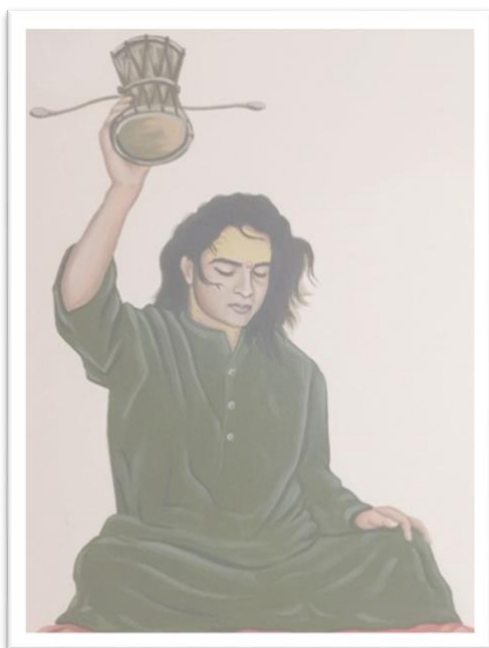


Antar Vahini

A Journey to Inner-Self

EDITION 4

SHIVANANDAM: AWAKENING THE SHIVA WITHIN



Awaken your Soul - A message from Babaji Shivananda

Om Namah Shambave, Om Namah Shivaaya

प्रेम लक्ष्य है और जीवन एक यात्रा है, अंत में आपको प्रेम के संसार में डूबना ही पड़ेगा। यात्रा कैसे भी हो, कितनी भी कठिन क्यों ना हो! अगर जीवन में आपका लक्ष्य केवल एक हो, खुद पर विश्वास हो! तो यात्रा सरल हो जाती है! खुद पर विश्वास रखें! और आगे चलते रहे !! बाबाजी

Translation: Love is the goal and life is a journey, in the end you will have to immerse yourself in the world of Love. No matter how difficult the journey may be, if your goal in life is only one and you believe in yourself, then the journey is easy. Believe in yourself and keep marching!!

BABAJI..



Daily Chants:

@ 17.30 IST -> Lingashtakam,
Lalitha Sahasranamam, Rudram
@ 22.00 IST -> Om Namah
Shivaaya Chanting



Weekly Chants & Satsang by Babaji:

Sankeertan @ 19:00 IST every
Thursday and Satsang @ 19:00
IST every Sunday



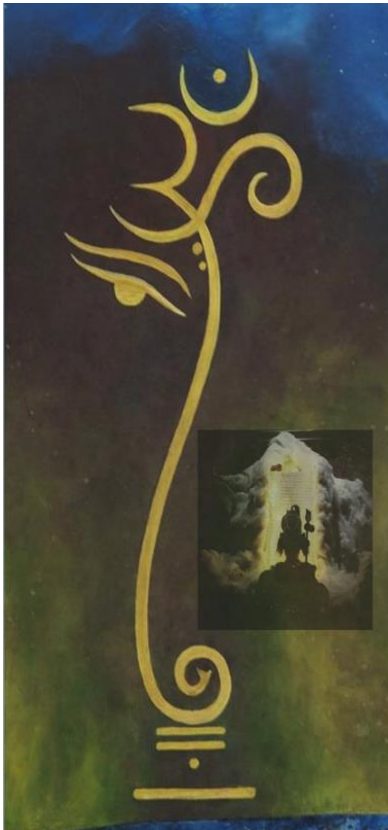
Guru Purnima

24th July'21 will revere and
celebrate our Gurus across
countries. Watch out for updates
in July'21 on celebrating this
occasion with our Guru.

Sadhana

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

The power of collective prayers has been extolled by many Great Saints and Sages for the benefit of Loka Kalyan. Babaji Shri Shivananda, has expounded on the beauty of Sankeertans from his own Life experience, below is an excerpt from the Satsang.



What is the difference between kirtan and Sankeertan?

When we sing bhajans to the Gods, those are called Kirtans. In this we extol and glorify the image, qualities, exploit achievements, might and power, or compassion of the chosen God; one person leads, the rest of the congregation follow – line by line.

In Sankeertan, one takes a single name of any God – be it Lord Krishna, Rama, or Shiva or Vishnu or Devi Ma and we address the energy therein. The same name is repeated several times over in varying tunes and rhythms and is sung by everyone together.

There is a mathematics to meditation in that there are many formulas to it and with all that slowly and steadily a plan / arrangement is made within you in order to unravel your inner being and connect with your internal energies. Sankeertan is exactly the opposite, there are no mathematics or formulas to adhere to. A single name, when chanted in your mind repeatedly, the energy that is derived out of that process connects you to the inner happiness within you. In meditation, when we concentrate with our third eye the energy flows from our third eye to the whole Universe outside. For Sankeertan, I will give you an example. You all know Radha – the one Lord Krishna loved – the one who loved only one name – that of Krishna. She considered Krishna her life; Krishna alone was her field of activity; Krishna was her hunger and thirst and Krishna meant everything to her. That is Radha who would sing and dance with one name. If you understand her correctly the name of Radha in reverse is – Dhara ; i.e. through Sankeertan such an energy will flow reverse – after emanating from your third eye, the energy flows back inside you and you begin to sway. In meditation you remain in stillness while in Sankeertan it is the opposite as you sway and vibrate with the name of the lord!

I have told you several times that I have come to make you mad in one name. I have come to make you all dance in one Name! So that is very clear about my world and my mission. Whether you address me as Babaji or refer to me as 'Sankeertan' I am one. Have no thoughts , simply come; No one can instill this kind of a confidence in you, the Joy and bliss that is awaiting you is beyond your comprehension!!

Source: Excerpt from Babaji's discourse in Feb'21. Complete discourse on the Website

The Daily Sankeertan sessions, led by the Master himself for over 60 days now drew over 25000 plus participations to the One name, **"Aum Namah Shivaaya"**. The name now resounds on the inner most self for many across the globe. Amongst the many that have benefitted immensely, devotees from Argentina, France, Spain, Bolivia, Ukraine, Nepal have devotedly taken the lead to chant each week. So why wait ! As the Master said **"Come,Dance in the one name and partake in the bliss that is Awaiting you"**.

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 – The Mother's Mandir re-established

Every temple in the world has its own practices based on tradition. If you span through valleys of Himalayas, there are temples that are opened once in 11 years. For the remaining period, the Deity therein will be in a meditative state.



The Durga temple at Babaji's abode is one such unique temple where its doors open only once a month on a full moon day and the nine days during the Navaratri festival. This divine idol of Ma was brought into existence by an artist from Bengal. This was his last piece of work before he merged into divine mother. The temple was consecrated in 2011. It rains heavily in this part of the country and hence the temple began having structural problems. Babaji since has had thoughts of building a new grand temple for Mother.

Generally, there are plenty of procedures that must be followed when a deity is displaced from its place and a temple is brought down. Some pundits (scholars of ancient texts who perform rituals in temples) were against this move of bringing the old temple down and some pundits who agreed initially, declined later after seeing the Devi idol.



Babaji urged Mother through his sincere prayers "All the procedures in shastras (ancient text) will take a backseat by your power of love. Dear mother it is now up to you, if you want me to build a new temple for you give me an indication". In a few days post the prayer, there was a common wall between Babaji's home and temple that had a huge crack and the temple became separate by itself. This is it!! An indication which couldn't be much clearer.

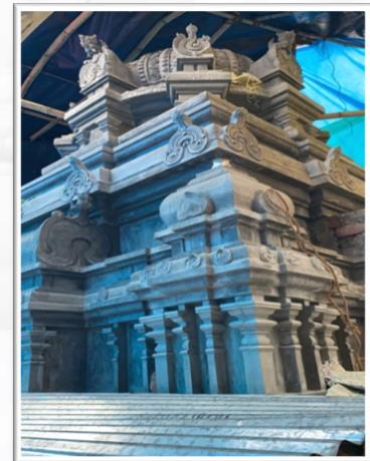
It was a message from mother "**you construct the temple. I am with you**".

The southern part of India is very rich with ancient temples and shilpis (temple artisans). Even till date, there are artists who belong to the family of shilpis, who were engaged once upon a time by ancient kings and emperors to build some of the magnificent temples that still stand tall. The responsibility of the new temple construction was handed over to a group of such artisans from Rameshwaram (a town in south India. well known for Rama sethu from Ramayan).



After a long wait, the new temple construction began April 2021, the first day of it was Chaitra Navratri.

By 20th of June 2021, a 25+ feet tall temple with around 25+ idols made all over the surface of the temple was brought into existence. The structural finishing is so symmetric and flawless that it seems like it is carved out of stone even though it's made of cement & sand much like a RCC building. Such is the skill of artists. To build such a magnificent temple in just two months with such perfection is undoubtedly possible only with divine power.



Babaji felicitated the Artisans & showered his Blessings. The Artisans were sad to depart, some had tears and beloved Babaji, the mother comforted them "abhi toh shuruvat hain, mein aap sabko bulata rahunga. Aap log mere liye aur bahut kaam karne wale hain (This is just a beginning. I will keep calling you all, I will assign you more projects)"

Everyone was happy hearing this, truly a happy ending!!



It is Babaji's wish that the opening ceremony and consecration of this new temple happens amidst all his devotees. Just imagine the electrifying festive atmosphere when everyone is immersed in Sankeertans with Babaji and welcoming Maa Durga to be seated in her throne!!

Jagadambe Maata ki jai !!

2

A Journey with HIM

Soulful Chanting and Sankeertans with the Master saw many a devotee across the Globe dance to the tune of ParamAthma. Over 60 days of Chanting and 20,000 participations online for the sake of Loka Kalyaan and Aaroghyam not only healed many but also was beautifully lead journey within.



Enjoy the chants on the YouTube Channel - <https://www.youtube.com/c/Shivanandam>

Drawn by the Guru's Love and awakened by the Gurus Sankeertans, devotees from many a foreign land were inspired to lead the daily chants themselves with the exception of Thursday's and Sunday's.



Some expressions from the participants:

Experience Sharing 1: Devy (Bolivia)

Dear Lord Shiva: The first mantra I felt lead to was "Om Namah Shivaaya". The first Sanskrit words, i ever pronounced were these. Your form is so amazing, it was calling for me between so many other images. So divine combination blue and white and an un-erasable image, printed in my mind. By repeating your mantra I feel so much strength, I feel so powerful, limitless and at the same time capable of cleaning all ignorance. A warrior rises inside and turns into a divine dancer that flows in a glorious dance.

Devotee Experience 2 – Mary (Devotee from France)

Om Namaha Shambave

I was most fortunate to hear about Babaji Shivananda in July 2020 being a devotee of Sathya Sai Baba since 1993 and I went to his ashram each year. Last year, a Sai friend devotee told me that she was praying and singing Om Namaha Shivaya with Babaji from Kangra and she sent me the video from the Kailash Yatra. I felt so much love, my heart was glowing and my tears was rolling just like with Swami. So I asked to be in Babaji's Samaaj group on WhatsApp and I attended the singing each day. I felt so much energy.

All this singing and Babaji's Satsang helped me so much in those difficult months of lockdowns and confinement. The most incredible was when Babaji was singing mantras and kirtans for 21 days live with us in May. I can't even explain how much energy it gave me. I felt the kundalini energy in my spine and tickling everywhere - on my crown chakra and much more. Since June 2021, we devotees from across the globe have been singing Sankeertans in small groups for health and positive energy of everyone in the world guided by Babaji. Babaji asked France to be the first group to kick it all off and I'm so happy and thankful about that. It feels so nice to help in this way and at the same time it's healing us as well. So let's chant Om Namaha Shivaya. 🙏🙏🙏

Devotee Experience 3 – Lidda (Devotee from Spain)

Singing to you and listening to you sing, I clearly have an absolute connection with the Father, with you, Beloved Shiva. It is always like that, every time I enter the group, I experience an enormous purification and a wonderful connection with the Master, with you, Babaji. The living is always on the inner level, none of it is external; I live wrapped up and guided. This is my sincere feeling, especially with the Father, with Lord Shiva. Every time the different countries sing, I learn different things from each one. I am really happy and I thank Babaji for His guidance, His protection, His care and this great gift for being our Master, our Guru.

Devotee Experience 4 – Carmela (Devotee from Spain)

My Beloved Babaji, this is what I feel when I chant, in these few weeks that we have been chanting! A representation of the countries that follow You is amazing to watch. What I feel is the same as when I chant my daily turn of Om Namah Shivaya: a very big connection of an energy that I cannot describe, it is an absolute Adi Shakti. My path, this spiritual path that started so many years ago, but it feels like I just started it today. My path is that of Bhakti Yoga, "Bhakti", Devotion. For me the divine connection

is in chanting, singing. I have had the great, the enormous, the Divine Grace from Baba to chant in His Presence and now He from His Hand takes me to Your Hand, to that Hand that tells us all to chant the Divine Name of Om Namah Shivaya, and so I do it, from the depth of my heart, for Baba, for You, for Shiva, for all the brothers, and that is where I put my love, that is where I give my love to God, to Baba, to You. Om Namah Shivaya

Devotee Experience 5 – Mer (Devotee from Portugal)

Beloved Babaji, dear all, dear world,.... I am very happy when You ask us to do something, a peaceful happiness comes over me. Thanks to Your help, we do it together. Without You, Amma and Swami, at this moment, I am nothing. My commitment to be useful, to help and to serve for the benefit of the world is to feel the connection of Shiva's Love in everything, in everyone, at all times and in all places. This quest is my offering to Swami and it He has led me to You and Amma. The chanting of Om Namah Shivaya on Youtube, chanting every day from all over the globe to Shiva, at the same time, together, united in Your energy, is the most beautiful path I could have wished to receive from You. It is your gift that helps and strengthens me to do what I have and what I want to do. Everything I do with You makes me so so so so so happy. Thanks infinite and eternal my Beloved Guruji.

Devotee Experience 6 – Conchita (Devotee from Spain)

प्रिय गुरु प्रिय गुरु

Listening to a bhajan, hearing the name of God makes me focus on the here and now, I am in the present and the mind disappears. When you started chanting Om Namah Shivaya every day it was an unexpected gift that gladdened my heart. With attentive listening to your chanting, there is an opening of the heart. I feel a vibration so high that it cleanses and transforms everything. Chanting every day to Shiva for the welfare of the world is a gift for which I thank you, thank you, thank you. It is a challenge to sing publicly that I accept with joy. It brings me a real healing. A closeness to everything and everyone. Surrender, faith, trust, joy.

Devotee Experience 7 – Maria Elena (Devotee from Bolivia)

I feel a constant and enormous emotion when I chant Om Namah Shivaya coupled with a deep gratitude to Babaji for the opportunity to chant to Lord Shiva connected all over the earth.

Devotee Experience 8 – Carmen (Devotee from Spain)

This YouTube activity of chanting Om Namah Shivaya from all places of our beloved Earth for the benefit of all, increases my feeling of closeness to the people of the Samaaj. The interaction puts me in a real presence beyond the technique. The inner experience is a renewed and constant longing to please God. Om Namah Shivaya.

Devotee Experience 8 – Julio (Devotee from Spain)

Being part of this worldwide group from different parts of the planet that connects every day and sings from the soul "Om Namah Shivaya" for the benefit of all, takes me to my inner self and while I listen and sing, IN THE SILENCE I FEEL YOU. Thank you Babaji.

3

From The Ashram - The Spirit of Yagna

With the Blessings and Grace of Babaji, a small team of Volunteers from within the Samaaj drove a few initiatives to aid those affected by the pandemic. With all your generous contributions, we have been able to support families through these dire times, heartfelt gratitude.



Food Drive across Delhi and Raipur saw the volunteers deliver the food kits personally to those in need. Each Food kit consisted of groceries to feed a small family for a month. Here is an update from our core volunteers:

Volunteer @ New Delhi: We have covered over 70+ families who have been affected due to their daily wages paused during the pandemic. They ranged from Key makers to hawkers who sell on footpaths, house helpers, auto rikshaw drivers and other daily wage workers. It was gratifying to be able to personally distribute these kits and at the same time overwhelming to hear stories of people and families rightfully receiving only what is required for them. Some did not need certain provisions since they have already received them from the Government while some others did not have the space to store and hence partook

with limited provisions.

Volunteer @ Raipur: I would like to express my gratitude to every person who supported us to carry out such a noble activity. We were able to serve more than 25 families up till now. I'd like to share two of the many stories:

The house was made up of Rice sacks and bamboo and accommodates close to 5 members which includes a cute dog. During our first visit to this place, we found out that since the family could not afford to buy cooking oil, they boiled vegetables to have with rice. The parents were banished out of their own house by their sons and daughters-in-law but now reside in a slum taking care of few orphan kids. The slum has close to 200 houses with more than 800 families living. All of these people belong to a tribe that used to live in jungles before urbanisation. Despite their own difficult situations, they have been wonderfully supporting others in need.



When we reached another house, the kids invited and offered me a place to sit so that I can wait for their parents to come back from a nearby construction site. The youngest son offered me a candy which he got from his elder sister. Indeed, these kids understand the concept of Atithi Devo Bhava. This family has 7 members. Husband, Wife, their 2 sons and 3 daughters. They work for a construction company and keep moving wherever the company takes up projects. They live in a house which is a storeroom filled with cement bags and sand. Due to the pandemic they have no work and hence no income.

All the families we served were pretty much in a similar situation. Despite this, many families kindly refrained by stocking up since they had some groceries left from the previous month and instead offered to help us identify those who are in dire need of help.

In the end, all of this was possible only because of your contributions and the grace of the Guru. We were merely instruments in our lord's hands. To help us provide this continued support, please make your contributions at https://milaap.org/fundraisers/support-covid-19-support-1?deeplink_type=paytm



Shivanandam
शिवानंदम

FREE / Medical Advice / Help / Counselling / Guidance From Doctors

मुफ्त चिकित्सा सलाह / सलाह / परामर्श / दिवा निदेश डॉक्टरों से

Dr. Kavitha Pathak/डॉ। कविता पाठक, MBBS DNB, Internal Medicine(4-9PM Daily/4-9 PM दैनिक)

Dr. Gautam Mallapur/डॉ। गौतम मल्लपुर, General Physician(Mon-Wed/Fri 6-6:30 PM/सोमवार / बुधवार / शुक्रवार 6-6:30pm)

Dr. Navdha Gaur/डॉ। नवधा गौर, Sr. Physiotherapist (Sunday 2-3 PM/रविवार 2-3 बजे)

Dr. Gauri M Relan/डॉ। गौरी एम रेलन: Healing - Alternative Medicine(9-10 AM, Wed/Thursday/9-10 बजे, बुध और गुरुवार)

Please SMS/Call/WhatsApp to get in touch with above doctors.
कृपया ऊपर दिया गया डॉक्टरों से संपर्क करने के लिए एसएमएस / कॉल / व्हाट्सएप करें।

<https://shivanandam.org/>

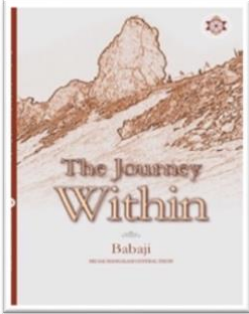
Medical Support to Covid Patients. 4 Doctors had come forward to help provide the needful support to assist covid affected families. We had 25+ families / patients who were guided to these doctors that last month. Alongside this, a group of volunteers had dedicated prayers offered for the well-being of these families. The families were very appreciative and grateful of these services provided.

Our heartfelt gratitude to the doctors that provided these services and the group of volunteers that guided patients to the right doctor and offered prayerful support to each of them.

Apart the above, a couple of volunteers have offered to coach under privileged children and adults with English learning. Currently 3 B.Com students are being supported and 5 other school children in the pipeline to be supported.

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.*

*The book is currently available in Hindi and English on Amazon. **The French version is currently being proof read and the German translation underway. Please await further communication, the wait for sure will be worth it !***



***A collection of Inner Experiences** with the divine master, authored by his very own children is with the publisher. Many of these experiences are expressions of love in abundance at the very first instance of meeting with the Master. Free your heart space and be inspired, we are hoping a release in July '21.*

Our Publishing team regrets the delay. Appreciate your patience and understanding on the delay, given the current pandemic situation.

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!"

