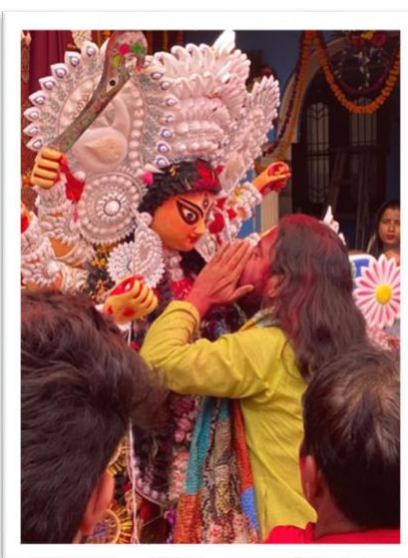


Antar Vahini

A Journey to Inner-Self

EDITION 5

SHIVANANDAM: AWAKENING THE SHIVA WITHIN



Awaken your Soul - A message from Babaji Shivananda

There is one supreme power and that is everything. Nobody can describe or explain to you the meaning of who God is and how He appears, etc. **God is Love; He is Faith.** Whatever one is seeing through our eyes – this world, earth, etc., all of this is God. God is an indweller of all of us. Neither I nor you are any special. We all are one. We are from the same source; **we are children of only one mother and father.** To understand all this, understand your own self because to reach God, the way starts from within you.

-Babaji

केवल एक सर्वोत्तम शक्ति है और वो ही सबकुछ है। कोई भी भगवान का अर्थ नहीं समझा सकता है और ना ही ये बता सकता है की वो कैसा लगता है ॥ ईश्वर प्रेम है, विश्वास है। जो भी तुम इन नेत्रों द्वारा देख रहे हो- संसार, पृथ्वी कुछ भी वे सब कुछ ईश्वर है। ईश्वर हम सबमें विद्यमान है। ना मैं या आप, कुछ विशेष हैं! हम सब एक हैं। हम सब एक ही स्रोत से आए हैं, हम सब एक ही पिता और माता की सन्तान हैं। ये सब समझने के लिए स्वयं को जानो क्योंकि ईश्वर तक पहुँचने का मार्ग आपके भीतर से प्रारम्भ होता है। जय विश्व॥

-Babaji



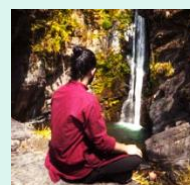
Daily Chants:

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



Sankeertans & Satsang by Babaji:

As announced by the Divine,
please await communication.



Himalayan Retreat with the Master:

Meditation, Sankeertans, Yoga,
Trekking & more over Christmas
& New Year.

Date: 15th Dec21 – 2nd Jan22

Place: Manali (HP)

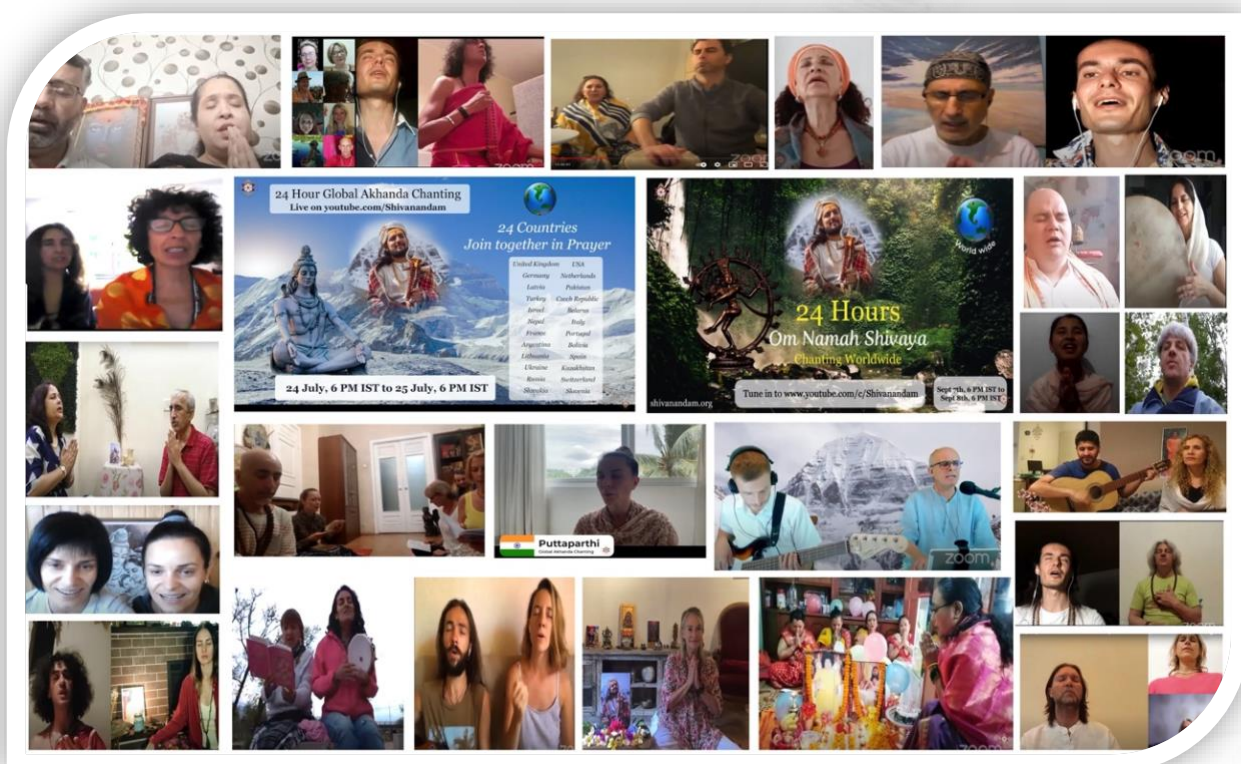
For Enquiries: +91 94839 93398

Sadhana and Events

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

The Soulful daily chants from across the globe since April this year have continued each day over the last 7 months. Alongside, 2 special events, Guru Poornima and Babaji's Janmadinam (Birthday) were celebrated through a special program in the morning followed by a **Global Akhanda chanting**.

In love and deep respect for the Guru, **devotees from over 25+ countries**, chanted and sang their hearts out. The connection is heart to heart, many of whom are yet to meet with Babaji Shivananda physically.



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

Guru Poornima was celebrated as an occasion for devotees to offer their *salutations to the Guru who lovingly guides us towards the supreme knowledge and the utmost Truth*. The day started with Offering to Sage Ved Vyasa post which devotees offered at the Guru's lotus feet, soulful kirtans and bhajans, performed the padhuka pooja, chanted the Guru Stotram and danced to the Guru Ashtakam. Loving experiences shared by devotees left many mesmerised, while others with tears of Joy and Love. Babaji in all his love, blessed each one and finished off with an eagerly awaited satsang. Devotees with hearts full, offered the final Aarti and mantra pushpam to His Holiness, Babaji Shivananda to conclude the morning program.



The humble Birthday Offering in the morning included special classical rendering from the musical hub of India, Kairagath to the land far away in the West that got one and all swaying inwards. The blessed morning saw 2 wonderful multilingual video offerings that our beloved foreign and Indian devotees had written, tuned, directed, and produced themselves.

Each experience shared by devotees from across the shore had portrayed much love, faith, and surrender. The memorable lighter moments shared by some devotees peeled our Guru and those watching into laughter. The day also saw a book released on the very special and first Kailash Yatra led by Babaji in 2019, dedicated by a yatri from Switzerland. A surprise fun "Chat with dear Babaji" was a highlight.

The treasured moments of singing the birthday song while beloved Babaji cut the birthday cake and the opportunity to be in Satsang with Babaji along with the wonderful surprise gift from Babaji for his children stole everyone's heart and truly made each one's day.



Bala Shiva Consciousness

On the auspicious Ganesh Chaturthi, **Our Om Namah Shivaaya kid's channel "Bala Shiva"** was launched by Babaji. This initiative was started to have Children dance in Shiva Consciousness. Shiva is not a name and form. It's the Consciousness within each of us and in every cell of this universe. It's the happiness and energy within all of us. It's available within each one of us all the time as pure love and bliss, which roars and erupts like a volcano within us. It's a wonderful opportunity for all kids to connect to this Consciousness, which is beyond name and form.

All children are invited from across the world to connect to Shiva Consciousness all the time, sing, dance and play in this consciousness. If your child or anyone you know, would like to be a part of this wonderful initiative, please reach out at balashivakids@gmail.com.

Watch this space for more and let not miss this dream opportunity!

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1

The Virtual Yatra – 13th Durga Pooja @ Kangra

This year marked the 13th Year of Durga Pooja at Kangra. As each year, this is the most celebrated festival in much grandeur and love at Kangra. Each year, devotees from all over throng Babaji's place to celebrate with him. Below is an account of each day of Durga Pooja.

Durga Pooja starts from Maha Shashti (6th Day of Navarathri). This year Maha Shashti was on 11th of Oct.



Prior to this day, Babaji lovingly works with his own hands to bring to life Devi Ma in the form of Mahishasura Mardhini along with her entire family (Ma Laxmi, Ma Saraswathi, Ganapati ji, Kartikeya ji), her Vahana and Mahishasur, the buffalo demon. On sculpting these divine statues, Babaji did Shringar (decoration) of these

idols with material brought specially from Delhi. This work is mainly done in the midnight hours and this year was done in the midnight of 8th Oct. Post which the idols are all covered with cloth until Sandhya pooja on the 6th day evening.

On 11th Oct, Devi Aavahan (invocation of Ma) pooja took place at around 8.00 PM.

This ritual is performed to welcome Devi Ma and to be seated with one and all. Also called "Bodhana" which involves rituals to awaken and welcome Ma. Ma was invoked with Bilva Vriksh (Bilva Tree). This was the day Ma seated under the Bilva Tree called Mahishasur for a war. At the evening Sandhya Pooja, the idols were uncovered for all devotees to have darshan of Ma.



On Maha Saptami, 12th Oct at 10.00 AM, Kalash pooja and Murti Pratishthan was performed to invoke Life in the idols and pooja done to request Ma to accept all rituals and prayers of devotees. This day Devi Ma is also prayed with offerings of 9 different types of plants (Nava

Patrika Devi pooja). This was followed by Maha Aarti. In the evening, Food was offered to Devi Ma, followed by Sandhya (evening) Aarthi and the most awaited Dhunachi (a form of dance during this occasion) by beloved Babaji.



On Maha Ashtami, the 13th of Oct, in first half of the day, very special Ashtami pooja and Aarthi was performed. As the previous day, in the evening, Maha Bhog was offered to Devi Ma and then Aarthi performed. Babaji mesmerised one and all with his Dhunachi amidst Dhak (special drum beats)

and today was joined by his brother Vishal and few others. Post this, we had our Maha Prasad and awaited the most auspicious time. At



mid night (23:20 hours), the most important Sandhi pooja was performed. This is the juncture between Ashtami and Navami tithi (25 mins pre Ashtami and 25 mins post Navami). For this 1 hour, everyone observed complete silence. This was the time, Ma took the form of Chamunda Devi and her 3rd eye opened to kill Chand and Munda who attacked her from behind. It was such a special pooja with offerings of 108 lotus flowers, bael parts, lamps, saree and many other things.

14th Oct was Navami, the 9th Day of Navarathri. Like every other day, this day too food and Aarti was offered to Ma. Homa was performed and Chandi path recited where glory of Ma in the form of Chandi is praised. This year too had the very Kumari / kanya pooja performed. A young girl is beautifully dressed, carried by Babaji and welcomed with chants songs and dances unto the place of where Devi Ma is. This young girl is worshipped as Devi Ma and offered all that people heartfully liked to give.



The 10th and Last Day of Durga pooja / Navarathri, Vijaya Dashami symbolizes the triumph of Goddess Durga over Mahishasura. On this day, the Divine Mother is bid adieu to her home. It is a sombre occasion. The morning started with pooja of the Divine Mother.

A special ceremony is performed by women keen to bear an offspring. This is followed by 'Sindoor Khela' or vermillion game where devotees smear each other with Sindoor.

Then, a mirror was kept in front of Durga Ma. Babaji shared that the Divine Mother was now about to leave for her home in Kailash. He asked us to look into the mirror and make a wish – the Divine Mother in her compassion and infinite love would fulfil the wish.

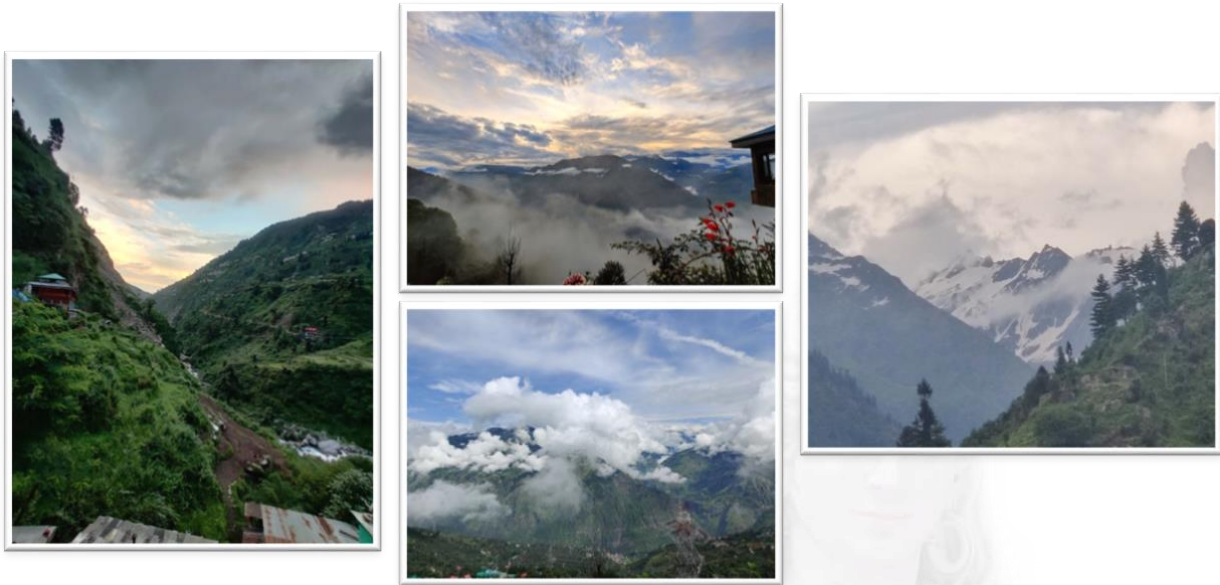
We all, then left with the idol of Durga Ma for immersion in the river at Kangra. People danced and chanted 'Jai Ma Durga' as drums and trumpets played. Everyone celebrated! Ma's idol was immersed in the river, and we returned home carrying joy and feeling of love in our hearts. After the ceremonial immersion of the Divine Mother, everyone gathers to rejoice. Babaji then showered rice grains on everyone – as a sign of the mother's prasad.

Jai Mata Di !!

2

A Journey with HIM – Shrikant Yatra 2021

A Journey with our Devata in His Devbhoomi



Most are well aware that Babaji Shivananda along with a small set of devotees, treks the Shrikand Mahadev each year. This year too saw a group of devotees yatra with him to his very Abode, however with a little difference and from a little distance! **ENJOY Some expressions from the yatris:**

Experience Sharing 1: Dr Avinash (Mumbai)

When we took a start from Kangra towards Shimla, i had no thoughts or ideas on what the next 10 days would entail. All I remembered was Babaji's words "aap ko alag duniya dekhne milegi" and that is exactly what happened. I could write a few pages here but i will restrict myself to a few paragraphs.

Our journey began at Kangra with an emotional send off. We travelled to Shimla and after a couple of days of unforgettable hospitality, we went further to Jaon. This drive was so picturesque. We passed through the breathtaking Kufri forest, then moved from one mountain to another passing by innumerable apple orchards, drove along the majestic Sutlej River and soon reached the village Jaon. As we were approaching this village, Babaji's joy and excitement knew no bounds. This was a special place for Babaji. The next two and half days in village Jaon will stay with me for the rest of my life. Babaji has so often spoken about love. The villagers were true embodiments of love and simplicity. In India there is a saying "**Atithi**

Devo bhava...Guest is like God". Well, that is exactly how they took care of each one of us. They are simple villagers with a heart of gold.

One afternoon, we went onto a rooftop for darshan of Shrikhand Kailash. As waited for the clouds to clear, i wondered what was so magical about this mountain. Then as the curtain of clouds moved away, there it stood, miles away but a sight that made each one silent within. As we viewed the mighty Shivling through a telescope, i then realised what made our Babaji want to go there every year. I could not take my eyes off the mountain. This was at least 40 odd kilometres away, a trek filled with perils and unimaginable risk, but you could feel an energy calling you. The thoughts stopped, probably the heart stopped too. As i watched Babaji sitting with his eyes closed, i knew he was home. We sat there quietly, then sang a couple of kirtans and walked back. Leaving the village was an extremely emotional moment. The entire village accompanied us to the bus to bid us good-bye. **They are truly the Babaji Samaj.**

Be it the drive to the village, they day trip to Baga Saran or our stay at Sarahan, we witnessed the unparalleled beauty of mother nature. Be it the walk amongst the majestic pine trees, or watching the play of clouds over distant mountains, this was enriching for the heart and soul. The pooja and kirtan at Sarahan while overlooking the distant mountains was unforgettable.

I am so grateful to Babaji for taking us on this yatra and giving us this experience of what can only be called as Devbhoomi.

Devotee Experience 2 – DIKSHA SINDWANI (Devotee from Haryana)

I have been with Babaji for short trips of 2-3 days, but this was my first 11-day long trip and it happened to be the yatra to Shrikhand Mahadev. When I got to know that Babaji was calling me for Shrikhand yatra I was ecstatic.

We started our trip in a traveller on sunday, july 11th, 2021. We grabbed our seats with full of excitement and started our journey to Shimla which was our very first destination. Shimla "the queen of hills" is surrounded by dense grandeur forests of oak and pines. On reaching Shimla, we received a very warm welcome by one of Babaji's loving devotee and we stayed in their house. The beautiful home with wooden interior was adorned with Swami sitting in every corner of the house and the home had positive vibes. Their rooftop garden area which has an eye soothing snow-capped mountain view is the Babaji's favourite sitting spot.



In Shimla, we visited the **Jakhu temple**; The temple has a 108 feet high idol of lord hanuman, which is one of the tallest in the world. It is believed that hanuman stopped at the location to rest while searching for the sanjeevini bhooti to revive Lakshman ji. The vibes of the temple



are so powerful that one could feel the divine presence of lord hanuman itself; We also visited the Tara devi temple and the famous mall road of Shimla.

Next day, we left for our next destination, '**Jaon**' village. Jaon is a small, enchanting village situated among lush valleys and filled with apple, plum and apricot farms. With no road connectivity, we trekked to the village which was amazing experience in itself with the whole group. We stayed there for 2 days venturing into the difficult yet beautiful living in the mountain villages.

From Jaon, we had the **darshan of Shrikhand Mahadev mountain and performed a puja to lord Mahadev.**

Our stay in the village was filled with Love from the villagers and our hearts melted in this pure Love. As we were about to leave, it was an emotional moment. The villagers trekked along with us carrying our heavy luggage until we reached our destination to board a vehicle.

As we continued our journey, we witnessed exquisite beauty of nature. This time, it was the truly blissful serene place called '**Sarahan**'. Its splendid beauty can't be expressed in words. At Sarahan, we visted the **Ma Bhimakali temple** in which Ma is in two forms: Gauri maa as a girl and Bhimakali Ma. Babaji mentioned that each year, after Shrikhand darshan they visited this temple to receive blessings of maa.



This was a truly divine trip. Having Babaji's darshan, sparshan and sambharshan in itself is true bliss. What else could one seek after having darshans and blessings of so many deities and lords along with the epitome of all this, our Babaji, a true form of Shiva. For such an amazing experience, I am grateful and thankful to Babaji for giving me an opportunity to experience this lifetime cherishing and unforgettable moments.

Devotee Experience 3 – Divya (Devotee from Delhi)

Shrikhand Mahadev, one of the toughest pilgrimages, is known as home of lord Shiva. I did this yatra in year 2013. I am blessed and humbled to have experienced this in my lifetime and to have done it the second time too. I can still recall the day when Babaji called me for this holy trip in 2013. As this trip is adventurous too, I was very exuberant but at the same time I was not sure I could trek 19000 ft. I was mentally prepared to do it with the blessings of Babaji, however.

Our journey started from the village Jaon. The place was very captivating and serene. Before starting the trek, Babaji blessed us with vibhuthi and Raksha sutra. The whole journey of mine was full of thoughts of and the image of Shrikhand Mahadev. I chanted Om Namah Shivaya along the way. Whenever Babaji saw me worn out, he blessed me with chocolates and candies that gave me energy to continue the Yatra.

At the end of the second day, we stayed in a tent at Parvati bagh. Babaji had told us about the miracles of Shrikhand Mahadev and we all sang bhajans. Next morning, we all were enthused as finally the day of Mahadev darshan had come.

After reaching the Shrikhand Mahadev, I was totally blank and there were no thoughts at all in my mind.

My relationship with Babaji is that of a Guru-Shishya but whenever we meet, we both are like children cracking jokes and laughing away. Same was experienced by me at Shrikhand Mahadev.

At Shrikhand Mahadev, Babaji was standing behind me with folded hand, he called me to bring swami's paduka's. I brought the paduka's and he created stones for all of us and put it in the paduka box. He distributed them one by one to all of us. At last, I was left with no stone. Babaji smiled and asked, "didn't you get the stone". I smiled and nodded my head to say No.

God never deprives his children from his blessings. He created again one more stone for me. The stone is of pink colour which is my favourite colour. I was very elated. Shrikhand Mahadev journey sends you back as a different person. Once you come back, the change inside is visible.

Devotee Experience 4 – Rama Rao (Devotee from Mumbai)

Shrikhand Mahadev Yatra with Lord Mahadev Himself has been great blessings and an enjoyable moment of life. A yatra (journey) of life, filled with the love and grace of our dearest Shivananda Babaji. Like the shepherd, who takes his flock out to green pastures, protects it from dangers and makes the sheep relish the pastures and finally gets the flock back home, the Shrikhand visit was about Babaji taking us, protecting us, filling us with immense joy and finally getting us back home.

Few minutes after starting from Kangra on July 11, 2021, we had to stop the vehicle enroute to collect some items. When the vehicle driver restarted the vehicle, the engine was not cranking, despite the driver's repeated attempts. Babaji rose and said, "mein chalu karta hu" (I shall start the vehicle) and started chanting "Om Namah Shivaaya". Immediately after few chants, the engine cranked and vehicle started moving. This made it very clear that its He who is the master driver, and we all are passengers.

Babaji is pure innocent Love full of compassion and deeply sensitive to a persons' feelings. During the yatra, we stayed in a village for few days and at other times visited some of His devotee's home in other villages. One of the day's while discussing on food, Babaji jovially expressed His dislike for a particular vegetable curry. The next day, Babaji took us to a devotee's house for dinner in a village and to my surprise one of the dishes prepared by the host was the vegetable curry which Babaji expressed His dislike the previous day. I wondered what Babaji will do with the curry, will he pass it on to the one sitting next to Him or just keep the bowl aside? etc. But to my surprise, Babaji happily consumed that served vegetable fully. When the hosts served more of the same, he made efforts to ensure that the food served is fully consumed and not left aside. After this, Babaji told us that when a host serves food, we should respect it and consume it in full, especially if we have started consuming the food. This showed His sensitivity and Love towards the innocent villagers who Love Him dearly. Infact, he went on to say that when we waste food, in our next life we shall face troubles in getting food and hence should never waste food. A Master who loves His pupils but at the same time never misses an opportunity to teach.

After ten days of journey to Shrikhand and few other places we returned to Kangra on July 21, 2021. Change in water, temperature, food, the journey etc probably played its role in me having an upset tummy. On 22nd July, I was uncomfortable with my tummy and that day Babaji said let's go to McLeodgunj and have our dinner there. I was happy going out with him but was somewhat concerned with the disturbed tummy and was determined that I shall have only bananas / yogurt and nothing else.

After reaching McLeodgunj, the youngsters (by the way I was the eldest in the group) tried different momos and other food. Babaji offered me the same and I refused. He again offered some other stuff and I again refused. After some time, while standing outside a shop waiting for some members to complete their shopping, Babaji tapped my tummy and laughed. I told Him, "You have been feeding me continuously and we have been hogging food for the last many days and hence the tummy size has grown". Pat came His reply "I didn't tap to check the tummy size, I just tapped so that it is free from the upset that u were suffering from". I thanked Him and asked, "can I have Manchurian (a food item) now" and He said "Well yes, enjoy it". Shortly after this, we went to Dharamkot (approx 2 kms away from McLeodgunj) for dinner and I had a big slice of pizza with some other fast foods (I normally avoid fast foods, but that day consumed it to my full) and lo everything went off well with no instance of stomach upsets.

What Love and grace of this Divine personification, showered so casually. My eyes are moist with gratitude and love of Babaji when I think of his acts of mercy each time. It is said, "for every act of mercy of God known to man, there are thousand others of which we are unaware". Am sure am completely ignorant of the thousands of acts of His grace on me and others, but out of His magnificence, He will not even have the thought that He has given something or saved someone.

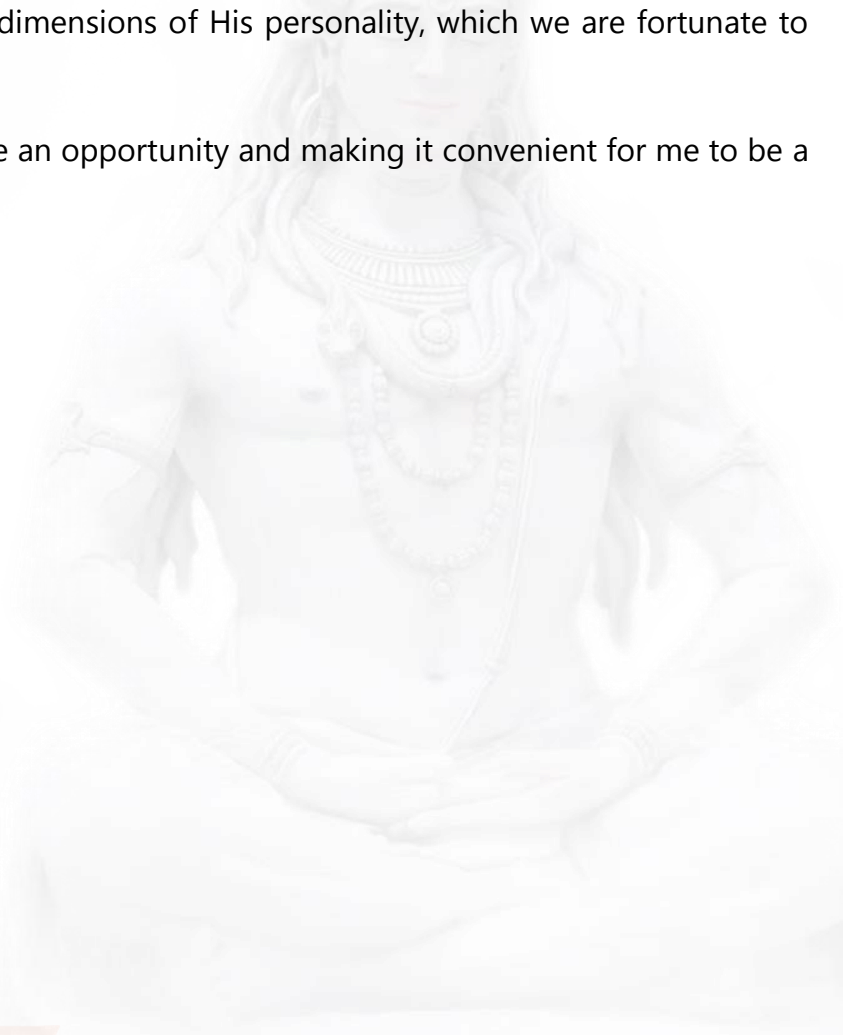
Shivlinga image formation on clouds



At Dharamkot, the sky was cloudy, and the forecast was of heavy rains. This region experienced cloud burst eleven days ago. While walking towards the restaurant for dinner, Babaji looked at the sky and said, "It will rain only after we leave this place. Till that time, rains dare not bother us". The sky was bright with the radiant moon, sometimes hidden by the dark clouds. While having dinner, Babaji was sitting near the window of the restaurant (with His posterior facing the window). He suddenly turns around, looks

at the sky from the window and announces, "see the clouds forming the shape of shiv lingam". The image of the clouds in the form of Shiv Linga was clear (with the edges of the clouds made beautiful by the bright moon from behind). Were the clouds declaring "look here He is, who is being worshipped since times immemorial as Lord Shiva or was the universe teaching mankind something else? Whatever the teaching, one thing is for sure, this incident just reveals a glimpse of the different dimensions of His personality, which we are fortunate to experience and enjoy.

Am grateful to Babaji for giving me an opportunity and making it convenient for me to be a part of this wonderful journey.



3

From The Ashram – Babaji's First Ashram at Andhra Pradesh

Babaji's first Ashram comes up in Pulavaripalem, Prakasam District, Andhra Pradesh, near the city of Vijayawada.

It was Babaji's divine grace that resulted in this successful endeavour to have an ashram for his devotees. Devotees from Andhra Pradesh approached Babaji requesting to offer the Ashram, which He accepted out of compassion. Built 20 years ago and presently serving the local communities with Medical Camps, food for the poor, providing moral education in the local government schools and supporting poorer sections of the society in any way possible. The Ashram is located in a coastal village on National Highway 16. The ashram is well connected and easily accessible by Road, Rail and Air.



"वहां युगों युगों तक धूनि जलेगी" ("Dhuni will burn there for ages"), is what Babaji declared about the Ashram and blessed that the sacred fire lit by Him will sanctify, bring spiritual and environmental uplift, and prosperity to the entire region. Babaji visited the Ashram in August 2021 and Mahishasur Mardhini Devi's prathista was performed in the Mandir (Prayer Hall) of the Ashram with His blessings.

Named as SAMBA SHIVA DHAM (SSD) by Babaji, it will be renovated according to His divine conception to become a beautiful Ashram with a Dhuni, where his devotees can spend time with their beloved Guru in satsangs, sankirtans and spiritual retreats to undergo sadhana under His divine guidance.



Envisioned by Babaji, Samba Shiva Dham will advocate ancient Indian sciences and bring back the invaluable treasure of vedic culture in all its glory. It will nurture our societies by encouraging the protection of all life and the environment, there by fostering the dawn of a new era of world peace.

Devotees of Babaji will sanctify their lives by involving in loving service to the needy at Samba Shiva Dham. Surrounded by around 40 small villages, hamlets and settlements involving deserving poorer sections of society, Samba Shiva Dham will strive to establish Health Camps and campaigns to support establishing the means to necessary aid for aged, other establishments needy and destitute and the aged.



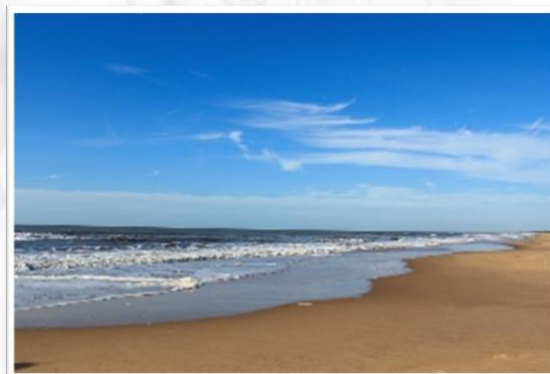
the needy. It will also serve by run, maintain or grant homes for the orphanages, or including relief to the poor, people, orphans, widows,

Conveniently accessible, it nearest airport - NTR Airport (VGA) in International Airport at by air. Vijayawada (BZA) is junction, the fourth busiest connected.

is situated 135 kms from the Amaravati International Vijayawada. Rajiv Gandhi Hyderabad is an hour away the South-Central Railway in the country and well

The Ashram is located at 550 km from Bangalore, 375 km from the historic temple town of Tirupati, 330 km from Hyderabad, and 340 km from Chennai.

The Kanaka Durga Temple in Vijayawada, Ramapuram Beach, is 20 min from the Ashram.



Be Welcome to the Ashram !

4

Experience the Truth

Devotee Expeditions:

Expedition 1: R. Chandrashekar | Chembur, Mumbai

The role of a realized Master in the spiritual path cannot be overemphasized. After exhausting all that is in logical and scientific domains to alleviate our pain and anguish in this unfair world bereft of values, one looks up for a solution from a new paradigm. Beyond logic and science. Someone who can act as messiah and wish away all our troubles and assure deliverance. With authenticity. Power to change what is beyond human potential. To guide and lead at every crossroad we get struck, due to plain ignorance complicated further by underlying ego.

Once in a way, great master's appear in response to those who pray sincerely from the heart. And when the grace of the Master pours in abundance, entire world is benefitted. One such moment is now, right in front of us.

Blessed are we to have a great Master like Babaji to guide and lead us in the spiritual path. A great lineage – Mahavatar Babaji – Haira Khan Baba - Haida Khan Baba with every advent. Above all, revealing this to us in subtle ways.

To define or describe a Master within verbal contours is measuring the immeasurable. Guru Kripa cannot be calibrated with any metrics. It's a blissful experience. Yes. Such Masters are meditated upon and experienced inside. Yet that experience of bliss can be shared within limitations to inspire others and as a humble tribute to the Master. Every Master's story recited is verily 'Bhagawatham'. Hearing them is sacred 'Shravana Yagnam'. A realized Master is a kind of 'Quantum' being. He is there and not there simultaneously in physical format. That's how they are seen in more than one place at once and also enter and exit 'dreams' of many. The realised master's can give instructions in a dream and validate the same in physical. Seamlessly move across all the states.

Shri Adi Shankara in His Guru Ashtakam vividly explains in eight stanzas the importance of Guru in one's spiritual life. It starts with the first stanza that goes like this...

Even if one is blessed with handsomely perfect body, which is free of all ills,
With fame from all quarters,
And with riches heaped like mountain,
But if his mind does not bow before the feet of his Master,
What is the use? What is the use?

And goes on eulogizing the Guru. The famous Guru Gita is recited by all sincere Sadhaks as part of Spiritual routine.

At the feet of the Master, we don't get our ego massaged with praises heaped on us for our service to the society or any such acts of charity. But it is simply a humbling experience. The Guru imparts so much without many spoken words. He has the power to directly connect with the core of our being and transfer wisdom in a jiffy. Remove all the muck collected and undo all that we did over births.

'Guru Kripa', the 'Masters grace' can make unbelievable transformation in the chosen followers. Make them do humanly impossible tasks. India is full of such authentic stories. The great Adi Shankaracharya ji turned an ignorant disciple Giri into a scholarly Thodagacharya, a talk of the great Master Siddha Rameshwar ignited instantaneously Master Nisargadatta who give to the world the best seller in spiritual domain - "I am That". One piercing look of Ramana Maharishi changed a Balakrishna Menon into Swami Chinmayananda. Before that, the celebrated stories of Swami Vivekananda, Paramahansa Yogananda, Swami Muktananda and many others stand as testimony for the transformative power of realized Masters.

All that is needed is utmost sincerity in the spiritual pursuit with a sense of surrender to the Guru. A mindset that enables tenacious pursuit to remain connected with the Master inside, always. And it attains criticality at the appropriate time and suddenly there is explosion of joy and lasting bliss inside. Non-verbalized subtle grace of Guru makes it possible, it can only be experienced and not explained in detail. [Our beloved Babaji gives so many such opportunities to those associated with Him. So many Leela's \(sport\). Mostly He behaves as though He is one among us mortals and the moment we take Him for granted, He springs a surprise with a feat not possible for humans. A calculated whack from behind. To wake us up to inner reality. Such Leela's are part of routine of a Master.](#)

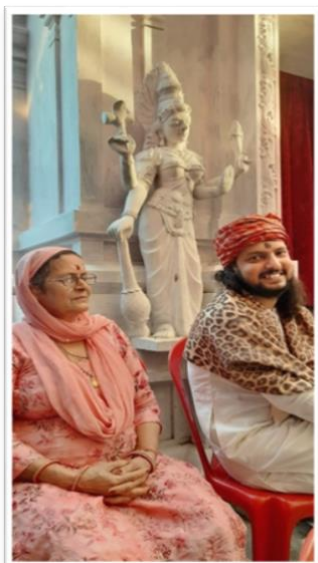
[Even as the world was gripped by panic over the Pandemic in different versions, Babaji initiated and led a movement to chant Om Nama Shivaaya as an antidote to counter the Pandemic, highlighting the efficacy of "Namasmarana" as a remedy.](#)

Until we reach our destination, the journey with this Master is eventful with the many of His leela's. But one should remain focused on the goal and get the best out of the proximity to the Master.

My humble Salutations to our beloved Babaji.

Om Namah Shambhave

Expedition 2: Ashwin Pandit, Bangalore



I had first heard of our dear Babaji through a Sai devotee friend in 2017. And even though I was asked by him to come along to visit Babaji later that year, circumstances didn't lend itself for me to visit his abode then. It wasn't until last year March when the pandemic hit and the lockdown began, when I was introduced by another devotee to be a part of Babaji's WhatsApp group. This entry had come at my neediest hour then, beset as I was with taking care of my ailing mom while grappling with the strict lockdown rules.

However, Babaji's deep and intense Om Namah Shivaaya chanting and soul elevating satsangs that had begun earlier, brought much solace to us amidst the tense pandemic atmosphere and especially when my mom was repeatedly hospitalised and finally when she left her body, with Babaji holding my hand, so to speak, until the very end. I longed to visit Babaji since then and planned to see him during the Navratri last year but a sudden influenza attack just days before I was to depart, squelched my plans eventually. Like they say, one can see a divine master only when the time is right, and He allows it.

Despite all these challenges, I was determined to bring this into fruition by his grace, and that time finally arrived during this year's Navratri event, when all routes leading to his abode cleared up, and what with all my vaccinations too having been done.

I arrived the day before the start of the first Shashti Day, and Babaji, the all-knower of our state of being, while welcoming me immediately asked about my well-being. He assured me that things would improve soon. And lo and behold, in the next few days, courtesy his benevolent grace and blessings, I had the least health issues during the following week when I stayed by Babaji's place, compared to the issues I had been having over the past year! And no matter how much we keep saying this, it's probably never enough to stress how blessed we are to have had the opportunity to have darshan and sambhashan with Babaji. To experience the shower of His compassion, grace, and healings that he has been doing for so many, sometimes even unasked, is truly Divine.

In the next five days, what followed was an intense spiritual blitzkrieg of non-stop poojas and ritual events, always ending in a sumptuous lunch or dinner, prepared sometimes by Babaji's mother with her own hands! However, while the intense spiritual energy was palpable especially during the daily artis and poojas, the most intense and soul-stirring experience that I have had during the five days was when Babaji performed his unique Dhunachi dance which transported many of us into a trance like state, with an indescribable, uplifting feeling taking over at least for a few minutes.

Likewise, Babaji's family pooja room is no less than imbued with magical energy which immediately uplifts the energy of any weary devotee upon entry and even spending a few minutes there daily suffices to recharge batteries!

The Navratri program culminating in the visarjan ceremony was likewise an immense spectacle, a true feast for the eyes as we tearfully bade Ma goodbye, and one could easily see how difficult it was emotionally for Babaji to let go of Ma as the final Aartis were done before the immersion.

Coming face to face with a Himalayan master, has truly been an intense spiritual and mystical experience with all its challenges, tests and ecstasies all rolled into one and I can't wait to be in His divine presence again soon. I strongly urge those who haven't visited his abode or had his darshan to definitely ask Babaji's divine grace to be granted an audience and work sincerely towards this. As after all, it's like taking the first tiny steps in the process of going towards oneself, in this ultimate inner journey as Babaji calls it, 'Khud Se Khud Tak!'

Thus, I'm eternally grateful to our master Babaji who has showered his grace on me allowing me in his abode this Navratri to be in his divine presence and witness so many delightful events and have several deep spiritual experiences unfold while at the same time giving certain lessons one by one to assist in letting go of the ego and work towards the goal of meeting the inner self.

Om Namah Shambave

Book Releases:

Brahmavidya (Volume 1) – A Garland of 108 Divine messages from Babaji



Shivananda is meant for seekers of Self-Realisation. Journey to the Inner Self and tread the land of Brahmavidya (Self-Knowledge) with these Words of Wisdom from Babaji. The messages serve as a signboard and a daily dose of wisdom for those seekers tending towards their Goal and those who are direct transmitters of Self-Knowledge.

The Hindi and English Edition of the book are now available on [Amazon.in](https://www.amazon.in).

For those overseas, simply search with “ब्रह्मविद्या” in the country specific Amazon sites.

May Babaji Shivananda shower his blessings and divine grace upon each one who ponders over these messages.

A collection of Inner Experiences with the divine master,



authored by his very own children is a collection of experiences from devotees across the globe. 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.

Our Publishing team regrets the delay. Appreciate your patience and understanding on the delay. The book is set to be released in Nov'21.

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!"

