

Antar Vahini

A Journey to Inner-Self

EDITION 1

SHIVANANDAM: AWAKENING THE SHIVA WITHIN



Awaken your Soul - A message from Babaji Shivananda

Om Namah Shambave

Antar Vahini means and refers to that blissful energy of happiness or joy residing in the heart and flowing within the body. It is very important that man remains in a peaceful state of mind in order to recognise this energy by trying to dispel the darkness within and moving towards that Light or Effulgence. Antar Vahini is a very loving step forward, to know about Babaji's life and message and to partake of the joy derived from each and every experience associated with Babaji. It is a start and a step in that direction for us to move further ahead. I wish to take each and everyone of you along, as we embark on this journey of Antar Vahini. My doors are always open for all those who wish to partake of this joy and be a part of this journey. I extend my best wishes and blessings to all of you.



Daily Chants:

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



Weekly Chants:

Sunday @ 18.30 IST -> Hanuman
Chalisa -> followed by Babaji's
Dharshan



Navarathri:

Watch for updates on
"The Making of Ma" Celebrations
between 17th - 26th Oct

I wish to congratulate and thank all those who thought of this initiative and envisioned it as a way forward. I extend my best wishes to all of them and bestow my abundant blessings upon them who thought of this Newsletter as a way forward and took the first step in this direction. On this journey of life which is replete with several experiences; on this journey of life where one gets to know of many things and learn many lessons; Come, let us all proceed together on this journey. My blessings to all.

Om Namah Shambave

If you wish to listen to Babaji Shivananda talk about the launch of Antar Vahini (In Hindi), please [click here](#).

Sadhana - Prescribed by Babaji until the next edition of Antar Vahini sees you

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

Babaji has graciously blessed all devotees with the divine gift of Healing Oneself and 'Others in need', as part of the Guru Deeksha granted on Guru Poornima day. The technique to perform this healing along with the Mantra Deeksha have been bestowed by Babaji, out of his love for His children and the entire Universe.

**Babaji wishes that his children make best use of this
Healing opportunity**

In doing so, our mind, body and soul are nourished with the Praana Shakti harnessed from within oneself as also from the universe around us, to direct the same towards those in need of healing, thus allowing oneself to become an instrument of the Divine.



As such anyone can undertake healing, but for the healing to be effective and benefit the recipient, it is important that we are able to heal ourselves first. The 3 different kinds of Omkar as taught by Babaji are an important element for establishing contact with the positive energies surrounding us. Therefore, the Omkar may be chanted either early in the morning or late at night.

Let us pause here and take a moment to recall Babaji's vision and declaration to establish Healing Hospitals that will cure even deadly deceases, in the times to come.

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

**SPIRIT OF
YAGNYA**

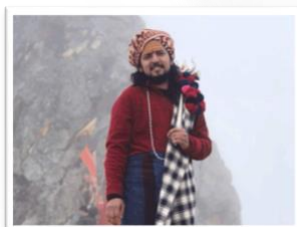
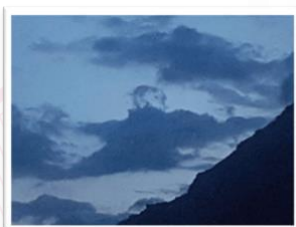
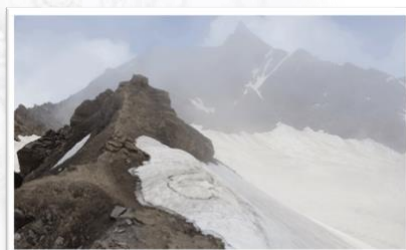
Illuminating our consciousness through the act of selfless Service to people, animals, the environment, the society & the world ...

Practise and Enjoy Healing by offering it at the Lotus feet of Beloved Babaji with Love & Gratitude.

1

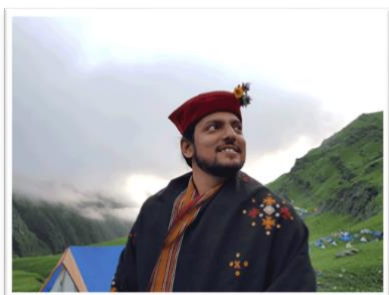
The Virtual Yatra - Shrikhand Mahadev

Shrikhand Mahadev, known to be the toughest of pilgrimages in India, is one among the 7 Kailash mountains with an altitude of about 19,000 feet. A pilgrim undertakes this 76 km steep trek through dense forests, crossing water streams, sprawling meadows, lofty mountains, snow covered peaks, divine temples not to forget some very unique, wondrous flora and fauna. Shrikhand Mahadev is a 70 feet tall Shiv Lingam formed out of natural rock 70 ft towering over the Himalayan mountain range in Shimla district of Himachal Pradesh.



Babaji has been undertaking this trek to Shrikhand Mahadev consecutively for the last 13 years and graciously taking along with Him numerous devotees on this grand pilgrimage. Each of these devotees have their own unique, hair-raising experiences to narrate after the trip. The journey is a very challenging one but more than just a rewarding one, at the end. Devotees fondly describe it as a **"Soulful experience"** permeated with Divinity, Love and the breath-taking beauty of Nature all along the way.

A Book by Babaji Shivananda is set to inspire Spiritual seekers and Nature lovers ...



This "Soulful experience" of the Shrikhand Mahadev Yatra has been captured in a book authored by our very own Babaji Shivananda. The Book will be available shortly as an e-book in Hindi and English, with translations to other languages to follow soon after.

Beat the unimaginably difficult terrain, survive the testing weather conditions and uncertainties along the way, to experience the thrill of Shrikhand Mahadev and realize your true Divine potential latent within. For those who are not so fit physically and mentally, live the experience through this Divinely worded book. Let's be on the lookout, details will follow soon!

2

A Journey with HIM

A collection of few experiences from The Shrikhand Mahadev Yatra.

Shrikhand Experience 1 - Poshna Sharma (Devotee from Delhi)

Shri Khand Mahadev, the abode of Lord Shiva is like a stairway to heaven. It was a transformative journey and I consider myself fortunate to have been there with Babaji in 2013.

Me along with my brothers and sisters were all excited to be accompany Babaji, as we embarked on our journey with the Raksha Sutra (Holy Thread of Protection) and Vibhuth (Holy ash)i created by Babaji, for the protection of his children to accomplish this 19,000 ft high arduous trek.

On the first day, we passed through the dense forests of Deodar, beautiful water streams and plenty of greenery. Nature abounds all the way. This was my first trek and I was slightly exhausted on the very 1st day itself, although it was not that difficult.

The journey on the second day was so tough on me that I could not take a single step forward. Babaji lovingly held my hand and saw me through the entire day, with a smile on his face all throughout. The rest of the group including my siblings went ahead past us but we caught up with them soon.



On the third day, the journey started from Parvati Bagh and I developed breathing difficulties due to low oxygen levels. Since Babaji had to lead the entire group forward safely, He entrusted me to another pilgrim who helped me complete this yatra, with Babaji's grace of course! With just about half an hour of the perilous climb remaining, I gave up and sat on a rock in helpless surrender. Babaji, who was by now walking much ahead of me, turned around all of a sudden and looked at me. In a loud voice He said, **"You can't give up now. You have to complete this yatra and you most certainly will"**. So saying, Babaji kept going ahead while I rested there for a while. The pilgrim whom I had been entrusted to asked me, **"Did you think that you are here just for trekking and enjoying the beauty of this place?"**. My answer was a **"Yes"** to which he clarified, **"You are here for Lord Shiva! Pray to him to bring you to his abode"**. Taking heart from what he said I meditated there for about 10 minutes and resumed my trek along the final stretch. The speed at which I was able to move forward was totally unbelievable! I felt so energetic and totally fearless.



Tears of Joy flowed down my cheeks as I reached the home of Lord Shiva. The experience of the Darshan of Shrikhand Mahadev in the Divine presence of my Guru – Babaji, is simply inexplicable. We performed pooja together as a group and Babaji blessed each one of us with a beautiful Gem that He had manifested to rejuvenate us and replenish our energy. I learnt some very valuable lessons on this holy journey. **"It is the intent that is most important, for anything that we do"** and, **"Come what may, Babaji is always there for all of us when we have Faith and Surrender to Him completely"**.

Shrikhand Experience 2 - Vipul Sindwani (Devotee from Haryana)

It was in 2011 when I had my first opportunity to see Babaji. I was completing my studies in Delhi and met him at one of His devotee's house. I went to Kangra in 2012, to meet Babaji. There is no end to my memories of my talks with Babaji. Often, Babaji would talk about the 5 Kailash abodes and his experiences at Shrikhand Mahadev, which he trekked up to, every year. Listening to the exploits and experiences of Babaji, I developed a desire to go there with Him. However, as I had no prior experience of trekking or even walking up a small hill, and having read about how difficult the Shrikhand Yatra is, I nursed a fear in my heart, of undertaking the Yatra. Babaji himself decided for me when on one fine day He told me that I should also accompany him on the Shrikhand Yatra that year. My response of course was a spontaneous **"Yes"**!



My first trek to Shrikhand Mahadev was in 2013. The Yatra was indeed very tough for me but my heart was filled with immense happiness listening to what Babaji had to narrate along the way. It was a curious mixture of fear and enthusiasm all through the trek. After that very first Yatra, I could say with complete conviction that it would have been impossible to complete the Yatra without Babaji. His presence was my sole source of courage to complete the Yatra. He took care of me like a mother, throughout that journey. On the final day of the

ascent, when I slipped and fell while crossing a very wide glacier close to the top, Babaji saved my life by catching hold of the jacket I had on me. The terrain was extremely difficult. Overcome by fatigue, I felt that I would fall off the cliff with my next step forward. My spirits and confidence had deserted me completely and I began to think that I would not be able to make it to the Lingam rock. **Babaji had other plans though and with a smile, He lifted my spirits and confidence saying, "Walk for another 5 minutes. Don't sit, just keep walking. People will think that you have failed. Do not accept defeat and do not settle for anything less than the success of having reached and seen Shrikhand Mahadev. Bhole Baba is walking with you."** His words were like ambrosia to the ears, leaving me with the feeling of having seen paradise all around.

With Babaji's grace and blessings, we reached the summit and were able to behold the beautiful Shiv Lingam. There was no tiredness whatsoever when we stood before the Lingam. Only tears of joy that flowed down our cheeks. Prior to the Yatra, Babaji had taught me different ways to meditate and so, even as the others offered their prayers to Shrikhand Kailash, **I sat down on one side with my eyes closed in meditation. Suddenly, I realized and felt Oneness within. I felt my heart beating fast and had a vision of the heavenly stars moving around me. I witnessed the Trishul, Omkar, Shiva's Damaru (pellet drum) in my vision. I felt so light as if I were flying like a feather in the wind.** Upon opening my eyes, I saw Babaji standing in front of me saying, "See, you have completed your journey successfully". Tears rolled down my cheeks as the realization struck me very hard that **Babaji was and is My Mentor and Guru.**

After this Yatra, I was blessed with several opportunities and experiences every year, when traveling with Babaji to various places. However, the Yatra to Shrikhand Kailash stood out and remains unforgettable as it showed me what life was all about. If we think that we know everything and can do anything, our delusion and confusion will end upon reaching Shrikhand Mahadev, provided we are lucky enough to do so. This yatra is impossible to complete without His divine will. This journey is therefore a life-changing journey which brought me face to face with my Bhole Babaji and I wish to spend the rest of my life in the service of my beloved Babaji, who has always loved me like a mother. Jai Bhole Baba Ki!

Shrikhand Experience 3 - Ashish Sharma (Devotee from Delhi)

It was in 2011 that Babaji bestowed His blessings upon me and took me along on the Shrikhand Mahadev Yatra. We were a 10 members group and we were very excited to be a part of this journey. As we congregated for our Yatra, Babaji was ready with his small bag, the Trishul and that disarmingly beautiful smile on His face, ever ready to Bless us and carry us along. **"Bhole Baba Ki Jai", "Har Har Mahadev", "Om Namah Shivaya", "Bol Bam" is all we heard, ate and slept for a good 5 days.**



Babaji kept us at ease all along the way, by narrating His beautiful experiences and stories about Shrikhand Mahadev, nudging the slower ones along with a joke here or a firm instruction there. The journey was dotted with stops for Maggi and Tea and singing of bhajans until the base camp at Thachru. The next day's trek to Bheem Dwar crossing Kaali Ghaati was steep and slippery with continuous rains. As we passed through the valley of beautiful flowers and rare Vedic Herbs, Bhrum Kamal, beautiful waterfalls etc, everyone was tired and could not move even a step forward, with another 10 kms yet to

be covered. Some vomited while some others complained of severe body ache and shivering, **Babaji healed everyone with a mere touch of the Holy Shivling on the forehead, some Vibhuti and Sankirtan.**

Babaji had prepared us saying, **"You have to surrender to Lord Shiva. It is not your body, but your mindset that will take you to the goal"**. At that very moment, a sage with paralyzed legs and hands was returning after darshan of Shrikhand Mahadev. He was so

full of joy and ecstasy, beaming and shouting "Bhole Baba Ki Jai". Some of us had tears beholding this miraculous sight. All of a sudden, we felt so energetic having received the blessings of this sage and reached Bheemdwar, from where we had our first glimpses of Shrikhand Mahadev. What followed were goosebumps and the anxiety of getting there the next day!

We woke up at 3:30 am the next day to continue with our Yatra. It was pitch dark and finding our way with just a torch was not easy at all. I was next to Babaji and I heard Him pray for help, **"Where are you Shrikhand Mahadev, please show us the way"**. No sooner He prayed thus, the **Shrikhand Mahadev Shivling shone out of nowhere in a flash of lightning, visible from the bottom and reaching into the skies. The lightning flashed twice at the very top of the Shivling** leaving us in great joy with just a fleeting glimpse. After a few emotional and joyful hugs of relief, we chanted our way up with "Shrikhand Mahadev Ki Jai". What a welcome from the Almighty!



On the last day of the trek, we moved along as a group. As we approached the point where a huge and wide glacier had to be crossed, the group split into two. One half of the group crossed the glacier while I remained with the other half including Babaji. As we stepped forward to begin crossing the slippery glacier, we heard some people shouting and asking us to stop, even as a big rock rolled down the glacier. The rock was huge with a radius of approximately 3 meters, hurtling down at a terrific speed, with an extremely loud noise. The rock could veer to any direction including the one we were waiting in. My heart was beating fast even as I watched the rock roll by, allowing us to continue our trek across the glacier. Babaji guided me to be very cautious and place my feet very firmly on the glacier lest I slip and slide all the way down. Despite that I managed to slip and fall on the steep glacier, watching myself rolling down. My mind went blank and I did not even make any attempt to find a way to stop myself. Seeing this, **Beloved Babaji, threw all his belongings aside and ran towards me. He got hold of my collar in the nick of time and pulled me back up with just one hand. Babaji then remarked, "Where were you going? What will I tell your family? You are my responsibility now".**



We finally reached Shrikhand Mahadev Kailash, feeling very grateful and joyous. We hugged each other with tears of bliss and relief rolling down. We offered our prayers to the Shrikhand Mahadev Shiv Ling and felt an immense energy through the heat emanating from the Shiv Lingam, right in the midst of the snow all around! As we were preparing for our descent, I asked Babaji if it was easier going down. Babaji replied, **"Yes, it is always easy to go down in Life. It is the climbing up that is always tough"**. On the return leg, we ran

down happily, while Babaji kept helping and motivating other pilgrims and healing the needy along the way.

We trekked this 14 Km stretch up and down through hard rocks, snow, glaciers and streams, but we did so with only one belief and that was, **"Babaji is with us". He held our hands all the way through, like a loving Mother.**

3

From The Ashram

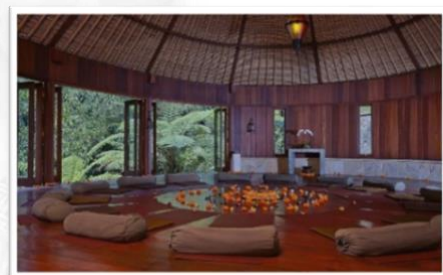
Shiv Kutir, A space where true seekers can discover their inner self in the proximity and everlasting grace of the Guru

Built on the Vedic principles of Harmony, Love and Oneness with Nature, Shiv Kutir is that space in the making, that is meant to unearth our true selves. Harnessing positivity, practicing silence, singing our hearts out in the Love of the Guru and dancing to the rhythm of the Shiva within (Oneself) – these are the key, life-changing facets of Shiv Kutir

Shiv Kutir is set to host sessions on Yoga, Healing and Vedic studies in the ancient Gurukul tradition, along with Sankeertan and Satsang sessions for sincere and devout spiritual aspirants. The Kutir will also have simple and elegant accommodation for seekers and pilgrims coming from afar. The site for Shiv Kutir has been identified and earmarked already. It is located close to the Maa Mandir established in Babaji's home in Kangra, Himachal Pradesh.

Malagar, a heavenly paradise nestled amongst the beautiful green mountains and rainforests of Malnad, Karnataka, is set to offer spiritual aspirants and seekers a peaceful and serene retreat to learn and practice different forms and techniques of Yoga and Dhyana, carry out Healing practices and engage in charitable causes.

It is His Sankalpa to make this a reality for us, by giving us all the opportunity to be His instruments in the fulfillment of that Divine Will. **Please contact us over e-mail to find out how we as seekers can join hands in realizing this for ourselves.**



4

The Spirit of YAGNYA

With the Guidance and blessings of Babaji, the below were made possible as an expression of compassion and desire to uplift those in need.

**Annadhanam for
600 Sadhu's for 3 weeks at
Thiruvannamalai**



Thiruvannamali, down south of India is a holy abode to many Sadhu's. The Great Thiruvannamalai Temple hosted Lunch and Dinner everyday for the Sadhu's until Covid-19 put a hold on gathering together for their daily Annadhanam.

3 Ashrams approached the Sai Mangalam Trust and the Trust with immediate effect donated grocery worth 3 weeks supply to continue Annadhanam for 600+ Sadhu's. The Ashram authorities and inmates gratefully received the humble offering.

**"World Harmony"
200 Chanters, 6 Countries, 5
Nationalities every day
Led by Babaji**

**100 + received Healing
Deeksha across the globe to Self
Heal and Heal others in Need**



AAJ Ki SHAAM SHIVJi Ke NAAM

Inspired by Babaji, "A Live Devotional Concert" by Padmashri Anup Jalota and Shri RaviRaj Nasery was organised for the world to come together in Spirit of Unity and Oneness!

Contact Us | Feedback

Babaji's mission is to bring about **Love or 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 mission. Please also write to us for any feedback on the newsletter or to contribute to articles in the newsletter.

