

Samarpan

JAN 2010

EXPERIENCES
OF DEVOTEES

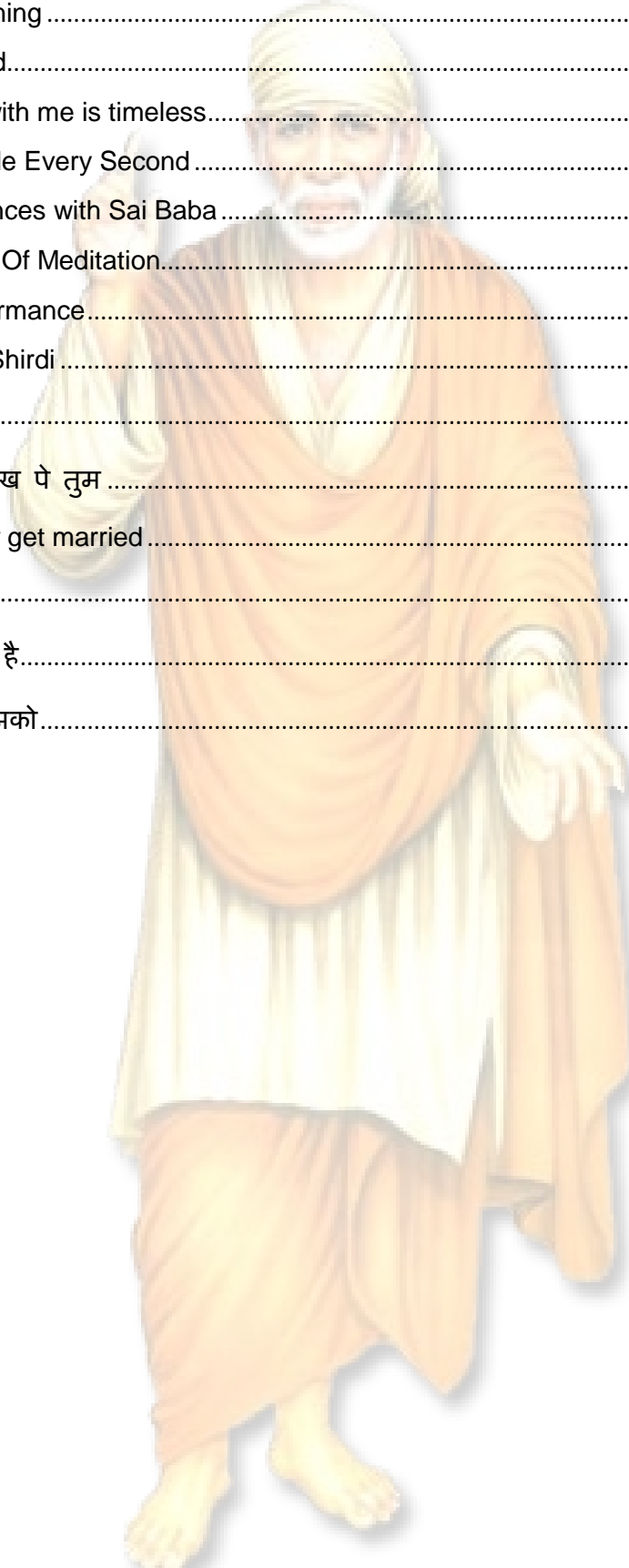


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Editorial

- Ashok Jain

By the time you read this magazine it will be sometime the last week of January. However, it is not too late to wish you happy New Year. Wish you have a spiritually fulfilling and dreams materializing New Year ahead.

Let's start this new decade with full of positive vibes. Baba himself is source of positive energies. More we feel close to our Sai, more we find ourselves confident and more positive in our life. It is the connection with Baba which brings the positive vibes.

With 2010, we bring some changes in our Samarpan. Samarpan will now onwards be a quarterly magazine, which means that you will see the next issue in April and the subsequent issues in July and October. We will continue to publish the received articles as usual.

We received many articles and we have chosen most of them for this edition. In case your article is not published, please bear with us, we will publish it in the next edition. We thank all the readers who have submitted their articles to us. It is a humbling experience for me to read all the experiences and I am lucky because that helps strengthen my relationship with Baba.

At whatever stage Samarpan is today, it is because of you all and by Baba's blessings. May our relationship with Baba grow stronger in time, may our faith grow many folds and may Baba's blessings be upon us every moment. Thank you all and love you all. Peace and love.

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How Baba has helped us to get justice

- *Meena Kapoor*

As promised to Baba, I would share my personal experience. I belong to a middle class family with low income. My family includes me, my younger brother, sister, mother & father. Right from the beginning, my mother had to struggle for our education as my father used to get very small income. By my parents' efforts we got good education. We stayed in Delhi for 14 years in a rented accommodation. It was our dream to stay in our own house.

We had our ancestral property in Gurgaon which my grandfather at the time of his death distributed to all his five sons (including my father). We decided to sell our share and buy a small house in Gurgaon as all our relatives were staying there.

My father was a nice, emotional & honest person. During his life time, he never cheated with anybody and taught us same. My younger Uncle had eyes on our property which we were not aware of. My father had once borrowed a small amount (Just Rs.30,000) from my Uncle for his business. He used to pay the interest amount regularly to my Uncle. One day all of a sudden, my Uncle demanded the complete amount to be paid at one shot from my father. My father expressed his limitations to pay the full amount. My Uncle insisted & forced my father to shift his property papers on his name. My father was helpless as he didn't have any other option but to shift his property papers on my Uncle's name. My Uncle never paid us back the balance amount after deducting the original money (Rs.30, 000).

We all were very sad, with heavy heart, we closed the chapter by thinking that it was not in our luck and was God's will. But my mother was certain that one day God would do justice with us.

Time passed away, by God's grace and my mother's efforts, we bought a small house in Gurgaon. Luckily, I & my brother got good jobs and our

family's financial condition improved. We were happily staying in that sweet little home. I got married. But as they say that happiness does not stay longer at one place; one night my father got a silent heart attack and he passed away. We were again badly shattered. My husband was nice to my family. He really took the responsibility to manage the house till everybody came out of the shock.

Two years later my brother got married. To our surprise, after 10 years, one day my Uncle came to our house and requested my mother to sign some papers. After enquiring about it, we came to know that our ancestral property which my Uncle had forcibly taken from my father was still on our name. As after my father's death, by law, the property was shifted to his legal heirs i.e. my mother, I, my brother and my sister and the papers which my father had signed became null & void.

My father was a nice, emotional & honest person. During his life time, he never cheated with anybody and taught us same. My younger Uncle had eyes on our property which we were not aware of.

I am a strong believer of Sai Baba and have firm faith on him. I always remember & religiously follow Baba's words "PATIENCE & PRESERVENCE". We all thought that Baba is giving us one more opportunity to take back our property. My mother refused to sign those papers. We filed a legal case against my Uncle. I religiously prayed to Baba, and wished that if we are honest and right in our path, please help us to get back our rights.

Baba listened to our prayers. After two years, now today (18th October '09) my Uncle has changed his mind and is now ready to give back our due share in the property. We are all very happy. It is all because of Sai Baba.

I request all of you to pray Baba for even a small thing like we ask our parents for something; we should ask Baba to fulfill our desires. And believe me; Baba always listens to our prayers. I would like to say "Thank you Baba for everything". Please be with me always.

I get Job by Baba's grace

- Ramesh Ahluwalia

Sai Baba is so kind and showers his blessings on the devotees like me who even want to test his Majesty. I shall share my experience with all the Sai Devotees.

In 2007-08 I was full of distress because some people stood against me and wanted to harm me. They were successful in their aim and finally after one year in January 2008 I was sacked from my job. During the whole year, my wife visited Sai temple in our city and made Ardaas. One day she told me to go with her and offer sincere prayer in the lotus feet of the BABA. I did so. I read 11 Bachan of Sai Baba in which one of them is a promise by Sai Baba that who so ever come to His tomb will not go empty handed. My wife told me that please give your all worries to SAI BABA and I did so.

One day in December 2007, I got a telephone call from a reputed institution that I had to appear for an interview. At that time I was in my previous job. The interview was fixed on January 7, 2008. They promised me to refund the taxi fare also. I took two days leave and went to appear for the interview. They shortlisted 6 candidates. In the evening at 7 pm I was called by the attendant to face the interview board. I stood up from my chair and prayed Sai Baba. I requested Him to go with me. The

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interview took half an hour. After that I took the refund of fare and came down. Next day on 8th Jan 2008 when I was still on the way to my home I received a call that I was selected and they wanted to discuss other formalities. I told them that I will come on 11th January. On 9th January I went to my office and planned to apply for the leave for 11th Jan. In the meantime around 4'o clock I was given a letter from the authorities that my services had been terminated with immediate effect. Though I felt bad because the bad /evil souls succeeded but by heart I thanked SAI BABA and his Lila. Thereafter I met my new employer. They told me that they would issue appointment letter in due course but January passed, I didn't received any letter. Then my wife told me to pay visit to Shirdi and we both went there on February 24th. We stayed there for three days. I frequently recalled the eleven promises of Sai Baba .. "jo meri Samadhi pe aayega, apada dur bhagayega". On return journey I requested SAI BABA what happened to your promises, I was roaming free without job. Then on the train itself SAI BABA gave me miracle. I got the phone call that when it would be convenient for me to join the job. My eyes filled with joy and shared with my wife and both of us thanked Sai Baba. I joined my new assignment on 1st March 08.

How BABA is concerned with his children is seen from my experience. Today I am regularly taking His name and rub udi daily. Thanks to SAI BABA who is the savior of all. Even if the evil people want to hurt you, Baba saves.

OM SAI RAM.

Shirdi travel experience

- *Uday Shankar Kar*

I have attended Shirdi Yatra with Guruji NARAYAN BABA of Panvel from 20-23 November 2009. On return journey I have given money for the ticket to Shri Viju Sontake for Normal Non AC Bus .He told to adjust me with some other bus as that bus was cancelled due to some problems. But the bus was late by 2 hrs. It reached Shirdi in evening time. But I was relaxed and happy as the substitute bus was a Sleeper Deluxe AC Bus charging the same fare. We reached comfortably to Panvel. This is the miracle for sending the Sleeper Deluxe AC Bus.

When the bus reached Panvel auto was standing at the bus stop at Panvel. We reached Panvel safely without any hurdles. This is our Guruji's grace on us.

There was also a game played in the bus of picking up a coupon from a bowl individually. When my turn came I picked up a coupon and I received our beloved Guruji "Narayan baba" big size golden frame with photo of Sai Baba. I was thrilled with joy to receive the Guruji's big size photo.

I am very fortunate to receive the photo of Baba. I felt our beloved Guruji takes care of us in this world and also in the world above .He has shown us the path of unconditional love & faith towards baba.

Sai reunites my Daughter

- *Kuppuswamy K*

Om Sai Ram

Whenever I feel depressed by some unusual happening at that time Sai is my only savior. I have one daughter and a son. My husband expired 2 years ago. My daughter got married and is having a baby. Once without any reason my daughter had fight with me. She took her baby and went out of our house. Baby was then only 45 days old. She did not even take my permission. She went to her in-laws house. She spoke with me harshly which stunned me. I did not know what to do. Every time while reading Sai Satcharitra I pleaded to Sai- "why this happened to me?" My eyes were full of tears all the time. My daughter lived just 2 streets away from my home but I had no news of her well being. Whenever someone asked me about my daughter and grand-daughter I had to remain silent. She did not even call me. I asked Sai Baba- "What wrong I have done?" I prayed to Baba: "You are my only rescuer, you only can make things correct. Suddenly 2 days later my daughter called me and said "Mom I am coming back" I just replied- "Come." I had never expected that she would realize her fault and will come back. Everything happens at Sai's will, he is the one doing all the things.

Om Sai Ram.

Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviors. Keep your behaviors positive because your behaviors become your habits.

Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.

Sai Baba brings my husband back to me

- Priya L.

"I have only read about Swami's leela's in others' lives, never thought it will happen to me. In the last 4 years, I have always promised myself that if my life got better with Swami's blessings, I will share my experience with other devotees. It is my turn now.

For nearly 4 years, right from the time I got married, my husband was cheating on me by living with his ex-wife. That was when I had started

I prayed with all my heart and wrote a letter to his ex-wife stating the facts about my marriage and my doubts about my husband two timing us. The post office where I posted the letter had two big pictures of Swami.

praying to Baba. Innumerable nights and days passed through with tears flowing incessantly and a heavy heart. Parents, friends and my daughter were my pillars of strength.

It was end July, after spending a happy week with us, my husband returned to UK on a Sunday, where he was living

then. He called me one Friday to say that he had to go to Turkey with his ex-wife and son to complete some legal work. I knew that he was lying and they were going there to celebrate her ex-wife's birthday. I wept like I have never done in my life. I pleaded to him not to go, and that it would bring our relationship to an end if he did. He went nevertheless. I was shattered.

I prayed with all my heart and wrote a letter to his ex-wife stating the facts about my marriage and my doubts about my husband two timing us. The post office where I posted the letter had two big pictures of Swami.

That evening, I went home, looked at Baba's photo and cried heart wrenchingly like a child. I felt so lonely, alone and cheated for no fault of mine. Just then I switched on TV and Shirdi Baba's serial had started and Baba was crying for one of his female devotees – how the men take the

women for granted and how they hurt them so cruelly for no fault of theirs except for placing their trust in them. He spoke the exact very same words which I had just spoken and he was crying for the plight of one of His woman devotees. That moment, is one I will never forget. There was only Sai Baba and I in my house, Baba was talking to me to confirm that he had heard me and he too was crying.

My husband made another call to me at that very moment to say goodbye from the airport. I told him that he had made this decision consciously and that he has shattered me, but I will be alright as my Swami was with me. He laughed while I cried.

His ex-wife called two weeks later when they had come back from their holiday, in receipt of my letter, to confirm that they had been living together and she had no idea we were married. This was a typical case of NRI having one family in India and one abroad and my husband managed to get away with this for 4 years.

I was broken, but at least I knew the truth. So I let them be, never answered his call or kept in touch for two months. I started doing Satcharitra parayan, blessed with a visit to Shirdi. My life has never been the same.

That moment, is one I will never forget. There was only Sai Baba and I in my house, Baba was talking to me to confirm that he had heard me and he too was crying.

Two months later, because of my in-laws, I took my husband's call and he apologized and made amendments. It has been exactly 1 year now. Today, he has relocated to India and works here. In the last 1 year, he has been through such a tough life, that he has humbled almost completely. He has developed very strong faith in Baba. He is a changed man now.

My schedule is busy nowadays and I do not have a lot of time to sit and read or do puja like I used to, but not a single moment goes by when I am not thinking about Swami or chanting His name.

My life is a true example of Baba's mantras - Shraddha and Saburi. Hold unto Him and I can assure you with my life that He will never let you down.

Sai Baba makes travel possible

- *Asmita Sharma*

One month ago my in-laws were planning to come down to Bangalore for a short trip. My father-in-law is posted in a small city-Saharanpur which is few kilometers from Delhi. My father-in-law's leaves were sanctioned in the office, so flight tickets were booked and they were supposed to board from Delhi airport. I and my husband were very happy and were eagerly waiting for them. My father-in-law was equally happy to meet us. It was a Saturday morning, my father in-law went to his office for a some work and the same day he was supposed to travel first by road to Delhi from Saharanpur and then finally board the flight from Delhi.

My father in-law was about to start from office, when one of his senior visited the office and called for an urgent meeting. We were all tensed. The time was passing and my in-laws were getting late for the scheduled journey. Even my father-in-law had almost lost the hope because his boss was trying to kill the time. Sai baba's mahima is indescribable; my husband was very tensed and sat quietly.

At that moment I was just praying to Sai Samarath before his statue. I prayed to Shani Babaji and Nirmal Babaji.

The moment I completed the prayer, my Mother-in law called me and informed that they have started from Saharanpur to Delhi. They were tensed and didn't know whether they will be able to reach the airport on time or not.

But by Sai Baba's grace, Shani Babaji and Nirmal Babaji's blessing the driver knew the short-cut route and they were able to reach just on time. After that me and my husband went to Sai Baba's temple and offered prayers and thanked Babaji for everything.

A Small Blessing Of Sai Through A Website

- *Rajhen dubey*

This is a small wish fulfillment incident which happened to my father. My father is in government service as an engineer, for a long time he was posted in a department, which was for very junior officers not for the rank he possess, so he was feeling humiliated and frustrated for handling a junior post after serving the company for the period of 25 years. It was due to the treachery of his senior officer, who wanted his people to be in the position which my father was holding as per his rank. Two years passed nothing happened. One day in the month of July 2009, I came across a website: www.Yoursaibaba.com, a website created for the devotees of Sai Baba for making any wish by giving a number between 1-720 in the box provided in the website, it's just faith that works, as my father and mother are devotees of Sai baba so I asked them to make a wish and tell me any number between 1-720, my father gave me a number against his wish.

The question was replied by Sai Baba through the website. The answer was this: "your wish will be fulfilled. When and how you will not know, donate food". We already planned to go to Shirdi for my brother's engagement in September. So the day we were leaving for Shirdi father received the news from one of his colleague that management is considering to bring him back to the department he was holding along with additional responsibility for which my father had made a wish for. So my father became very happy that Sai baba has considered his wish. We reached Shirdi and my brother's engagement ceremony went well and we all were lucky enough to attend the kakad aarthi of baba, so our whole family was very happy. When we returned from Shirdi the scene had changed, father got the news that though the letter of transfer and charge in his name was held and some one else is going to take that position who was very influential. My father got very upset he started telling himself that he was unfortunate and nobody could help him. But my mother's faith was still with Sai Baba. She told that the person still has not taken the charge of the department why you are

You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think.

worrying. MY mother told my father that you have forgotten something which Sai Baba has asked you to do, that is to donate food to the poor.

So, mother made all arrangement in a nearby temple for preparation of food which was offered to god and then served to the poor by our family members. We were very happy to fulfill Sai Baba's small request .Then the day came when we got the news that the influential person got the position who was junior to my father. We all become very sad that day; father broke down and asked my mother- Where your Sai Baba is? My mother still had the faith she told just wait and see but my father became hopeless, the very same day there was uproar against the person holding the post as the person had some corruption

charges in the past and also he has taken some special powers held by his seniors by his influence. So the complaint reached to the chairman of the company, who ordered immediate removal of the person from the post and appointed my father in the same post by sending a FAX order.

So this was the "MIRACLE" of SAI BABA which our family experienced recently, as Sai told in his message that "you will not know when and how your wish will be fulfilled, it was just a test of faith, so never be HOPELESS.

Baba cured my husband

- *Sudha*

I take the pleasure of sharing my experience with you. I came to know about Baba very recently, but I received his grace very early. I got married in 2004; my hubby is a government servant in a dignified post. He is very good and loving, but was addicted to bad habits & very short tempered. I tried a lot but I was not able to make him change his habits. Because of his bad habits we lost our peace and often fell in to quarrel. I was very much worried about our future and our kid who is very young. At that time, I got a chance to read a Sai Baba magazine which my aunt bought from a nearby temple.

None of my family members were Sai devotee so I knew nothing about him, everything looked new to me. Next day, I went to a Sai Baba temple nearby, there I got 9 weeks vrat book, I was so happy to read the contents of the book. I started doing pooja to make my husband free from his bad habits. Meanwhile, I started reading Sat Charita and Guru Charita and also experiences of many devotees in the forum which gave me immense confidence.

My hubby is a Vishnu devotee, initially he opposed me going to Sai Baba temple, but later he didn't say anything. He was a Sai devotee during his college times. After 9 weeks, the very next week, I was just going through a magazine where there was an advertisement for addiction centre. I took my husband to that centre, surprisingly, due to Baba's grace he agreed. Before he always used to say that he is alright and he is not an addict to undergo treatment. It is just a 1.5 hrs hypnotherapy treatment. I kept on praying, writing Sai's name and reading Sat Charita during the treatment time. I strongly believe that it was Sai Baba who gave him treatment.

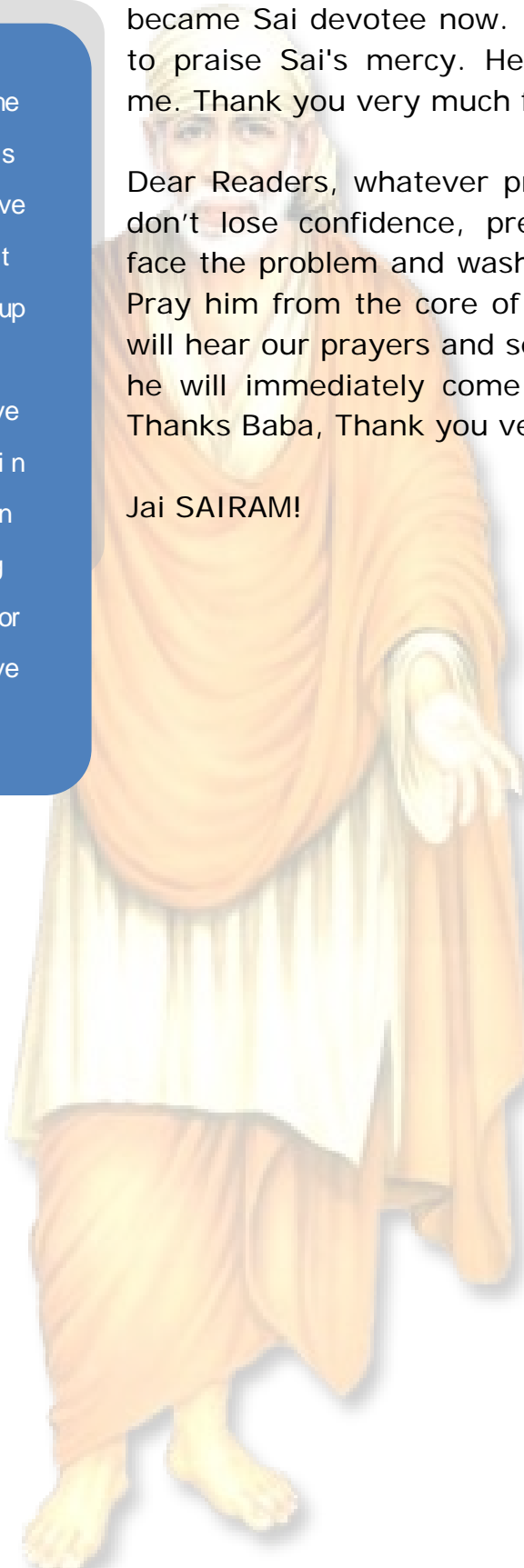
After that treatment, my husband stopped his bad habit and recovered completely. He also believes that it is only Baba who saved him and he also started reading SAT Charita whenever he finds time. After 5 years of my married life, I am very happy now, after Sai entered our house, things started changing and I feel his presence everywhere. All my family members

It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home for this is where our love for each other must

became Sai devotee now. I don't find words to praise Sai's mercy. He is everything to me. Thank you very much father.

Dear Readers, whatever problem you have, don't lose confidence, prepare yourself to face the problem and wash out your karma, Pray him from the core of your heart, Baba will hear our prayers and see your cries and he will immediately come for our rescue. Thanks Baba, Thank you very much.

Jai SAIRAM!



My first Shirdi Visit

- *PUSHPLATA*

We all are aware of Sai's mercy and miracles and we all know how kind he is. I also want to share an incident that happen with me; I don't know whether to call it a miracle or Sai's mercy but I prefer to call it a miracle that has changed my life.

This miracle took place when I was about 12 or 13 years old. In my family everyone is a Sai devotee. During the summer holidays my father and one of his friends decided to visit Shirdi. My family was really excited to visit Shirdi. My father's friend had a car. We were all together 5 people so we decided to travel by car. During that time I was in Ratlam, it's a city in Madhya Pradesh, from there it takes about 8-10 hrs to reach Shirdi by car.

We all started our journey in the car. I used to be very allergic to travel in bus or car. Every time I travelled in car or bus for long time, I always used to get sick. During that journey the same thing happened. The other kids in our group were enjoying their journey to Shirdi while at the same time I was so sick that I could not stand properly. I also could not drink or eat anything (due to endless vomiting).

My Parents gave me some medicines but nothing could help to stop vomiting. Some how we managed to reach Shirdi. Now it was the moment everybody was waiting for. All other kids jumped out of the car and started running towards the temple while I was not even able to stand properly. That time I told my father that I could not stand in the long queue to see baba's statue and hence I will prefer to stay in the car and you all go and get baba's darshan. Listening to this my father replied no beta you have to come and see baba's statue as you have suffered so much just to come here and if you don't take baba's darshan there's no point travelling so far, but I was so week that I could not even take a single step further on my own.

Looking at my condition my father decided to take me in his arms and stand in queue. After 2 hrs of wait we finally managed to see baba. As soon as I looked at baba's face the first thought came to my mind was, if I don't get well soon I will never pray baba and I will never again come to Shirdi. As I thought so, suddenly I started feeling well, I was feeling so strong that I literally jumped out of my father's hand. Seeing my excitement everyone was very amazed and surprised, somewhere in his heart my father knew what's happening to me. After that we took baba's darshan and Prasad and came out of the temple.

On our way back to Ratlam we visited many places which came in our way. We also went to Shani Signapur. We travelled in the car for about four days during our journey to home, but for not even a single moment I felt sick. I ate and drank more than any other kid in our car.

After that incident I could travel in the bus and car without any problem for as long as I want.

I truly believe that it was a miracle and baba's blessing which he showered on me.

I hope and pray baba that he showers his love on all his devotees and make the world a beautiful place to live.

महात्मा बुद्ध किसी उपवन में विश्राम कर रहे थे। तभी बच्चों का एक झुंड आया और पेड़ पर पत्थर मारकर आम गिराने लगा। एक पत्थर बुद्ध के सिर पर लगा और उससे खून बहने लगा। बुद्ध की आंखों में आंसू आ गए। बच्चों ने देखा तो भयभीत हो गए। उन्हें लगा कि अब बुद्ध उन्हें भला-बुरा कहेंगे। बच्चों ने उनके चरण पकड़ लिए और उनसे क्षमा याचना करने लगे। उनमें से एक ने कहा, 'हमसे भारी भूल हो गई है। हमने आपको मारकर रुला दिया।' इस पर बुद्ध ने कहा, 'बच्चों, मैं इसलिए दुखी हूँ कि तुम ने आम के पेड़ पर पत्थर मारा तो पेड़ ने बदले में तुम्हें मीठे फल दिए, लेकिन मुझे मारने पर मैं तुम्हें केवल भय दे सका।'

Baba gives me darshan

- Kari

I would like to share wonderful leela of Sai baba. I came across Sai baba first time when I visited my friend 3-4 years ago and I noticed Sai baba's photo and various statues. I asked my mom about it but I was not told about him in detail or anything. (We do not pray to Sai baba at home we believe in Krishna). Last year I went to India and my cousin took me to Sai baba's temple. (I'm ignorant person- hope Sai baba forgives me. Since I didn't know anything about Sai baba I assumed that he was human and people pray to him and I don't prefer praying to human.

But I didn't know he was Holy Spirit, which I just learned about it later when I read Sai Satcharitra.) One day I was looking for something online and ended up reading one of the Sai baba's magazines. After reading it I was more interested in knowing about Sai baba and read few Samarpan magazines. I cried after reading each and every heartwarming Sai Baba's leela. One of the devotees had mentioned about Sai Satcharitra, it was my first time hearing about it and I decided to read it. I also found link to Sai baba Samadhi live Darshan website Darshan Time 4 A M. To 23.15 P.M. (IST) and I would play it while I would read Sai Satcharitra.

Deep down in my heart I wanted to experience the miracle of Sai baba's leela myself. I live in USA and as time difference Live darshan would cut off at 12:30 pm here after night aarti of Sai Baba. Now this miracle is amazing to me and I feel loved and blessed by Sai baba, who gave me darshan for 2 days. Even though it was live darshan and cuts off at 12:30pm in USA I was able to view his picture from the live cam in India and could hear Sai baba's song, while I was reading Sai Satcharitra. (I felt like I was reading it in his presence). I'm ever so grateful since Sai baba gave me darshan.

I took picture of this miracle and want to share with millions of Sai baba devotees. I'm hoping that Sai baba did forgive me for my ignorance. Thank you Sai baba for steering me towards you and I'm planning to be better person. Jai Sai Nath Baba.

Then I had opened other window because I know morning darshan opens up at 4:00 am in India. Sai baba is being wakened up from his nap with utthapan arti. First time when I witnessed leela, I was shocked how livecam could be still working, so I asked Sai baba if he gives me darshan again I would share his leela with the world. Thank you Sai baba. I have turned into true Sai baba believer. I want to witness more Sai baba's leela. Jai Sai Nath



A Little Sad Girl and a Bright Sight From God

- *Tanuja Sookoo*
- *Kiara Sookoo*

Once upon a time there was a little girl named Tina who lived with her mum in a little village in Durban. She became very sad after her parents got divorced. She always waited for her dad to visit as he promised but he never did. He visited little Tina only twice a year, once on her birthday and then on Christmas day. As days went by Tina became very sad and sobbed most of the time. She started wondering if her dad ever loved her or not. She was so close to her father before that she longed for his love. But poor little Tina never got that.

Tina's mum knew she was sad but the little one did not tell her why, until one afternoon she did not pitch up for supper from her room. Then mum went to her room only to find her leaning on the window sill. When mum looked at her, she had tears drooling down her cheeks.

Mum carried her from there and made her sit on her lap. She hugged her tightly and asked her what was wrong? "Mum does my dad love me or miss me anymore? Does he love my stepsister and brother even more than me? Tell me mum...Please tell me?" said Tina and started sobbing again. Her mum could not bear the pain in her little girl's heart and she also bursted into tears. As she held her she told her to only have faith in God. He knows what's best for her. He will make her strong to get over her sorrows. "Mum you always told me to talk to God in the sky. That is where he lives. I do talk to him every day but he never hears me. Is there really a God out there? I don't think so. If he was, then I should have had my dad here now. There is no such thing as God" said Tina to her mum. Mum told her not to lose faith and God will guide her. She then took Tina downstairs and fed her supper and then carried her back to her room. She told her a bedtime story and tucked her in her bed and closed the door behind. Her mum felt helpless as she couldn't do anything to help Tina to get rid of the pain she has.

Then a strange thing happened to Tina that night. As she opened her eyes and looked through her window she saw the bright blue sky with full sunshine. As she looked closer the sun was coming nearer to her. She was stunned at what was happening. The rays of the sun had all different holy signs on it. From the centre of it a man dressed in white walked out with a broad smile. He then walked to the window sill and sat down.

“Who are you Master?” asked Tina. “You called for me so many times but I didn’t come. But now I could not stand to see that pain anymore so I visited you” said the man. But Tina told him she did not call him and that she did not even know him. The only person she was looking for is her father but he did not come. “I am the Almighty, Father of every little child on this earth. I have created you as well my child” said the man.

As he stood up a glow of light surrounded him and Tina was excited. She knew that she had finally seen God. Now she had tears of joy and not sorrows in her eyes. “Are you really the Lord that my mum believes in my Master” said Tina. “Yes I am and I will always be there for you. When I sent you to earth I granted two angels a gift to look after you and grow you up. But one had been unfaithful and that is your dad. I will still replace him and guide you to find the love you are looking for my little angel. Always remember I will never leave you. Call this Father by any name you want to and I will answer you.” said the Lord.

Tina then told the Lord that after meeting him she didn’t need to meet her dad anymore. His love means so much to her that she was extremely happy now. Then she told the Lord when he is going to go back to heaven then she is going to miss him even more. She begged him to stay but he carried her

जीवन ही परमात्मा है। जीवन के अतिरिक्त कोई परमात्मा नहीं। जो जीवन को जीने की कला जान लेते हैं, वे प्रभु के मंदिर के निकट पहुंच जाते हैं। और जो जीवन से भागते हैं वे जीवन से तो वंचित होते ही हैं, परमात्मा से भी वंचित हो जाते हैं। परमात्मा अगर कंही है तो जीवन के मंदिर में विराजमान है, और जिन्हें भी उस मंदिर में प्रवेश करना है, वे जीवन के प्रति धन्यता का भाव, आनंद और अनुग्रह का भाव लेकर ही प्रवेश कर सकते हैं।

and hugged her. Tina felt so blessed. He explained to her why he could not stay with her.

"I am the Almighty Father and I have so many other little angels who have problems as well my child. I need to help all of them. I know you understand Tina. But I want to give you something Tina so that you can always remember me when you think of your father." said the Lord. "What is it my Lord?" asked Tina excitedly.

He put his hand in his pocket and took out a gold chain with a gold star on it. He told that whenever she feels sad she must close her eyes and hold the chain in between her hands and she must talk to him. He promised her that he will always be there to guide her. He hugged her one last time and told her that her mum was also very sad and that Tina needed to cheer her up as well. He also told her to spread his love to all her friends and families as well. Then he walked back to the ball of sun and waved bye. Tina stood there waving at him.....

"Tina wake up my darling....It's time to go to school....Breakfast is ready" said her mum. She woke up in a shock wondering about the exciting dream she had but was even more surprised when she lifted her blanket. Guess what she found.....The Gold Chain with The Gold Star under it. Tina was baffled whether she was dreaming or did she really see God. Looking at the chain she realized that the Lord did visit her. It was the first time after her parents divorce did Tina ever have such a sparkling smile on her face and from that day onwards it was never washed off her face. It always remained there.

When Tina came for breakfast mum was shocked to see her smiling face. She finished eat and then hugged and kissed her mum and set off for school. But before leaving she told her mum that she was right that God does exist. He will always be there for her.

But she never told her about the chain (That was the Lord's and Tina's secret). Mum just bent on her knees and cried tears of joy to the Lord. She thanked the Lord for the miracle he had given to her Little Angel.

From that day onwards Tina was the happiest little girl in the whole town.

Baba shows his guidance by playing desired songs

- Kanchan Rana

Even though we cannot see the air but we know it is around us all the time, so is SAI BABA for me. I feel his presence everywhere in the same way. A mere thought of him illuminates my mind and thoughts. I'm working in Gurgaon and travel by bus to reach office. It takes one and half hours to reach office so I pass my time by listening to old hindi songs on FM-Gold. One day, without any real reason, suddenly, I started to converse with lord Krishna silently in my heart and said to him that "I wish to listen a song of yours, so please materialize this wish."

I insisted him to make my wish come true though I knew it was very childish to demand such a thing from God. The next song that was broadcasted was really a miracle for me it was "Ek Radha, Ek Meera, Dono ne Shyam ko Chaaha...." from the movie Ram Teri Ganga Mailee. I was literally in tears. I thanked a lot to Krishna and was clueless how to thank him.

After a month, as I was travelling to office in the morning, I got a seat in the cabin, near to the driver seat, from where I was unable to see out of window properly. Actually, the 'Mangal Mahadev Shiva statue' popularly known as Shiv Murti, located at NH-8, near Rangpuri, around 62 feet tall statue of Lord Shiva comes in the way when we go to Gurgaon. I do Darshan of this

It was amazing and wonderful event for me because the next song was the same song. As the song was played my heart was beating loudly. Generally, I never ask or demand anything for me. But that day, I was forced to think, do I really need to demand anything from God?

murti every day. I knew that I wouldn't be able to see the Murti today. So when the murti was about to come I requested Lord Shiva that as I wouldn't be able to see your murti today, I wish to listen a song of your from the movie Satyam Shivam Sundaram. I guess the readers can guess what the Song was. It was "Satyam Shivam Sundaram".

It was amazing and wonderful event for me because the next song was the same song. As the song was played my heart was beating loudly. Generally, I never ask or demand anything for me. But that day, I was forced to think, do I really need to demand anything from God? I was totally numb and in tears. God is giving me beyond my imagination. When it happened first time, I guess that it was co-incidence but what would you say for when it occurred second time? Was that also a co-incidence?

Although, both the incidents are not related to SAI still I have faith that it was inspired by him. I have given him a place of my Guru. He guides me in my daily chores. I believe he is God, very near to Almighty or he is Almighty. I don't have words to explain his divinity.

First Experience at Shirdi

- K K Jha

I was reading the topics of first hand experiences written by various persons in the "SAMARPAN", a spiritual magazine published by Shirdi Sai Baba Trust. I felt, I should also narrate the experience of our first visit to Shirdi. I, along with my wife and children, had been to Shirdi thrice. Of these, firstly we had gone along with a friend's family. Second time, I and my wife alone and thirdly we had gone along with our relatives. All the time the program was executed all of a sudden.

I belong to the Mithila region of Bihar. The goddess Kali, Durga, Lord Shiva, Vishnu and Hanuman are the mostly worshipped deities in our locality. Consequently, we had no idea of Shirdi or Puttaparthi Sai Baba before we came to Ankleshwar (Gujrat) on transfer. During earlier days of posting there, we had been going to Dwaraka and Somnath along with various relatives who had been visiting us with the intention to have darshan of those pilgrims.

It was only after about 3-4 years, that we came to know about the Shirdi Sai Baba and his stories of helping to devotees almost in unbelievable manner. Since all of us want to win the God's grace at the earliest, I and my next door neighbor, who hail from Orissa, decided to visit the Shirdi all at once. We made a program, hired a big cab and both the families of four members each, and started for the destination.

On the way, after Vyara near Surat, we came across the place called Hunai. To our surprise, the village has a small temple of Ram and Sita by the side of road. That campus has a small pool of natural hot water also. We were told that the word Hunai in Gujrati means "I shall take bath" and it was uttered by Goddess Sita after seeing this hot water pool, during her exile with Ram and Laxman. We were very happy to have an opportunity to see such a sacred place, where from our Gods had crossed over. O yes! I felt more proud because I hail from the land of Sita. We paid respect to the deities and dipped our feet in the warm water for some time. It was refreshing in deed.

Further on the journey, we reached to a very lush green hilly place called Saputara. There was an excellent Punjabi Dhaba where we had food to our taste. We ate nicely, retired for some time and procced further. The rest of the journey had been normal and we reached Shirdi in the late evening.

We were wondered that the small town was fully crowded. Pedestrians were moving hurriedly. Speed of the vehicles on the road was very slow. We got our matador parked at a place by the side of main road near a good looking hotel. Leaving ladies and children therein, I and my friend started our hunt for fixing a hotel where we could lodge little comfortably. Lo! There was no vacancy in any good Hotel. We had approached almost all the hotels both side of the road, but in vain. Both of us came back to the place where the matador was parked. All of them were waiting for our return. They longed to hear that we could fix some Hotel.

After two hours of continuous hunt, we were all tired and exhausted. We, the elders, were thinking to secure the lodging first but children were hungry by this time. My friend, who had no experience of facing this type of hopeless situation, had a remorse that our suffering was due to him. He had a guilt that since he did not believe in God or otherwise, the Sai Baba was taking us on task. I consoled him not to worry because by saying so he had already started submitting to Him. I was confident that something positive will happen at last.

We sat in the cab and told the driver to move randomly. One particular hotel by the side of main road was very spacious and had some open green patch

Flexibility is taught by nature. You will see the trees bend in the wind. You will see that tree branches are flexible. To be rigid is to break. When we have life problems it is good for us to be flexible. Sometimes we need to flow with what is going on. If we resist, it becomes more painful. We need to be on the path of least resistance. Water flows down the mountain through the path of least resistance. Electricity flows through the path of least resistance. Power flows through the path of least resistance.

in the front. We had already asked them about the vacancy. There was none. Now, we decided to ask the receptionist once again. It struck to me that even if rooms not available; we could park the vehicle inside and could pass the night in that open space. I told the driver to take the cab inside the gate. I and my friend got down and entered the reception area once again.

To our surprise, the receptionist called on us loudly as soon as we pushed the door of the lounge. She told us –“Just now, the booking for one of the suite has been cancelled.” It is very difficult to express the sigh of relief we had that time. The suite had two rooms which was more than enough for all of us.

Rest of the things had been very smooth. We had a nice food in the night, good darshan in the morning and excellent nashta of Muli /Gobi Paratha after the sacred rituals. The return journey was yet more soothing. We had an impressive lunch at Saputara once again and reached our home well before we thought. We were satisfied about the trip and somewhere in the back of our mind there was a mute feeling that we had been helped spiritually.

Baba helped in getting my boyfriend back

- *Simmie Kaur*

As promised to Baba, I am sharing my personal experience. I and my boyfriend started our relationship on December 2007. I was little scared when I said yes to my boyfriend so I prayed to Baba for support and I asked him to stop me from saying yes if he is not the right guy for me.

Baba did not stop me and our relationship started. I resigned from my job in Canada and moved from Canada to India for him. Things kept going fine for couple of months and our bond grew stronger. But after couple of months my boyfriend started saying bad things about all my friends. According to him none of my friend was a nice guy or a girl and he wanted me to leave them all. In between, my ex boyfriend proposed me again. I straight away denied him and told him that I am committed with somebody. He agreed to it and said that he wishes good things for me and asked me to just stay friends with him. I agreed to it thinking that there is no harm in being friends if my feelings are clear & clean.

My boyfriend did not like it and asked me to stop talking to all my friends. To make him feel more secured I did that. I stopped talking to all my friends. In between all this my elder brother was not happy with my relationship and he also stopped talking to me. So I had just 3 people to talk to my mom, my dad and my boy friend.

I thought this will make things better between us but that did not happen. Our relationship became worst. He kept on blaming me that everything is going wrong in his life because of me. In March 2009 my ex boyfriend troubled him to take out his frustration. This made my boyfriend think that I am also involved with my ex boyfriend and I am troubling him (which was not right). My boyfriend called me and said that he is ending our relationship. I was shattered when he took that decision.

I prayed to Baba for help. Baba came for my rescue in form of boyfriend's father and his brother. They helped me in convincing my boyfriend that I am honest with him and I am not cheating on him. After 2.5 months my boyfriend called me and we discussed our problems and issues were resolved with Baba's grace. Thank you Baba for everything you have given me.



My awareness of Sai Baba

- SUBRAMANYA.R

Sai baba is an enigma to me, an invisible force always watching me and leading me, as if I am a blind man groping for a steady step ahead.

I should be grateful to Sai Baba because he knows what is best for me and he gives it to me at an interval, which I can never guess. He has mysterious ways to assess human predicaments and can understand me better than how I comprehend him. To make me appreciate, he pushes me to very delicate and subtle circumstances, painful and distressing at times, finally showing me a way out. I run like a stricken deer at times, not knowing which side I should take, but I realize that I am protected and secure under his watchful eyes.

He decides our lives firmly at times abruptly terminating and snatching away a loved one, reasons best known to him alone and will not hesitate to show a different pathway. With him, nothing takes place without his awareness, not even a blade of grass stir without his consent.

Sai Baba has enormous mercy on us; conceivably, he knows for sure, that all his creatures are of limited intelligence, not made of superhuman strengths and immortal powers. When we fall and falter, he lifts us up as if we were toddlers and steady us. Blessed we are, for we are like children irrespective of our ages.

When hardships hover above me to silence and I am struggling helplessly to wrench myself away from my crisis, Sai Baba sees the truth but waits. He intervenes without my awareness and suddenly, like a thunderbolt gives me relief. Should it not for his unforeseen presence and incalculable affection, believe me, I would never have had the strength to persist journey of my life. He would be the one who have taught me that all worldly happenings are transient, and that I should complete my life not carrying with me either the pain or the burden of misfortune.

Humankind habitually suffers because of ignorance and stuck in cyclic karmic process repetitively do sinful acts. Sai Baba has bestowed ample intelligence and has given survival alternatives for us; we only need to make use of it appropriately. We can better our future karmic well-being by

choosing the right path in life today, leading a selfless, spiritual, pragmatic life. When you take care of other's welfare, your life is taken care by divine help. All ostentatious living beyond legitimate needs are sinful, be disowned.

I feel Sai Baba's presence in the silence of nature, allowing by its natural supremacy chirping of birds, cows grazing the green fields and mellowing at distance, children playing with mirth and in joy, or a lone Magpie chattering in the woods.

I feel Sai Baba; feel nearer to him when the poor, the hungry, destitute children, and the old are given food and shelter, a tiny smile slowly forming on their faces, lights up the entire cosmos.

Our lives should have all the balances of life, harmony, goodwill and a sense of wellbeing. We become conscious of Sai Baba when we are good, truthful and perform our duties in conscientiousness. Live for others and take care of them. Embark on a mission to preserve and truly retain our mother Earth in its full blossom.

There is no such thing as instant improvement in life. And as you know in agriculture, growth can only happen little by little over time...The things that you do daily may seem small and insignificant, but over the time people will be surprised to learn how much you have grown in life. Focus on the small things you do daily. The key word here is daily. If you do not have the persistence to do these small things consistently, you won't be able to see the results over the long term.

BABA, I will have more patience today because I know YOU are with me.

Darshan as a Gift

- *Dinesh Patel*

I always like reading experiences of Sai devotees. There are many saints whose presence is felt by their devotees when they remember them but experiencing Sai's presence is precious.

I live in UK and my mother lives in Gujarat. I visit her as often as I can. In 1995 I was staying with my mother in her village. I decided to visit some of my friends and we went to Madhavpur to a retreat farm for meditation and relaxation. On my way back we were travelling by train to Nayad. I was sitting opposite a friend I met at the retreat and was happily talking about spiritual experiences. Then towards the end he asked me to visit a Swami Ji in Patlad who was a Sai follower before I go back to UK.

When I reached home I told my mother about this and if I should go or not to see this Swami Ji. My mother encouraged me to go and see him. When I met this Swami Ji I had a spiritual experience there and then and I knew this man was not an ordinary person. He lived in a simple old house with lots of Sai Photos.

He welcomed me and we talked. He asked me when I was going back to UK. I said after 3 days and I have confirmed my return tickets to UK. He asked me to cancel my tickets and go to Shirdi .I said why I should go to Shirdi when I don't even believe in Sai. He said I cannot force you but you will miss a spiritual connection with a great saint. Something about the Swami Ji radiated Truth and peace about him. I said ok if I can cancel my booking and rebook I will go to Shirdi. I said as I come from UK I am not sure how to go to Shirdi on my own. Swami Ji ji replied do not worry about that, just go and cancel your booking. I called my friend in Mumbai to go to Air India office and cancel and rebook. Two hours later I called my friend again and he said your re-booking is done and there was no charge. I knew this was a good sign.

I was quite surprised what was happening and told the Swami Ji I feel comfortable to go to Shirdi.

He gave me address of a young man who lived in Khambat-Cambay who would go with me. I thanked the Swami Ji and went to see the young man on my way home. I think that day was Thursday and I was supposed to go to Shirdi on Saturday. When I met the young man he said he knows the Swami Ji and would love to go with me but his boss had gone for a business meeting and will not be back until Monday. I felt disappointed but said fine I will go on my own.

On Saturday I decided to go by train on my own. Just before I was about to leave the young man turned up and said his boss came back on Friday night as the meeting was cancelled. I suppose Baba was testing me. We went to Shirdi and on the first day I was asked to sit in Dwarka Mai for 12 hours reading Saicharitra. It was not easy for a NRI like me to sit for 12 hours but with Baba's grace I did. I had a conversation with Baba and fell into deep meditation and got up in the morning with the sound of the bell ringing. I had a wonderful spiritual experience and Baba has been guiding me ever since.

Another wonderful spiritual experience worth mentioning happened in UK. There was a Baba's movie a story about Shirdi Sai Baba played in Leicester in 2001. We live about an hour drive from Leicester. When we reached the cinema we were told it was not at that cinema but another one with same name in the main town of Leicester. I and my wife went to the other cinema but were already half hour late. We could not find parking. At one time we thought of going back as we will have missed the beginning of the film. Then I thought while we are here we might as well have darshan of Baba.

I asked Baba to find me a parking and within minutes we found it. We bought our tickets and sat in the cinema. We were surprised the film had not started and even more surprised that there was nobody else in the cinema besides us. We did not know what was happening. Just then the manager came in and asked have we come to see Baba's movie? We said yes. He said fine I will start the film just for you. Baba gave us a personal viewing for just 2 of us.

What a Darshan gift from Baba!

A Real Incident of a Loving Brother & Sister

- *Brindhadharsini Mathivannan*

Jai and Brindha were true loveable brother & sister. They were very affectionate towards each other. Jai looked after her needs and wants. He took good care of her, to study better and to build her character. Brindha was grateful to her brother for giving her such life. Jai always pardoned her mistakes and corrected them affectionately. Jai was always with her in all her good and difficult times. This love & affection made her grow & live joyfully. She loved her brother more than her life. Their love, affection and gratitude towards each other grew day by day.

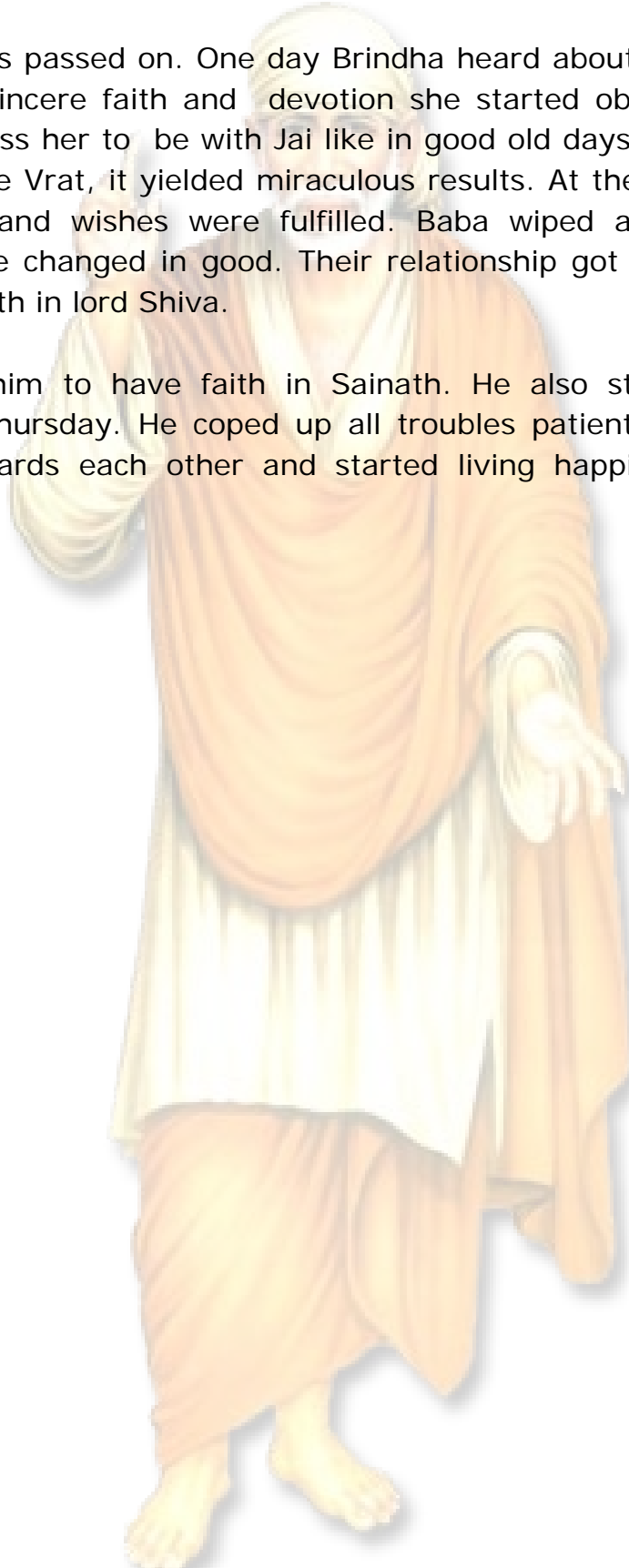
One day believing the words of someone against her brother, all her love and affection towards her brother turned into hatred and fear. She started to lie and cheat her brother. She hated her brother Jai to the core. But Jai endured her insulting and hateful behavior. He made all the effort to make her sister understand the truth and waited patiently for her to change. During these days, they were talking, but there was no liveliness between them.

Few months later, Brindha came to know the truth and pure affection of her brother. She felt ashamed of her unfaithful and distrusting behavior. She realized her mistake and felt guilty. She tried to make their relation good again. But as they say, once a thread gets a knot, it cannot be smooth. They couldn't show their love and affection as before due to the hard times passed.

The Mother principle is highly sacred. The mother fosters the child in the womb and goes through all travails to protect the child. There is no greater love in the world than maternal love. For every person the first preceptor is the mother. It is from the mother that a child learns to speak its first few words, take its first few steps and learn the first lessons in good conduct. That is why the ancients accorded the highest place of honour to the mother and declared: "Mathru devo bhava" (Esteem the mother as Divine).

Days and months passed on. One day Brindha heard about the 9 Thursdays Sai Vrat .With sincere faith and devotion she started observing the Vrat, asking Sai to bless her to be with Jai like in good old days. Even before the completion of the Vrat, it yielded miraculous results. At the end of the Vrat, all her desires and wishes were fulfilled. Baba wiped all her tears, her distrustful nature changed in good. Their relationship got its love back. Jai had immense faith in lord Shiva.

Brindha asked him to have faith in Sainath. He also started praying to Sainath every Thursday. He coped up all troubles patiently. Both were so affectionate towards each other and started living happily with sainath's blessings.



Forgiveness

- *Rupali Madan*

-

We have to forgive. Why should we do that? "May be, to get our life back." You need to forgive to get free. Our refusal to forgive someone imprisons us in the role of the victim. We start believing that a person has ruined our life and we keep on looking for reparation.

We need to understand the basic fact that forgiveness is not something we do solely for the person who hurt us. It is something we do for our self, for the sake of our own inner freedom. We forgive so that we can live in the present instead of being stuck in the past. We forgive because of our grievances and grudges, more than hopes and attachments and fears which bind us to old patterns, old identities, and especially to old stories.

Think of the person you don't really want to forgive - anyone. Maybe you believe that to forgive the person means you are excusing their wrong or that holding onto your anger somehow gives you back the power their offense took away. Or perhaps, as a good spiritual practitioner, you believe you have already forgiven. But if you really look, you might see that the grievance is still part of your story, even part of the meaning of your life. "I'm this way because she/he did that to me", we say. The problem is, when you hold on to the grievance, you also hold on to its shadow belief: "I must be flawed in some way to have attracted that hurt."

In order to start your own personal forgiveness project, you need to start a more positive feedback loop. People generally use one tool, that is, meditation and some basic yogic teachings about how to shift thoughts. There is an instruction from Patanjali's Yoga Sutra - "When obstructive thoughts arise, practice the opposite thought." This means, you have to try to discipline and notice the grudge bearing thoughts and try to reverse them, usually by sending kind wishes to the person you are angry at. This has to do with the organization of the brain.

From the biological point of view, replacing negative thoughts and making a willed choice to shift out of grievance are both performed in the front brain,

the cortex- the seat of rational thought. But reactions to hurt, stress, and trauma are stored in the limbic brain - sometimes called the emotional or "old mammalian" brain - where deeply rooted emotional patterns tend to be lodged. Many of these patterns play out automatically in the body, regardless of your intentions or rational decisions. Shifting those patterns require more than practice and choice. It requires intervention from your own depths, from the awareness - presence that you cultivate in meditation. Meditators learn to access this deep state consciously – with full alertness which is associated with healing of body.

There are various ways to experience a feeling of letting go. One of them is "Heartfelt Pardon". While meditating, one learns to drop attention into the heart, then to imagine an opening through the back of the heart. There, you may find an access to a spaciousness that has no limits. If you could let yourself fully experience the feeling of your grievance of sense of being

Forgiveness is a process. You might start this process by looking beyond your own reactivity to ask yourself whether the other person actually meant to hurt you.

flawed and open up the spaciousness behind the heart, then the hard, sharp, painful sensations of long held anger and hurt would melt into the space.

The more we get in touch with that sense of aware presence in the heart, the more the grievances seem to let go. What made them let go? Not our desire or our will.

Something else, something that felt like grace- the powerful healing presence that you access through meditation and prayer.

I read the testimony of a mother who experienced a spontaneous movement of forgiveness in a most unlikely circumstance. Her 20 yr old son had been beaten to death in a street fight. His assailant was tried and sentenced to a long prison term.

The mother asked to meet with him after his sentencing because she wanted the satisfaction of telling him to his face how much she hated him for what he had done. When she was ushered into the holding room where she was to meet the boy, he was standing in a corner, shackled and crying. The woman said later, "As I watched that boy, so forlorn – no parents, no friends, and no support - all I saw was another mother's son."

Without thinking, she heard herself saying, "Can I give you a hug?" She says that when she felt his body against hers, her anger literally melted away. What arose instead was a natural feeling of tender connection with this suffering human being. That amazing story speaks to what forgiveness really is a spontaneous and natural up rush of peaceful letting go, even of tenderness. This woman has no idea where her ability to forgive her son's killer came from; she says she couldn't have imagined ever coming close to having such a feeling. She treasures the peace it gave her.

She called it a gift from God. I would call it an opening of the soul. The point is, heartfelt forgiveness- the natural, spontaneous opening to someone who has hurt you - is not something that the ego can make happen. When your heart forgives, it has stepped beyond the ego to grasp your innate kindness - even your identity - with another person.

Forgiveness is a process. You might start this process by looking beyond your own reactivity to ask yourself whether the other person actually meant to hurt you.

If you can step outside your assumptions, you have a chance of seeing the situation from a broader perspective, and immediately your view is more forgiving. The classic method for opening up to level of forgiveness is to imagine what it would be like to be the other person.

When you engage in Soul Forgiveness, you start moving into a deeper level. At this level, forgiveness is not something you do, but, something that opens up within you. Like the woman who unexpectedly overwhelmed with tenderness for son's killer, you experience the emergence of a powerful and essentially spiritual emotion that comes not from the personality but from that deeper level of being that is sometimes called the 'soul'.

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When I look at the world through that lens of non duality, I can see that, when I forgive someone else, I forgive another part of myself. When that happens, I have no need to let go of grievance. Grievance just isn't there anymore.

The third level of forgiveness comes from the recognition that no human being, however terrible or hurtful their actions, is without basic goodness. In some cases, this recognition requires an extraordinary act of loving imagination, or a change of heart. At this level, you begin to recognize not only that everyone has a unique story and a desire for happiness but also that the same consciousness, the same

awareness, that is in you is also in the person who hurt you. This is true depth forgiveness. Once you've intuited this, your heart can never permanently harden to another person. Even while you recognize a rupture, even while you speak out to express your outrage at the violation, you can still know that, on the level of pure awareness, you and the person who injured you are both part of a single fabric of consciousness. Every time you empty yourself of personal grievance, even for a moment, it opens the possibility of recognizing wholeness.

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FROM ANGER TO FORGIVENESS

It is not easy. A process is necessary and it begins by turning toward your own hurt.

1. In order to forgive someone and release anger, you need to begin by telling the story of how you got hurt. Writing it down, making sure to include not only what happened but also how you felt about it is helpful.
2. Pay attention to the feeling words in the story. Then summon up the feelings they refer to. Try to discover and focus on the places in your body where you feel your anger, sadness, or hurt most strongly. Let yourself fully inhabit the feelings of hurt, anger, grief or whatever else arises. Say out loud that what happened was wrong. Breathe as you

do this, and remember that your aim is to feel the feelings, not act them out.

3. Recognize that the hurtful event cannot be undone. It has already happened. Neither your anger nor the other person's apology can make it go away.
4. Realize that the person who has hurt you may never apologize to your satisfaction. Accept that; notice how you feel when you accept it.
5. Recognize the price you pay for holding a grudge, is it burning a hole in your heart? Making u feel victimized? How does your grievance make u feel about yourself? How has it influenced your future expectations? Is it possible to release the anger and feel freer?
6. Consider the fact that you are the only person who can change your attitude.
7. Ask for help from the universe. Breathe in and out of the heart, and imagine a door in your chest wall opening to receive grace. Ask what you need to do, think, or feel in order to forgive.
8. Write down any positive insights that arise from this practice.
9. Practice one of the following forgiveness rituals or make up one of your own. Ritual - A - Imagine yourself in front of the person you want to forgive. Tell the person how you feel. Tell the person that you want to forgive them and give them a gift - flowers, a book or a stone. Ritual - B - Write your grievance on a piece of paper. Light a candle and place the paper in the flame. Let it burn.
10. Write down any positive insights you gain during this process. Notice and honor your noble intention to forgive. Don't expect instant results. You may have to do this several more times. But understand that the process is working inwardly on a much deeper level than the mind. Rituals go to the limbic brain, shifting the patterns held there and changing the memories of grievance to stored experiences of forgiveness.

Sai Baba's Miracle

- Arun Kumar.S

I am very happy to submit one of my experiences with Sai Baba. I am devotee of Shirdi Sai from 2004; Sai has saved me since then from innumerable problems and made my worries disappear. I would like to narrate one such recent experience. I was under tremendous financial pressure due to some emergency payment I had to make payment of credit card outstanding. Somehow I cleared this huge amount by borrowing from colleagues and friends on interest.

But still I was paying huge amount as interest thus was unable to meet the basic expenses. I was trying to get a bank loan so that I can reduce the interest amount and balance my monthly expenditure. Due to some problem I was not getting a bank loan for six months. It was rejected by 6 different banks and financial institutions. Every time I applied, I used to pray to Sai Baba to bless me and get me the loan. But every time my loan application got rejected. I was losing hope and asking Sai why this was happening to me, and if I had anything wrong.

I did not give up and knew somewhere in bottom of my heart Sai will never leave his bhakht in the middle of difficulties, I started attending Sai bhajan at least 4 times in a week and prayed saying I will offer a shawl and distribute sweets. Last month one colleague of mine got a pre-approved loan offer from a bank, remembering Sai in mind I asked him can he take the loan and give me and I will pay the EMI he readily accepted and applied and got the loan. He gave me the loan.

Even though I was not able to get a loan Sai Baba helped me solve my problem. I went Sai temple and offered the shawl & sweet as I promised. Baba showed once again that He is there always for the needy, SAI BABA KI JAI, SAI BLESS ME ALWAYS LIKE THIS.

Nuggets of Life

- Sandhya

Develop interest in life as you see it; in people, things, literature, music – the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people. Forget yourself." – Henry Miller

To shine and become invaluable we have to strive to evolve TRUE BEAUTY. Beauty fades with time but inner beauty grows richer when you nurture it. The mind- body connection in beauty is amazing. Beauty products merely enhance what you already have. Inner beauty reflects a mesmerizing state of goodness. We come across simple-looking, down-to-earth people who impress us. Beauty is nothing but a mindset. It is important to create balance in your life by nurturing your whole person, which includes spiritual, mental, emotional, and physical needs .Inner beauty develops with age and is timeless. An inner glow lets your real beauty shine through.

Smiles add glow to your face .Your eyes reveal your inner thoughts. They're the windows to your soul. Discard negative thoughts which are poisonous .A calm mind depicts a serene beauty. Self-esteem helps you stand tall. Acceptance of others brings you inner peace. Contentment, compassion, enjoyment and a love for life will reflect on your face .Reach out to those in need of help.

Participate in life and savour its textures. Yesterday is history, tomorrow is a mystery but Today is a gift from God and thus is called PRESENT.

What is true beauty? Shakespeare says:

"In nature there's no blemish but the mind;
None can be called deformed but the unkind;
Virtue is beauty."

BABA Came to My Home to Take Away My Tough Times

- *Dipti Ranja*

By nature I used to get tensed easily due to little problems. I got married recently and after marriage one my wife's friends gifted her Shirdi Sai Baba and Sathya Sai Baba and we started worshipping them only to discover the spiritual transformations which started happening in our lives afterwards.

I was working as a software engineer with an MNC. In Jan 2009, I lost my job due to global recession. When I got the news from my manager, for few seconds I felt very bad but didn't panic. (This is due to the spiritual transformation, which made me stronger). Soon after this I faced a very tough time till Oct 09. But I never lost faith on my beloved Dev. He always stood beside us and helped us in one or other way. It was his blessing that we got financial help in right time to fulfill our basic needs. Since Feb-09 to Sept-09, I appeared in 5 or 6 interviews and cleared them successfully in 3 very good companies. Although finishing all the rounds they didn't issued me any offer letter. During this period our faith in SAI NATH (SHIRDI SAI and SATYA SAI) is strengthen day by day. I visited Puttaparthi twice.

After returning from Puttaparthi we started 9 Thursday Shirdi Sai Vrat. After completion of my fifth Thursday vrat puja, one day at noon 3 saints came to my home. One of them just dressed like Shirdi Sai Baba and 2 others looked like Brahmin. I opened the door and one of the Brahmins told me we are on the way to Shirdi on "Pad Yatra" and asked me to donate as per my capacity for "Anna Danam". Immediately we welcomed them all. I gave them Rs 100 and told them that I am jobless otherwise I could have given more. Then the Fakir told me does not worry after Deepavali things will change and asked me to give one of my used watches. So I gave my most lovable watch to the Fakir. After then he told me I will always remember and bless you when I will look at this watch for time.

After Deepavali to our great surprise I got job in a very good company in Chennai. I joined immediately but we were little concerned about the change in place as we were staying in Bangalore. Baba solved that problem also within few days. Only after 3 weeks by Baba's grace I got transferred to my company's Bangalore branch for a specific project.

So, I believe, that day Baba himself came to my house and took my bad times by taking with him my old watch. Such kind hearted is Sri Sai who never leaves his devotees in half way. Have faith in Sri Sainath and he will always bless you with beautiful life.



No Bounds for Grace of Sai Baba

- *Nagaraju Marella*

Sai Baba's grace cannot be measured by any instrument. His grace is an eternal nectar flow. When we read through the Sai Satcharitra or Sai Baba's assurances, we come across the following assurances "Look to me and I will look to you", "I stay by the side of whoever repeats my name", "My eye is ever on those who love me" even today Baba keeps his assurances intact as he declared "I shall be ever active and vigorous even after leaving this earthly body". "My tomb shall bless and speak to the needs of my devotees." Whenever any devotee surrenders completely without any ego, Sai Baba comes to the rescue of His children. The various devotees' experiences as written in the columns of Samarpan and other media are substantiations of his power.

During last week of November 2009, our entire family along with our grand children went to Rajahmundry to attend marriage of my wife's niece on 27th. Everything went on well and we departed to Hyderabad satisfied and in happy mood on 28th.

We reached Secunderabad station in early hours of 29th. We had two big suitcases, two duffel bags, two hand bags with us. A porter was engaged to carry the luggage to the auto stand. The luggage was adjusted in two autos. We reached home, took out the luggage from the autos, paid the fare and started walking towards the lift. At that juncture we found that we forgot to load one suitcase. We confirmed that we brought entire luggage to auto stand but one suit case was left on the platform of the auto stand. Immediately my son-in-law and I left for station. All this took more than an hour. While getting down at the station, my daughter rang up and informed that the suit case contains gold and cash of worth around one lakh rupees. I was not expecting that the suit case will be so valuable. When I heard that I was stunned.

As we were moving from our house to station, I was repeating in heart of hearts 'Om Sai Om Sai' without any tension and praying Sai Baba for his intervention. After reaching there we dashed to the auto stand. There is a police control cabin at the entrance of auto stand where a police officer notes down the name of driver and number of the auto, name of the passenger and the passenger's destination. As I peeped in to the cabin I was not able to see the police officer but saw my suitcase kept there in the corner of the cabin. I felt great relief. I went to the police officer and told him that we forgot one of the suitcases at auto stand and that is kept in the cabin. The officer asked - Is that suitcase is really yours? I said - yes. "Then why did you forget it here?" He said jokingly. He said "It's ok, it happens sometimes. He asked my name and cell number. Verified his records which he has recorded when we left station about one and half hours ago, rang from his cell and got convinced that I am the genuine owner of the suitcase and asked us to take the suitcase. When I thanked him, he said you should thank the auto driver who deposited the suitcase with him. I profusely thanked him and came back home thanking my beloved Sai. 'Koti -Koti Pranam Sai Baba'.

Guru Bhakthi

- *Revathy Ramkumar*

One of the most famous and well known stories which illustrates Guru Bhakthi is the story of Ekalavya. Ekalavya was the son of a hunter and was keen to become a good archer. Near his hut Dronacharya used to teach archery to the Pandavas. Ekalavya wanted to master the art of archery and he wished that Dronacharya would teach him too. So he approached Dronacharya and requested him to make him his pupil, but since he belonged to a lower caste Dronacharya refused to teach Ekalavya.

Though disappointed, Ekalavya was so determined, that he made a clay idol of Dronacharya and worshipped it as his Guru. He started his archery practice every day after praying to his Guru's statue and in a short time he mastered the art. One day a stray dog came roaming where Ekalavya was practicing his art. Dog started barking disturbing the peace and quiet of the forest. Ekalavya quickly shot seven arrows one after another straight in the mouth of the dog without injuring it. The dog roamed around with his jaws wide open and arrows stuck in its mouth. Arjuna one of the most popular and favorite disciple of Dronacharya saw the dog and was amazed at the sight. He showed it to Aacharya Drona. They were wonder struck at the perfection of the archer who did this, they come searching and they found Ekalavya.

Upon questioning Ekalavya, they came to know that he is archer who shot those arrows. Dhronacharya asked Ekalavya who was his Guru? Who taught him such skillful archery? Ekalavya showed him the statue that he had made of Dhronacharya himself. He told Aacharya that he was his guru and fell at his feet. Dhronacharya was highly pleased with Ekalavya's skills and realized that he is the best archer. He also remembered his words to Arjuna that he will make him the best archer in the universe and no one can surpass Arjuna in archery. Now there was someone who was better than Arjuna, so Dhronacharya very skillfully asked Ekalavya for Guru Dakshina. Ekalavya fell at his feet and said he can give anything his guru wants. Dhronacharya asked Ekalavya to give his right thumb because without his right thumb he could not shoot arrows and that was the only way Arjuna can

remain the best archer. Without a second thought Ekalavya chopped his right thumb and placed it at the feet of his Guru.

अर्जी हमारी करो, स्वीकार बाबा
करो पापियों को, अंगीकार बाबा
काम क्रोध मोह के, अधीन हैं हम सभी
तोड़ दो हमारा, अंहकार बाबा

कब से खड़े हैं तेरे, दर पे ओ साईं
अब तो करा दो, साक्षात्कार बाबा

तुम तो रहम की, मूरत हो साईं
हम पर भी कर दो, रहम साईं बाबा

लाख किये हमने, कर्म काण्ड ओ साईं
देता सुकून तेरा ही, नाम साईं बाबा

पापों की गठरी है, ये तन साईं बाबा
शरण में लेके, करो उद्धार बाबा

- Ravi nder Gbel

Dhronacharya was moved at his bhakti. The God's blessed Ekalavya and his Bhakthi for his guru. Though Dhronacharya seemed heartless by asking Ekalavya for his thumb, we have to remember that Ekalavya became popular and known only because of his sacrifice. He would otherwise have remained a poor hunter's son. His Guru Dhronacharya elevated him and saw that he is always remembered and praised for his Guru Bhakthi, though it seemed he was punishing him. Such is the compassion of Guru. It is also said that later when Ekalavya was asked if he ever repented giving his right thumb as Guru dakshina, he says he repented that only once and that was when his Guru were in the battlefield at Kurukshetra facing death. Such was his guru bhakti. Jai Gurudev.

Sai Baba's Saakshaat(real) Roop in my Dream

- Parul Chugh

My name is Parul Chugh. With Baba's blessing I would like to share my experience. Few months back Baba came in to my dream. At that time I had done Sai Saptah for the first time. My dream - Baba came to my home with another person with him (Baba's Appearance was like the same in his pictures, he was in white clothes with scarf on his head & his bag). After entering in the room both of them, Sai Baba & person with him were standing where I have mandir in that room. That person who was with Baba introduced Baba as a Pundit & apologized that they were 10-15 minutes late.

When I looked towards Baba he folded his hands (like when we do prayers) & Said OM SAI RAM. I did the same in return. I recognize him & said him you are Sai Baba & started crying. I said him the same for 2-3 times & every time he was smiling. Few seconds later Baba Said I am leaving now. When he went down from stairs he left his footprints (like white chandan powder paste) everywhere. I tried to stop him and follow him but suddenly he disappeared after heading few steps. Then I showed his footprints to everyone to make them believe too and after that I collected all his (chandan footprints) to keep it with me always.

Yesterday I have seen Baba's photo after 108 days jaap in the forum and showed it to my mom as well. I asked my mom why his face is blurred, not so clear. She replied keep faith in Baba he will show it to you when he wants and Baba came in to my dream same night & showed me his face and appearance very clearly or I can say his SAKSHAT/REAL ROOP.

I am so happy after having this experience with Baba and can't stop myself to share it with other Sai devotees. Sai Baba please always be with your kids & give them your blessings.

Baba Blessed Me With A Baby On Guru Purnima Day

- Aruna v

This is Aruna; previously I had posted one of my experiences with Shirdi Sai Baba. Thank you very much Baba for my post was published in Samarpan magazine. Now I am sharing one of my recent experiences.

I am married and staying with my husband in USA. We wanted to plan for kids. Before getting pregnant I wanted to read Sai Satcharitra to become mentally strong and peaceful as I had suffered a miscarriage earlier. I started "Parayanam" on Vijaydashmi day (October 9th 2008 Thursday). I was on fast during parayanam of one week. I completed Satcharitra and fed to poor people. And before getting pregnant I wanted to reduce my weight, so I started going to gym. After 15 days of completion of Satcharitra I came to know that I was pregnant. But I was shocked as it was unplanned pregnancy. But my husband expected the pregnancy and asked me to not to go to gym. Taking it as the Baba's leela, he stopped me to not go to gym. But I was a bit worried about my pregnancy because I didn't eat anything during parayanam (Satcharitra). But I left everything to Sai Baba.

During pregnancy I completed Satcharitra 4 times. I was so surprised when I read Baba left his mortal coil on Vijaydashmi. I was so surprised because I started Satcharitra on Vijaydashmi day without knowing the importance of that day. I felt so happy and it's nothing but its Baba's leela. I felt so blessed. I thought it was Saima's prasadam and I left everything to Sai only and I asked him if this child has your blessings and its healthy baby then you give this baby and please be with me till delivery otherwise I don't want this baby. Everything was going fine. My due was on July 4th 2009. When I was browsing in internet I came to know that Guru Purnima was on July 7th 2009. So I thought that it would be great and a miracle if my due date extends to July 7th (i.e. Guru Purnima). I thought that in my heart only but I never asked Baba for extension of the due date to July 7th. On July 2nd I made sweets and some prasadam and fed to 2 poor people.

My last appointment with my doctor was on June 28th. That day my doctor told that she had duty on July 6th morning to July 7th morning 7 'o clock in labor and delivery, so she wanted to induce me on July 5th night as I am gestational diabetic, she didn't want to wait if I don't get labor pains before due date. She also told that after July 6th her next duty will be on July 14th, it won't be good for baby waiting for long time. For gestational diabetic patients she won't wait more than 1 or 2 days after due date. She insisted us better to induce on July 5th, so immediately my husband called to labor department and booked the date and time i.e. on July 5th 10.30 pm and it was long weekend. But I was thinking that if I join on 5th night, I would be blessed with baby on 6th only, but I wanted on July 7th. So I didn't want to join on 5th, I wanted my baby to be born on July 7th (IST) i.e. on Guru Purnima. I was worrying and disappointed about that. I told my husband that I was not interested inducing on 5th and I told him everything. But he told that it will be the problem if we wait for long time. After coming home my husband was looking calendar to my utter surprise he told that Guru Purnima is on 6th. But I didn't believe it. Then he showed me the calendar. In that Guru Purnima was on 6th (PST). I felt very happy. Finally my baby was born on July 6th Monday 5.13pm (PST). And in IST July 7th Tuesday 5.43 am. In IST and PST it was the Guru Purnima day. I named her as Geethika Sai. She is healthy. It was normal delivery and after one day of coming home I received a mail on July 6th with the subject as "wish you a blessed Guru Purnima". I felt so happy. Everything was Sai's miracle only, as I promised to Baba I am posting this experience. I believe that my baby has Sai's blessings. I am so happy that I got my pregnancy during Vijaydashmi and baby was born on Guru Purnima both are important festivals in Shirdi.

After 21 days of my baby birth, we went to nearby temple for puja, there we had queue, and priest was performing puja one by one. When our time came he asked us to go with baby to Shirdi Sai's idol (in that temple only) and take ashirwaad. I was surprised a lot how come he know that I am Sai's devotee. He didn't ask anybody to whom he performed puja before us. It was also Sai's blessings only.

Samarpan – its meaning

- *Rakeshwar Nath*

SAMARPAN signifies the complete surrender of the body, mind & soul and belongings. It is the process of submerging our own identity with that of almighty. The very basic fundamental is to offer everything to the almighty which in fact does not belong to us although in our possession. The feel of oneness in respect of our identity towards the almighty where "I" or "Me" disappear and the sole existence of the almighty are felt across i.e. TU MERA AUR MAIN TERA or MAIN TO KUCHH BHI NAHI BAS TU HI TU. "Shraddha", "Saburi" and 'Sabka Maalik EK' the wordings which Baba used to pronounce and recite very often are once again synonyms of complete surrender.

"Shraddha" signifies complete confidence, faith & respect and highlights complete surrender of one's aspirations by heart & soul, meaning thereby no need to think any thing else, no need to go anywhere else, no need to deviate anywhere from your goal, to have complete faith and enlighten ray of hopes, to have patience (Saburi), things would automatically come to your way. This corroborates SAMARPAN.

"Saburi" means patience and to hold the breath, control the nerves, bestowing complete faith in the happening or not happening of an event. When we hold patience, we are confident that the desired event has to happen or the undesired even will definitely not happen, it's just a matter of time. Therefore to concentrate and not to divert attention anywhere else, things would automatically happen to our desired goal at the right time, not to deviate from the path of patience.

"Sabka Malik Ek" signifies the oneness of the complete control of the almighty, there is only one super power, mankind may address by different names, "Ishwar", "Allah", "Jesus" and many more, but ultimately they are all synonyms of one and only one divine power, only one super power and therefore one has to completely surrender towards the same and we must feel obliged towards that by whatever name we call it. Therefore this oneness is again nothing but Complete Surrender towards the supreme.

In the context of our beloved Shri Sai Baba, SAMARPAN is perhaps the correct and accurate feel. There are numerous occasions where Baba too proved his Samarpan towards his disciples and in many cases he made the mankind to surrender completely.

While Baba saves a child of the Ironsmith from fire, or saves Abdul from a snake bite, saves all the devotees when a part of the mosque demolishes or to be more precise he saves entire Shirdi from the epidemic by encircling Shirdi with Wheat flour. All these acts do prove Baba's Samarpan towards mankind. Baba, in a true respect was a torch bearer who could enlighten the lifelong path of many.

Throughout his life, Baba preached about the devotion of the family god but never insisted any one to be his follower or his disciple, honored all the living things as creation of god and shared with whatever he had be it food, money or blessings. In true respects he was SAMARPIT to his devotees and to the God.

जय जय साईं ,जय जय साईं,
जय जय साईं देवा -२
करो करो करो स्वीकार मेरी सेवा -२

मन में हो मंदिर तेरा आँखों में बसेरा -२
दिल में हो धडकन जैसे रहे साथ तेरा -२
जय जय साईं जय, जय साईं जय, जय साईं देवा
करो करो करो स्वीकार मेरी सेवा -२

तन मन धन साईं करूं तुझ पे अर्पण -२
बंद हो आँखें चाहे , मिले तेरा दर्शन -२
जय जय साईं, जय जय साईं, जय जय साईं देवा
करो करो करो स्वीकार मेरी सेवा -२

लग जाये लगन साईं तुझ संग ऐसी -२
प्रीत मिले ना सारी दुनिया में ऐसी -२
जय जय साईं, जय जय साईं , जय जय साईं देवा
करो करो करो स्वीकार मेरी सेवा -२

Arun Saxena

Baba as I understand

- *Dr.Jyothi*

Sri Sadguru Sai Baba was divine yet so human. He is so far and yet so near. He believed in teaching by example rather than precept and he never sermonized. He performed no miracles.

His tender love and deep concern for the devotees' welfare was both 'spiritual' and 'material'. His delightful use of humor to teach a valuable lesson or nip in the bud, a threatened quarrel between the devotees and close associates to escape the meshes of 'Maya' as the end drew near, - these and such traits bring Him closer to us by revealing the human side of personality. And yet, who can miss the divine qualities that raise Him to the eminence of God head?

The perpetual state of Samadhi, the total detachment and non-possession, the Peace, Benevolence, Mercy - these leave us in no doubt that Baba, who was such a mine of virtues, was none other than God's incarnation. Similarly, His giving 'UDI' to all who came to Him, or His asking dakshina in the form of money, His 'DHUNI' the collecting of alms from five households, etc., were all symbolic and often misunderstood as their real significance was completely missed.

Sai Baba's was the Guru-marg, which believes in the unity between God and the Guru, the Guru and the devotee, between the Creator and the Creation. Guru being the incarnation of God, without His Grace and guidance, the highest goal of human existence, which is God realization or self - realization can never be achieved. Of different ways of God realization, Sai Baba advocated to His devotees the easier path of ' BHAKTHI ' or devotion to the Guru, and by infinite patience, forbearance and courage. This was the only ' GURU DAKSHINA ' Baba himself expected from the devotee.

Baba's association with me is timeless

- *Katyayani Gulur*

I am a mother of two and grandmother of a beautiful girl. I ask nothing in my prayers but to keep us in his 'suraksha chakra' and bless us always. When I am in India I like to visit my nearest temple, all possible days. Baba allows me to do so. In my Satcharitra I have a photo of Sai along with his other elderly disciples. I have always wondered if ever I met Sai Baba in my previous births. As per my family name and stories, I was told by elders that our ancestors are from Maharashtra's Kopar village so our surname derived from there.

When I read Satcharitra for the first time and the name Kopargaon came up I was astonished. On my visit, when I went to Sai Baba mandir in my colony I saw the same photo of Baba with others but along with them a small girl too which was surprising to me. The photo I have in my book has no hint as if something is missing there. So I revisited temple many times to see that photo. And lo and behold one fine morning I felt in Baba's another photo he had came alive with flushed but smiling face , as if telling me yes you have visited Shirdi in your previous birth.

Baba always answered my prayers helping me with many of my problems, like my daughter clearing all her exams at one go. A false legal case cut short at the nip of the bud without any blemish on my son and my daughter surviving at the child birth and so many to narrate this space is not enough.

Sai Baba Looks At Me Every Second

- *V.Leela Kumar*

I was doing Sai Baba Satcharitra parayanam for the first time. There were 4 days remaining to complete it, mean while baba looked at me and with graces of Sai Baba I got job in a company at Chennai. I had to leave for Chennai. Since it was a good thing for me but there was a pinch of pain that I will not complete my Satcharitra parayanam in a week. I prayed to Sai Baba to give me a good environment to complete it while traveling to Chennai. I was leaving for Chennai on 29 Nov 2009 morning; I planned to go in train since it was economical and comfortable. One day before leaving, I got a dream of Sai Baba asking me to go by bus. I did not take his words in consideration because I find that inconvenient and decided to travel by train. Since the train was at 10am I went to railway station at 7am and took the ticket for Chennai. Since there was 3 hours remaining for my train, I returned back to my home and took rest and got ready for the travel. I went to railway station at 9:50 am and I was surprised to see that the train was leaving the platform. I ran very fast to catch it but I failed, mean while a old man came to me and said, "Brother there are plenty of buses to Chennai and why do you want to go in this train. It's very crowded and you will never get a place to stand also, so better go in bus." At that movement baba sayings struck to my mind and I felt that baba is watching and hearing to me at every second. Then I went to bus stand for bus and got into it. To my surprise bus was not crowded and I did my parayanam comfortably in my journey.

Sai Nath Ji served me with Miracle

- Molly/Sagar

I had never visited Sai Baba temple throughout my life but yes I had heard many times from one of my colleagues in office about Sai Baba. She always told her experiences of Sai Baba's blessings. She is great devotee of Sai Baba. She has placed a statue of Sai Baba on her office desk and daily I used to bow my head on Sai Baba feet.

From last four years I am in great pain as I am not getting what I want. I am facing many problems in my daily life related to my marriage. It had reached to the doors of court. My parents were in great pain regarding this. I Said Sai Baba that if my wish will come true I will come to the temple and offer Prasad to Sai Baba.

And just after few days my problem gets solved unbelievably and I told the same to my office friend. She told me about this magazine to share my experience here. Therefore, I wrote this article with Sai Baba blessings. Now I also have faith in Sai Baba. He will serve all those who offer devotion and patient to him.

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My Spiritual Experiences with Sai Baba

- Sujatha Rajaram

I would like to share my spiritual experience with "Puppa Sainath Ji". Where ever I go I have faith in Sai Baba. I think that there is always a blessing from Baba on me whenever or wherever I see his photos.

I am a Software engineer; I was selected to attend the interview for my L1 Visa. I was waiting in a line to attend the interview for some time. I was not able to see any one of Baba's photos.

The situation over there was such that once I enter in to the embassy I couldn't see any of Baba's photos. I was so nervous. Till my turn came for checking I couldn't saw his photo. Even my checking was also over. I was waiting for my personal check. That was my last check to be done over there, already 30 minutes were over. Suddenly one auto came next to me and I saw Baba's photo in that auto. I was so happy and that movement I thought that I will get my Visa for sure. And yes, I cleared the interview and got my Visa.

Sai's Book

By: Shobhana Kumar

*Don't say you are not important
It simply isn't true*

*The fact that you were born
Is, proof Sai has a plan for you*

*The path may seem unclear right
now*

*But one day you will see
That all that came before
Was truly meant to be*

*Sai wrote the book, "Your Life"
That's all you need to know
Each day that you are living
Was written long ago*

*Sai only writes best sellers
So be proud of who you are
Your character is important
In the book you are the "star"*

*Enjoy the novel as it reads
It will stand throughout the ages
Savor each chapter as you go
Taking time to turn the pages*

Baba cautions me

- Venkatarao Rallabandi

I experienced a strange miracle in New Delhi in 1990/91. I believe it was Shirdi Sai Baba or his messenger who saved my life. We used to visit Lodhi colony Sai Baba temple in Delhi in those days or Sai temple in Rohini or an old Sai Baba temple near Janakpuri. I was travelling in scooter in Delhi from South Delhi to West Patel Nagar. As the route was new to me I asked a person about the route. He was an old man. Instead of guiding me, he said he would come with me. So I gave him lift for some distance. He asked me to stop and got down. Before leaving, he patted on my shoulder and said, "Drive slowly and be careful" and he left.

I wondered why a new person, a total stranger advised me. In fact I never drive at high speed. I went further and came to Shankar Marg and suddenly the front mudguard of scooter broke and fell under the front wheel. I fell down and my scooter skidded for some distance. There was not much injury to me as I was slow due to the old man's advice.

जीवन और मृत्यु आत्मा और परमात्मा
को पाने के दो पहलू हैं। रात के बाद दिन,
दिन के बाद रात होती है। इसी तरह चोले
बदलते हुए... अनुभवों से गुजरते हुए
अपने आत्मस्वरूप को ब्रह्मस्वरूप को
पाने के लिए मंगलमयी व्यवस्था है।

But just a few seconds before I fell down, one truck suddenly came from a side lane and came in between me and all the traffic behind me ,which otherwise would have crushed me. It suddenly struck to me why the old man advised me to go slow. He also patted me on my shoulder. I realized it was a Thursday. I believe it was Shirdi Sai Baba or his messenger who met me, took the lift and advised me to be careful and left. He also sent the truck to stand between me and all the maddening and speeding traffic behind me when I fell on the heavy traffic road around 6 p.m.

My body shivers whenever I think that incidence. This I believe is a miracle of Sai Baba and his love for his poor devotees.

The Art and Science Of Meditation

- K. K. Dixit, Kirti

Mind is the machine which keeps on producing thoughts every moment. These thoughts, most of the times are concerned about ourselves and some time about others.

Constant thinking about ourselves is the most common attitude of our mind. We are concerned about our desires and ambitions. This exposes us to the risk of non- fulfillment of these desires, which may lead us to depression. Sometimes, the mind goes back to the failures of our past life, which also breeds disappointment. The stirring of such depression for a longer time, paralyses the mind and loses the power of thinking anything positive or constructive. There is also another side of it. When one is riding on the waves of success, continuously for a longer time, it leads to boost ego. The ego in its excess, leads the side effect of disabling the mind to think in a right direction, or reaching to a single pointed-concentration. Under both the above circumstances, one loses the power of increasing wisdom and taking right decisions. To avoid this, it is necessary to regulate the channels of the mind. This can be done by meditation.

The meditation as we commonly understand is to concentrate and reaching to the highest state of forgetting our bodily existence and the surrounding atmosphere. Almost all the religions of the world have recognized the importance of meditation for the management of mind. Each of them has its own way and concepts about mind.

Carlos Castaneda is considered by some people to be “the father of new age” has written that “halting the interior dialogue or quieting one’s thoughts”, is the key for meditative practice. The famous philosophers of modern times like J. Krishnamurthy, Swami Vivekanand and Osho Rajneesh etc. suggest – meditation as the ending of thoughts, blanking out of mind and releasing oneself from conscious thinking.

Researchers at Harvard, Yale and Massachusetts universities have got the evidences that meditation can change the physical structure of our brain. It sharpens our attention. University of Wisconsin has found in its researches that the meditation makes a man fearless and avoids heart attacks. It is a scientific way of achieving inner peace and self –realisation. The scientists now believe that the two realities viz. consciousness and matter co-exist. By meditation the intellect is refined.

While meditating, our concern must not be to know the flow or thoughts or cease them by resistance or any force, but simply to watch them as spectator. If a thief has entered into our house for stealing and we, instead of fighting with him, just keep a watch and follow him every movement, he would not be able to steal anything and would leave the house.

Spiritually meditation, at its highest level of practice i.e. the “loss of self”, helps the consciousness of God to enter into our life. When our desires will die, the God will dwell

Sai’s Book

By: Shobhana Kumar

*Don’t say you are not important
It simply isn’t true
The fact that you were born
Is, proof Sai has a plan for you*

*The path may seem unclear right
now
But one day you will see
That all that came before
Was truly meant to be*

*Sai wrote the book, “Your Life”
That’s all you need to know
Each day that you are living
Was written long ago*

*Sai only writes best sellers
So be proud of who you are
Your character is important
In the book you are the “star”*

*Enjoy the novel as it reads
It will stand throughout the ages
Savor each chapter as you go
Taking time to turn the pages*

within us and in such a case, we would attain the objects of our life, that is, the realization of our highest consciousness, the discovery of our true personality, which is immortal, known by us as our soul.

In our practical life, when we look into the mirror, we find that our nose, ears, eyes are then same but the one, who is looking the mirror, is changed. This is the transformation which is sought by meditation. We find that the struggle of mind is smoothened, fear is vanished, and a sense of inner pleasure, peace, perfection and contentment constantly persists.



By helps in the performance

- Vandana Gupta

I am a very shy girl. I had never performed in front of public. I wished to entertain public at large, but was very afraid. I actually have public phobia.

But I don't know what happened last month. My mama arranged for a "Mata ki Chowki" function at his residence. My family was also invited. The function was on large scale. Long list of invitees included their family, friends, relatives, business associates etc. numbering more than 100.

As I came to know about the function, I rang up to my cousin (mama's daughter, Akanksha). I proposed her that since this is our first family function, we should also participate and present one item from our side. I proposed her that we should sing a very famous and super hit song from the movie Amar, Akbar Anthony namely:

"Tareef teri nikli hai dil se,
aayi hai lab pe ban ke qawaali
Shirdi waale Sai baba, aaya hai tere dar pe sawaali....."

At first nobody agreed to it. Everybody suggested for some dance or play. Even my mama and mami asked Akanksha to prepare a dance. But I always wanted to present this song. It is one of my favorite songs and greeting my Saibaba is my dream.

I don't know how and why but Akanksha accepted my proposal and refused to dance. Then we started practicing that song. We also involved my bhabhi Deepti in our group. Earlier, she was also against the song. We prepared the song but were very afraid that whether we will be able to sing it in on stage or not.

On the function day we all were too much nervous that we forgot the lyrics. When the announcement was made for our song, we went on the stage. We became tensed by seeing lot of people waiting for our performance.

ले चलो मुझे, ले चलो मुझे

किसी ऐसी जगह पर
जहां लब बेजुबान हों
पर, आंखें बोलती हों
जहां स्वर खामोश हों
मगर, सुर बोलते हों
जहां साज बे-आवाज़ हों
मगर, धड़कनें बोलती हों

ले चलो मुझे...
जहां धरती के सीने पे
लहरें डोलती हों
जहां पत्तों के खड़कने पे
चिड़ियां बोलती हों
जहां बारिशों की बूंदें
मस्तियां घोलती हों

ले चलो मुझे...
जहां महकती हवाओं से
में, बात कर सकूं
जहां बच्चों की किलकारियों को
में, मात कर सकूं
जहां ईश्वर के पहलू में
में, साथ चल सकूं
ले चलो मुझे...
किसी ऐसी जगह पर

- चित्रा वाधवा

As the music began, we managed to start singing. The song was performed so nicely and beautifully that everybody clapped on its beats, danced and enjoyed it. We didn't pause for any moment. The music and flow was so perfect which we never expected. When the performance ended, everybody clapped and clapped and complimented that we had never expected such a beautiful and mind blowing performance from our daughters.

I know it was all done by Saiba. The idea was born, how? Mama and Mami never wanted but still Akanksha agreed, how? We forgot the song, still we sang, how? We got the perfect music, how?

There were so many difficulties but still everything went so smoothly and perfectly. No one knows but I know it was all because of Saiba. Saiba choose me for the idea. Baba prepared Akanksha for the song. Baba made us remember the song and music was all arranged by Baba. Thanks Saiba, thanks, it was all because of you. You helped me to fulfill my dream.

The sacred saint of Shirdi

By: Arthi Deepak

*The sacred saint of Shirdi,
Ever protecting His devotees
You imbibe in us qualities of faith and patience,
For all that you have provided me with,
Please accept my salutations.*

*It is impossible to understand the entirety of your miracles,
The lessons from you, never harsh,
Always subtle and full of meaning
You are a boon to this Kali Yuga,
An incarnation of the all powerful Dattatreya.*

*Through Namasmaran we devotees feel the power of prayer.
My wish is for you to be omniscient as you always are
There is no day that passes by where we do not feel your affection and care
O Lord, you are Supreme
To the world you show the way like a light-house beam!*

साईं आया तेरे द्वार

- डॉ शेखर नायक

साईं आया तेरे द्वार..

कशी गए संगम गए, गए हम हरीद्वार,
मन की शांती कही न मिली, साईं आया तेरे द्वार.

साईं आया तेरे द्वार.

तुही हो राम रहीम तुही हो, तुही हो पालनहार,
राम, श्याम, और शिव, गडस सब का है तू अवतार,

साईं आया तेरे द्वार

कृपा करो साईं मुझपर भी कर दो मेरा उधहार.

इस भवसागर से, साईं केर दे मेरा बेडा पर.

साईं आया तेरे द्वार.....

तुही पालन तुही खेविया तुही हो पतवार,
तेरी अनंत लीला, जाने न संसार.

साईं आया तेरे द्वार.....

हर फूल में तुम, हर शाख पे तुम

Ravinder Goel

हर फूल में तुम, हर शाख पे तुम, धरती में हो तुम, आकाश में तुम,
जिधर देखूं, बाबा तुम ही तुम

कण-कण में हो तुम, रग-रग में हो तुम, डग-डग में हो तुम, पग पग में हो तुम,
जिधर देखूं, बाबा तुम ही तुम.

हर जीव में तुम, आत्मा में हो तुम, संसार में तुम, परमात्मा तुम,
जिधर देखूं, बाबा तुम ही तुम

तारे भी हो तुम, और चाँद भी तुम सूरज भी हो तुम, और दीप भी तुम
जिधर देखूं, बाबा तुम ही तुम

बिनती है मेरी, मिल जाओ न तुम, चरणों में मुझे, रख लो बाबा तुम
जिधर देखूं, बाबा तुम ही तुम

हर रूप में तुम, हर भाव में तुम, शिडीं में हो तुम, संसार में तुम
जिधर देखूं, बाबा तुम ही तुम

Baba helps my sister get married

- Rachita Gurung

मेरा बाबा पर बहुत विश्वास है ! मैं एक साधारण घर की कन्या हूँ ! मेरे माँ बाप के हम ४ बच्चे हैं ! मैं सबसे छोटी हूँ ! मेरी दूसरी नंबर की बहिन इंजिनियर है ! मेरे माता पिता उसकी शादी के लिए बहुत ही ज्यादा परेशान थे ! पर मेरी बहिन को शादी करने के लिए सिर्फ इंजिनियर लड़का ही चाहिए था , उसकी उम्र निकली जा रही थी , पर लड़का मिल ही नहीं रहा था, थक हार कर हमने शादी. कॉम में उसका खाता खोल दिया, ताकि अच्छे पढ़े लिखे परिवार से शादी के लिए परिचय हो जाए ! जब वहां से भी कोई उम्मीद नहीं दिखी तब सब परिवार ने शिर्डी जाने का फैसला किया ! हम सबने वहां पहुंचकर दीदी के नाम का प्रसाद बाबा के चरणों में चढ़ा दिया ! घर पहुँचते ही हमने क्या देखा की जिस शादी.कॉम में दीदी के लिए एक भी रिश्ते नहीं आ रहे थे उसी शादी.कॉम में दीदी के नाम पहला रेस्पॉस देखकर हमारी खुशी का पारावार ना रहा ! लड़के से दीदी की बातचीत शुरू हुयी ! धीरे धीरे पता चला की लड़का भी इंजिनियर है, और अपने ही समाज का है ! यह देख कर पापा की आधी परेशानी तो दूर हो गयी ! अब बात आगे आई दहेज की जिसके मेरे पिताजी सख्त खिलाफ है ! आगे बढकर मेरी दीदी ने लड़के से बात करी और कहा की हमारे पिताजी ने बहनों की पढाई में पहले ही बहुत खर्च किया है उम्मीद है आप समझोगे की आज के ज़माने में ४ लड़किया को पढाना इतना आसान काम नहीं है ! लड़के ने बात को समझते हुए कहा की मैं समझता हु और मुझे भी एक समझदार पत्नी चाहिए मुझे पैसो का कोई लालच नहीं है! आगे चलकर हमने अपनी बात रखनी चाहि की हम शादी शिर्डी में ही करना चाहते है क्यूँ की हमारी साईं चरणों में अपार श्रद्धा है ! इसके बाद जो हुआ उसको जान कर तो हमारी खुशी का पारावार ना रहा , जब हमें यह पता चला की लड़के वाले भी शिर्डी साईं बाबा पर बहुत विश्वास रखते है और हमसे ठीक एक महीने पहले वोह शिर्डी में अपने बेटे के लिए बाबा से घर की बहु मांगने गए थे जो पडी लिखी और शुशील हो ! लड़के वाले दिसम्बर में शिर्डी गए थे , हम जनवरी में गए थे और दोनों परिवार ने बाबा से एक ही चीज़ मांगी ! बाबा के आशीर्वाद से मेरे जीजाजी और दीदी का विवाह शिर्डी में मार्च को संपन्न हुआ ! और जीजाजी ने वादे के मुताबिक पिताजी से कन्यादान का सिर्फ एक रुपया ही लिया उसके इलावा कुछ नहीं ,वह बोले यह तो बाबाजी का प्रसाद है मैं इसे कैसे फेक सकता हूँ ! बस बाबाजी की कृपा से मेरे दीदी जीजाजी आज राजी खुशी से अपना जीवन बिता रहे है ! और बाबा के आशीर्वाद से उन्हें एक

लड़की भी हुयी है जिसका नाम उन्होंने साईं जयनी रखा है ! बाबा की लीला अपरम्पार है ! वोह सबके लिए कुछ न कुछ सोच के रखते है ! उन पर विश्वास रखो और सब्र करो बाबा जरूर सबकी सुनेंगे !



साईं खडे हैं द्वार पे

सुरेखा

साईं खडे हैं द्वार पे, देखो हाथ पसार
 दो पैसे की दक्षिणा, मांग रहे सरकार ॥
 पहला पैसा श्रद्धा का, भक्ति भाव भरपूर
 लेशमात्र भी कम हो तो, लेंगे नहीं हुजू ॥
 श्रद्धा पूरी चाहिए, ज्यों पूर्णिमा चन्द्र
 कष्ट ताप संताप से, होवे ना जो मंद ॥
 पर्वत जैसा अटल रहे, भक्तों का विश्वास
 भ्रम संशय तो हो नहीं, ना होवे कोई आस ॥
 श्रद्धा से भक्ति बढे, जगे प्रेम का भाव
 घट घट देखे साईं को, चढे मिलन का चाव ॥
 दूजी दक्षिणा सबुरी की, धीरज धरती जैसा
 साईं भक्त से मांग रहे, यही दूसरा पैसा ॥
 कष्ट देखकर सामने, धैर्य ना डगमग होवे
 सब्र करे, ना विचलित हो, भक्ति भाव ना खोवे ॥
 झंझावत तूफान हो, या दुख का हो सागर
 छलक छलक कर गिरे नहीं, भक्ति रस की गागर ॥
 सब्र संपदा अति सुखद, साईं की अति प्यारी
 जिसकी गाँठ ये संपदा, साईं प्रेम अधिकारी ॥
 धृति धारणा धैर्य धर, मन निर्मल हो जावे
 जिसके हृदय सबुरी हो, वही साईं को पावे ॥
 सारे जग के दाता की, भक्तों से दरकार
 श्रद्धा और सबुरी ही, मांगे देवनहार ॥

सुबह सुबह फूल खिला है

Illa Kanungo

सुबह सुबह फूल खिला है, दुनिया की बगिये में.

शाम को तो तारे खिलेंगे, दूर आशमान में.

हर पल एक छबि खिलती है, मेरी हृदय में.

साईं बाबा साईं बाबा

बसे है बस तन मन में.

जीवन की नयाँ चलती जाए

बस आपकी इच्छा से .

इतनी दया करना साईं

आपनी बची से.

आशा की दुनिया सजाया मेने

इच्छा की फूल से.

सपनो का महल कड़ी है मेरी

आपकी शक्ति से.

होठो से बहेता मधु की बरषा

आपकी गीत गाए.

मेरे जीवन की हर सांसो में

आपकी नाम छ़ाए.

मन मंदिर की हर कोने में

मेरी आप रहो हमेशा.

आपकी दया बरसती रहे.

जब जब ध्यावें हम तुझको

- सीमा गुप्ता

जब जब ध्यावें हम तुझको, धन्य धन्य हो जाते हैं,
अंजलि के अमृत रस में कर स्नान, पावन हम हो जाते हैं !

अरमानों के इस सागर में प्यार तेरा हम चाहते हैं,
तेरे प्यार की बरखा पाकर, तृप्त हम हो जाते हैं,
ऐसा सुख बरसाया हमपर नतमस्तक हम हो जाते हैं!

परम ज्योति के इस स्वरूप में दिव्य प्रकाश हम पाते हैं,
तेरी अनुकम्पा की किरण से हम रौशन हो जाते हैं,
रहमत बरसी है ऐसी, हम गद गद हो जाते हैं!

बिछड़े जन्मों के वियोग की पीड़ा सह नहीं पाते हैं,
ममता भरी तेरी गोदी का स्पर्श सभी हम चाहते हैं,
मात पिता और भ्रात स्वरूप में हरदम तुझको ध्याते हैं!

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We are looking for volunteers (Designees & Content editors) who could help us. If you are a designer or a content editor and would like to help for upcoming issues of Samarpan, please let us know at mag@spiritualindia.org.



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