

# SAMARPAN

Jan 2015



## Editorial

**By: Ashok Jain**

My dear friends, for a change I am going to talk about a movie here today with you all, and the movie is PK; a new Bollywood movie released this December. I'm sure most of the readers might have seen it; however, watching the movie is not prerequisite to read rest of the editorial. While watching the movie I could sense that it appeared similar to "Oh My God" movie, in terms of the message it wanted to deliver. Personally I found both the movies scoring only a few good scores, and found them to be little over average. Not only did the movie fail to deliver the message appropriately, but it failed to indicate the right approach. It mocked our inadequate understanding of spirituality and lack of understanding of reasoning behind various religious approaches and reasoning, which later deteriorated into unexplainable rituals and dogmas. While such movies appear to hit hard on ritualistic approaches, blind-faith and corruption at religious places; these movies do not provide any real solution to our problems and have botched up logic most of the times. Rationale in the movies will be liked by majority of people who feel burdened by fear of God, who feel being religious is expensive too, who feel that being religious is also about accepting everything without asking questions.

I would like them to make part two of the movie which will tell us how spirituality is all about seeking answers to perennial questions; how spirituality is a journey lived with faith along with constant questioning, reasoning and synthesis of all experiences with inherited knowledge to complete the picture or at least be on the path where we will be able to see complete picture one day. Like a painter who draws, outlines and then creates the details, we will also be able to get glimpse of truth in time. Let us believe nothing if it fails our reasoning, but let us discard nothing without reasoning either. Let us not fall short of attempts to learn, discover, read and understand nature of man, life, world etc. Let us read and read more, be open minded about knowledge from any source and always be centered. Let us explore uncharted corners of our intellect and we will be able to see

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### **Published Every**

*January, April, July and October*

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clearer picture over time. Let us not be misled by anybody and never ever do we give all the controls of our life to anyone else in this life. From Atma (Soul) to Parmatma (God), the distance is short; but most arduous one. All answers are within us and they will come out either by external means, which is reading and analyzing or by internal means which is meditation.

New year is the time when we make resolutions and I would request each one of us to resolve for ourselves that we will dedicate at least half an hour everyday of our life reading Vedas, Upanishads & discourses from Ramakrishna Paramhansa, Anandamayi Ma, Yogananda, Meher Baba, Ramana Maharishi, Sathya Sai Baba, Mahavira, Budha, Gandhi, Jiddu Krishnamurthy, Chinmayananda etc. There is no substitute for knowledge. We need not go to the new age gurus. Wherever knowledge about life is chargeable, we should never go there. Where darshan of God is charged, know that God does not reside there.

Only knowledge dispels ignorance and darkness from our lives. All penances, offerings are of no use without being aware of their significance. Without right knowledge, there is never right faith. Faith is always shaky and becomes blind faith without knowledge which will nourish faith. Whatever we read, let us share them with our friends, relatives and family members. Trust me, there is no pleasure greater than knowledge and there is no light brighter than knowledge.

Know that Baba not only resides in Shirdi, but He lives everywhere. If it is not easy or affordable for us to go to Shirdi, let us bring Baba to our heart. Let the New Year bring knowledge and more knowledge in our lives. Knowledge will automatically summon peace, love and prosperity. Baba bless us all always.

Thanks for reading this editorial and being a regular reader of Samarpan magazine. The editorial team has loved to be part of your lives in whatever little way through this magazine and you all are so much dear to us. Love, Light and peace to you all.



# *Spiritual Experiences*



**Baba never lets you down**

**By: Priyanka Sharma**

There was a time when I would be very depressed and restless. I lost many things in my life, my dad and my love. I was in a relationship with a Muslim guy and being a Brahmin girl there were many boundaries between both of us. Still I kept on giving my best and wanted to be with my love. One day everything ended in its way and I was almost dead. That day I decided to give up my life and commit suicide.

While I was cleaning my book shelf, I found SAI SACHITRA. I opened the book and saw Sai Baba's picture. I really cannot explain the joy I felt at that point of time and I started reading this book like mad. The more I read, the more I started falling in love with this book & so with Sai Babaji. My life started changing I began to feel positive again and I was able to come out of the shock of my life. Now every day I feel that Sai Baba is



with me. Now I adore my dear Baba and I am thankful to Him that He has blessed me with a new life. I know things will be better for me and soon I will get the love of my life according to Baba's choice. Babaji please bless all my family members and those who love you a lot.

## कहीं देखा है ऐसा भी!

By: Maninder Bagga

अनंत कोटी ब्रम्हांड नायक राजाधिराज योगीराज परब्रह्म श्री सच्चिदानंद सद्गुरु श्री साई नाथ महाराज कि जय ॥  
प्रिय पाठकों, साई बाबा को और उनके क्रिया कलापों को केवल वही समझ सकते हैं जिन्हें साई बाबा ने अपने सानिध्य में लिया है, और ये केवल हमारे गत जन्मों के शुभ कर्मों द्वारा ही संभव है। साई बाबा अपने होने का एहसास हमें प्रकृति में प्रतिक्षण कराते हैं, वो चाहे मानव रूप हो या पेड़-पौधे या अन्य। इस एहसास को वास्तविक रूप से अनुभव करने के लिए साई बाबा से प्रीति होना ज़रूरी है। साई बाबा ने अपने जीवन काल में अपने सुमुख से जो भी वचन कहे वे सत्य थे व आज भी सत्य हो रहे हैं और आगे भी ये क्रम चलता रहेगा क्योंकि सत्य कभी मिटता नहीं। साई बाबा परब्रह्म के अवतार हैं ये सत्य हम सब साई भक्त जानते हैं, और इस सत्य का प्रत्यक्ष बाबा हमें आज भी दिखाते हैं.....जी हाँ दिखाते हैं।

वो कैसे, मैं आपको बतलाता हूँ अपने प्रत्यक्ष अनुभव से। पहला, पीपल का वृक्ष सनातन धर्म में अति पवित्र व पूजनीय है। भगवान विष्णु ने कहा है कि पीपल वृक्ष की जड़ से लेकर पत्ते-पत्ते में मैं हूँ। अर्थात् पीपल वृक्ष साक्षात् श्री विष्णु भगवान का ही प्रतीक है। दूसरा, साई बाबा ने पहली बार १६ वर्ष की तरुण अवस्था में शिर्डी में नीम वृक्ष के नीचे दर्शन दिये थे। जिसप्रकार साई बाबा और श्री हरी में कोई अंतर नहीं वे एक रूप ही हैं, उसी प्रकार पीपल वृक्ष और नीम वृक्ष में भी कोई अंतर नहीं। आप समझ रहे हैं न मैं क्या कहना चाहता हूँ। इसका प्रत्यक्ष दर्शन मैंने अपनी दूसरी शिर्डी यात्रा में किया (अगस्त २०१४)। मैं और मेरी माँ शिर्डी साई बाबा संस्थान के विश्राम गृह साई प्रसाद निवासस्थान (नई इमारत) में ठहरे जो की लड्डू प्रसाद वितरण के पास है। उस निवासस्थान के प्रांगण में आपको एक अद्भुत दृश्य देखने को मिलेगा। वहाँ पर पीपल का वृक्ष और नीम का वृक्ष आपस में लिपटे हुए हैं व बड़े हुए हैं मानो वे कह रहे हैं कि श्री हरी और श्री साई एक रूप ही हैं और उनमें किंचित मात्र भी भेद नहीं है। ऐसा अद्भुत संयोग व प्रत्यक्ष शिक्षा केवल शिर्डी में ही संभव है। आप ज़रूर जाकर देखियेगा और अनुभव कीजियेगा।



॥ ॐ शिर्डी पुरीश्वराय नमः ॥



## The Helping Hand

By: Yogesh Prabhu

Living Legend, My Guru Sai Nath Maharaj ki Jai. Om Sai Ram.

God Bless Every One. I am very happy to share my live experience with you once again. Sai is always with me in each and every movement of my life. I always talk to myself to feel connected with Sai and I felt many times that He is with me and blesses me always with his miracles.

On my annual vacation to India, I was very much worried for my daughter because we were flying from Dubai to India and her health was little upset as well. Our flight was in the evening and since morning that day, I was thinking how will I to handle things should anything go wrong during our journey. I had very strong belief in my Sai and prayed to Him to make our journey safe and easy.



That day since our journey started from home to the airport we were surprised that there was no traffic on our way and we reach airport fairly early. This was one of the miracles because we expected more traffic, considering it was a weekend and always we found too much traffic on that road. After reaching the airport, we finished boarding formalities and were lucky to get special seats on the flight. This was second miracle. On board, my daughter slept nicely, which we never expected, and even after reaching India we faced no problems what so ever till we finally reached home. I have no words to thank or convey my regards to Baba for helping me to stay away from any problems. We had very nice vacation and all long pending work also easily completed. Om Sai Ram.



One more experience I want to share with all. This was on my first visit after marriage to Shirdi which was most memorable in my life and also a big miracle. After Baba's Samadhi darshan we went to Dwarakamayi. There one person sitting with coconut which he was not giving to anyone who requested to him. When I reached to that place with my wife, he suddenly stops my wife and gave that coconut and told us to go further immediately. After that I was observing him till I came out he did not give anybody that coconut whoever requested. That day we felt it was a miracle and also blessings from Baba for my marriage because there were around 150 people present there, but we were the chosen ones.

Our belief is only way, while faith, trust and patience (Saburi) is the only way to reach the divine power. Baba is always gives His helping hand to those who strongly believe in Him and pray Him with shradda and saburi. I feel very lucky to share my experiences and wish Baba bless us all with Happiness and continues to show the way to lead our life with honesty and by helping others. Om Sai Ram.





## Ask and it shall be given to you

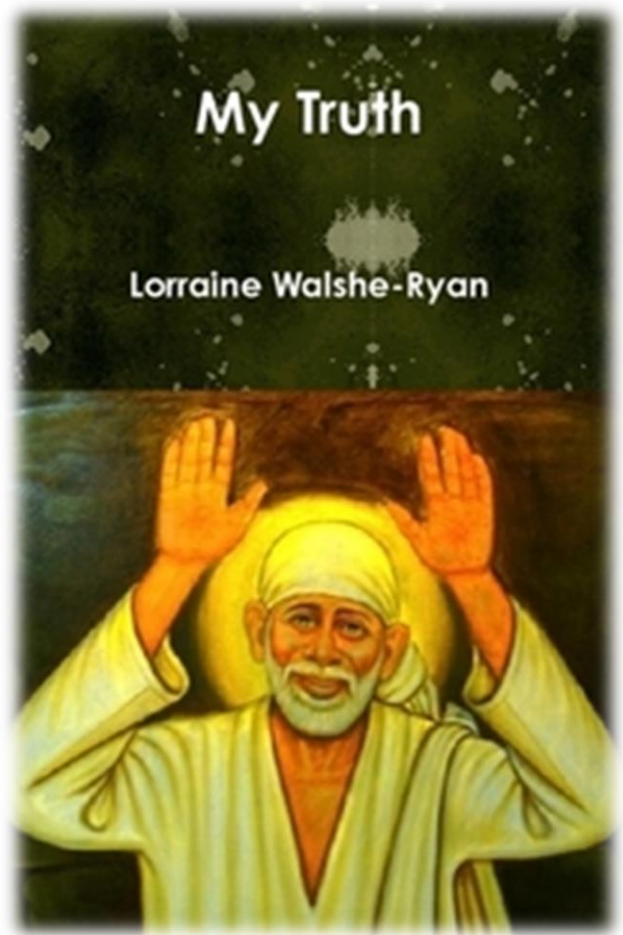
By: Lorraine Walshe-Ryan

I was invited by my sister to lunch with herself and two friends, known to both of us, whom we had not seen in many years. While I was excited to have been included, I was not confident at all, due to first having to walk to the station, which used to take me 10 minutes from my house six months ago, but now that I am dependent on a walking stick, it takes me half an hour to do this same walk.

We then had to catch a train to Parramatta, the suburb where we were lunching, which took another hour. Our summer has arrived much too early this year, the day was hot, humid and a storm threatened later that afternoon. But I did not want to disappoint my dear sister Cheryl, who is ever caring of my needs, who, whilst I am recuperating has been a constant angel, cooking my food, accompanying me to physio, taking my garbage bins out and I thank her for her selfless service, with never a complaint coming from her, but doing her seva dutifully and happily.

Prior to leaving, I spoke to Baba and said "Please join the ladies for lunch today, it is going to be ever so exciting as these two sisters (Cheryl and me) have not seen those two sisters in almost 35 years. Please also wear your flimsiest kafni as it is going to be very hot. Baba, make sure that You show me that You are with us. Oh yes, Baba, one more thing, please, please, no storms, no thunder, no lightening, You know how I fear them".

On starting our walk to the station I started to chant "Om Shri Sai Natha Namah" all the way to the station. The heat was intense, the walk long, I just chanted, having forgotten to bring my water, but I could not go back home in case I missed the train. We arrived at the restaurant and welcomed each other with warm hugs and glee. I sat down, quietly looking around the restaurant to see if He was there ahead of us. The next thing I saw was this huge, literally huge, butterfly with gossamer wings, fly into the restaurant, headed to where we were seated, it fluttered around our table for a minute, while the lady sitting next to me, was talking to the butterfly. The



overjoyed at seeing this unusual sight, me butterfly then fluttered up above the



main door and sat there for the whole time we were at the restaurant, watching our antics, on occasion flying around but going back to its position above the open door. I knew this was Baba. Our time together with the ladies was hilarious, we had so much to discuss, the food was delicious and I was truly grateful to Baba for putting in an appearance. Of course, my mind also went straight to the gossamer wings (the lightest, prettiest wings on a butterfly, which is rarely seen from the normal wing span, opaque and very colourful to look at).

After a joyous time together, we headed home as we again had to catch a train and I could see the clouds rolling in. I kept whispering to Baba under my breath "Wait till we get home then you can start Your dhoom dham". On the walk back home, the clouds were threatening and ebon in colour, I wished I could have run, but if I attempted to be so impatient and stupid, I would have had another fall on the road and it would have served me right. Besides, the walking stick slows one down. We got home and as we did, the thunder roared, the lightning struck and while I was thankful to Baba for yet again bringing us home safely, for being at the lunch in the guise that He was in, I did have to shout back at Him aloud, "Take the storm away, please. I am afraid". The storm lasted a mere 10 minutes. Shukria.



## **Baba wipes a mother's tears**

**By Sonali Mishra**

Om Sai Ram ..

This is an experience of Aug 11, 2012 when my younger Son had a seizure for first time which lasted for about 9 to 10 minutes. We were totally shocked, we called the ambulance and admitted him in the hospital. He was there for 4 days. After undergoing various tests including MRT, the results were out, it was Epilepsy. Doctors said he had to be on medication for at least 3-4 years. He was two and a half yrs old then. So we accepted this as my son 's destiny with positivity, but with a broken heart asking a question to BABA , why this happened to my son ? And also with a hope that everything is happening according to HIS will and HE will take care of my little one.

Then again the same year, end of November he started to get Epilepsy Jerks every one hr at night during his sleep. At first I thought it might not be epilepsy attacks, but when these started to increase I became very nervous. I was alone too, as my husband was in India for a Business Trip. The situation with my son worsened and the attacks became more frequent as these occurred every 15 minutes and almost till midnight and early mornings,. Then I contacted his neurologist and she advised me to do a Lumbar puncture ( to take Fluid from the spinal ) and some other minor tests.



Then I requested my husband to come back as soon as possible, and once he was back, we admitted our son once again to the hospital. This time too he stayed in the hospital for four days.. The day before his test I could not control my emotions and bursted out crying for about 5-6 hrs continuously. I started abusing BABA a lot ...means a lot.....then called my dad and mum. They consoled me in a very positive way, but still I was not convinced .

Fortunately one of my good friend called me the same evening, knowing about my son' s problem I started crying again. Surprisingly I don't know how but she was able to convince me and I accepted her words and stopped crying and begged pardons from Baba.



It was Thursday when he had his test done and I did not drop a single tear on that day though my son was crying and shouting loud in pain, as I knew that he will be fine soon. After all the tests doctors said there is nothing to worry because they did not find any kind of complications in test results. They only had to change the medicine, a bit more stronger from the previous one. On listening this I could not resist myself and cried and thanked BABA and started reading Sai Satcharita everyday and finished it.

Now my son is fine, though he has to get regular check-up done twice a year. Doctor said his problem, will go away according to age when he will be 6 or 7 yrs old. He turned 5 last month, I have full faith in Baba that He will take care of my kids. As long as Baba's ashirwad is with my Kids nothing wrong will happen. He is always with my two sons...

I am thankful to my Sai, as HE IS Taking care of my Kids and my Family...



Whatever is happening in our life good or bad is always for our good. And when one has full trust in Almighty, our Sai, then everything will go smooth. Hey Sai please be with all those who love you from the bottom of their heart be in our Heart, give us courage and strengthen our Faith in you...

Mere Sai...

**Sai Baba always with us through his unlimited Miracles.**

**By: Prateek**

**First Miracle**

It was in year 2007 when I first witnessed Sai Baba's blessings on me. That year I gave my HSE exams and the result was very poor, my parents were very sad. Somehow, I managed myself and started preparing for competitive exams in order to get in a good college, so that we all could overcome from the HSE results tension. But luck was not with me, in almost all the competitive exams that I appeared I didn't get a good rank. Again the environment at our home was full of tension and sadness. One day I and my parents were filling up the list of colleges for counselling and suddenly, we thought of the college which I was aiming to get an admission but due to poor HSE results didn't qualify for the counselling. The college comes under India's Top 15 colleges. My father asked my mother to make a call to that college and ask if there was any other session of counselling and to our surprise they told us that the next day they were conducting a counselling session and asked if we could attend the same. We live in Rajasthan and the college is in Mumbai, and it was around 3 PM when we made a call. We called to travel agency to enquire if there was any bus available for Mumbai and the travel agency told us that at 5 PM there was 1 bus and the seats were available. We reached Mumbai the next day and went to the auditorium premises where the counselling was going on. I filled up the form and after nearly 2 hours of waiting, my name got announced that I got selected but in the different branch of college which was not in Mumbai. It was my dream to get an admission in that college, I was happy though I got selected in the other branch of that college. Till this time I was not aware that it was all Sai's leela.

In the next month, the college was getting started and I went 7 days before to the college so that I could make friends and get used to the environment of different city. I was very excited but at the same time was very nervous also. On the 2nd day itself, my mind was continuously telling me to leave this college and go to my hometown. I called my parents and told them that I am getting nervous and I want to leave this college and wanted to return home. Hearing this my parents were shocked and they somehow made me understand that this happens and "you will get adjusted in few days". Days passed, but still I was not able to adjust there and almost daily I called to my parents and told them I wanted to come home. My parents visited to my college and stayed for a week in a nearby hotel, they again made me understand that this happens and "you will get adjusted," they even told me that they would send me to foreign as the college offers a semester study in United States with extra fees. 2 months passed but still I could not adjust and finally I left my dream college and came back to my hometown, knowing that I won't get admission now to any other college as already other colleges had started and it was the month of October and have to waste 1 year of my life. None of my family members were happy about my decision.

We were knowing that a very renowned person of India was opening a University in our hometown (40 KMs away from our city) and to our surprise one day from the newspaper we came to know that the University will start in October only. I took the admission in that University and graduated from that University.



This was all Sai Baba's leela and I understand that what He does, He does best for his children.

### Second Miracle

It was in year 2011, I got placed from my University placements with a handsome package before my final semester and the posting was in Gurgaon as mentioned in the Offer Letter. I thanked Sai Baba for his blessings on me. All my family members were very happy but Sai Baba had different plans for me. My final semester got completed in May and I was expecting the joining letter in mid-June. 2 months had passed but I didn't receive the joining letter, I contacted the Company and my University and they always assured me that I would soon receive it. I started applying to other companies as I had a fear that if I didn't receive the joining letter then what will happen. To my surprise, 1 day my father told me that in his company they had a vacancy and I applied there and started preparing for the written and GD/PI. I got selected and received a



and received a

package which was more than the one from the other company in which I got selected from my University. Sai Baba showed His miracle once again and made His presence felt.

### Third Miracle

From the last few months, my life is going through a bad phase, it was in September, 2014 I told my parents that I want to go to Shirdi and Siddhi Vinayak Ji (Mumbai) as soon as possible, they also want to come with me but somehow my parents professional life was not allowing them to come with me. Finally, we planned to start our journey to Shirdi on 1st October, 2014 to reach there on 2nd October, 2014. I had booked the tickets and applied for the leave too. My father's friend told him that on 2nd October, 2014 it is Dusherra and is Thursday i.e. Sai Baba's day there will be a huge rush, so he advised him to book the hotel in advance. We called to one of the hotel in Shirdi where we stayed 3 years back. He told that all the hotels in Shirdi are booked and there is no space. My parents were in confusion whether to go or plan to visit next month. But I want to go this time only as I could not wait any longer not even a minute now. Finally, we started our journey by bus on 1st October, 2014, though my parents had some tension where will we stay if we didn't find any hotel, but I was not thinking about all this as my mind was continuously praying to Sai Baba to give darshan to me.



We entered the paawan bhoomi of Shirdi on 2nd October, 2014 still the mandir was nearly 10 KMs away, my father was enquiring some details with the bus driver in the bus and the bus driver told that he was having some contacts with one of the Hotel in Shirdi and he would try to get a room for us. The bus driver helped us a lot, and we got a room. My father thanked the bus driver for helping us. We all took bath and went for afternoon's Aarti. We stood in the queue and after 3 hours we got the darshan. I was crying looking at Sai Baba and was praying to please remove this bad phase as soon as possible from my life. After the darshan, we had lunch and decided to again stand in queue so that we could have an evening Aarti. This time I had a very good darshan as if Sai Baba was standing in front of me. I was very happy. We reached the Hotel at 8 PM and enquired about the bus for Mumbai so that we could have a darshan of Siddhi Vinayak Ji. The travel agency told that at 10 PM there is a last for Mumbai. We booked the tickets and started our journey for Siddhi Vinayak Ji in Mumbai. We reached Mumbai the next morning and stayed in dharamshala. We went to Siddhi Vinayak Ji temple and there also I had a very good darshan as if Siddhi Vinayak Ji was standing in front of me.

These are just few of the miracles which I have quoted against the number of miracles which Sai Baba does every second.

I thank you Sai Baba for all that you have given to me. I am sure you will remove this bad phase of my life sooner.



## **Baba, The Doctor, The Therapist- YES – HE IS ALWAYS WITH ME**

**By Lorraine Walshe-Ryan**

I guess most are aware of my holiday in London in July 2014 to be with my family (daughter, grandson and son-in-law). The trip was booked for 6 weeks and during that time, we spent a week in Tuscany. Every minute that I had with my family was filled with elation, joy and love, this happened too in Tuscany, for I just love Italy, the love was like doubled, being with my family, the scenery, the food the joy of Italy.

The day I was meant to return to Australia was 17th August, the flight being at 10 pm. At 10am I was climbing the stairs (which I had done every day at my daughter's home, with never a problem) to get to my bedroom or the bathroom. I now climbed 4 steps and the next thing I knew was I had no grip on the rail but fell in such a heavy way down the stairs, spiralling towards the front door and screaming in shock. My family came running, we were all in shock, I could not get up and all I could feel was pain. I was taken to the hospital by my son-in-law, all plans to travel that night had also to be cancelled and it was confirmed after an x-ray that I had broken my right hip. The surgery was meant to be the next morning and the medical team had informed us that they would be placing a plate and screws in the hip area.

I was plied with morphine to alleviate the discomfort and intense pain, prior to surgery, but the morphine was making me vomit. I had no choice but to take the morphine, and yes, the pain was unbearable. To alleviate the pain, I placed a copy of my Sai Satcharita on the stomach area, intoning Baba to help me go through this tragedy, for that was how I saw this at the time. A young Indian doctor visited me stating that he was the anaesthetist at my surgery, which was now going to be in the evening rather than the morning, I had not eaten for 48 hours and looked and felt a total wreck. He asked the normal hospital questions to me. He then said "The Sai Satcharita – do you know Shirdi Baba – I go to Shirdi every year". It was comforting indeed to hear this, in a hospital in London.

The next night after surgery, I looked at the wound area, which was heavily bandaged and the bed and bandage were oozing blood. This was then cleaned up but uncomfortable all the same. I was oblivious to all around me, even though I was being given larger doses of morphine, I seemed unperturbed by the surroundings. The second day on waking in the morning, I felt a bit light headed and requested that the morphine be disconnected, I just never felt the need for it. The staff insisted that I stay on it, as, if removed, the pain would intensify. I disregarded their comments and continued requesting them to remove the morphine, eventually they succumbed to my request. Neither would I opt for a bedpan, instead asking the staff to give me a walker, I would walk to the bathroom myself. They looked at each other and called the head nurse who said "You cannot do that Lorraine, you need to have your leg raised, you have had 18 clips inserted and the nurses will bring the pans to your bed". I then sat up, pushed my legs to the side of the bed (ooooooooooooouch) and attempted to stand. They quickly brought the stroller and although doddering on my feet, I walked to the bathroom. I can assure you, it was painful, messy and very awful but I did it with Baba's help.

Indian doctor waiting for me. She  
my name is Dr. Sai". I did not know

When I got back to the bed there was another  
extended her hand and said "Hello Lorraine,  
whether to laugh or cry at her name and





the pain of walking stubbornly to the bathroom. That afternoon, a patient across from my bed by the name of Pushpa, was visited by her daughter Rita, whose name happened to be Sai..... (which was printed on her T-shirt). The following day I did feel a lot better, no morphine, instead of taking 8 painkillers a day, I was hiding them and taking only 2. At lunchtime, there was going to be a lady performing for the patients. The dancer arrived at 2 pm – an Indian lady who did a dance dressed as Lord Ganesh. At this stage I could not help but bawl, Baba was with me every step of the way. Of course many are going to say “But then why did He let you fall and break your hip”. My karma. Now my saburi is being tested with the physio, the limping, the cane that I have to use (which is more than a hindrance rather than a help, it falls on my toes or legs and hurts like hell, it seems to be more in the way and I have to watch not to fall over the cane), daily, it will pass for I know He is always with me.



The story does not end here. I am back in Sydney and had my first physiotherapy 2 weeks ago. Prior to going to the session, I intoned Baba “I hope you are the therapist and that you will not put me through anymore agony, I have had enough of the limping and the pain”. In the room while I was filling out forms, I noticed a young man, full of tattoos, dreadlocked hair, dishevelled and sitting near me. I gazed at his finger only to see quite clearly Sai tattooed on. I had a chuckle. The therapist was “pure joy”, yes, she was hard on the hip area with the massage, but it is for my good. Besides I can take heart knowing who the therapist REALLY is. Inshallah!

# Bhajans & Poems



**Sainath – Our Saviour**

**By: Rajiv Kaicker**

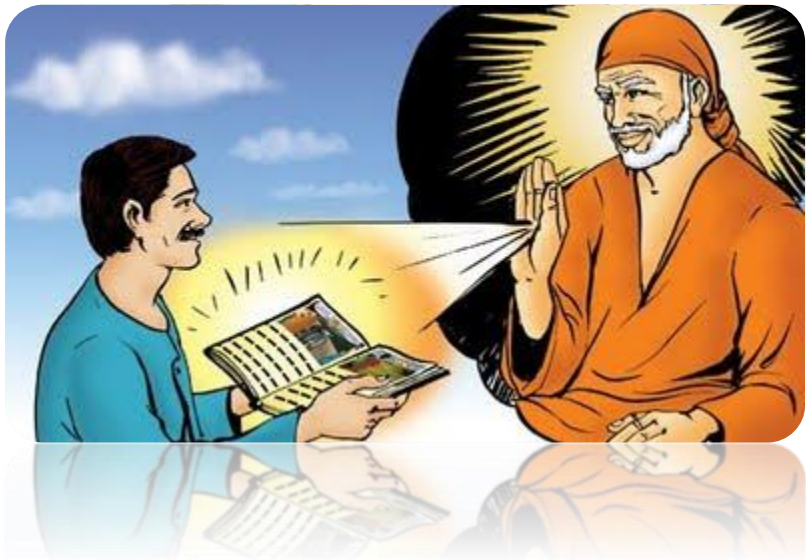
The soil of Shirdi was blessed  
The advent of Lord Sai it witnessed.  
He incarnated to eradicate the miseries of the human race  
And shower on them His divine love and grace.

Sai answered prayers and fulfilled the desires of mankind  
Their spiritual upliftment was always in His mind.  
He had respect for all faiths and creeds  
He preached harmony between our thoughts, words and deeds.

Sai Satcharitra was a Gift of the  
Divine  
For Shraddha and Saburi in us to  
shine.  
It imparted lessons to enhance our  
spirituality  
And to immerse us in Bliss and  
Tranquility.

Sai, the dweller of all  
Continues to be active as per His  
clarion call.  
He exists beyond existence  
There is no dearth for food and  
clothing in our homes for subsistence.

We look upto Him as our Saviour.  
Oh Sai, lead us from Darkness to Light  
May we be ever pure, compassionate and upright.



# Spiritual Articles



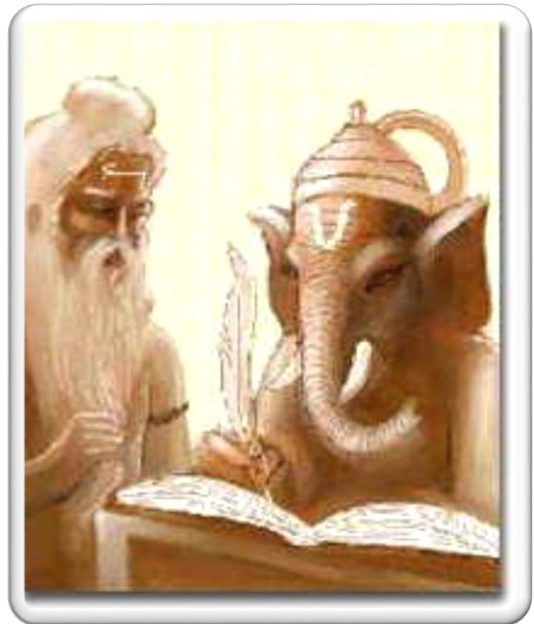
## Shirdi Sai Baba and the Vedic tradition of India

By: Rajiv Kaicker

The Vedic Tradition is one of the most ancient surviving spiritual and mystical traditions on the planet. It advocates realization of the divine as the ultimate truth and living a pious and virtuous life in the material world. It is based on Universal Truths of Dharma or natural laws that are applicable for anyone, at any time in history and anywhere in the world. Much tradition and evidence indicates that Vedic tradition, with Sanskrit as the primal language, was the original universal culture beyond many other traditions that later developed throughout the world. It is a tradition that emphasizes individual freedom to investigate spiritual truth to its deepest level and provides the methods by which one can have personal experience of the spiritual dimension.

The paradigm of the Vedic philosophy is that God is omnipresent, omniscient and omnipotent reality, whereas the individual is only an instrument in the Cosmic Play. In order to experience the qualities of the transcendental reality which are Satyam (the truth), Shivam (the auspicious) and Sundaram (the beautiful), one needs to follow a way of life in which one is able to bring unity in the thoughts, the behaviour and the actions. Meditative contemplation, faith in God, trust in oneself, appreciation of and living in harmony with the environment and nature, experiencing oneness in all interactions are some of the basic foundations of the Vedic Tradition.

Just as different beads of a rosary are linked together by one single thread, similarly all the various traditions of Vedanta are linked by Yoga. Yoga is the underlying practical aspect of all spiritual traditions as it leads to enhanced awareness and realization of personal belief.



The essence of Vedic wisdom is the knowledge of how to experience the transcendental field of consciousness within individual awareness and enliven its qualities of creativity, intelligence, and bliss for maximum success and fulfilment in daily life.

Although Shirdi Sai Baba demonstrated equal respect for all faiths and religions, He always emphasized that no religion is higher than truth, the inner Self is the same in all people. The three main paths of the Vedic Tradition – The Bhakti Yoga, Gnana Yoga and Karma Yoga influenced His teachings. According to Him, when the ego is tamed, one can



realize one's self. In the egoless state, all actions are pure which immerse us in the sea of tranquility, leading to oneness with the Divine or a state of Eternal Bliss. The essence of Vedas was simplified by Sai Baba and cogently explained in Sai Satcharitra. He asserted that strict adherence to complex rituals does not bring about union with the Divine. Mere repetition of the name "Sai Sai" is enough for attaining self-realization and eternal bliss.

Sai Baba highlighted the sum and substance of Vedanta to Nana Chandorkar with a simple exposition of the Bhagwad Gita and at the same time, eradicated Nana's pride by revealing His excellent understanding of Sanskrit. Our Beloved Sai taught us that mere reading of scriptures only provides us knowledge which often inflates our ego. It is imperative that one must put into practice what one has read to overcome the egoistic tendencies and reach the final goal of life.

There are other examples in Sai Satcharitra which portray the importance of assimilating the internal meaning of the sacred texts and scriptures. Sai Baba outlined the importance of Vishnu Sahasranama to Shama that remembrance of the name of God in one's mind is the antidote for overcoming the trials and tribulations of our mundane human lives. At the same time, he demonstrated to the Ramadasi that, unless one gets rid of one's ego, it is not possible to tread on the path of self-realization. Besides, he advocated the reading of Guru Charitra, Nath Bhagwat, Geeta Rahasya, etc. to others.

He freed man from worldly desires by giving them what they wanted so that they may learn to want what He wanted to give them. Sai responded to all prayers and fulfilled all desires so that His devotees turned to His way of teaching and what He liked them to do. He advocated the practice of doing one's duty and fostered amity and harmony in their daily lives.

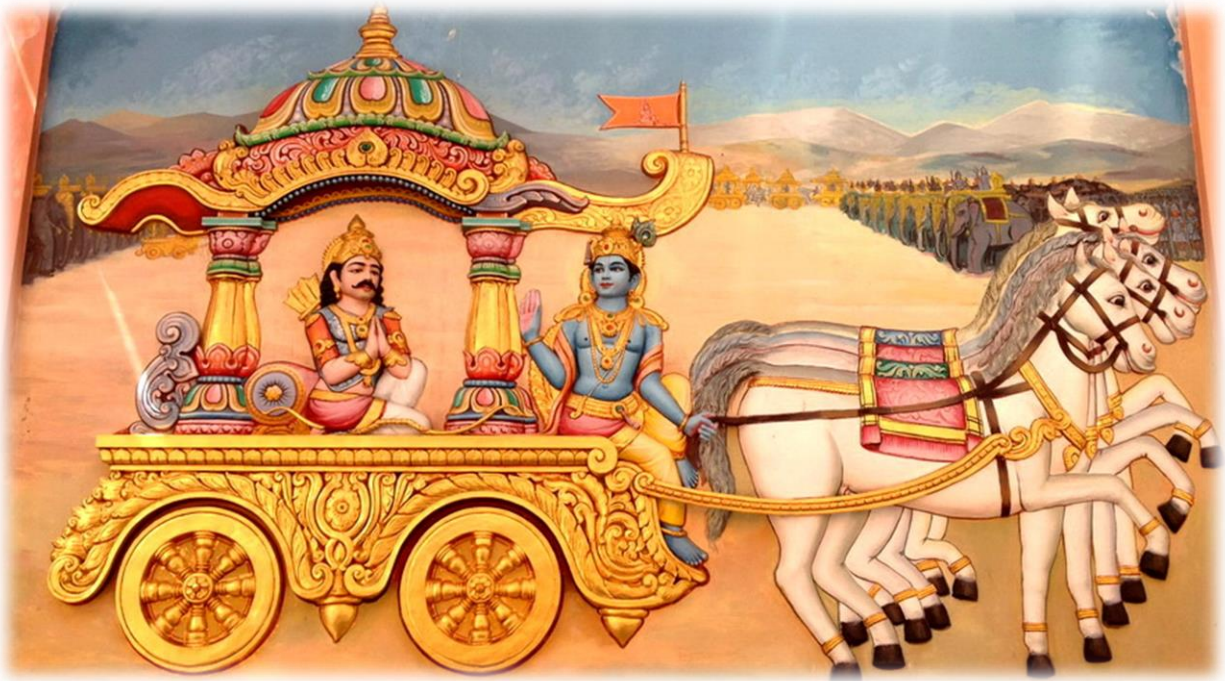
Jai Sainath.



## The Seven Teachings of the Bhagavadgita

**Source: internet**

The Bhagavadgita is a spiritual discourse delivered by Lord Krishna in the middle of the battle field. It contains 18 chapters, which deal with a variety of subjects such as the nature of the self, the need for restraining the mind and the senses, withdrawing them from the sense objects through the practice of yoga, performing desire less actions, the vision of the Universal Self, the qualities of Nature, incarnation of God and reincarnation of individual souls, devotion to God, liberation and so on. The various topics discussed in the scripture can be grouped under four main headings: the individual self, God or the Universal Self, the relationship between the two and liberation of the individual self. The Bhagavadgita encourages us to perform our obligatory duties as a sacrificial offering to God and not to turn our back upon them. It explains how delusion arises and how we become bound to our present conditions, suggesting the various alternatives that are available to us to escape from them.



Although on a superficial note the Bhagavadgita seems to favor the path of devotion, a careful student of the scripture cannot ignore its obvious connection with the other paths described in it such as jnanayoga (the path of knowledge), karmayoga (the path of action) and karma sanyasa yoga (the path of renunciation of attachment to the fruit of our actions). Jnanayoga is the first stage. Every student engaged in the religious studies is a practitioner of this path. On this path a person acquires the knowledge of the inner self through study and contemplation and becomes aware of the importance of realizing his true self and achieving salvation. After a person spends time acquiring the knowledge of the scriptures, he should turn to karma yoga to discharge his responsibilities towards himself, his family and society by performing his obligatory duties in deference to his



dharmas and as a sacrificial offering to God. The culmination of the practice of karmayoga is karma sanyasa yoga in which the seeker realizes either by virtue of the knowledge he has already gained or through experience that it is not actions but attachment to the results of his actions which is responsible for his bondage. So he begins to perform his actions without desire and attachment, renouncing the sense of doer-ship, and offers the fruit of his actions to God.

When a seeker practices these different types of yoga for a considerable period of time, he develops sattva or purity and divine qualities which are enumerated in the Bhagavadgita. With these refinements in his lower self or the outer consciousness, he eventually comes to the fourth and the final stage, which make him fit for the practice of bhakti yoga, or the yoga of devotion. In this stage he experiences intense devotion and unconditional love for God. He surrenders to God completely and spends his time in His service and contemplation. His mind and senses become fixed on the thoughts of God. He sees Him everywhere and in himself and experience oneness with Him. He withdraws mentally from the distractions of the external world as his mind is now totally occupied with the thoughts of God and lives in the constant pain of not being able to find Him. When his devotion reaches its crescendo, God reciprocates with his abundant love, just as He promised in the Bhagavadgita, and releases Him from the bonds of mortal life forever.

Thus we can see that the Bhagavadgita is not just about bhaktiyoga but a holistic spiritual effort that demands from people physical and mental purity, self-control, performance of duty, renunciation and devotion to God for their liberation. We learn from it that while bhakti yoga is the most direct solution to achieve liberation, its true practice is possible only for those who have progressed on the path of salvation through their previous effort. True devotion in which all sense of egoism becomes dissolved and only the thought of God remains is a product of years of practice and self-discipline. It is possible only for those who are able to restrain their senses, stabilize their minds, cultivate purity and perform their obligatory duties in the midst of society and their families. Only those whose hearts and minds are infused with the love of God can practice true devotion. Where there is love for one's self, there is truly not much love left for God. Where there is a consideration for the self, devotion to God is just an excuse for furthering that self. So people who claim themselves to be devotees of God should search their hearts and minds to see how much of their egos are still active and seeking. If you are still in love with yourself, will it be possible for you to love God unconditionally all the time? This is a question we must all ask ourselves if we claim ourselves to be true devotees of God. This fact becomes obvious when we study the Bhagavadgita from a wider perspective and begin to connect the various seemingly divergent approaches and practices discussed by it into one broad based solution.

The Bhagavadgita has been interpreted in many ways from ancient times, by scholars belonging to various religious traditions or sampradayas in support of their respective schools of thought. For example, Shankaracharya (8th-9th century A.D) wrote a commentary upon it from the perspective of advaita vedanta or the philosophy of monism, declaring Brahman to be the only reality and ignorance as the main cause for our inability to recognize the truth. Sri Ramanuja (11th century A.D) interpreted it from the perspective of Vishishtadvaita or the philosophy of





qualified monism. He argued that while God is the One and the only Reality, He was not without attributes. The individual souls are similar to Him in their essence, yet they are not completely identical, because there is a subtle distinction between the two, which cannot be clearly defined but which cannot be denied either. Sri Machavacharya (11th-12th century AD), a great proponent of the dualistic (dvaita) school of philosophy, wrote a commentary (Gitabhasya) and an interpretation (Gitatparya) upon it, stating that God and individual souls are distinct and different and that individual souls can gain liberation through self-surrender and devotion to God. Also deserving a mention in this regard are Nimbarka (12th century A.D), his disciple Kesavakasmirin, Vallbha (15th century A.D), the proponent of suddhadvaita or pure non-dualism, B.G. Tilak, Sri Aurobindo, M.K.Gandhi and Sri Swami Prabhupada. All these eminently scholarly and spiritual people interpreted the Bhagavadgita according to their respective beliefs. In the scripture itself, Lord Krishna mentions a lineage of scholars who received the knowledge contained in it at different times in the history of mankind.

While the scripture has been the subject of different interpretations, we can identify in it the following seven fundamental teachings or instructions. These seven teachings sum up the philosophy of the Bhagavadgita and help us develop the necessary qualities and discipline to progress eventually on the path of devotion towards our liberation.

1. Know the reality of the world in which you live. Know it to be impermanent, unreal and the source of your suffering and delusion.
2. Know the Reality about yourself, who you are and what you are really. Know that you are neither your body nor your mind, but the true self that can neither be slain nor hurt. It is eternal, divine and transcendental.
3. Know that the senses are responsible for your desires, attachment and the instability of your mind and that by restraining your senses you can achieve the stability of your mind and become impervious to the pairs of opposites, such as pain and pleasure, which is the key to self-realization.
4. Cultivate buddhi or your discriminating intelligence to discern true knowledge and practice wisdom so that you will know the difference between truth and untruth, reality and illusion, your false self and true self, the divine qualities and demonic qualities, knowledge and ignorance and how true knowledge illuminates and liberates while ignorance veils your wisdom and holds you in bondage.



5. Know the true nature of action and inaction and how actions bind you to the world and cause you suffering. Know that it is not actions but the desires and the attachment behind your actions which are responsible for your karma. Know the truth about the doer-ship and who the real doer is. Do not seek to escape from your responsibility because not doing your obligatory duties is also bad karma. To neutralize your karma, perform your actions without desires, without attachment and without seeking the fruit of your actions, as a sacrificial offering to God, accepting Him as the True Doer and yourself as a mere instrument. Know that true renunciation is renunciation of your desires and the fruit of your actions.



6. Know the Supreme-Self to be the all-pervading and all-knowing Creator of all. Accept Him to be the cause of everything and the real Doer in your life. Surrender yourself to Him completely and offer Him everything that you have.

7. Cultivate the quality of sattva or purity so that you can experience true love for God and know the true meaning of devotion, surrender and sacrifice. Restraining your mind and senses, focusing your mind on the thoughts of God, surrendering yourself to Him completely, make your life and actions as true offerings to Him, acknowledging His role in all your affairs and expressing your gratitude. If you persist in your practice, you will begin to experience total devotion to God and His unconditional love. He will take full responsibility for your life and manage your affairs for you.

## **Meditation on Sai**

**By: Divya Rangi**

Many of us often want to meditate. Meditation brings peace in one life but sitting in a posture for some time without doing anything does not sound so interesting, does it? Learned ones always compared our mind to a monkey. The minute we start meditating, it sits around for may be a maximum of thirty seconds and then its wanders away for its own joy ride. It starts with going back to our work/ school then to something that has happened in the city today and to the newspaper article that we read. From there it takes a u- turn to a shopping mall, looks at that purse we wanted to have and then checks the wallet.....! Wait!! Where were we?! Weren't we trying to meditate? And there ends our meditation and the desire to meditate. It gets moved to the 'I don't think I can do it' area and finally ends up in 'Meditation is not my cup of tea' category.

We would be surprised to know that we were meditating all the while during this time; but just on the wrong thing. Meditating on worldly things will not fetch us anything but pain and sorrow. We often read that the one common thing all the saints from the old times did was to meditate. What is that they meditated upon or more importantly how did they meditate without any distractions? Let us try to replicate them and try to meditate. Yes, right now as we read this article. Let us give another try to meditate; but upon Sai this time.

Alright now that we are comfortable- let's start! But by the way, how does Sai Look?

Let's see, He is in a sitting posture. Though the idol I see is carved in marble, he is so lively. He has a cloth tied around his head covering his hair until his waist and that has a knot behind his neck. He has deep intense eyes that look at me no matter where I stand or sit in the temple. He has a sharp nose and big ears as if he is ready to hear what all I have to say. He has high cheek bones and cheeks that are drawn inward. He has a big moustache that extends to his beard. His lips are so perfectly carved that they look smooth even though they are carved in marble! He has a smile that makes me so relaxed and forget all my tensions. His beard is not too long but not too short, ranging from ear to ear. He has a slender neck. He is wearing a Kafni, indicating his simplicity and aversion towards worldly pleasures. Though he wears a kafni that looks torn and worn out; he still looks radiant. He is sitting in a little bit forward bent posture as if he is ready to pick me up as soon as I fall on to his feet seeking help. He sits on a throne with one leg on the floor and the other on his lap.

Wait! Which leg is on the floor? Think! Pause here for a while, close your eyes and think. Okay, now I sit in front of him, so his left leg is on the floor and right leg is on his left thigh.

Great! Where are his hands? Again, close your eyes and think further before you read. Let's see, his right hand is in his lap- almost on his right foot. His left hand is on his right ankle.

How are the fingers on his left hand?



His thumb is on the right ankle bone, index finger on facing down as if showing me that his left foot is on the floor, easier to reach and bow my head to. The remaining three fingers touching his right inner foot.

He sits in Veerasana pose, ready to impart wisdom and spiritual wealth if I ask for it.

That's it! What we did till now is meditation! That's all! As said earlier, our mind is a monkey and it cannot sit stable in one position, idle and thinking about the same thing. It has to have some work.... always! That is what we gave it now. A work to meditate..., but to meditate upon the one that calms us, the one that brings peace to us.

Fun isn't it? Imagination and visualization is the beginning of meditation. You may not be able to go to Shirdi right now physically from wherever you are but you can go to Shirdi right now mentally from wherever you are. Let's give it another try.

Alright, as I close my eyes, I am already in Shirdi, the divine village where He once walked. As I enter the temple, it is completely empty! I go into the main temple. It is all empty and silent. As I walk in, the priest welcomes me. I go in and I see there are huge baskets of roses and other flowers. I thank Baba for being so kind to me, for giving me a happy life and far less problems that most other people have. I now take a big basket of chrysanthemums and start chanting his names as I offer him those flowers. As I drop flowers on his feet, a few flowers fall bottom up, a flower falls away from him colliding with other flowers. I laugh at it and say your destiny is at his feet but not on the mere ground as I place it back on his feet. The



fragrance of the flowers is so fresh that if filled the premises and Baba's feet now look even more beautiful. The milky white feet with yellow colored flowers all around. As I finish the chanting, I carefully move the flowers aside as though I don't want the stems of the flowers scratch his feet. I put my head on his feet and thank him for what all he did for me, for keeping me healthy and safe, for protecting my loved ones. As I carefully lift my head back and stand again, I see that there is another basket of red roses beside me and by this time there is no priest too. I take those flowers and start making a garland sitting in front of him and talking to him.



Baba is now listening to me and talking to me as I tell him what all happened today. By the time I finish the garland, I see that it is almost the time of madhyaan aarti. So as priest holds the aarti, I whole heartedly sing the aarti and take the prasaad. Once again I bow to him and thank him for such an opportunity and walk out of the temple.

Now come back! Isn't that refreshing? Isn't that happiness? There were no cell phones, no newspapers, no people to bother us. It was just Baba and us and pure happiness. This doesn't take more than five minutes a day but it leaves you happy and fresh all day. You will want more and more of this me time, this meditating time as you practice. As said earlier, imagination is meditation, there are no boundaries as you what you can meditate and visualize upon but if done on right things it brings immense peace and happiness.

Hope this helps any beginner who wants to meditate but is hesitating to start. May Baba's blessings be upon us.



## Life

**By: Lorraine Walshe-Ryan**

During the last 18 years, I have made countless trips to India, for various reasons. I am at last beginning to think, do and act physically and mentally for myself, with my Higher self being the hidden guide, of course and also dedicating my days to my family, who now take priority of place, especially when one has a gorgeous grandson as is mine. A balance between being a human being and a spiritual being – try it, it works.

At the time of the visits to India, I ended up buying cricket bats for the village boys and sometimes even playing cricket with them. The children were aghast, the looks of surprise on their beautiful faces especially when I mentioned that I was from Australia. It was an endless question and answer session all about the AUSTRALIAN CRICKET TEAM, oh how those children loved them and knew all about them. After long hours not playing cricket but merely chatting ABOUT cricket, I had to ask them to now go back to playing as my throat got hoarse from chit chatting, but it was glee for me, nonetheless. I remember having played cricket with a village group in Shirdi. But to watch the joy on these innocent faces was my joy, for they each held a high regard for the Australian Cricketers.

This week my cricket joy turned to sorrow, when one of our great, young players Phillips Hughes, so tragically had to leave his mortal coil. I watched in utter sadness Phillip's funeral at home, on the TV. I was sadder still as Macksville (Phillips home) is the home of my ex-husband, it brought back twofold memories. This is where Phillip was born and was buried. But this is not about me, it is about Phillip Hughes. A young, brilliant, player taken too soon from a life that was just beginning to unfold before him.

I read tearfully, the tributes written about Phillip. He was so deserving of the accolades afforded to him, for as a young man, he epitomized all that was good in life. Hence, it was no surprise to me that even the Pope held a mass for Phillip, a first ever – the recognition Phillip deserved for what he put out in life. Phillip had an innocence about him, gauging from his early interviews. Shy but confident at the same time, skillful and courageous and his love of cricket shown on his face, along with his incredible shots. He was and is loved by most.



Like many, I am struggling to come to terms with the sadness of losing a YOUNG, healthy, gorgeous cricketer. A youth who gave it his all, to the game of cricket, to his family, to his mates, to the world. A good example to many a youth of today – do good, be good, for that was what Phillip Hughes stood for. He was good in every sense of the word, for that he will ever be remembered.

Phillip is now resting eternally and I pray for the repose of his soul and

for his family to come to terms in their time, to the tragedy that has just befallen them. Life is precious, our families our precious – make the most of both. I love being a human.



## Articles & Spiritual Experiences are invited

Please send your articles by 1<sup>st</sup> March, 2015 for publication in April-2015 edition of Samarpan e-magazine.

Please follow below guidelines for submitting your articles for next edition of SAMARPAN.

1. इस वेबसाइट को प्रयोग में लाएँ, हिन्दी में लिखने के लिए.

<http://www.quillpad.in/index.html>

Use above website to write in Hindi.

2. Please give a suitable title and write your name or the name of the author (if you are not the author).
3. Please keep your articles in the range of 150 to 1500 words. Please provide enough details in your article about your experience.
4. Please do not type sentences all in capital (upper case).
5. Please do not use short forms (SMS style of writing)
  - Write "you" and not "u"
  - Write "because" and not "becoz"
  - Write "and" and not "n"
  - Please use full stop "." and not "...."
6. Please write complete sentences in your article.
7. Please keep in mind following while writing "Sai Baba" in your article.
  - Sai Baba
  - Saibaba
  - Sai-Baba
  - ~~sai baba~~
  - ~~SAIBABA~~
  - ~~SAI BABA~~
8. Please do spell-check before you submit the article and correct all spelling mistakes.





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