

Antar Vahini

A Journey to Inner-Self



SPECIAL EDITION

SHIVANANDAM: AWAKENING THE SHIVA WITHIN

Antar Vahini

A Celebration of Shri Babaji Shivananda and devotees experiences

Antar Vahini, a Journey to Inner-Self, was launched by **Bhagawan Shri Shivananda Babaji** on **7th September 2020**. The newsletter was named and launched by the divine with the below message:

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 move 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 every one 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.





We wish our Vishwa Guru, **A very Happy Janmadinam**

On behalf of all readers through this Special Edition and celebrate Babaji's Life, Experiences, Teachings, His divine Love, Simplicity and Humility towards all living kind, through this Newsletter...

3 years, 9 Editions and over a 150 contributions have passed with his Blessings, grace and courage for us to forge ahead. We share this Joy and gratitude to our Guru with you through this Special Edition.

We also wish to thank each one of our brothers and sisters in the Samaaj who have dedicatedly given their time and effort in contributing to Antar Vahini through their insightful journeys, exciting moments and loving articles that have inspired one and all. We wish all our readers, revel in his glory, always and ever !

Please enjoy this very special Edition that brings everything in 10's to celebrate the upcoming 10th Edition !

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10 Defining Moments in the Life of Our Guru

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1

10 Defining Moments in the Life of our Gurudev

Babaji, in his very own words has lovingly shared with us, HIS 10 defining MOMENTS in HIS Journey thus far. The magnanimity and the love of this Divine Master to share this with his beloved Children at a blink of the eye, says it all ! **In Gratitude, we offer our Pranaam's to our beloved Guru, Shri Babaji Shivananda, for allowing us to have a peek into his life.** Antar Vahini Special Edition is blessed to bring this to you, please enjoy reading..

1

The first key moment of my life was **the day when I realized that I was alive and that happened when I got to know my parents**, meaning that I moved forward after accepting my mother and father as my first Guru (teacher/master). The most important is my mother whose capability of tolerance taught me that whatever happens in life, you may have realization of God, only when you develop capability of tolerance within you. In my life, in order to understand the life itself, my first step is my mother who gave me birth!

2

The second key moment of my life was **my elder brother** whom I have seen doing prayers ever since I have regained consciousness and the faith towards God within me arose while seeing the ambience of my house. This was **my first step in faith: the love for the world of spirituality.**

3

The third key moment of my life was the death of my female classmate in class 9 and the sudden demise of her gave **birth to a writer within me.** The sadness caused due to her leaving made me to write a poem for the first time in my life and since then I have been writing. Her leaving was the new birth of words within me.

4

The fourth key moment in my life was the time when **I began to feel that something was going to change in my life.** I was studying in class 10 during that time and this feeling began to come in my mind again and again but I did not know what was going to happen. I just felt that something was going to change. And in the year 2005 everything changed!



5

The fifth key moment of my life was the time when **my Guru, Bhagawan Sri Sathya Sai Baba, entered my life and everything changed in my life!** The path to stay away from every ignorance in the life opened for me. I had with myself the Teacher who gave me knowledge about right and wrong paths.

6

The sixth key moment of my life was the time when **my Guru Dev gave me for the first time the knowledge of meditation in the year 2006** and it was my first step in the world of spirituality. It was the occasion when I could close my eyes and see the depth within myself and this was the moment which completely changed my life. It ended every doubt of my mind.

7

The seventh key moment of my life was that time, which I name as **"surrender"**. It was the time when for the first time, under the order of my Guru, I made the idol of Ma Durga of which I had no prior knowledge. This incident taught me the meaning of surrender. After that the 'I' within me did not stay. **'Everything is God's will', this thought took birth within me.**

8

The eighth key moment of my life was those times when I experienced some good and some not so good moments with people but the lessons that I learnt from the those moments cannot be forgotten till the end of the life and I have taken those **experiences as inspiration for moving forward in my life.** I have learnt, that we have to simply move forward. This experience is like the wafting air. Be it happiness or sadness, we should remain centered and not stop by accepting those as life. We simply have to accept the lesson behind those experiences and move forward! And **it is very important to keep walking. Walking is our true experience!**

9

The ninth key moment in my life was the time when I met a **great artist in 2007 whose name was Robin Malakar.** I met him for some special work related to Ma Durga idol and my association with him was for a few years. He left his body after that. But it was only through him, that I learnt the power





of self-confidence and faith in God. The knowledge of destroying oneself for the sake of love for someone, I could only learn from him.

10

The tenth key moment of my life was **my dog who gave me the experience of selfless love**. His name was Laddoo. He showed me the true love and the light of the selfless love. His love taught me how to love, what it means to sacrifice oneself in love, the meaning of true love. All these lessons were taught to me by that kid. His love is an inspiration for me due to which, the ocean of love would never finish within me. **His love will keep flowing as love for everyone forever within my heart.**

Almost life's every moment teaches you a new lesson. Every step is a new experience. By learning from these experiences, I gained self-realization in 2011. **Our every breath is a teaching for us.** We can only realize this when we put our entire energy and attention on ourselves. Because until we realize our own existence we cannot be at peace. This is the vision of the state of zero while living. **Everyone talks about salvation after death. I say, this is the vision of salvation while living. We have to live in salvation.**







2

10 Impressions of Babaji's Teachings

A collection of impressions from devotees based on the Divine Teachings and conduct of Babaji Shivananda

Impression 1 from Conchita (Grenada, Spain)

Dear Atmaself, below I include one of Babaji's messages and how it touches me.

Wake up before the last breath leaves you. Experience that Samadhi, that Higher Consciousness or the Higher Self at least a little, before the last breath leaves you! You have been sent to a diamond quarry, but here you are, lost in the illusory pleasure of collecting worthless stones and pebbles. While you are still lost in this wild goose chase, one fine day you will be notified that your time is up! – Babaji

Every time I read a message from Babaji it becomes deeper and more accurate. When I get scattered and lose my center, I remember this message. I return to my heart, to my Self, to my diamond heart. I get my happiness back

With Love
At His Lotus Feet





Impression 2 From Balaji Parasuraman (Swiss)

31.07.2016 message:

Babaji is Shiva himself. Experience and accept him. Surrender to HIS Will. Immerse yourself in his devotion you will get all that is required and even more.

Surrender is my purpose as chosen by Babaji himself. I am travelling on this path to fulfil what I am destined for.

Impression 3 from Roopak Kalyani

Babaji once told me long time back, I think in the year 2012:

"Stay away from "Maya". The coming times are full of Maya, always pray to God that please keep me away from Maya.

This thing hit me quite deep, couldn't understand its meaning back then but now I realise it's importance.. it's very important to keep a distance from all the Maya happening around us and be focused on our actions, our own thoughts.. and this thought, his words helps me keep calm and focused amidst all the chaos happening around.

Impression 4 from Rahul (US)

Many devotees of Babaji are spread across the globe, experiencing his unique teaching style, as he addresses their questions, concerns, and creates a positive impact. One April night, I was going





through a challenging phase in my life, procrastinating on almost everything. At 12 am EST, Babaji's message suddenly appeared on my phone. It read,

"All the time you are lying to yourself, you know you are postponing many things for tomorrow, which you will not do then at all! Do what you really want to do, don't do what you don't want to do! But by keeping yourself in a state of illusion, don't live! Otherwise, you will ruin your life."

This message caught me by surprise, "Is Babaji watching me?" It awakened me, urging me to take action and resolve things instead of letting procrastination make it worse.

The next day, I woke up with newfound energy. I made a list of action items and intentions, prioritizing them to act promptly. During this process, I recalled another message from Babaji on Jan 11th at 9:37 AM EST, which said,

"It is such a small life, take risks, be a gambler. What can you lose? We come with empty hands, we go with empty hands. There is nothing to lose. Just a little time to be playful, to sing a beautiful song, and the time is gone. Each moment is so precious!! Jai Vishwa!! Bhole Baba!!"

Babaji reminds us to let go of our fears and inhibitions, for there is nothing to lose in the grand scheme of things. Embracing this wisdom, I faced all my fears head-on, not only completing pending tasks I hesitated about but also achieving success effortlessly.

Babaji embodies universal love and wisdom, fostering a deeper connection with oneself and the world. Through these teachings, one can embark on a transformative journey of self-discovery, leading to a more meaningful and contented existence.





Impression 5 from Roja Kathira (Chirala, India)

"प्रेम संबंध नहीं, प्रेम स्वभाव है!"

"Love is not a relationship, Love is our true nature!" - Babaji

In my association with our dear Guru Babaji, my most profound experience is - He is transforming me into a being of love. Babaji's love is Divine and it touched me in such a way that I wanted to reciprocate the love the same way. In this process, I learnt to love from my heart which is very much unlike the worldly love we see. When I found myself loving him more and more, I realized that "loving" slowly started becoming my nature. I started to unknowingly love everything that I came in contact with, like trees, people, sky, air, water. It gave me joy. I am experiencing the most beautiful self-evolution just by being in His Nama Smaran (Continuous Remembrance) ...made possible by Him alone.

Pranams at the Lotus feet of Babaji, who is the embodiment of Shivam - leading us on our journey to Shivanandam.

Impression 6 from Srinivas Kalyani (Kangra)

Babaji has always emphasised having faith in your Guru. There is no end to the variety of ways, Babaji will test you (oh, you will be tested by Him, rest assured). What has always given me strength, even during the darkest times of my life so far, is having faith in Babaji. I firmly believe that it is Babaji who controls my life. Every breath I take, every heartbeat I feel, and every day I'm alive, is His blessing. Anything that happens in my life, good or bad, is a blessing from Babaji. To me, the mere acknowledgement of this fact is a significant part of having faith in Him. It gives me the strength to hang on during difficult times.

If faith were to be contained in a vessel, it better be full to the brim because any less, it'll easily spill with the slightest shake.





Impression 7 from Chandrashekar (Mumbai)

Om Namah Shivaya

From Time im-memorial , Avatars and Spiritual Masters appear in human form whenever the collective conscience of humans need a big time 're-set', when it gets corrupted due to selfishness and all vices associated with it. Of all the Masters so far appeared, Our Bhole Babaji Shri Shivanand Babaji stands out with his unique characteristics of being easily accessible and profoundly sensible at once. When I traced His roots as reborn of Haidakhan Babaji who in turn was the reborn of Hariakhan Babajimy joy knew no bounds as I had earlier visited Haidakhan Babaji's Ashram and studied about Him.

Being a member of Babaji Samaaj, I get access to His divine messages, which carry the potential to transform anyone blessed by Him and help transcend the current state one is in to higher spiritual states. Though apparently laconic, they are profound and hit the targeted hearts bulls eye.

His messages in fact sculpt the hearts to shape silently, even as one ruminates over them after reading, which is the very purpose of such messages.

Reading them over a period of time, I learnt that though all the messages have different contexts, the spiritual undercurrent is same. One needs to experience it to grasp their potency. His messages have singularly transformed my perspective about spiritual accomplishments. He proved through His messages and conduct, that Simplicity is the hall mark of a genuine Spiritual Master. A realized Master is too simple and accessible universally, despite His Himalayan achievements in spiritual domain. And thus they stand apart from the rest.

Also I learnt watching Babaji that if a Master invokes His inner power for a purpose, they instantly detach from our limited world and get plugged into the all-powerful Universal Consciousness . Then it is no surprise when so many miraculous acts unfold one after another.

We experience in our day to day life, the laws governing the 'matter' that the world around us is made of. Like gravitation, laws of motion etc. The spiritual Masters must be additionally governing the Laws of 'Energy'. The 'Energy' and 'Matter' being inter related, the energy carrying the 'intent', loaded by a Master, called 'Sankalpa', delivers in kind, including material stuff to the blessed ones. Many who





have been blessed to be with Babaji in such moments when He is plugged into the Universal Consciousness through a trance like state, have witnessed materialization of different objects coming out of thin air. I personally feel that these are by unseen divine energy loaded with His intent to deliver in physical formats. More than the physical gems and pearls etc that may pop up at the appropriate time as determined by Babaji's Sankalpa, I am more enamoured by His simple powerful messages that can ignite the hearts and spiritually transform the world someday making it more Peaceful with abundant love, which must be the theme of everyone's prayer in the world today.

Pranams at the Lotus Feet of Babaji

Impression 8 from Ashwin Pandit (Bangalore)

Babaji recently said, "*It is also worth learning for you that life goes on even without you!*"

I felt it's an intensely moving quote meant to stir our insides, hopefully thoroughly!

Babaji guides us all devotees, into action. After all, an Egoless state for each one of us is the ultimate goal of sadhana. However, our stubborn ego would have none of it, and hence, the call from Babaji to work on this is profound. It's like peeling the different layers of an onion so as to speak.

We will have to work on this bit by bit, word by word, or sentence by sentence to slowly but surely reduce this burden we carry of our ego. If we are successful in this endeavour using Babaji's golden words of wisdom, then we can consider we're the lucky ones to enjoy the state of Bliss that would come from it.

So far, I have started to feel lighter as I try and implement this little by little. I find that I'm stopping myself from dwelling on anger and impatience compared to before. I'm hoping, I can keep climbing the steps meant for us to elevate ourselves spiritually. I'm hoping to set monthly or weekly goals so that there is substantial improvement.

So, come devotees, let's all pledge towards reducing our burden little by little, day by day!

Jai Vishwa! Bhole Baba ki Jai!





Impression 9 from Mer (Madrid, Spain)

You have all offered me your shortcomings with love and faith. I only want to say one thing. Discard all fear. You have done your part. Now it is the Guru's turn, to banish all your shortcomings, all the deficiencies within you and give you the vision of truth. All you need to do is to have faith in the words of the Guru at all times. I promise you that I will save you from every problem and difficulty that comes your way. My life's mission is to guide you to yourself. I will protect you always. Jai Vishwa - Victory of the World! Babaji!

Om Namah Shambhave

He is the Love, He is the Protector,.... He is my beloved Guru

I never, at any time forget this message, my Shraddha (true faith) from the first time I read this message and whenever I read it, it multiplies and multiplies to infinity, infinity; the path of trust for me is always sustained by this message and my Guruji

I know that He will always incarnate me with Him, He will help me until I am able to find myself; and then, thereafter, I will continue with Him; and then, thereafter, I will also be able to help all others.

Jai Vishwa.





Impression 10 from Carmela (Granada, Spain)

*It was your time, I know,
This thing breaks my heart to let you go
I was seeing your pain in your eyes
my love for you is love,
That will help you fly now!
my memories for you will never end!
when my time comes, I'll see you again!
Goodbye for now, From today our lives are different!
But though life may part us, You have become one in my heart,
I know you'll come back in some way!
My love is alive for you forever in my heart forever,
I am waiting for you, my child Bhola!
Babaji*

My gratitude and love for Babaji though it seemed impossible, has multiplied and blossomed with an unsuspected fragrance in the wake of his last Yatra; His sacrifice for all, for the welfare and benefit of the world, to illuminate the inner light of all of us, the members of the Samaaj and humanity, in these difficult times, touches my foundations deeply.

The predestined union with His dog and its meaning that only Babaji knows, has become for me a symbol of tenderness, compassion and love; I still feel at the memory of it, how Bhola put aside his pain to keep walking with Babaji. I love Bhola because He has given us the opportunity to read such beautiful words of love, expressing the feelings for His son, from our beloved Babaji.

Love to Bhola. Welcome Momo! Love to You always, my Bhole Baba. Pranams.

Carmela.





3

10 Shades of Love

The Love from Beloved Guru has blossomed a spark of Love from within the devotees, beautifully and briefly expressed by each of them.



Shade of Love from Harsha Dhiman (Delhi)

Babaji's love has touched my life **through His act of forgiveness**. I have seen Babaji easily forgiving a person, regardless of if she/he accepts her/his faults or not. Moreover, Babaji holds this quality of melting through a single word spoken with deep love. You call Him 'Babaji', He becomes yours; you call Him 'Ma', He comes running towards you; you call Him 'Bhaiya', He becomes your true friend; I call Him 'Baba', and He shows me an entire, endless ocean of love in His deep, childlike, innocent eyes.

He makes Himself go through sadness for the pain of His children. He says, "I have love and only love. Once I accept you into my life, I completely become yours, regardless of if you accept me or not." Forgiveness comes naturally to Him. Once He told me, "If you will not commit mistakes, how will you see the right path? All of this forms a phase of your life. What is essential is to focus on your present. Even the thought of accepting your fault is enough. Love yourself, always."

The essential lesson that I have understood here is that through His act of forgiving others, He has constantly reminded me of 'forgiving myself'. He has also reminded me of 'forgiving others', for if a Great Guru like Babaji can easily forgive others, so can each one of us. This is a reminder that God's and Guru's love is infinite, and we are fortunate to have a life where we





have experienced it. Thank you my dear, beloved Babaji for adding me in your life and allowing me to experience your infinite love and abundant blessings.



Shade of Love from Mary (France)

Om Namaha Shambave

I met Babaji for the first-time last year 22nd of September (2022).

I remember when we came to his house, he was sitting outside cleaning the statues. Babaji was wearing an orange tee-shirt, he was like shining and so happy to see us, I felt so much love and it was like coming home. Even before I came to Kangra I could feel Babaji's love. When I first heard about him it was a Sai friend that sent me the video from the Kailash on YouTube, my tears were falling, and my heart was glowing full of love. It was like we knew each other from before. In Kangra he was taking care of us like we were his children. I'm so grateful that I met Babaji and to be with him for the Durga Puja was just great. That was new for me and so different from our European countries, but I felt like I knew it since before and Babaji kindly explained everything. Thank you Babaji my beloved guru.



Shade of Love from Sarojini (Mumbai)

Babaji appears to each one with different shades. But His true shade is love and love only. Whatever He speaks, He does, that is purely out of love for us.

For us Babaji is our true friend, a loving brother, our Guru, and as always, He says, He is our kind divine mother.





More than His relationship with each one of us I was deeply touched by His way of talking, His behavior with everyone. His humbleness, humility and His devotion for Devi Maa is unparalleled and beyond comparison. He is full of love always.

His love for animals is abundant which we all witnessed recently through His love for bholu.

Nowadays nobody cares about one's own family members or fellow human beings. And Babaji was taking utmost care of bholu when he was ill and struggling for life. Babaji always tries to explain many things through His simple talks and day to day actions.

In short Babaji is replica of true love.



Shade of Love from Rukmini (Mumbai)

Om Namah Shambhave

"God's love is like an ocean. You can see the beginning but not the end."

This is our Babaji's love. I had the good fortune to stay with Babaji and share his love which changed my life. I have evolved as a better person and learnt many things from Him. His selfless love has taught me to Love all serve all. Babaji's nectar like words gives us solace and peace in our lives. He is always now with me. Now I always yearn to be with Him.

I have become more positive towards life and understand what my goals are. He has taught me patience, kindness towards all humans and animals, love all without any expectations.

I totally surrender and have total faith in him and pray for more and more love from our beloved Bhole baba our own Babaji.





"Nothing is purer than the love of God. His love is forgiving and unconditional. He is there for you like no one else. You just need to have faith in His presence."



Shade of Love from Aditi Dhiman (Kangra)

Experiences with Babaji are unforgettable and so are His teachings. For me Babaji is an epitome of love. His one aspect that I like the most is His love for animals. Sometimes it seems to me that He can feel the pain of animals around Him and sometimes I feel that He understands their language too. Babaji loves talking to animals. I have seen Him many times communicating to cows, puppies, dogs, birds and many more. The way Babaji feeds the animals is no less than a mother feeding her baby. This is the trait which we all should follow in our life too.



Shade of Love from Poshna Sharma (Delhi)

Babaji for me is pure form of love and bliss, like a true Guru He holds hand of His disciples and prepares them to face every challenge in life. Babaji is personification of wisdom as He interprets the deep intellect in a very simple and easy way. Babaji's fellowship changed my perspectives in life into righteousness, belief, and a courageous Path.

A true Guru or master would not make you learn things which are already proved, He will try to help you unlearn all the things which you have learned since birth and guide you in finding your own spiritual journey. Babaji always says "Guru's role in your life is to give you a glimpse of reality - not a teaching, but an awakening. Guru is not a teacher! Guru is awakening!"





Sharing a small experience of mine relating to finding our true selves. Me and my family met Babaji in year 2012 and I was diagnosed with skin disease in year 2008 which is difficult to treat and until the year 2012 it made me socially isolated and affected my mental health as well.

Then one day Babaji guided me about some meditation techniques that could help in boosting the recovery of my disease. He told me to recover my disease by myself through a meditation technique where I must think that I am going to recover very soon and after exactly five months my skin disease disappeared, and I regained my self-confidence and inner peace to face the world again.



Shade of Love from Hem Dholakia (Canada)

|| Aum Namaha Shambhave ||

Guru Kripa Kevalam

These three Sanskrit words when translated read as – ‘Guru’s Grace Alone’. Irrespective of the concepts we carry (in our minds) about spirituality, enlightenment or the meaning of life, the truth is that everything is accomplished by the Guru’s Grace Alone.

Since meeting Babaji for the first time in 2019, in Kathmandu, Nepal, my life has changed forever. And while the circumstances leading up to that initial encounter seemed surreal, I now know it was His wish. Since that point, my life has transformed completely.

Every event, every moment of my life, however big or small has been touched by His Grace. The invisible yet indelible marks of his Grace are as clear as daylight. A small prayer to heal a loved one, relocating to Canada or a vision of Babaji as Shirdi Sai is His Grace alone. The experiences or miracles themselves are not important. What is important is we understand





that they serve as a reminder of the ever-present Grace and push our egos to surrender a little more at His Lotus Feet.

Pleasure and pain will arise as per the destiny (prarabdha) of my life and your life. This is inevitable. How much of it (pleasure or pain) comes one's way is His Grace alone. And the fortitude, resilience to overcome these situations too is the Guru's Grace alone. Therefore, there really is nothing to worry about – either past karma, the present situation, or an unknown future.

Make no mistake, it is by the '**Guru's Grace Alone**' that everything is accomplished – whether material or spiritual.

The mind seeks to surrender at His Lotus Feet. And the Heart says, (true) surrender will happen – with the Grace of the Guru alone. There is nothing anyone can do except, perhaps, be open and empty (to receiving that Grace). Everything else, the Guru's Grace alone will accomplish.

My humble obeisance at the Lotus Feet of dearest Babaji!

Guru Kripa Kevalam.



Shade of Love from Hima Raju (Canada)

Atma Shakthi (Spiritual strength), **Inner light**.

What can one write about Babaji, the Sadguru who is himself an epitome of 'Unconditional Love'

When I was told to paint an expression of Babaji's love on the canvas of existing shades, hues, colours representing different expressions of love, I picked up the most deep and yet profound colour which reflects the inner profile of his soul. This is the color of life, color of





self, His inner contour, profile, being his spiritual strength, which emerges from the fountain of his Unconditional Love.

Babaji's strength which impacted me most is his 'Never give up' attitude, no matter how challenging or difficult the journey of life could be. With this approach in mind, I embarked on my recent 'Adi kailash Yatra' most memorable journey of my life which transformed my thinking that anything can be made possible with 'Never give up attitude'.

He always reiterates on this by saying that the true strength of the soul lies in the freedom of soul, freeing self from the shackles of mind and body through the serenity of mind and stillness of body transitioning into freedom of the soul. I would like to end with this idiom, resonating with Babaji's expression of Love, the inner strength of every soul, flowing from the reservoir of his Unconditional Love for all. 'Where there is a will there is a way'

" Jaha chaha hai vaha raha hai"
"Om Namah shambhave"



Shade of Love from Shireesha (Australia)

The experience of love from the day I had known Babaji has only seen an expansion in multitude dimensions and continues to be unconditionally ever growing. From that very beginning, I knew I saw my Bhagawan. Little did I know, "Love is Bhagawan and everything", perhaps I saw HIM as a wish full-filler prior! From then to now, this Bhagawan has only helped me see him as a friend, a father, a mother, a Guru, my everything, and my only Faith.

O Bhagawan, each trial and test of yours has only allowed me to appreciate every act of your grace, understand I am nothing and realise you are my only Faith and strength.





Beloved Lord, you continually open my eyes to what “unconditional” means and continue to light me up in that remembrance each time i stray from that path. Immeasurable is your Love, effort and patience to work on me and with me at my own pace.

You have helped me learn all paths lead to the same destination and allowed me to free myself and enjoy the journey. It is the experiences and the Love you have gracefully showered on me that lights up this Journey for me.

It is only your love that uplifted the very ignorant me to knowing the purpose of my life. You have fuelled me with spurts of knowledge, and only as much as I can take, that has given birth to a fresh lease of life to look forward to.

You encouraged me to just sit and let thoughts flow and today you continue to nurture me and allow me to enjoy this sitting, being and your presence.

You have given me plethora of opportunities to know my limitations, identify my egoistic thoughts, challenge my beliefs, continually learn, grow in confidence and step higher in surrender.

You inspire me by sharing your experiences and journey with me to give me confidence to move forward in life. From the most trivial to the mightiest of situations, you have been with me and given me the courage to move on.

Your acts and words of sweetness has opened my heart in empathy and in uplifting this mind each time I have come to be in your presence.

You help me embrace and accept everything. Your words of becoming a “Swaartha”, when it comes to realising the purpose” resonates, stings and wakes me up from slumber.





Took me a long time to come to terms with the words "Guru Naiva, Shishyaha" from Nirvana Shatakam, but you have let me overcome it too.

The very thought of you is my only happiness and my desire. The desire to see you in my heart, thoughts, words, deeds is fulfilling.

I thought I had love for you all this while but on seeing your love for Mata, i have realized, "I have none", learnt nothing all these years and if I'm still in your bosom, it's entirely your grace and love.

What is not your love i ask and there's a silence that exudes! Chidananda Roopaha Shivoham Shivoham 🙏



Shade of Love from Sudershana (New Delhi)

One shade of Babaji that has touched me deeply is His childlike innocence.

I have known Babaji as a child and He has remained the same humble, simple, and innocent person after His spiritual transformation. I cannot help but wonder about His innocence and simplicity which always focus on giving love and noblest advice to everyone who comes at His doorstep.

His spiritual transformation has manifolded His truest qualities - of innocence and love. He never harbours any feeling of malice for anyone. He is full of love and when He smiles, He looks like a little kid.

Pranams to my dearest Bhole Baba Shivananda Babaji !!





4

10 Poetic Lines of Expression of Babaji

Contributed by Veena Datar

क्या लिखू, कैसे लिखू

एक रुह को शब्दोका, "साज श्रृंगार" कैसे करू
उस उच्चतम को देखा है मैंने घर मे विचरणं करते हुए
जिनके शब्दोमे मे है मिठास और आचरण मे विश्वास.
सोचती हू भगवान ऐसे कैसे सामान्य इंसान जैसे

कान्हा भी तो ऐसा रहता होगा। सरलता का मंत्र पढाता होगा
गोपगोपियोंका साथ निभाता होगा। " प्रिय भोला" बनता होगा।

एक पवित्र रुह ने धारण किया एक शरीर को।
उस शरीर ने धारण किया एक "अंतर्मुख" मन को
जो सिखाता है हमे" सहजता ही सुंदरता है"
और"मानवता ही मधुरता "





**What to write? How to write?
How to decorate that, "Supreme Soul," In words?**

**I have seen that Supreme Soul walking in the house.
Whose words are nectarine, and who is a confidant in conduct.
I wonder, how is this God? Just a human being!**

**Kanha might have lived like him.
Might be preaching a mantra of "Simplicity,"
Must be with the loving Gopi's and Gopika's
Must be becoming "Priya Bhola" to every heart.**

**That supreme soul has adorned the "Human Body"
That human body has adorned, the "Inner Mind"
That inner mind teaches us, "Simplicity is Beauty"
And humanity is "Nectarine Love"**





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