji told us that deities in Himachal have a unique bond with their locals. Communicators known as Gur are the communication medium for most villages. One such revered Gur was to visit. He rarely travels outside and has to follow strict diet and a disciplined routine. Babaji shared his experience with a Gur named Rajinder Rajpuri. Rajinder ji is the instrument for communication with Lord Narayan. We were all excited to know that Rajinder ji was to visit on Maha shivarathri. He honoured Babaji with a shawl and a Himachal cap on arrival.



The night before Shivarathri, we started making arrangements for Shivratri - Cleaning the idols, arranging diyas and flower decorations etc. We were instructed to take a good night rest and sleep during the next day to be ready for Bhajans all night on the Shivarathri night.

The night that never sleeps:

A group of ladies from McLeodganj had joined us for Bhajans. Before we started around 8.30 pm we were blessed to witness the miracle of vibhuti showered on Swami's photo, Nataraja and Ganesha. Twelve lingams appeared on the coffee table beside Swami's chair. Devi Ma showed her presence in the form of a movement.

The next day, we visited Dharmakot – an area that is spiritually charged by the blessings of His Holiness, The Dalai Lama. Babaji wanted us to experience meditative state in a spiritually charged location. Apparently, this is where monks come to meditate. The Vaishnavi Devi Ma and Boothnath temple was also visited.



Mandi, our next Destination –

Our next destination was Mandi to witness a mela (gathering). A mela where Gods themselves come down to greet each other and a rare phenomenon which can be witnessed only in Himachal Pradesh. The festival ground gets populated by the deities who are seated on the palanquins. The palanquins are energized by the power of the deity and pull the bearer to whichever direction the deity wants to go. The movement of the palanquin's have different meaning. For example, a vigorous left and right shaking would mean they are angry. The deities show great excitement in greeting each other. There is a communicator for each deity, addressed as Gur. The Gur's are identified by them dropping off the



Himalayan cap in respect and pulling down their long hair. The local people ask questions related to social and personal problems and the deity answers them through the Gur.

The deities are adorned in gold, silver, the finest fabrics and flowers. The deities gather starting from 10 AM and remain seated until 4 PM. They then leave greeting each other goodbye. A sight to remember !

Devotee Experience 3 – Shruthi (Devotee from Bangalore)

Entering Kangra, I witnessed a beautiful connection to the Devabhumi, Himachal.

The day before Shivarathri, I basked in the mood to celebrate the great night. Maha Shivarathri is a much awaited time for me and celebrating it with Shiva, the Guru himself is way beyond my imagination. Celebration of Maha Shivrathri with Shiva himself was like being in heaven. I don't know how heaven is, however it's used to express the Ananda, the Joy and Blissfulness that one can experience in there. I wonder why I deserve to be showered with this blessing !



I spent eleven and a half days with Babaji. Infront of Babaji, I am empty, have no questions, no mind, no chattering. Just a transparent plain water or a mirror, keen to hear Babaji every second.

I'm not singer, but with Babaji's energetic Sankeertan's I got soaked in the ocean of love and joy. At one point, I wanted to sing a bhajan, but I was unable to as i'm not a singer. A lady sung the same song I wanted to sing, the very next minute. I wasn't yet satisfied though. After a while, Babaji sung the same song and it unfolded blissful joy in me and transported me to a different destination.

Manifestation of Vibhuti and Lingam's were a feast to watch. The whole Shivarathri was spent well with the high energy Bhajans and Sankeertan. Sath Chith Ananda happened within me in front of

Babaji.

Witnessing the Mela of gods at Mandi was my first experience. The different cultures and the divine presence was an out of the world experience. Many gods came, greeted each other, the people obeyed the orders from their god. The divine presence was felt !

I have lack of words for the bliss I experienced and can't express my gratitude enough to Babaji. Thank you Babaji.



3

From The Ashram

An exciting news that many have waited to hear!

**Our Ashram, Shiv Kutir will see Boomi Pooja
performed on the holy Guru Poornima day, 24th
July'21.**

**BABAJI, IN ALL HIS LOVE HAS GRACIOUSLY BLESSED
US ALL WITH A HOME, A SPACE TO COME TOGETHER
AND EXPERIENCE OURSELVES.**



The mesmerising opportunity to be in HIS presence opens up to everyone with no distinction of cast, creed, status or religion! Yes, the doors are open to one and all who would like to experience and be transformed by his love.

This home will be equipped to host devotees from across the world, anyone keen to walk the path of Love and Oneness as the sole purpose of life. Until then, be encircled by the Himalayan mountains, soaked in the fauna and flora of the holy Kangra, engulfed in the love of the Father and Ma, enveloped by the smoke from the dhuni, basked in the Sankeerthan's of Babaji, encircled by the humble human and animal beings. After all, this will be in essence, the Unity that one will enjoy in this home!

One and All are welcomed to be a part of this Journey. Let us together design, dig, clear, shape, construct, polish, nourish and maintain our home in Oneness and Joy!



Express your interest to be part of this Journey and enjoy the 80G benefit on your contributions.



The Spirit of Yagna

The Sri Sai Mangalam Central Trust, Kangra, made a contribution of Rs 51,000 to the Shri Ram Janmabhoomi Teerth Kshetra that is set up by the Government of India to construct the Ram Temple in Ayodhya. What a better way to celebrate the upcoming occasion of Shri Rama Navami.

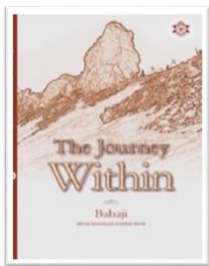


For more details on how to Contribute to this cause, please visit the Government of India website created for this purpose <https://srjbtkshetra.org/>

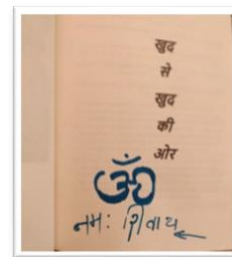


4

Experience the Truth



The Journey Within, a book authored by Babaji himself was inaugurated on the Holy Maha Shivarathri ! The book has enthralled and inspired one and all who have had the opportunity to read it. If you haven't yet had the opportunity, here's a couple of excerpts from people who have read it.



Note: The book is currently available in Hindi and English on Amazon, please download for a read. It also being translated into several other languages, please lookout for announcements on the same shortly.

Thoughts from Within

Surendrababu Pillai (Devotee from Mumbai, India)

The above Book by Babaji made available through "Kindle" is a journey of a PURE SOUL in search of the SUPREME BEING. It is, at the same time, GOD'S divine invitation in HIS own mysterious way to a highly evolved soul to reveal HIS DIVINE SECRETS and make the SOUL an instrument for HIS Mission on Earth. It is a Book which is intoxicated with GOD CONSCIOUSNESS. The childlike innocence, simplicity and divine ignorance with which Babaji has penned down His thoughts is very intense, touching and thought provoking. It moves one deeply from within. Once you start reading it, it has to be finished. One cannot put the book down. It is short, but at the same time immensely sweet. 'SHRIKHAHAND KAILASH' which is the abode of Lord Shiva and Ma Parvati is not an easy place to access for anybody. It is a matter of Life and Death. To such a place, when a 17-year-old young teenager plans to undertake a journey, it is proof enough that it was GOD's Divine call. It is therefore important to note that age is not a consideration for 'A Calling from GOD'. As and when the soul has evolved to that stage, GOD calls and creates HIS own plans. Babaji was ready and therefore called.

It is important to note that there are very very few souls in this Special Category, viz. who are deemed fit by GOD for HIS DIVINE Call. Babaji's calling and His Divine Encounter AT Shrikhand Kailash can at best be termed as – "FACE TO FACE WITH GOD". Both the Jeevatma, the individual human soul and the Paramatma, the Divine Being met and became ONE. When this happens the Human becomes Divine. This is exactly what happened with Our Loving Babaji. 'HE' became 'HIM'.

The most interesting part of the Book are the various instances wherein Revered Babaji writes about the subtle but ominous Divine Encounters with the Lord and Mother in various unrecognizable Garbs and Forms. In 2009, the young sweet looking girl at the Gauri Temple in Jaon who meets them at the Temple and leads them and shows the group the way to Shrikhand Kailash was none other than Ma giving Darshan as a child.

Two individuals, a man and a woman waiting for them during their second visit at the foot hills of Shrikhand Kailash and treating them with Cashew Nuts and Soanpapdi and helping them to get a good Darshan after an extremely tiresome journey, were none other than Lord Shiva and Shakti. This is quite obvious. They never returned back with them. .



The Ganapati and Parvati idols and their sizes, initially small and then in the next visit so Gigantic is something beyond the ken of the human mind. There are several other divine instances in the Book, which are very subtle and incomprehensible. There are many such other encounters throughout the book, which is a 'Must Read'. I repeat, it is a short, sweet Book filled with divine energy.

The Full and Complete Realisation of the SELF for Revered Babaji which occurred in the year 2018 at Shrikhand Mahadev is one of the most interesting parts of the Book. The carrying of the Idol of Shiva Shakti, its puja at the Abode of the Lord and thereafter whatever happens, including the changing of the colour, shape etc. of Babaji's Hair is deeply touching and moves one from within.

Babaji's Mission has now begun in right earnest. We all should be happy to be part of this Divine Mission and be standing under the Divine Umbrella of Kangra which is spreading fast in all directions at great speed. His Mission is based on the bedrock of Love, Joy, innocence, dancing, singing and laughter filled with Divine Bliss. Let us all raise our own consciousness through the guidance and Love of this Divine Being. This is a humble prayer.

At HIS DIVINE FEET, with Humility and Love.

Om Namah Shambhave !! Om Sai Ram !!

Sister Latha (Devotee from Australia)

I thoroughly enjoyed reading each and every page. I was taken to Srikanth and was able to see myself there. It was so beautifully explained. It was very emotional to read about Naga Sadhu amongst other instances. I was really able to emphasise that the universe is swami's Vishwaroopa and that swami is waiting for us to return to him and fully surrender to him. This was even more clear on page 43 where Babaji's inner voice was proclaiming 'when we come face to face with our own reality, what will you ask yourself?'. Instances such as this allowed me to contemplate the reality of ultimate peace when in the presence of an avatar, and the fulfillment that it allows within us. The readings really emphasise that we need to move forward on our journey and realise that we are one with the supreme lord, part and parteciple. He is simply waiting there with his arms extended, so that we can fully lay surrendered in his grace and tranquillity. It really evoked the yearning to experience this goal and take further steps to attain this with additional motivation and guidance.

JAI VISHWA



A second book is set to be launched as an E-Book on Ram Navami. This book is a collection of Inner Experiences with the divine master, authored by his very own children. Many of these experiences are expressions of True love in abundance at the very first instance of meeting with the Master. Await, free your heart space and be inspired.

There will be a series of "Experiential sharing" that will follow! Share your own if you wish.



Contact Us | Feedback

Babaji's mission is one of **Love** and to bring about **Oneness** (Self-realization) among people who seek it. It is not complicated, attaining God is simple if one follows the path of pure love as said by Babaji.

Please [reach out to us](#) to know more about the mission, activities and how you can be a part of this transformational journey. Please also write to us for any feedback on the newsletter or to contribute to articles in the newsletter.

"Every being is a divinity in disguise, the God playing a fool!"

