

Antar Vahini

A Journey to Inner-Self

EDITION 6

SHIVANANDAM: AWAKENING THE SHIVA WITHIN



Awaken your Soul - A message from Babaji Shivananda

No one can postpone the work of destiny.

Lord Vishnu went to Kailash parvat riding on Garuda (eagle). He left Garuda at the door and went inside to meet Shiva. Garuda was mesmerised to see unique natural beauty of Kailash but then his gaze shifted to a small, beautiful bird. The bird was so beautiful that all of Garuda's thoughts started getting inclined towards her.

At that same time Yam Dev came to Kailash and before going inside he looked with a wondering glance at the little bird. Garuda understood that the life cycle of bird was coming to an end and that Yamadev would take her to yamalok as soon as he would get out of Kailash.

Garuda felt pity. He could not have witnessed the death of such a small and beautiful bird. He held her in his claws and left her on a rock in a forest several miles away from Kailash, and himself came back to Kailash.

At last when Yama came out, Garuda asked him why he looked surprisingly at the bird. Yamadev said "Garuda when I looked at that bird, I realised that after a few moments she was going to be eaten up by a snake thousands of miles away from here. I was wondering how



Daily Chants:

@ 19.00 IST -> Soulful Mantra
Chanting from across the globe

For Enquiries: +1 (732)675-0472



Divine Advent Day: 10th Feb

As announced by the Divine!
please await communication.



Shivarathri Celebration:

4 days of connecting to the Shiva
Consciousness

When & Where:

1st March22 - @ Kangra Mandir

3rd – 6th Mar22 (YouTube Live)

For Enquiries: +1 (732)675-0472

she would go so far in such a less time, but since she is not here, it is sure that she has died".

Garuda understood that "death can't be postponed even cleverly tries".

Hence God says:

**YOU DO.....WHAT YOU WANT TO DO
BUT WHAT HAPPENS.....IS WHAT I WISH
SO YOU DO.....WHAT I WANT
AND THEN WHAT HAPPENS....IS WHAT YOU WISH FOR.**

*Jai Vishwa.
Sole Baba..*



"विधि का विधान कोई टाल नहीं सकता"

भगवान विष्णु गरुड़ पर बैठ कर कैलाश पर्वत पर गए। द्वार पर गरुड़ को छोड़ कर खुद शिव से मिलने अंदर चले गए। तब कैलाश की अपूर्व प्राकृतिक शोभा को देख कर गरुड़ मंत्रमुग्ध थे कि तभी उनकी नजर एक खूबसूरत छोटी सी चिड़िया पर पड़ी। चिड़िया कुछ इतनी सुंदर थी कि गरुड़ के सारे विचार उसकी तरफ आकर्षित होने लगे।

उसी समय कैलाश पर यम देव पधारे और अंदर जाने से पहले उन्होंने उस छोटे से पक्षी को आश्चर्य की द्रष्टि से देखा। गरुड़ समझ गए उस चिड़िया का अंत निकट है और यमदेव कैलाश से निकलते ही उसे अपने साथ यमलोक ले जाएँगे।

गरुड़ को दया आ गई। इतनी छोटी और सुंदर चिड़िया को मरता हुआ नहीं देख सकते थे। उसे अपने पंजों में दबाया और कैलाश से हजारों कोश दूर एक जंगल में एक चट्टान के ऊपर छोड़ दिया, और खुद वापिस कैलाश पर आ गया।

आखिर जब यम बाहर आए तो गरुड़ ने पूछ ही लिया कि उन्होंने उस चिड़िया को इतनी आश्चर्य भरी नजर से क्यों देखा था। यम देव बोले "गरुड़ जब मैंने उस चिड़िया को देखा तो मुझे ज्ञात हुआ कि वो चिड़िया कुछ ही पल बाद यहाँ से हजारों कोस दूर एक नाग द्वारा खा ली जाएगी। मैं सोच रहा था कि वो इतनी जल्दी इतनी दूर कैसे जाएगी, पर अब जब वो यहाँ नहीं है तो निश्चित ही वो मर चुकी होगी।"

गरुड़ समझ गये "मृत्यु टाले नहीं टलती चाहे कितनी भी चतुराई की जाए।"

इसलिए भगवान कहता है॥

करता तू वह है जो तू चाहता है
परन्तु होता वह हैजो मैं चाहता हूँ
कर तू वहजो मैं चाहता हूँ
फिर होगा वोजो तू चाहेगा

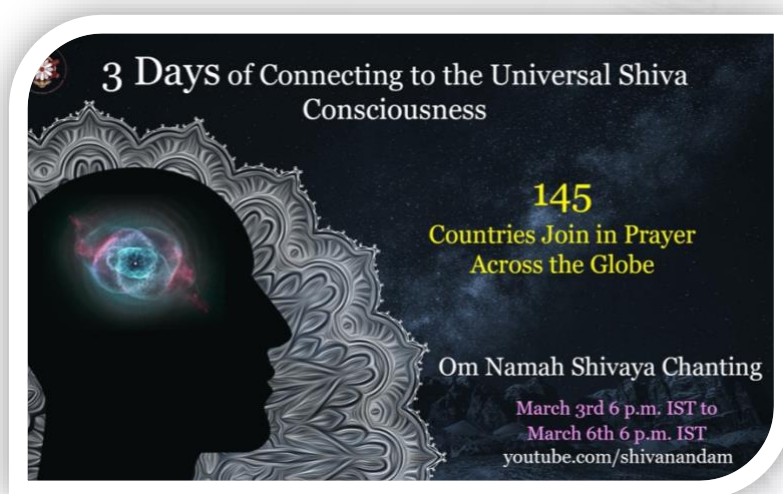
जय विश्व॥ भोले बाबा॥

Sadhana and Events

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

From the **3rd to 6th March 2022**, with the blessings of Babaji Shivananda, **145 countries** across the world will join in prayer and connect to Consciousness through the chanting of **Om Namah Shivaaya**.

Consciousness is that nothingness, the dark empty void of space, from which all creation - the stars, planets, galaxies, mountains, oceans, all living beings, etc. manifests and into which all creation disintegrates. Connecting to it means connecting to one's true Self.



Na Ma Shi Va Ya – these five syllables indicate the five elements – **Earth, Water, Fire, Air, and Ether**. The five elements are the building blocks of everything in Creation, including the human body. Our bodies are made up from these five elements. Whereas 'Om' is the sound of the universe. 'Om' means peace and love. So, the '**Om Namah Shivaaya**' chanting is done to harmonize the five elements in the environment and our bodies. When there is peace, love, and harmony in all the five elements, then there is bliss and there is joy not just within you, but also around you.

Chanting **Om Namah Shivaaya** helps us master the five elements within us, leading the mind to silence. Silence leads to the experience of bliss. The chanting of this mantra unites the different koshas or layers of our being, helping to quieten the mind and heal depression, panic, and mental disorders. By continuously chanting this five-syllable mantra, it can help one calm down and bring in peace and joy within, connect to our own true Self and bring peace and happiness.

Please join in for 3 days of non-stop **Om Namah Shivaaya** Mantra chanting to connect within. Should you or anyone be interested in chanting, **please contact Sushma @+1 (732)675-0472**.

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 – A recount of The Himalayan-Manali Retreat with Babaji (Dec2021-Jan2022)

AUM Namah Shambave

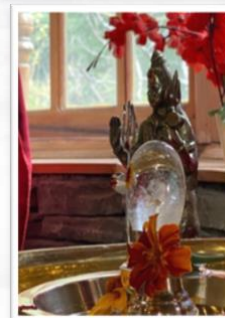
Yet another experience and a Blessed one for those who could be part of the 2021–2022 **Bhakthi Festival** at Manali retreat! Here's a recount of the same for one and all to feel a part of the retreat.

15th December '21, it was! A group of devotees congregated at Kangra, arrived with Babaji at



Mary's cottage, Manali. The luggage was offloaded, set into rooms, and we straightaway worked into polishing the silver pooja items and setting up the altar. The lights went off, but nothing could deter our enthusiasm to get everything set before everyone arrived. Gracefully orchestrated by Babaji, the Akhanda deepam (lamp) was lit and we followed his loving instructions to some beautiful evening Sankeertans, Aarti and experience sharing by those grouped that evening. Several other groups from Bangalore and Mumbai

followed the next couple of days to make the retreat complete.



Each morning began with setting up the altar, Abhishekam of the Lingam alongside Rudram chanting, beating the cold. To warm it all up, morning Yoga was performed with the instruction of a young Yoga master, deep in knowledge and rich in patience. Each day presenting a different aspect of yoga kept the yatri's connected and truly absorbed. This was followed by electrifying Sankeertans by Babaji, chanting of the Hanuman Chalisa in a multitude of tunes and Aarti accompanied by energetic instrumentalists. For those keen, visit the Shivanandam You Tube Channel for the recordings of the Sankeertans. The Chandan ceremony post the morning Sankeertans, was something each one looked forward to. The Father lovingly applied Chandan on the devotee's forehead as they lay on his lap and devotees sought HIS blessings. A moment when everything is forgotten!



Thoughtfully planned activities to do during the day were a highlight each day. Each one was enjoyable as the Master engaged himself and made sure each one in the group was taken along.



Slate painting amidst the bright luminous sun, surrounding snow-capped mountains, tall trees and chirpy birds helped us express ourselves as we felt in that moment. Few hours passed and some couldn't resist splashing colours on the 2nd and 3rd slate too. Babaji with his utmost simple slate painting with MA written in white on a black background explained to us how



"Spirituality is so simple, yet we complicate it by throwing in our own colours and flavours to it".

A glimpse of **Karma yoga at Babaji's Ashram** was exhibited through the making of the Havan kund from scratch with each one, oldest to the younger most, engaged in doing something to bring the havan kund to life. What



turned out was the most beautifully made and decorated kund, out of love, which was then used to perform outdoor yagna and Sankeertans. To sing alongside with the Master amidst nature and other living creatures was an experience of Joy and Oneness.

A **trek to Jogri falls** was a peaceful walk amidst Silence, dense trees, and captivating snow mountains. Enroute the falls and the flowing river beneath, was a place dedicated to meditation. **Guided by the master** to focus on the breath, each one found a place to **meditate** and spent the next hour or so in absolute Silence and focus on the Self. The way back, had most in the group enjoy the **zip line** for the first time following the Master. Others preferred to stay in silence and walked their way down the peaceful mountains.



Numerous **temples were visited** and each one presented itself a history, belief, and cultural background, beautifully expounded by Babaji himself. A stunning temple of Hadimba Devi temple (also known Hadimba Devi, Bhim's wife & Forest Goddess) enclosed by the dense cedar forest was a short 15 min trek from the cottage and saw the group go a couple of times for its sheer beauty and serenity. The second time, Babaji lead us onto a **Nature walk cum Satsang** past the Hadimba temple, lost in time listening to the wonderous glories of Shrikhand Mahadev and the numerous treasure troves of wisdom unleashed.



A **day at Solang valley** was arranged for all to enjoy the picturesque mountainous terrain and the various fun-filled snow rides. What clicked one and all was Babaji's utmost love and humility. **The Lord himself ordered and served food as each one arrived with utmost humility, while each one enjoyed the sumptuous food served with loaded Love.** Apart from this, a very valuable lesson learnt! Babaji in unassuming fashion, said to a few who were anxious of getting to the top pf the mountains for the rides, **"When you find something challenging, face it! That's the only way out".**



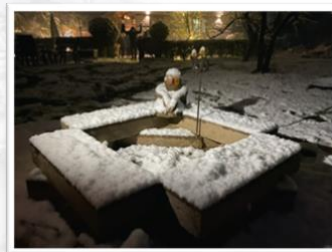
Another **day of adventure was organised to the Atal Tunnel**. While the car with Babaji sped ahead, the many cars behind witnessed what Babaji could do. With tourists and traffic at its peak, it was but inevitable to be wedged in traffic for hours together. Babaji in all his kindness, requested us to send in the location we were at and on doing so, the roads cleared magically

and the cars the rest of us were in moved ahead swiftly. While our vehicles got closer to the entrance of the tunnel, Babaji's car returned after the experience of the tunnel and beyond while the gates closed for the rest of us to enter the tunnel and couldn't proceed any further. In all his love for his children, Babaji ensured the gates were opened up for just a really short while, just enough to ensure all of our cars entered while many others queued up had to return in utter disappointment. The snow-clad mountains post the tunnel were a world beyond, it was but his Grace and love that we could experience it.

The evenings were equally special with vibrant and mesmerising Sankeertans that one and all enjoyed, singing along with Babaji followed by Aarti. Each day saw Sankeertans of Shiva, Ma, Ram, Hanuman in diverse tunes leading to a completely different state. As the Sankeertans came to an end, there was only desire to hear and sing more, the praise of the lord with the Lord Himself. Each one looked forward to the evening Satsang's that followed Sankeertans and Babaji's profound words of wisdom secured curious ears. Often, Babaji spoke of his own experiences that got yatris sometimes bursting into tears just simply touched by his pure love, simplicity and humility or rolling down the floor laughing away. Devotees had plenty of opportunities to have their questions answered during Satsang's and post dinner sessions.



A trip to Manali without an **experience of the snow** is void. Babaji brought snow to us. Each time Babaji mentioned it would snow and it very well DID! The first snow was well past midnight and fell on Babaji as Babaji came out after HIS Bole Baba Jata was done. It was a privilege for a few to experience him, the snow and HIS JATA. The second was when, Babaji led us to Mall Road to experience it. It was such a wonderful evening as each one enjoyed the snowfall as little children would. On returning to the cottage, there was further celebration of the snow. Plenty of dancing to music, snowball throws saw each one forget themselves and free themselves to do whatever one wanted to. The beautifully made Havan kund with Shivalingam was most elegantly dressed by itself in snow. **A sight to behold and an experience to be treasured to be with a guru who teaches us to be joyful and enjoy every moment.**



The evening of Christmas was most joyfully celebrated in Babaji's presence with elegant decorations brought together by devotees. Christ and Mother Mary altars were set up, the lords geared up with Christmas hats,



Sankeertans sung in the carols style, melodic carol singing, candles offered by one and all while singing, **"We wish you a Merry Christmas"** and celebration by cakes cut by our youngest devotees were the highlights of the evening!



Some also had the opportunity to play a **childhood game** with the Master. A few rounds were played as more people joined the fun and laughter. Such moments would be a rarity and it certainly is a remembrance. Each time, Babaji just teaches us to keep simple and enjoy the little things of life as it should be.



As we drew close to **New Year's Eve**, our younger devotees were keen to pull together a surprise for Babaji. In all earnest, preparations were made to get to the market to purchase art & craft material and some surprises, pick up cakes, learn to sing a few Sankeertans for Babaji and orchestrate messages from the Yatris for Babaji through an Explosion box. The New Year Eve, post dinner, was very special in itself. The offering from young devotees was full of love and filled Babaji's heart. To watch Babaji intensely read each message from the explosion box, was just beautiful, smiles for some and emotional for others. As Babaji started Sankeertans post dinner leading up to midnight, there was happiness and joy expressed through dancing and singing. Midnight Aarti, celebration by cake cutting, wishes and blessings to start a new year was cherished and will be one to remember by all.

Babaji's motherly, fatherly, brotherly love was a treat to observe and learn from. Babaji's every intention to make sure each one had what they needed and felt well was very special. Right from devotees who fell sick prior to or during the yatra, devotees who found it difficult to get connected, devotees who struggled to cope with weather, devotees who had problems to work through at home, to devotees who craved for a particular food, **each one was dealt with such love, humility, and elegance that none other than the Lord himself only could perfectly execute. An ounce of this love in each one could change how we perceive things and everyone.**

All that is well also has an end! As it was time to depart, each one was specially seen off by their beloved and most humble Guru, Bole Babaji. There was sadness in departing physically from the Guru and the rest of the family, but plenty of momentous occurrences and memories were etched in each one's heart! Expressions of gratitude to Babaji in bringing devotees together in these most difficult times flowed through devotees far and wide. May the celebrations and Blessed times continue in each one's Life and we humbly pray that many more get to experience this Truth and Love in the coming times.



2

A Journey with HIM – Bhakthi Festival 2021**A Journey with our Bole Baba**

Without Fear, where one can open one's Heart, there alone is the Sadguru!

Babaji was truly this for each one, etched in their bosom and every thought. Read along and enjoy the wonderful experiences of the Bhakthi festival Yatri's.

Experience Sharing 1: Harsha Dhiman (Delhi)

Om Namah Shambhave.

The Manali retreat changed me, changed my life, and changed my perspective towards several aspects of my life. My journey to the retreat was unsure. When Babaji texted in Babaji Samaaj about the retreat, I wondered if I would be lucky enough to go because the workload made it difficult for me to plan anything in December. My sister prompted me to just text Babaji. But since I was an over thinker back then, I texted Him that, "I want to come but the work does not let me." Then my sister told me again to just tell Him that you want to go so I added further, "Babaji, I want to come". And He said, "Yes, you have to come, you will enjoy so much". But I was not confirmed in my mind. There was work and with it the stress. But Babaji's words in the Samaaj showed me the way to take out time for myself, that this retreat is for me to journey towards myself. And that made me wonder: "If not now, then when?"

I cannot jot down everything that happened to me in Manali because, to be honest, what happened to me there is indescribable in words. For the first time in my life, I understood what satisfaction meant and felt like. Satisfaction is extremely fleeting for a human being. Small things don't satisfy us. But in Manali there were the small little tasks, humble relationships, and a mixture of peacefulness and happiness in everything. And that made me realise for the first time in my life-that, yes, happiness does exist in the present moment only. Happiness does not need life-size achievements, and **happiness is in union with Guru and God.**

Many many months ago, I saw Babaji in my dream. He was wearing that beautiful white robe of His. I was sitting on the floor besides Him. And He told me - you are soon going to get the world's biggest treasure.

A human like me thought a lot about the dream. But then in Manali, I got to live that treasure every day. That treasure was the Guru. There is nothing in the universe greater than the Guru, especially when your Guru is Bhole Baba Himself. Babaji gave me immense love and care. And in return Babaji only wants one to love oneself. Babaji is an epitome of endless selfless love, a beacon of positivity and light, a bundle of joy.

His proximity taught me selfless love and brought an unknown feeling of satisfaction in His presence. I dreaded going back to the old life and He tells me often that, "I am always with you, I am your whole being, you and I are now inseparable". And He is right undoubtedly. But none of us can deny the magic we feel when He is physically with us. Just His smile and the beauty and love in His eyes that you witness bring you closer to your reality of a true divine self.

The Manali retreat has given me so much. But most importantly, the retreat has given me a purpose-to fulfil, what Babaji wants all of us to do. It is simply to make the journey to oneself.

Jai Babaji Shivananda!
I love you so much Babaji!

Devotee Experience 2 – Sarojani M (Devotee from Mumbai)

Loving Sairam,
Pranaams Babaji.

If I may say, the entire episode of Manali trip was a journey of learning for me. These learnings in my view as narrated below in the form of incidents are applicable to most of us.

The planning for Manali trip started in October 2021, when three of us including my co-sister Rukmini and Sai sister Sharvari went to Kangra for the divine darshan of Babaji. Babaji mentioned about the trip and showed us few photographs of the cottage in Manali and told us that soon, He would intimate in the (Babaji Samaaj) WhatsApp group about the retreat in Manali.

I was keen to be a part of this trip and sought permission of Babaji. With a smile on His face, He assured me that, 'You will definitely come'. I had some personal problems which I mentioned it to him, but He said he will take care of it.

There were several incidents of Love and power of Faith and Surrender. Here are a few I would like to share.

1st Incident: After we were back from Kangra, Vasu (husband) and me had to travel outstation for three days. Post our return, during the 1st week of November, the condition of my knees deteriorated, and I was barely able to walk or even stand at one place for more than 5-10

minutes at a time. Even after undergoing physiotherapy, I barely got any relief and it continued. Worrying about the trip to Manali, Vasu sent messages to Babaji explaining my situation. He assured him not to worry at all and He will take care of everything. At the back of my mind, I had the total conviction and faith that He will take care of me. With our bags packed including medicine, ointments, etc., we boarded for Manali, enroute Chandigarh on the 17th of December. The next day, after having darshan of Babaji, I did not feel any pain and during our stay could walk for long distances without any pain. This episode taught me the lesson of having **Faith** and **Perseverance**.

2nd Incident: The same morning, we attended the beautiful Sankeertan led by Babaji. Post that, Babaji applied sandal paste and Kumkum on the forehead of all and gave blessings. When my turn came, I was slightly hesitant as I did not have bath yet. When I mentioned this to Him, He said that he also hadn't have bath yet. By this simple act of His, he conveyed the message of **purification of mind is more important than body**. I must state that with His blissful devotional Sankeertan, He tried to purify our inner minds during our 15 days stay at Manali.

3rd Incident: This incident relates to our visit to the Hadimba temple in Manali. After having darshan of the Deity, on our way back, we stopped for some entertainment. One of the activities was the bow and arrow game, in which a person was meant to shoot at the target with a few chances provided. Babaji too attempted, but surprisingly could not succeed. At that time, he looked upset and appeared like an innocent child who lost a game. But in the very next moment, He was very happy seeing others playing. Here, I felt that it was a lesson that **failures are part of our life, but we should not give up**. As Swami says, "**Life is a game, play it**". **Babaji showed us through His action.**

4th Incident: Throughout our stay at Manali, Babaji taught us many lessons with His simple talks and actions. Example, for the Havan, although many people were present at His command to do the work, He chose to do it Himself, while involving us in many ways. For small things done by us, he praised us like a divine mother for which we felt blessed. With this act of His, he demonstrated that whatever lessons a **Guru wants to impart to His devotees/disciples, He should also be a part of it practically and encourage others for their smallest achievements. Truly only a Sadguru can do this.**

5th Incident: It was the evening of December 24th when we returned to our cottage after visiting the Atal Tunnel. We received a call from our son (Sai Abhishek, a final year undergraduate student in Chicago), that he tested Covid positive, as a result he will not be able to come India as planned for his winter holidays. He had high temperature and was extremely upset and emotional as he was alone and his friend from his apartment was away in New York. With our only hope on Swami and Babaji, Vasu spoke to Babaji about the situation and sought His permission to travel to USA immediately. Babaji asked him not to worry and not to take any decision in a hurry. When I became emotional, He consoled me

and said, "Aisa socho jo bhi hota hai, achche ke liye hi hota hai, aap chinta mat karo (think that whatever happens is for the good and don't worry). After that, He left for evening Aarti.

The next day morning, Abhi's condition continued to remain the same and sitting miles away, we could do nothing, except keeping our hopes on our loving Babaji. That afternoon, we joined Babaji in the preparation for Havan praying internally for Abhi's speedy recovery. In the evening, after Sankeertan, we received a call from Abhi that he was feeling good, had no fever and appeared positive and not at all upset. When I mentioned about the same to Babaji, **He said, "aap uski (Abhi's) maa ho, lekin, mai to sab ki maa hoon naa" (You are his mother, but I am the mother of you all).** He is our divine mother. Thank you so much Babaji for this kind gesture. **The lesson we learnt was-total surrender and utmost faith in Him.**

In conclusion, I would say that every moment with Babaji was a treasure and I presume that each one of us would have their part about experiences with our beloved Babaji.

Sairam

Devotee Experience 3 – Tushar Sood (Devotee from Shimla)

Om Sri Sai Ram

Om Namah Shambhave

My humble pranaams at the lotus feet of Bhagawan Sri Sathya Sai Baba and Babaji Shivananda

I dedicate this to my master Babaji Shivananda as it was his grace and blessings that he gave me this opportunity to be a part of Himalayan retreat which was recently held at Manali.

I was really excited about it, as along with some spiritual activities, we were also celebrated Christmas and New Year with Babaji. During my days at Manali, I had a lot of inner experiences that shaped my journey in a different way. Some of those activities which were part of the Bhakti Festival initiated by Babaji had a profound impact on each participant. My experience was as under:

SANKEERTAN:

Every morning and evening, we had a blissful Sankeertan with holy chants of divine names and maha mantra, "Om Namah Shivaaya", "Kali Kali Maa ", etc. These chants were so powerful that, at one point, I felt an upsurge of some energies within me, and the feeling was such that it persuaded me to go deep into absolute silence when I closed my eyes and concentrate on the chants. And the consciousness that was awakened was such that I felt a heavy jolt of overflowing love within myself and peace that was everlasting. As the days passed with regular Sankeertan morning and evening, I felt like that my being was continuously chanting "Om Namah Shivaaya" from within and without my mechanical chanting, I felt this mantra the part of my being. Babaji always insisted us to chant the maha mantra "Om Namah Shivaaya" as this can benefit us in many ways. But one has be receptive to it and the mind should not interfere.

YAGNA:

During our stay there in Manali, all the participants had the privilege to be a part of the yagna ceremony with Babaji. All the participants took part in the yagna ceremony with great zeal and enthusiasm. Babaji along with all of us participants performed the yagna with ritualistic offerings into the fire followed by Sankeertan. At one such moment, when Babaji along with all the devotees were busy with Sankeertan, I felt as if divine energies were present around us and the nature comprising of pine, conifer trees along with the flora around the yagna place were also emanating some kind of energy that time and they were also present there. Yagna Shala was so beautiful that it was a different kind of feeling to be there and so blissful was that moment which can't be explained in words.

DISCOURSES BY BABAJI:

Everyday evening after Sankeertan, we used to have discourse with him. Babaji used to pick up some selected topics for discourse and then we went on listening to the pearls of wisdom that Babaji was sharing.

Suddenly, at one point when Babaji was speaking, I glanced at his face and he looked at me for a moment, as if he wanted me to understand that particular topic he was talking about. I then analysed myself about whatever Babaji was saying, which was the same chaotic drama I was going through and Babaji wanted me to come out of this drama. To my amazement, Babaji finally helped me to realize that whatever and wherever I am, I am myself creating the whole scenario of whatever was going on in my life. And the mind is the root cause of it, and we always hang on to whatever is going on in our mind. Then I understood this example from Babaji, and what kind of Master he is, so simple, serene, and calm, always loving and caring. But we humans have limited ourselves to our mind and I feel so blessed and cried alone that I don't want to be in this drama and finally by Babaji's grace I am out of it.

CHRISTMAS CELEBRATIONS WITH BABAJI:

This year i. e. 2021, was the first Christmas celebration that I had within a group and most importantly, in the presence of Babaji. I already took permission from Babaji if I could bring the Christmas decoration items along with me, to which he firmly replied, "Yes you can".

I was born in Shimla and since my early childhood days, I used to go to a church located on the ridge of Shimla hills. One day, I attended the prayers or sermon of John, the Baptist, who was one of the Christian saints. And that time, I was so much touched by the prayers, and I felt so peaceful with love growing inside me for Lord Jesus and Mother Mary. From that day onwards, I celebrated Christmas and Easter every year even though I was born in a Hindu family. Whenever I looked at the cross, I wondered what the meaning of this cross could be. Then, suddenly, one day I came to know about its meaning from the book about a "second coming of Christ", where it was mentioned that it means to cut our "I" -that is the "Ego Self". To cut ego, one needs to put lot of effort, and one needs to always analyse oneself which is one of the roadmaps to the journey towards oneself.

That day on Christmas, I, along with the other devotees decorated the hall with a Christmas tree, crib, and the altar. Babaji and Amma gave a candlelight ceremony in the praise of birth anniversary of Lord Jesus along with Sankeertan followed by carols. And finally, there was a candlelight ceremony by all of us which was so blissful and mind blowing. That day, suddenly, I glanced at Babaji and then at the picture of Lord Jesus where I could observe that Babaji is looking like Jesus and he was wearing the same white gown that Jesus used to wear. I felt the presence of Mother Mary that time and the energy of the hall was so charged with divinity that one can feel it and this was the first grand celebration of Christmas for me in the presence of Babaji. I am very grateful to Babaji for this opportunity to be there for Christmas.

Now days, I feel that Christmas has just become a festival even in the West, people just have parties and dance along, but we forget the Avatar who was born that day. But here, in the presence of Babaji, it was celebrated with perfect holiness which is one of a kind and a different experience for me.

At last, I thank Babaji for this beautiful opportunity and I pray him, to make me and everyone who know him to be ready and worthy for his grace, guidance and blessings for this journey towards oneself which is the primary goal of Babaji's mission.

Thank You Babaji.

Devotee Experience 4 – Rukmini Rama Rao (Devotee from Mumbai)

OM NAMA SHAMBHAVE

Sairam.

I was blessed to be with Babaji at the Bhakti Festival at Manali, between 15th December'21 to 1st January'22. A little bit of credit goes to my husband who also wanted me, and my daughter to go to the Himalayan Retreat and spend time with our compassionate and ever-loving BABAJI. He even told me not to think about them (my son and him), what they will eat, how they will manage the house, etc. So, I was so excited that all the 15 days would be mine, with Babaji only, without thinking about household stuff. This was my first spiritual trip with Babaji.

Just before my trip I had severe cold, cough and fever. We just prayed that my trip doesn't get cancelled and wondered how I will manage in Manali where the temp. goes negative degrees Celsius. I took vibhuti water and prayed sincerely that my cold should go (or else in the airport I would not be allowed to board the flight). My prayers were heard and finally I boarded the flight to Chandigarh and then a taxi to Manali.

We reached Manali on 18th early morning. We (my brother-in-law, sister-in-law and my 13 yr. old daughter) were given a room next to Babaji's room which was a blessing in disguise. It was the most chilled room with 1 heater, but we didn't want to change to another room as Babaji had to cross our room to go out. So definitely didn't want to miss the opportunity to see him every time he went out.

At last, we met Babaji touched his feet and hugged him. His sweet talks, his looks and His love were enough to forget everything, the outside world. The day's program started, and I was totally feeling blessed. Every morning after Sankeertan, Babaji would smear forehead with sandal wood paste, and we used to keep our heads on HIS lap. What a beautiful feeling it was. It was like all my worries and tensions were gone and I wanted to lie there forever.

Every day was a new day, some rare happiness from inside. Always my eyes were in search of Babaji, wherever he took us, I was ready to go. I had the opportunity to serve HIM food everyday along with my sister Shireesha who was serving patiently, lovingly, and most humbly. Babaji used to take us every day to different temples and places in Manali and along with him, all the trekking, climbing hills, slopes were so easy. Listening to his yatras, his stories, we used to reach the destination. Then He would say, 'Dekho hum pahunch gaye' [see we reached our destination] and laugh. I got an opportunity to massage his long Jata [dreadlocks], to massage it one by one. It's a blessing even to touch his hair, what else can I ask for. The compassionate LORD knows what you want, ever merciful Babaji.

For once, my daughter Sumedha also enjoyed her stay, made some good friends, didi's, and bhaiya's [and dogs] and didn't bother me at all. One day, I had severe pain in my upper back. It was unbearable, I was not able to move, and couldn't even sit down. I couldn't understand why and I started crying (I mostly don't cry easily). Looking at me, my brother-in-law and sister got scared and informed Babaji. I was feeling so embarrassed as everyone was coming and looking at me as I sat in my room. Just then Babaji came and said, "Kya hua aapko, kuch nahi, ye thand ke wajah se hua hoga, mujhe bhi hota hai." How compassionate his love is? I started crying more. He gave some medicine and water with his hands. I took his blessings and went to sleep. Next day my pain was gone.

Here I want to share my experience during Sankeertans. Usually, I can't sit for hours in bhajans but with Babaji's Sankeertans, I was able to sit for hours just listening to them. His Sankeertans are divine, listening to them, tears would flow every day, maybe out of joy. Once in the Sankeertan, 'Kali Kali Ma,' I could see Kali Mata along with Babaji adored with jewellery and a big red Bindi on her forehead, my tears didn't stop. I was crying continuously, don't know why.

Our trip came to an end finally. Days went by so fast. Hope it never ended. Staying with Babaji and spending those 15 days with him singing, dancing, playing games, chatting and so much of laughing, this was my most memorable and unforgettable trip with the Divine master, our Shiva, our Bholenath Babaji. We are like bees humming around him to get sweet honey in the form of love and blessings.

I pray to Babaji to give me another opportunity to be a part of his yatra's, mere words cannot express our love towards him. I sincerely thank him for taking me along and am eternally grateful to be a part of this. Pranams at your lotus feet with all our love. Sairam.

3

From The Ashram at Kangra

The construction of Babaji's Ashram at Kangra, Shiv Dham, has made a divine beginning!

A sacred and a heartening encounter with Hanuman Ji

It was late evening, and Babaji decided to visit a nearby temple at Agroha village near Hansi, along with a few others. It was a huge temple complex with a magnificent temple surrounded by a beautiful garden. On one side of this temple complex, stands a huge Hanuman statue with a small Hanuman temple at the feet of the statue. As everyone entered the temple, an old saint marched towards Babaji with full enthusiasm and held his hand in full grip. He looked at Babaji as if he was waiting for him for a very long time. He drew Babaji by hand to the inner core of the temple and started talking to him with much energy and authority.

On the way to the temple, Babaji talked to us about the future, how things would be in 2023 and some other things on similar lines. The saint at the temple asked Babaji the exact same things which we talked about en-route to the temple. We all stood frozen, and all our attention was now on the saint. Startled, we all had the same question on our mind "who is this saint? How did he know all that we spoke en-route etc".

Then, a very interesting conversation took place between Babaji and the Saint:

Saint: Will you take me with you to Kangra, I know I will be served well there !

Babaji: I am planning to construct a hanuman temple at Kangra, will take you there

Saint: (with full authority), You don't worry about anything, just start construction of temple and I will myself arrange 3-4 Lakh rupees. You just start!!

Babaji had his hands folded in reverence to the saint. He saw something in him that we couldn't see with our Human eyes. But we all could see the saint had a few characteristics of a monkey. He was hyper while talking, with eyes wide open and his look was that of a monkey staring.

As we were about to leave, the saint lifted his shirt and showed his long thick hair resembling that of a monkey's tail. This hair ran from head to his belly. **He showed us his**

presence, Jai Hanuman!

Babaji promised he will meet the Saint again and while we were about to return, the Saint offered Babaji, Rs. 700.

We had a question running on our minds, how is that the saint who has nothing to give, promised 4 Lakh rupees to Babaji for the construction of Hanuman ji's temple. Babaji in his most humble and gentle way, pronounced "**He was no saint, it is Hanuman himself**". Babaji then echoed, "it is now Hanuman's will that he wants to be in Kangra, and he has now blessed to begin the construction of Temple".

Divine Beginnings of Shiv Dham

The work on the Holy land of Ashram has now begun!



As exciting as it is, the construction of the Ashram will begin in April'22. A Dhuni, along with a Satsang hall and accommodation for devotees are on the cards.

This Ashram will serve sincere seekers of self-knowledge and transform many lives to come. Be set to enjoy the picturesque views, Sankeertans, Chandan Ceremony, Karma Yoga, Yagna's, Satsang's and much more, all in the presence of Bole Baba

himself!

With work most lovingly monitored by the divine master himself, 2023 doesn't seem farfetched. If you would like to be a part of this beautiful work in any way, [please contact us](#).

"When we give cheerfully and accept gratefully, everyone is blessed."

Please keep ears out for further exciting news on our Shiv Dham!

4

Experience the Truth

Story of a sister, who attained Self Realisation and Union with GOD

This Expedition is shared as per Divine will to encourage one and all towards reaching themselves: Sushma | United States

Dear Beautiful Souls,

With divine will of Swami (Sri Sathya Sai Baba) and Babaji, I would like to share my journey of how Swami and Babaji merged in me, where Swami, Babaji, and I have become ONE and Babaji with his tremendous grace granted me self-realization.

That means my inner journey is complete and the soul joined in union with its Divine self (Swami and Babaji) within and is no more separate. When this union happens, it's Beautiful! It feels like 100000 volts of love, power, and completeness. Though our individual effort must be made to take the journey, the final union can only happen with the grace of the Guru and God. This body remains a body with an outer shell and only universal consciousness remains within.

Every Atma must go through this and achieve it. After this state, there is no rebirth of the soul. In dedication at the holy feet of my Guru, Babaji Shivananda, sharing my journey with one and all so it inspires each one to be ready for this most wonderous moment. If I could do it, everyone can too!

Read the blog below, Be Inspired, Make an effort to perform the Sadhana of hearing the internal voice, Be ever ready and join the vast Ocean for you will be able to share your journey too one day !

<https://innerjourneywithbabaji.blogspot.com/2022/01/inner-journey-with-babaji-shivananda.html>

We thank our beloved Bole Nath and Sushma Sister for this wonderful share that is set to inspire one and all!

Knowledge to You:

Book Release 1:

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 Guru Vaakya.

Book Release 2:



Inner Experience with Babaji Shivananda

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.

Pre-Order the much-awaited book from [Story Mirror](https://www.storymirror.com), [Amazon](https://www.amazon.in), [Flipkart](https://www.flipkart.com), [Snapdeal](https://www.snapdeal.com) and [Google e-books](https://www.google.com/books) !

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!"

