

# Making of a Yogini



Gyani Baile  
Dolly Baile 'Shivangini'

*Making of a Yogini*

**MAKING OF A YOGINI**

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## **Dedication**

On June 3, 2001 during her meditation, my wife Dolly Baile heard Sathya Sai Baba say, “Shivangini, you need to share with others whatever you have learned”. He told her that He was exemplifying her for the greater good of all of us.

He is the One who facilitated the 8 years of experiences that transformed Dolly to Shivangini, as He eventually came to call her. He gave her the guidance and encouragement to record the experiences as they were occurring, and as she would relate them to me. He said, “It is for Gyani to summarize and for you to utilize. Gyani is the one to convey this.” Moreover, on January 7, 1998, it was He who gave me the assignment to transcribe and write these experiences in the form of books. The two publications previous to this one are entitled Inner Experiences and Sadhana, Your Spiritual Journey.

It was only His unparalleled love, compassion and humor that kept us going.

Dolly’s transformation was contagious. The immediate family and our extended family and many friends were happily infected. Now Sai wants it to spread to the readers. It was remarkable to watch while she herself was experiencing some tough lessons and growth, she was able to help others progress in their spiritual journeys. What a blessing and a miracle!

I was a spectator initially, assisting Dolly, whom I love dearly. Only to give her company, I started engaging in spiritual practices like prayers, rituals, and eventually meditation under her subtle coaching and guidance. A slow change started taking place in me without my realization. On November 14, 2004 in her meditation, Shivangini saw me in white clothes and then turning into a 4-5” ball of light. Later that day Baba said to Dolly, “You have turned him into a ball of light”.

I owe everything to Sai Baba, our Sadguru (Soul as teacher) and to Shivangini, my guru (teacher).

Gyani Baile

## Preface

I would like to share with the readers why this book is titled Making of a Yogini.

A Yogini is the female form of the word Yogi. A Yogi is one who has mastered the senses and the mind through detachment, ascetic practices and meditation. A Yogi is a person whose mind is fixed on the divine and achieved the goal of conscious union with God. This qualifies the Yogi/Yogini as a Guru, teacher of the inner path.

Many of our friends suggested this title since they knew Dolly well and had a glimpse of the miracle transformation that unfolded in her before their eyes. In meditation Swami called her a Yogini many times. It was a mere 8 years that changed Dolly Baile into a Yogini whom Sai Baba renamed as Shivangini. She was taken from spiritual birth to childhood and through adulthood, to helping others on this path, and to the final ultimate goal of human life: liberation, which in Sanskrit is called Moksha.

Also, I was inspired to use this title because it is a book about the actual day to day process of becoming enlightened. Obtaining enlightenment is not a switch from black to white, but a learning and evolutionary process that takes one through many shades of gray before reaching the goal. I was gifted with a rare opportunity of witnessing this process as my wife went through the various shades of gray before reaching the goal of enlightenment.

Most of us have come across evolved souls, at least in literature. But rarely do we get a peek into their lives on a daily basis. Though I have read many books about or by saints, sages, and ascended masters which tell about who they were before their enlightenment and what they became and did after enlightenment. No one seems to elaborate on what he/she went through, experienced, and saw while meditating. Through relating Shivangini's transformative experiences, what she learned and how, I am making an effort to give a detailed and near daily inside peek of the actual process of evolving to sainthood in the 21st century.

Within that goal, the reader will gain appreciation for the roles played at various stages of spiritual unfolding by purity in thought, word and deed. As well, it is hoped the reader will come to appreciate the important roles of discipline, effort, obedience, the importance of timing, diet, relationships, etc.

To make a claim that Shivangini is one of Sai's many glories is a tall statement since most of us do not even know a fraction of His Majesty. Yet I strongly feel it is true because He directed her spiritual journey from inception to final goal of human life from a distance of 10,000 miles away. Till the day she passed away she never spoke to Sai at a physical level or seen him up close. In her inner locutions, Sai Himself pronounced Shivangini a Yogini, at times He called her Grihastin Sannyasin (householder Hermit), Jivan Muktha (one who is liberated while still in a body from future birth and death cycles), and a Devi (a Divine being, a female ascended master).

With meteoric speed, Shivangini was led through remarkable experiences and reached the final goal of human life. This is her story.



## **Introduction**

This book is not meant to give a breadth of spiritual or religious practices or knowledge, but to give an in depth focus of Shivangini's experiences. Those who are interested in casual spiritual reading may find this book unsuitable or unbelievable. The serious aspirant, however, may feel the reassurance of comradeship. For the sake of those unfamiliar with Indian spirituality, there are several concepts I will explain briefly to help with understanding.

### **Vedic wisdom**

On March 10, 1998, Tuesday, she sat down to meditate in the morning at 4:40 am and as soon as her eyes closed Baba said, "Shivangini, spread the Vedic knowledge."

The Vedas are the ancient books of wisdom which originated in India. Vedic concepts are not specific or limited to any religion. Vedic knowledge is the direct knowledge of God as received and perceived by the Sages and Seers at the beginning of the human race. It preceded all religions that we know today.

There are mystics, seers, saints, and ascended masters in all religions who had and are having experiences at Atmic (Soul) level which are consistent with Vedic knowledge. Although Vedic knowledge is universal, the Scriptures that expound and elaborate Vedic knowledge were eventually associated with the Hindu religion.

### **The role of Sai Baba**

Among the readers of this book, there are probably some who are wondering who Sri Sathya Sai Baba is. Who is this entity that seemingly introduced Himself into Dolly Baile's life and caused her to transform?

He is a world spiritual teacher who is living in India. Sai's teachings are universal like the Vedas, and all are based on love. He advises that one need not abandon one's religion in order to 'utilize' Him. In fact, He advises that we become more dedicated to our own spiritual tradition. He tells us:

"The Lord may be addressed by any name that tastes sweet to your tongue, or pictured in any form that appeals to your sense of wonder and awe. You can sing of Him as ... Jesus, Maitreya, Sakti; or you can call on Allah or the Formless or the Master of all Forms. It makes no difference at all." (Sai Baba)

So according to His own teachings, if Shivangini been of a different ilk, her experience might have been perceived with different form of deity as its source, like Jesus or Allah.

Sai Baba tells us that He is an Avatar, an incarnation of God, who has been all loving, all wise and all powerful always. This contrasts with a spiritual Guru, or teacher, who is born to this earth like you and I, and must elevate to high spiritual levels through spiritual practices.

Sai Baba currently has tens of millions of people throughout the world who are devoted to Him. Many of them have had personal experiences of His Divinity, as indicated by the copious amounts of literature that is available in dozens of languages. We have referred Sai Baba throughout the book as Baba, Swami, Sad-Guru (inner teacher) etc.

### **Non-duality (Advaita)**

Shivangini received information and guidance as if telepathically from Sai Baba, through inner communion with Him, though he was usually 10,000 miles away in India. For the first years, Shivangini did conceive of her revelations as being from Sai as if He were separate from her.

Though she visited Him in India almost once a year during the last 7 years of her life, He never spoke to her at a physical level. The closest she ever came to His physical form were the few occasions that she sat in the first row of the crowd as He passed by. She did have brief eye contact with Him on some of those occasions in India.

Sai Baba explained to us that Shivangini's consciousness progressed from duality to monism (Advaita). This means that, like most of us, she began with the notion that there is separateness in the Universe. That is, the belief that you and I are separate and God is also. As ours is destined to eventually, Shivangini's consciousness expanded to include the constant awareness of universal Oneness. That is, she knew that the Creator is one with the Soul (Atma) of all creation, so all of us are also one at soul level and one with God. So in time, Shivangini came to experience that the communication she had heretofore thought was with and from Sai Baba was actually communication with her own/our collective Soul.

This experience of non-duality (Advaita) is nearly impossible to express in words, and few of us experience it. For that reason, and for the sake of readability, throughout this book you will find Atma (the unified soul of all Creation) referred to as Sai Baba. He is the living embodiment of this unified Soul. For the first years, Shivangini did conceive of her revelations as being from Sai as if He were separate from herself, though He was usually 10,000 miles away in India.

Due only to the limitations of language, this is how she and I referred to it, and we must leave it to the reader to realize that in the later years, Shivangini did experience the reality of Sai and all creation as the One Unified Self.

### **Our interpretations and research**

Because Shivangini's spiritual background is Hindu, most of her experiences are expressed through those lenses. Every effort has been made to make her story understandable to everyone. There is a consistency in Shivangini's experiences with Indian ancient wisdom texts, and she was introduced to many Sanskrit words and verses. Where Indian culture or texts offer insight or interpretation, we have tried to make those

understandable. At times it is difficult, particularly where there seemed no parallels in other cultures.

It was clear to us that her experiences bore close similarities to those of mystics, saints, seers and devotees of God throughout the ages. Much was revealed to Shivangini that was new to us. Her revelations took us through many spiritual concepts and interpretations. It must be understood that interpretations are dependent on the experiencer and to some degree dependent on his/her background. Advanced aspirants tend to have less discoloration to their glasses, yet even among them each one tends to be at different levels and depths of consciousness and clarity.

At times, the reader will notice that what was revealed is in conflict with what actually transpired. This indicates the dynamic nature of events themselves, and the limitations of our minds in understanding and interpreting God's messages.

### **Be open to your own interpretations**

Sai Baba often says, "Love my unpredictability". Those who are familiar with Sai and have read about or experienced His leelas (Divine play) will understand what that means. It is related to our linear thinking and one to one correlations we customarily draw in worldly matters. It is also related to the nature of mind and the nature of the lower self, which likes to have control and seeks predictability.

To understand Sai's words and actions, one needs to surrender completely, and have the ability to think out of the box, multi dimensionally, and expect many unexpected correlations and effects. Even then, we may not get the understanding and clarity we are accustomed to in worldly matters. A good example of this is the way He revealed to Shivangini the 9/11 incident a few hours beforehand.

As you read about Shivangini's experiences, try to stay open to the meaning and interpretation that they may hold for your own growth. Be vigilant. You may begin to have your own experiences through Sai or any other version of the Universal One that you favor.

### **Organization of this book**

Every effort has been made to transcribe Shivangini's experiences as she related them to me for that purpose. The only deviations are omissions where I could not recollect fully. Sanskrit or Hindi words are included with English equivalents or explanations. We tried to include simple explanations for Indian cultural and/or Vedic references. Statements by Baba or other deities are set aside by quotation marks.

I have kept the records in chronological order to preserve the flow and progression of the many changes one must undergo while journeying towards the spiritual goal. Some of this book is segmented into chapters based on topics, so some of the dates appear in



multiple places. That is because in a single day, Shivangini's experiences could be so numerous that they belong under several topics.

The first book about experiences which we were directed to write, Inner Experiences, covers the time period of from January, 1997 to February, 1998. With approval of the Sri Sathya Sai Books and Publications Trust, it was published in April of 1999. Those experiences are summarized briefly in the Prologue of this book, for those unfamiliar with Inner Experiences.

Making of a Yogini includes Shivangini's experiences from February 25th, 1998 onwards. During those 6 years she was going through various spiritual stages and at times she was getting so tranquil that she was losing the desire to document numerous experiences and heart to heart talks she was having with Baba. The sad result is the loss of about a third of her experiences.

Sai Baba took Shivangini to the spiritual peak very rapidly, over a period of about 2 years. This gave her a taste and understanding of the final goal. Thereafter, He brought her back down and made her climb up so that she is familiar with the path and its obstacles, milestones, twists and turns. This gave her an understanding of the difficulties the rest of us encounter, so that she could coach and direct us appropriately. Lastly He brought her down again and made her experience the physical and mental obstacles faced by aspirants, so that she could relate to them, empathize, and help with compassion. Here are her own words about this process:

“This was a great blessing of Baba on me for letting me have the highest experience, share that experience with others in the form of teaching I do, and actually practice to earn his grace as if I never had it. His purpose in that was so that I can play the role, I get what I deserve, and yet never be arrogant about achievement or undermine God's gift. Internally, I am made to earn and get to the next stage. All the time I appear to the external world as one who has that gift. By this I never get the feeling that it was handed to me and I did not earn it.”

This is not the typical route or rate of spiritual travel. The usual route as outlined by Sai and by the Vedic scriptures is Divine Love, Divine Knowledge, and Divine Effulgence. But God can and does create new permutations and combinations for His divine purpose.

In December of 2004, Shivangini received a diagnosis of cancer that manifested only weeks prior and was already in secondary stage (metastasis) condition. It was a poorly differentiated, non small squamous cell with unknown primary and doctors gave a life expectancy of 6-9 months. She left her mortal coil on September 3<sup>rd</sup> of 2005. During this devastating loss many friends and relatives supported me emotionally and I am very grateful to them.

On November 20, 2005 Sunday, in a hotel room in Shanghai while meditating, I had a question that kept repeating in my mind 'what can I do?' without Shivangini. Along the way I transcended and as a response to my question I had the following vision. I saw a narrow room about 9 by 12 feet. To the left side of the room there was a shelf along the

wall that was packed with books and on the right side there was a desk. On the desk there was a table lamp throwing light on to the desk and in that light I saw a hand up to the wrist (not attached to anything) holding a pen in writing position. The vision ended there. I understood that the divine wanted me to get busy with writing Shivangini's experiences. After I returned from my business trip I got myself immersed in putting this book together. This helped me in subliming the grief of her loss into a spiritual endeavor.

I would like to recognize and thank many friends who gave me encouragement, motivation, and suggestions in writing this book.

In particular, Jody Cleary deserves a special mention and thanks for actually spending many hours reading and rewriting the dedication, preface and introduction of this book.

This book has now been translated into Telugu language and published under the title "Sai Shivangini".

## Prologue

Dolly was born in Ratlam in 1953 and raised in Gwalior, India. She lost her father when she was still an infant and her mother Sushil and older brother Ashok raised her lovingly. Her family was Punjabi and belonged to Arya Samaj, which is a society and organization founded on practicing the teachings of Vedas. The society believed in formless God and did not do any image worship. Her mother followed Arya Samaj but also did Guru (spiritual teacher) worship on Thursdays. So while growing up Dolly did not have any exposure to various deities, images or mythology of Sanathan Dharma (ancient religion/way of living or Hinduism as it is called today). Most of her close friends were Hindus and she was familiar with the images that she saw in their homes. Overall she had belief in God as a higher power and used to bow down to all places of worship she came across but did not follow any one particular religious practice or worship. Unlike Dolly, I was raised in a Hindu family which followed the tradition and image worship and had exposure to Hindu mythology. In spite of my background I was not religious and did not follow any active religious discipline. We used to have a few pictures of deities in a closet area in our home in midland and occasionally used to light incense and bow down.

Dolly's education was in Chemistry and she pursued a career in this field in USA after she got married. She worked for Dow Corning for 24 years in varieties of departments: Research, Product Development, Technical Service, Marketing, Business Stewardship, and Knowledge Management.

Both of us pursued careers in the same company and raised two children in the small midwest town of Midland, Michigan. We used to have good group of friends who were primarily interested in meeting on the weekends for partying and having fun.

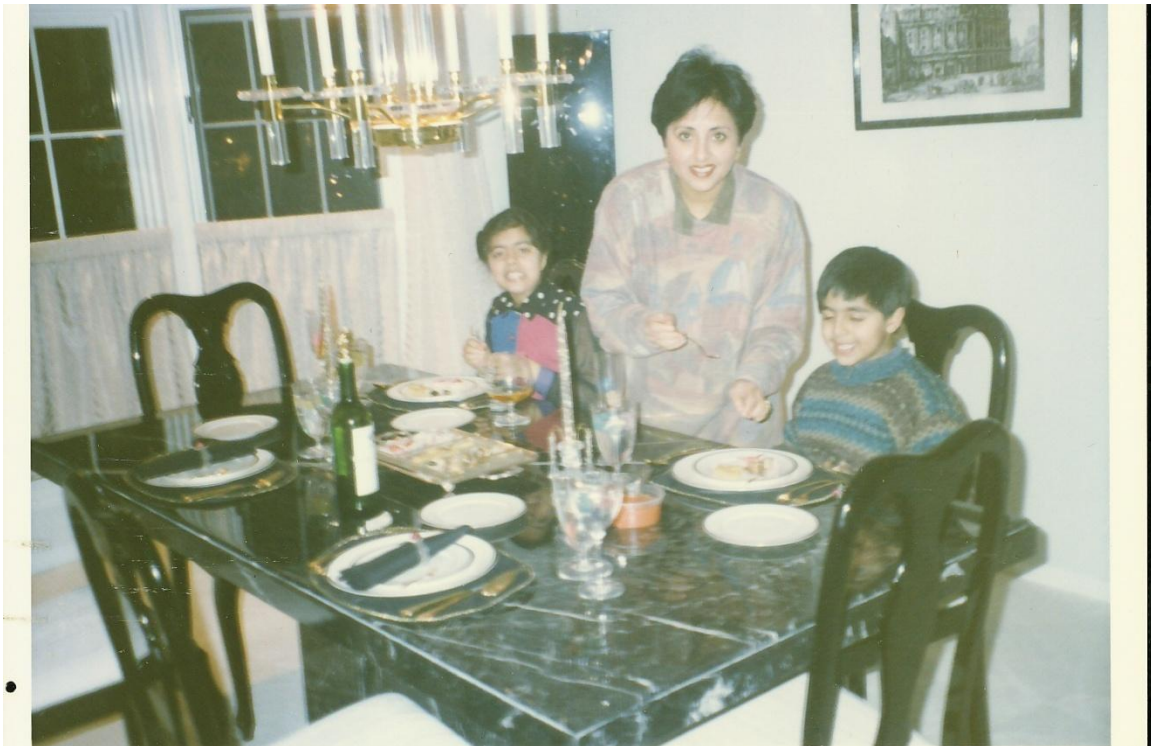
It was January of 1997 when the divine knocked on the door of Dolly Baile and said it is time, and He was not kidding. It started and picked up speed rapidly and those experiences from January 1997 to February 25, 1998 (Maha Shiv Ratri – night of Lord Shiva considered auspicious for spiritual aspirants) resulted in the book 'Inner Experiences' that was published in April of 1999. The very same week when the book was published, Shivangini had physical darshan (sight) of Swami for the first time in the darshan hall at Brindavan, Bangalore.

Here is a summary of the experiences she had gone through from January 1997 to Feb. 25, 1998.

Start of Dolly's experiences began in January 1997 with Sai Sacharitra, a Hindi book on Shirdi Baba's life and miraculous experiences of his devotees written by Hemad Pant. Her mom left this book behind as she was returning to India in December of 1996. One of our friends, who is a Baba devotee, saw Sri Sathya Sai Baba in her dream and He told this friend that He is going to Dolly's house. It started with miracles happening at home and outside; materialization of some articles in our home; dreams and visions that were long and very vivid. These progressed to hearing disembodied voice in meditation; started receiving interpretation of dreams through disembodied voice and also being led to scriptures like Upanishads (part of the Vedas). She started receiving instructions on

how to do meditation on chakras (7 spiritual (consciousness) centers along the spine) and in meditation saw Lord Shiva come and awaken her Kundalini (serpent power residing at the base of the spine in the subtle body) using the serpent from his neck. She traveled through unknown and unheard of worlds (Lokas) in her meditation. During this same time her virtues were being developed with coaching and guidance from Swami. She progressed to hearing the voice of Baba in fully awake condition while going about the house or work. Many of her past lives were revealed to her by Baba and he also told her that he took the burden of all her Karma and said the negative consequences of her Prarabdha Karma (consequences of the acts from past life or lives) were destroyed. Baba tells her that she got Atma Jnana (Self Realization) but not Brahma Jnana (Cosmic Realization) yet, and tells her that He is exemplifying her for greater good. On Maha Shiva Ratri day in 1998 her chakras were loosened to pierce the past, present, and future. She pierced the subtle plane at mind level and then reaches to super conscious level. She realizes the effulgence of the Atman and hence could see, with eyes closed, bright day time visions of deities, Prakriti (nature) that were elaborate and intricate.

Although her spiritual journey continued, Baba asked her to publish the experiences up to Feb. 1998 (Maha Shiv Ratri). This book 'Making of a Yogini' is her experiences from March 1998 to November 2004.



*At Home 1992*



*At work 1985*

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## Chapter I

### Divine Effulgence

Her experiences continued at the same rapid pace after February 25, 1998 although we were not as diligent at capturing them as we did earlier. We could manage to capture only those that were significant in her spiritual evolution. After two years of constant presence of Baba in her life (sometime in 1999) she had a vision where she had seen four fruits, three of them fully ripe and one was  $\frac{3}{4}$  yellow and  $\frac{1}{4}$  green; green portion indicated unripe. Baba told her at that time “Now you are starting where you left off in your previous life.”

In this section I have pulled together her experiences in a chronological order as she went through this phase but excluded those that did not fit here and belonged elsewhere. We also tried and included our understanding of these experiences as a paragraph at the beginning of each experience.

#### **Lord Shiva opens her Chakras (spiritual consciousness centers)**

March 9, 1998 Monday - Today is the beginning of a new phase for Shivangini. There are seven spiritual centers (chakras) along the human spine which are not visible and they are progressive in nature. Highest chakra is Sahasrahara which is at the top of the head. Baba got her to concentrate on the chakras for a while, and lately He has been making her to concentrate on the Sahasrahara chakra. Lord Shiva wants her to pass through four gates along this corridor. She has an experience of dissolution of mind which as the reader would find later is essential to advance in Jnana Yoga (path of Wisdom).

She woke up at 4 am but went back to sleep after seeing the time. At 4:18 am Baba said “Shivangini wake up and come right away to meditate. There is a message for you.” She got up and quickly washed up and went to the puja mandir to do puja before meditation. Baba told her to do meditation right away which she did. In meditation she did not see any light but stayed there and she said “Baba what happened. You asked me to get into meditation in a hurry and nothing is happening”. Baba replied “Have patience.” She continued her meditation. Baba spoke “There are four gates and you will be crossing each one of them.” She tried to ask which four gates and where they were? He said “Don’t interrupt”. “As you cross them there will be minor damages but you have to go through it. It is not something to worry about. You will go through it and you will be happy you went through it.” She still was not clear what these gates were but did not say anything. Baba continued “There is a veil that is being removed for you.” Right then she saw blue light and very rapidly within the blue light layers were moving. Then the blue light stayed steady and it was quiet. Her mind started wandering a bit then something brought it right back and she knew it was not her effort. She asked the question if she should concentrate on chakras (spiritual centers along the spine) but did not do anything further. Baba said “Just calmly and patiently let things happen. This is the time you need to practice constraint of speech and take things with equanimity.” She said “Baba, if you wish you



could avoid the damage you talked about when crossing the gates”. Baba said “Yes”. She asked “Will you please?” Then he replied “If you ask, I will”. She was not sure if it was the right thing so she did not ask.

She saw a face of a person forming slowly and then it slowly disappeared when Baba said “This is true dissolving of the mind”.

Then she saw a beautiful sunrise with early morning reddishness in her vision. This reminded her of March 7, 99 Saturday’s meditation where Baba said “It is the beginning of a new phase for you”. “You will have the ability to energize people with your touch. You should stop touching and hugging people”. She asked how to do that since when we meet socially we give hugs. Baba replied “If you have surrendered, trust that I will take care of that too”.

Next day she woke up at 4:30 am and got ready and started meditating by 4:40 am. As soon as she closed her eyes to meditate Baba said “Shivangini, spread the Vedic knowledge.”

In meditation her attention was drawn to Sahasrahara chakra (at the top of the head) and she concentrated on it. Baba at that time said “Lord Shiva wants you to go through these four gates. Time has come and there will be some nerve damage”. As he said that the three unfolded fingers of each hand started tingling in the tips. Rest of the body felt a sensation similar to goose bumps but was more like current going through the body. It went through her body like waves, one after another. Then she saw white, fluorescent like light that came from left side of her eye and was increasing in intensity when she felt a little fear and asked God for courage to handle it. Light slowly receded away.

Baba said “Go ahead and read the book”. This was in reference to the Kundalini book given to her by G. Earlier Baba asked her not to read it but now the time is right for her to read it.

On Thursday March 12 she woke up at 4:30am and did her puja with mantras. She touched Baba’s picture and was about to touch other deities feet when she heard from Baba “All names and forms are mine. Go sit down”. She wanted to touch deities’ feet quickly before she sat down when Baba said “You heard me.” She was not sure if her mind was hearing things and before she started to meditate she touched Lord Krishna’s feet and closed her eyes and normally she can visualize the feet. Today she saw Baba’s feet instead reinforcing that what she heard so far was Baba and not her mind. He further said “I want you to concentrate on Sahasrahara (7<sup>th</sup> chakra at the top of the head).” As she concentrated there she started feeling movement in the head and prior to that there was no feeling of that kind. Baba continued “Imagine a lotus flower in your head and then imagine it is lit up.” As she was doing it she was getting the feeling of ants crawling inside of her head and she felt as if her finger tips were getting heavy.

### **Option to leave this world and join Baba in 7 years**

March 17, 1998 Tuesday - Shivangini recorded this experience when I was traveling and I did not get to know about it till March 2006 when I found some tapes that were not transcribed and started transcribing them. Shivangini left her mortal coil in September of

2005 which makes it a little over 7 years. I think it was all a design of the divine that I not know this information so that I could lead a normal life during those 7 years.

In meditation Baba said “You want to and expressed interest in merging with me. No interest in worldly life or rebirth. In 7 years from now would you really like to leave this body and join me?” She was initially surprised at that question. Then she said after a little bit thought “I would not have any regrets but you know the best; who needs what when where. If you think it is time I would gladly come. Whether these children here need me up to that point or after, it is up to you. They are your children; you can take care of them even when I am not here. Even now when I am here you are taking care of them, so it should not matter. Regarding Gyani, Baba you want to give him life’s experiences, and experiences of divinity here. If you think He has had his share of married life and after that he needs to come in your direction and be by himself, all that is up to you. Whatever you think is best please do that.” (Our children at that time were 12 and 14 yrs old and being a mother what she had shown here is enormous level of surrender and faith.)

Further Baba also told her “In order to enter my kingdom you need to have all those virtues. You cannot ever lie; you have to be very truthful.” Sometime back Baba called her a Grihastin Sannyasin. She came across the definition of Sannyasin in the Upanishad book today. Baba said “Now you know why I called you Grihastin Sannyasin.” The definition of Sannyasin in the book was someone who constantly has God awareness, reads Holy Scriptures, and does meditation and Japa.

Next day in meditation Baba kept saying “Feel me within you.” There was a big round bright white shiny light. Her mind was extremely calm and quiet although there were a lot of disturbing things that happened at work. Baba said to her that she handled it well and took it with equal mindedness. She was totally away from this world and stayed in that state. Baba said “As I reveal myself more to you, you will start seeing me one with you.”

### **Siddhi (power); Service to God; and removal of Veil (Maya)**

March 19, 1998 Thursday - Spiritual progress continues and Baba opens another door for her. Although Baba mentions about a siddhi but she does not pursue. Baba says he is the indweller as well as he is at puttaparathi. We have been writing the Inner Experiences book at this time and that is viewed as service to God.

In meditation Baba said “Anth... (Could not remember the word) where you look within and you can understand your anatomy. You can look into each and every inch of your body and if there is any Vikaar (defect) anywhere you can spot it. Learn that and you can do that for yourself as well as for others.” She asked Baba “The service you wanted me to do for the remainder of my life, am I doing it? (she felt she was not doing it) what am I supposed to do?” Baba said “Know that I am with in you and I am without too, I am in puttaparathi also. Some day you will come to me with that book (Inner Experiences) and I will bless that book and you will publish it. That will be the service. Besides that there is other service you are doing and you will be doing and soon you will realize it too. This

morning I have opened one door for you (she forgot that this morning she had seen a quick vision of a door slightly slit open as she looked at it) and try to look into that door and you will see things. I am removing more and more of the veil. Slowly you will get there.”

## **Householder Renunciate and Path of Wisdom (Jnana)**

March 20, 1998 Friday - It is very interesting to see how Shivangini living right amongst the people who are busy with the world and yet could lead a life of Grihastin Sannyasin. This shows the way for many of us who think it is not feasible to be a Sannyasi in the modern times because we imagine it to be that we need to live in an ashram (monastery) with no ties to families. Here the definition of Sannyasi is given from Upanishads and it can be practiced while leading a normal life. She has been progressing very well on Jnana Marg (Knowledge path) and the four measures for this path (sadhana chatushtaya) are; santho – equanimity, dantho – self control , uparathi – withdrawal of the senses, and thithiksha – steadfastness.

She took the afternoon off because she had company coming over in the evening today. During the afternoon she meditated. After that she started cooking for the party in the evening. While cooking she felt like meditating again and she stopped her cooking and meditated for 10-15 mts. At that time Baba said “Let them (Gyani, Shobun, Raeshum) lead their life and you lead your own.” She understood that while doing her Dharma (obligatory duty) towards her family she can continue to do her meditation, read scriptures, and have true detachment. Around 2:15 pm the sun came out and she opened the curtain on the door to the backyard and the sun was behind the clouds. She was asked to sit down right there facing the sun and meditate. In meditation Baba said “You think that spiritual progress is like someone sits down to meditate one day and 10 minutes later comes out totally enlightened, filled with wisdom. Things don’t happen that way. It is a difficult path. Progress is slow. It takes people years and relatively speaking you are progressing at a very fast pace. But to you it feels slow because you are not learned, you don’t know what are the different stages of progress. If you want to know, there are books which will tell you that there are four stages in the spiritual progress of the kind you are going through. It is different than the spiritual progress on Bhakti (devotion) Marg, or Karma (action) Marg. But on Jnana (knowledge) Marg the spiritual progress has four measures. You need to understand those and if you understood you will know that you have progressed. You have progressed very well.”

Still in meditation she started seeing a variety of colors come and go – blue, green, red, etc with some interesting designs. Suddenly Baba talked and said “You think it is all light effect (we used to think that it is due to staring into light that gives those effects). It is not, it is all real. You want to see the reality of it.” Suddenly in the beautiful light green background an orange color hand appeared in a blessing posture. The hand then changed into an outline of Baba. She uttered ‘Oh my god’ and continued to look at it fascinatingly. Baba then said “Well the show is over. Go back to work.” She finished the meditation with Om Namassivaya.

## **Kundalini (serpent power); sheaths (Koshas) and how to thin those**

March 21, 1998 Saturday - She hears a Sanskrit word in the meditation today she never heard before and neither did I. In tomorrow's meditation Baba tells her about this word again. This episode further emphasized that whatever she heard is not from her imagination. In today's experience Baba shows himself as Lord Shiva. He also continues to make her contemplate about Atma and move away from body identification.

I came back late last night from Mexico and by the time we went to sleep it was 2 am. She woke up at 5 am to a sweet soft voice saying "Wake up Shivangini. It is five O'clock". It was difficult but she managed to get up. She did not turn on the light of the mandir so that others are not disturbed. She went and touched deities' feet. The light that she sees normally when she closes her eyes was not as bright and she thought to herself that it is all light related. Today the light is not turned on hence the light she is seeing is not bright. At that point Baba said "Yad bhavam, Tad bhavati" (as you think, so is your experience). She said in meditation "Baba please take care of this one fault of mine. I doubt a lot." Baba said "Using discriminative intellect is fine. Doubting is not good." Then he said "Mimosa Kosa". We did not know what it was and what it meant.

Baba asked "Shivangini, who is this Shivangini? You are not this body, you are not this mind and you know that, then who is this Shivangini? Ask yourself that. Ask yourself where it was and where it came from." She said "Baba does that mean that I have to know my past present and future?" Baba replied "You already know some of your past. That is not what I am talking about." Further He said "There is no need for fear of anything wrong happening to you in your meditation, and in your sadhana. Go do your throat chakra concentration." As she was doing it He said "Imagine Lord Shiva alive." She said "I have never seen Lord Shiva's picture alive." Baba said to her "You have." At that time her thought was led to a video she saw about Guru Poornima. In that tape while giving speech, Baba turns toward the translator (Anil Kumar) and says 'cheppu' ('say it') in Telugu.

March 22, 1998 Sunday - She heard the word Mano Maya Kosha yesterday and could not understand and pronounce it correctly. Neither one of us knew about it till today when we went back and read all about the Koshas, sheaths encasing the Atma resulting in Jivi (individualized soul). Last night she had a continuous feeling of Kundalini awakening in her sleep all night (serpent power that awakens spiritual consciousness along the spine).

Baba spoke to her about three topics. First topic was Mimosa Kosa. It was actually Mano Maya Kosha and this morning Baba told her that "Mano Maya Kosha. Kosha is sheath. Just think Mano Maya is Maya (delusion, veil). It is a veil and it is enveloping you, and your mind is surrounded with the Maya." He was telling her yesterday to remove that veil on her mind and see things more clearly.

Baba asked "You have seen so many people on Bhakti Marg, Jnana Marg etc. Do you realize that your role is very different, and very rare, and very specific?" Last night she did not have a dream but had a feeling that there was something white that had the length and thickness of a snake and was constantly trying to cling to her. It was coming over her, trying to wrap around her and which ever way she turned it would come

over to that side. She felt that it bothered her all through the night and she was trying to remove it without knowing what it was and finally she got tired of it and woke up. When she woke up there was nothing that she could see. This was not a dream but a distinct continuous feeling. In meditation Baba said “That was the stirring of the Kundalini. You should not worry about it. It is not going to harm you, it is just stirring. This is the serpent power (she remembered at that time that dream where a snake had landed on her arm and when she put it down, it crawled away nicely) and serpents would feel good with your touch always, but they are not going to harm you.”

## **Spiritual vibrations in our daily life; how to know God**

March 28, 1998 Saturday - Baba in today’s experience tells her that he is the indweller, the consciousness that allows us to perceive the world. God is also light, effulgence. Very important learning today are: Knowing the difference between invoking a deity versus knowing it is there; how people are pulled to holy places knowingly and unknowingly by the good feeling they get which are positive vibrations due to the active presence of God; Baba asks her to go to Flint Mandir (temple) to do meditation because these same vibrations will help thin the Mano Maya Kosha (Maya (veil) of the mind) which is essential to penetrate in order to reach to Atma finally. Today is the first time we got a glimpse of limited free will and how it can alter the outcomes based on our effort. Baba reassures her that he is taking the burden of her Karma and stresses upon the Virtues again. Virtue is the yardstick to measure ourselves by and to know when mind plays tricks on us. Another good way to control the mind is by following the intellect and not the whims and fancies of the mind.

She was feeling very emotional today. At puja in the morning she said “I love you and feel the separation from you. God I don’t even know you and yet I love you.” Answer came from within “No, you know me. The minute you wake up, the awareness that you are awake and from that point on whatever you do – the seeing, talking, eating – is all that Atman in you and without that Atman you don’t do anything. So who is it? You know me from everyday; you wake up you know me; you go to sleep and you wake up and yet you come to the same world, you know me.” “You have to learn to see me more clearly. I am that indweller in you, I am always there. You have to learn to see me clearly.”

She then sat down and meditated. Lights started showing up. Baba said “God is light and light is God. You ask for my vision, this is my vision. If you want to imagine me in that light, you can.”

“I ask you to see me more clearly; there are ways to doing that. Invoking the deity, do you understand what invoking the deity means?” She said “No. I have read the word in books.” He replied “If you are sitting here, you are present. But that does not mean you are actively present. There is a difference between active and passive presence. Invoking the deity means active presence (else the deity is present all the time everywhere but passive). When you do sadhana, worship, you invoke the deity. If you don’t, God is still present and is witnessing every thought and every move of yours. But when you invoke for whatever the purpose, you are making him active (although he is present passively).”

“You can get to know God better by invoking him. The places where God is worshipped, he is invoked and there is active presence. When you go to Mandir you will feel those vibrations. Those have very positive spiritual effect on the individuals, that is what they feel and that is what brings them back to the Mandir. Majority of people do not understand it. What makes them feel good in a Mandir or Theerth Yatras (Journey to holy places) is that positive vibration due to active presence of God that makes them feel certain way and they feel good about it.”

“I am present. You have invoked the deity in this little Mandir. The positive vibrations are being felt by you and the kids.”

“You continue your sadhana and I ask you to go to Flint mandir. That will thin down the Manomaya Kosha.” Koshas are sheaths that go from outer to inner. When these sheaths start thinning down that is when you get closer to the soul. The thickness of each sheath is reducing as it is going inward. The third Kosha (sheath) is of the mind. “In the temple the vibrations are very strong and when you go there and do meditation that will help thin down further this Manomaya Kosha.” She asked “How long should I meditate? When should I go?” Baba replied “Again you are bringing me down to your level. You do not understand. God does not have time space limitation that you have as a human. How soon you want to remove that, how much effort you want to put in there, how much sadhana you want to do for it, it is up to you. But once you make the effort, just be assured that I will be that effort. Just be assured that I will help you all the way through. But that effort has to come from your free will. You decide all that (how much time). In proportion to your sadhana you will see the results.” She said “Baba you told me that you are speaking through me, my thoughts words and actions. You are taking care of the burden of my Karma. If this is my effort then in other areas am I being foolish believing that everything is yours and not watching what I say?” Baba says “Be assured that every word, every thought, and every action of yours is mine. But you have to be virtuous (referring to the 17 virtues he asked us to practice). Don’t let the mind play tricks on you. You have to be virtuous”.

There was a discussion about liberation. He said “I know that you want liberation. You have to be in tune with divine plans and maintain the harmony. If you keep asking for it always, that is not good. I told you that you have a role to play and that role can be fulfilled in human life, service to humanity.” She said “Oh, I was thinking after this life I will be born somewhere like heaven or something. So that chance is gone too and I will be born again as a human.” Baba said in an interesting, slow, and gentle voice “Shivangini, I did not say any of that.” “Am I going to be born again on earth?” she asked. Baba said very sweetly “You are asking me for your future. And I can’t tell you. You know that one of the motivations for sadhana in your case should be to grow spiritually enough that the future will be revealed to you by itself (of yours and others). If you want it, that can happen. You cannot keep asking for it. One thing I can assure you that there won’t be any suffering.”

### **Free will, Equanimity, Surrender, and use of Intellect by a Yogini**

March 30, 1998 Monday - Her meditation today got affected and Baba indicated that someone she knows who is spiritually advanced is exerting influence on her and he said that she need not worry because he is taking care. She gets an experience where her



knowledge is developing rapidly and she needed to keep pace with it and He expands her abilities. Later he coaches her on a letter of advice she was writing to a friend. Three examples of light reflecting in a peculiar way were discussed. Baba said again and again in the past that he works through Prakriti (nature), natural ways, through people. Whenever a signal from divinity comes to any human, any person, it does not come most of the time as an unusual phenomenon or miracle. There are lots of signals that come through using the natural phenomenon but if we discard them stating that it is just a normal thing then we miss the signals. Whenever a normal thing draws our attention unusually or in a peculiar way, then it is a divine signal.

She woke up at 4:45 am. She sat down and started meditating right away. She was thinking about all sorts of things. She opened her eyes and started wondering why she could not meditate. She looked around and got distracted by some light shining peculiarly.

When she closed her eyes to meditate, Baba said “When you come to me, I have told you to come to me. If you think of all those things, then I cannot talk to you.” She said “Oh”. He continued “I taught you so many concentration techniques why don’t you use them?” She started using the concentration technique. She was doing it on the forehead and she saw this container with water and the water was rising from within and flowing out. Baba said “This is you. You have to expand now. This is all filled; the container is smaller now than the knowledge.” Suddenly something happened inside of her with a big force and felt as if her whole body was lifting up. Baba says “The light is going to envelop you and the circle will keep increasing.” She felt a circle of light being formed extending all around her from the wall on her left to the railing on her right and it enveloped her. She saw herself inside of that light. Then it became normal. Last thing she heard was “You will have to expand.” She was still sitting there when she had a thought about the letter she was writing to M. Baba said “It has to begin with the transient nature of the world, how things are changing, how they have changed, and how they will continue to change. The letter has to start with that and not the way you have done it. You are shying from using the word God in the letter. That is ok and that is exactly why you are writing it. Be of service to mankind.”

March 31, 1998 Tuesday - Baba is taking her further on Jnana (knowledge) path by training her on how and when to use intellect; gives her a lesson in equanimity and to surrender the outcome to Lord; getting her ready to receive powers by making her understand how and when to use them first; guides her on how to thin down the Mano Maya Kosha (sheath of the mind); shows his omniscience with the Mandir decoration incident described; tells her how she should conduct herself since she is a Yogini. We learned, again, how miniscule our life is in the overall scheme of things of God and how unimportant a lifetime is from His perspective. Also how a Bhakta with the intensity of devotion can unknowingly hinder or expedite the speed of the spiritual evolution and outcomes. This in turn shed more light on the limited free will all of us have.

Last night she had a long conversation with a friend who said that at 6 am in the morning this person listens to audio tape of Baba’s Suprabhatam (wake up prayer).

She woke up late today. As soon as she wakes up she heard “Suprabhatam Shivangini”. This shook her up and she looked at time and it was 6 am. She came to Mandir to do puja and last night’s thoughts were running through her mind.

Baba said “I am speaking through you. Those thoughts are given to you.” She said “When do I analyze and when do I just totally accept?” “I told you to use your Viveka (intellect). Someday R is going to call you and need your help. You don’t call, she will call you.” She asked “Baba, why are you doing this?” “Shivangini this is my will. This is how I make people understand.” She said “Baba, when you do this it gets so confusing. You know I am coming up with negativity about that person.” He said “I love you all. That is what I want you to be able to see. What I want from all this is equanimity. Take it as my plan and smile. Be happy. Either way be happy, go along.” She said “I am getting too confused. I don’t think I want to be on this path when I don’t even know when it is right and when I make a mistake.”

Baba says “In your case I am making you understand through Jnana. In other peoples case I do not make them understand this way because they don’t go that path. Sooner or later everyone gets to that point of understanding the fact that we are all interconnected.” Baba further said “Your meditation, your progress and what needs to happen will happen. You cannot underestimate the power of the Lord. Do not get afraid that others can stop you.”

This means that just the way we are helped, in the same way others are being helped. If we are not bad, same way, other people are not bad either. As long as we have faith in the power of the Lord, we would not get disturbed or affected by these interferences.

Baba said that “I am doing all this for you before I give you the power so that you understand how powers are to be utilized. Shivangini, I told you that I gave you the power of energizing people. How many people have you attempted to energize? (She used it the same day on Raeshum, Shobun and Gyani and then she forgot) You forgot because I wanted you to forget. When it is meant to be, it will be exercised. In the process I want you to understand and learn these things. One day I asked you that you will have the power once you understand the human anatomy inside, then you can go inside yours or any one else’s body to see where the problem is. (She never made any effort to learn the human anatomy after she heard that). You did not do anything because things will happen when they are supposed to happen. I am taking care of thousands.”

She was reading Katha Upanishad book in the afternoon (took the afternoon off from work). At about 4 pm Baba said “Shivangini, come and talk to me.” She closed the book and reached upstairs to the shrine. Suddenly she had a severe sudden pain in the backside of the neck right under the skull. She said to Baba in a funny way “Is this why you called me? Did I do something wrong?” Baba smiled and said “Sit down.” He prompted her to do “Ya Devi...” and “Nada Brahma...” 9 times each and then He started talking and said “Is there anything you want to ask me?” She asked about how to speed up thinning down the Manomaya Kosha. He said “Now if you switch to 2 hours of meditation instead of how many times, that will be good for Manomaya Kosha”. She suddenly realized that there was no pain and she said “What happened to that pain?” He smiled and said “What you are experiencing is very rare. Rare like you were reading in the Katha Upanishad.” The point which Baba referred to as rare in Katha Upanishad reads as follows “Many there are who do not even hear of Atman. Though hearing of Him many do not

comprehend. Wonderful is the expounder and rare the hearer. Rare indeed is the experiencer of the Atman taught by an able preceptor.”

He said “Any other questions? Since you are still thinking, let me tell you what I wanted to talk. I asked you to clean the Mandir. I like it brightened up and make it look nice (She was in Meijers store yesterday and looked at the white and pink carnations for the mandir but thought that they were a little pale and wanted to buy something else before she picked up the flowers). Neither you brought me the flowers and nor brought me anything else. How much does it take to go to Jo Ann fabric? (Shivangini was feeling lazy today). One of the reasons for feeling lazy today is food. By the way rice is Tamasi food (makes one dull), Paratha (stuffed and pan cooked bread) is Rajasic food (makes one active), and if you ate what Divya (Raeshum) ate today (fruits) that is Sathwic food (enhances goodness). Anything else you wanted to ask?” She said “You have asked me to write letters etc, when I should do that?” Baba said softly “Shivangini, I have told you many times. Time has no meaning for me. You are bound by time, I am not. For me there are million lives. You exercise the **free will** in this area and when is determined by your efforts. The when part of rewards and punishments are determined by your efforts, by your free will. Doing it I can tell you, prompt you. When you do is up to you. If you chose to ignore it, you can do that. But in your case I won’t let you.” She understood that the letter to M has urgency.

He asked “Anything else you want to ask?” She understood that things will change and not like they are cast in stone. Baba had told her that she has no need to pray. She asked “Baba, if Raeshum or Shobun have some serious illness do I pray or not for their well being?” Baba said “No need to. Especially in your case you don’t need to. If your heart wants something I know what you want.” “If I ask, am I interfering with the divine plan?” “Often yes. Because if a Bhakta asks something God responds and sometimes it is not advisable. There might be a reason why the kid is going through to work out Karma and there might be a benefit rather than harm. Without knowing that you may pray and it is not needed.” She said “Bhaktas never pray for anything ever?” Baba said “No. But when there are moments you would know.” He further said “Shivangini, remember the way you prayed yesterday. You always pray that way (She prayed as follows yesterday ‘Sub ka bala karo bhagwan, Sub par krupa karo bhagwan, sub ka sub vidhi ho kalyan’ which means ‘God, do good to all, be merciful to all, may all be blessed in all different ways’.) “You are not a worldly person, you are a Yogini. You don’t pray for individuals.” She understood that her prayers are powerful and she should not pray because in her case it could interfere with God’s plans and it could limit ‘Gathi’ (progression, direction, or destiny). Today in the morning Raeshum told her about the dream she had. As she was talking and telling her, Shivangini experienced a strange oneness feeling, the connectivity.

### **Invoking God needs cleanliness of mind, body, heart and home**

April 1, 1998 Wednesday - At 4:25 am she heard “Wake up Shivangini”. Since she went to sleep at 11:30 pm after cleaning the mandir, she was sleepy and lied down for another 10 minutes. Baba said again “Wake up.” She woke up and then went to mandir for puja and felt very good seeing the super clean mandir. She did puja. Baba prompted her to

think about what each Upanishad is about and He said we could develop that while talking to AR.

In meditation she asked Baba if he liked the clean mandir. Baba said “Not only the mandir, you need to clean the whole house as your Dharma. You clean up the house when you invite people. Here you are invoking the deity don’t you think you should keep your house, body, and the heart clean. Heart is where the indweller is.”

A lot of concentration on the chakras went on today. She saw a tall modern day house and there was an arched window where the sunlight was falling on it and it was all lit up. Then Baba said “Imagine the same brightness all around.” She tried but could not and she could only see the same portion of the building that was bright.

## **Her role; clairsentience; and social interactions**

April 3, 1998 Friday - Both of us took time off today. She woke up at about 6:30 am. She went to do puja and meditation. She started touching deities feet. As she touched the feet of Durga Ma she said “There is a lot that is coming your way today. It is important that you have pre knowledge of it. Go sit down now. You can finish this later.” She sat down and started doing meditation.

Baba said “Shivangini” couple of times and nothing happened. Baba said “Open the flow of thought and don’t block it.” She did not know how she was blocking it. Then it started coming in very clearly. Baba said “Few things are going to come your way. You will find out about the meaning of Shivangini. It will be revealed to you. (Referring to a calendar we got from a store in Las Vegas in ‘97). Open that calendar up. There are going to be three calls (not clear about today and tomorrow).” Something related to KC and she could get a call. She asked “What am I going to tell?” Baba said “Gyani already told you what to say. Tell them the truth that Baba asked you to write and is a good way to let them know where you are on this path.” He also said “M will call. She will propose some spiritual activity”. She asked “What will I do?” He said “It is detrimental to you spiritually and not socially. The advice is still the same.” She said “Baba, guide me.” He smiled and said “All your words and thoughts are mine.” She got reminded of how Baba helped yesterday as she was writing the letter to Julie. In that context she said “Baba, give me memory. I keep forgetting important things” Baba said “What I am giving you is much more than the memory. You don’t need memory. Soon you will be clairsentient (ability to sense energy and sensations not present, a quality known to be needed by healers and spiritual advisors).” She said “Baba I don’t like this soon business. You said I will be seeing you soon and it has not happened so far. When I ask you when is soon you say that you are not time and space bound. I don’t like this soon.” Baba laughed and then replied “It will be soon.” She heard somebody by name Madhav Rao who will play a role. (We still don’t know who this is)

She asked Baba if she was doing things He wanted her to do.

Baba said “Think. It is already happening. I asked you to help in this mission of establishing the Sanathan Dharma. In both the letters you have written, you have advised the things which are part of Dharma. You have the power to energize people. Just think, it does not have to be touch alone. You have energized both. And spreading the joy, you will do that too.” She is doing exactly like he wanted her to do as an instrument and that she has to keep working as an instrument.

Baba said “What you are seeing today (the light and snake like pattern), it may appear like that to you because there is lot of ‘Nikhaar’ internally.” (Nikhaar – beauty, or brightness)

### **Enters Baba’s house; her deity is Lord Shiva**

April 4, 1998 Saturday - She woke up at 6 am. While going to do puja, she found pictures of 4 different deities – Lord Shiva, Lord Ganesha, Hanumanji with Ram Sita, and Lord Krishna. These were small pictures with calendar in the back and we had them since 1992 or so and she found them today in the back of the drawer while reaching for an incense box.

Baba said “Put this picture (Lord Shiva’s) in the mandir. You had been asking for one, here it is. For you Lord Shiva’s picture alone is enough but you are a Grihastin Sannyasin (householder renunciate) and for the rest of the family they need all of them.”

In meditation she saw a vision of the inside of a house with an alley like look. Just before she saw the vision she heard 2 gentle knocks that came from inside of her. Baba said “Today you have entered my house.” Her vision changed and the vision that came was that of the Lord Shiva’s picture with Sun, AUM inside the Sun, and rays from the sun were falling on the Lingam. This picture was very close to her and she could see the rays coming on to her head and she started feeling that crawling sensation in her head. She saw the rich blue light. After a while Baba said “You should write that book (Inner Experiences). You are advancing too much and what had to be written in the book is supposed to be simple. After advancing so much you will not be able to keep it simple. Everything begins with simplicity. Just think you also got on this path with a very simple progression. Do that in a simple manner and do it before you advance too much.”

After a while Baba said “write down on a piece of paper and show it to him (Gyani) later”.

Lately she has been getting very confused as to who she should pray to. There is Baba, Lord Shiva and other deities in the mandir and she is supposed to make a choice per Baba. Baba told her earlier to select Lord Shiva. In meditation He said today “What is there to be confused? Just think you have been given Trishul (Trident that formed right above her left knee a while back), you are given the name Shivangini, you have a liking for the cheetah carpet, everything happened to you on Maha Shiv Ratri. What is the confusion? Your deity is Shiva.” “Where do you fit, Baba?” “You got to think clearly. You got to understand the Vedic concepts.”

### **Experiences bliss; God’s tests; Sahasrahara; non duality in thinking**

April 5, 1998 Sunday - She woke up at 4 am. She did a long puja. Her puja was Dhyana which is focusing and concentrating on the deity. As she touched each of the deities’ pictures she was getting a response from them to whatever her thought was at that time and hence it was a long puja.

Then she sat down for meditation. She saw a beautiful blue light which was making interesting shiny white patterns and she enjoyed seeing them. Baba started speaking to her “You have come nearer to me. You have taken refuge in me. I am taking care of all your actions, and words. I am happy to see that you obey my commands (referring to

what He asked Shivangini to do yesterday about writing it on a piece of paper and show it to Gyani if there is a certain outcome).” She asked “So there was nothing to that message. Was it just my test?” He replied “No. There was something to it and that was it (wanted to see how well she obeys his commands)”. She asked “Did I pass?” He laughed. She slid into meditation again where her mind was absolutely calm. Baba said “This is the bliss.” She was hearing in the background Baba’s song “Love is my form, bliss is my food...” Then her mind goes into total silence, super stillness, absolutely no movement, and she was in that situation for a while. She felt so good; it was very peaceful and enjoyable.

She saw a very nice wooden sandal (the kind Sannyasis (monks) wear) at some place and saw it shift position. She felt it is the shoe of someone she liked. Again her mind went back to that state of stillness and calmness.

Baba told her “I am looking forward to you going to the Mandir. Explain the deities to the kids and get them into it.” As Baba said this she could picture herself in Flint Mandir with her eyes closed; she could see the lotus flower in her head; AUM sign where Lord Shiva’s sculpture is; and some rays of light were coming from the AUM reflecting off of the Lingam in front of Nandi (bull) and then coming on to her.

Again her mind went into total silence and stayed there for a long time.

Suddenly Baba’s voice said “Name it Inner Experiences.” This is in reference to the title of the book we are writing.

Her mind started thinking about M. Her thought was “I hope she does well in whatever she wants.” Baba said “You are reaching the non duality in your thinking but not in your actions and feelings. Till you really feel it and act on it, it is still advisable to stay away from M.”

Her mind went back to stillness again. Baba said “Wake Up”. She said “Om Namassivaya” to finish her meditation but her mind again slipped back into that stillness. Baba again said “Wake up. You have lots of things to do.”

She got up and started realizing that there are lots of things to do.

Today was Ram Navami (birthday of Lord Ram) and we went to mandir with children. Pundit was doing Ram Navami puja and while he was doing that Shivangini sat down against the wall and started meditating as advised by Baba to thin her Manomaya Kosha. She started having strong sensation of ants crawling in the top of her head and it went on for a long time. She started having the ants crawling feeling in her forehead all the way up to her nose three to four times. Just about the time the pundit was finishing the puja her stick-on bindi fell down from her forehead and that brought her out of meditation. After we came back home we went for a walk in the afternoon. While walking she was able to look into the Sun and I also was able to look into the Sun. While looking into the Sun for a few minutes, both of us compared notes on what we were seeing like colors, movements etc and realized were seeing the same things. After coming home I tried to look into the Sun again but could not. At that time she got the message “This will energize.”

## **Spreading of Nectar; 7 year cycle; Baba takes burden of her Karma**

April 6, 1998 Monday - She continues to progress in meditation as indicated by the stillness she is able to get to; continued stirring or awakening of Kundalini; spreading of Nectar in her body; very few or no inner conflicts; how she has gone through a 7 year cycle with another cycle coming up; her sadhana and development of virtues continues to be important although Baba has taken the burden of her Karma.

She woke up at 4:40am and did her puja. Then she meditated for 1 hr 10 mts and it was calm and extremely quiet. During meditation she felt sensations in her head in the back and her entire body had goose bump feeling. This happened about 10-15 times like waves. At that time she heard "Nectar is spreading in your body."

Next day she woke up at 4:30 am and did puja and meditation.

There was not much conversation from Baba. She asked Baba to give her Updesh (spiritual teaching or revelations). Baba brought her attention to the following "Examine yourself and see that how little inner conflicts you have compared to where you were." He said he does not see much need for Updesh and he will give it when it is needed. He wanted her to truly meditate. He said she has nerve damage again and that problem will go away for good if she did Asanas (Yoga exercises).

April 8, 1998 Wednesday - She woke up late at about 6:30 am.

In meditation Baba said "This was a full cycle you have gone through. There is another cycle (6-7 years) ahead of you. Your sadhana is important though I have taken the burden of your karma. You have learned a lot of lessons and now keep working on the virtues. Forget about everything, the best worship you can do is write that book."

She spent 2.5 hrs in writing the Inner Experiences book today.

### **Baba is formful God's (Saguna Brahman's) incarnation**

April 9, 1998 Thursday - Baba advises her to work on the book; change her mode of meditation from sitting down and closing her eyes to doing it while walking and doing things; clarifies her continued dilemma as to who to worship etc.

In today's meditation Baba told her to forget about sadhana and work on the book. "You need to start doing Dhyana and contemplation while moving about with eyes open. Read my books. I have simplified things and you will not get confused. You are getting to understand the Nirguna Brahman (formless God) for worshipping. Who are you really worshipping? You are Shivangini, you are worshipping Lord Shiva. Lord Shiva is your Saguna Brahman (formful God) and I am his incarnation and so I am your deity."

This was to avoid her confusion of who to worship.

She asked Baba "I am not a writer and it is taking me a long time to write." He asked her to read the books written by people who had similar experiences instead of reading Vedas and Vedanta. "Those will help you in writing the book."

Baba said "You will go to Shirdi and ask Shirdi Baba if you have developed all the virtues. Once he blesses you then you will have the illumination."

### **Yogic Powers; Sustenance Principle; Importance of Inner Guru**

April 10, 1998 Friday - In today's meditation we learned about how Yogic powers come about, and how sustenance principle works. In spite of her significant advancement spiritually we understood how ways of the world pulls one back if we do not have the Guru or Sadguru (inner Guru) leading the way. Baba reminds her that she needs to be careful and accurate when quoting him.

She woke up at 4:50 and rushed to mandir and did her puja because Brahma Muhurta (auspicious time when the veil of the mind is the thinnest) is 3-5 am. Then she sat down to meditate.

Last night we visited A. and had a discussion for 3 hours and talked about the minds potential in meditation. He did not think much of the yogic powers. He felt they cannot be proven and do not have much value for the general population.

Baba commented on that today in her meditation "Just the way in the meditation when your mind is relaxed and you realize the hidden potential of the mind and it manifests in different forms. Same way when you meditate and you achieve these yogic powers, this is a manifestation of the hidden potential of your soul, Atman. Whether it has immediate utility or not is beside the point. It will have general benefit if all human beings were evolved to the same level. It is rare potential manifested in very few human beings then it cannot be used (for benefit of general population). If it is widely spread then there will be good use for it."

She asked Baba "Why people are not evolving to that higher level?" Baba said "That is a sustenance principle that every one evolves to the same level. There are few who are exemplified with those powers. Generally everyone evolves to the same level to sustain." We understood that it will be highly disruptive otherwise. It is said in the scriptures that in Krita Yuga (Golden age) people are known to evolve further because of their virtues, spiritual practices, and adherence to Dharma (righteousness). As the later Yugas (periods or ages) follow there is steady decline spiritually and the last one is Kali Yuga (Iron Age), the age we are living in now.

While discussing with A. yesterday she could not recollect a piece of information and she said that it would have been nice if she had good memory. Then A. said that it is a good thing that our mind forgets and if left up to us we would not be able to manage our lives as well as we do with the mind putting some information on the back burner.

Based on the discussion with A. she in her meditation today made an effort to be in calm state. She reached tranquil state quickly. Suddenly Baba wakes her up. He said "This is exactly what you did last time, Shivangini. When you were doing the rituals, I stopped you and said I am talking to you. The purpose of the rituals is to have communion with God and you have that. It might be applicable to A., it is not for you. Trying to calm your mind, control your mind is needed to be able to commune with God. You already have the communion and by calming your mind, you are actually blocking that flow of thought. You don't need to do that. That is done to reach this stage." How easily we forget and start getting pulled into the ways of the world around us? If not for the Sadguru it is quite difficult to tread the path of spirituality.



She later heard “Genography” (Genography – uncover the history of human journey through the centuries tracing DNA mutations ‘genetic markers’) and she was supposed to follow up with A.

Baba drew her attention to the point that when she says Baba said to me she needs to be careful and discriminative with Baba’s quotation so that she does not mislead people.

## **Yogi’s prayers for others; Light is God**

April 11, 1998 Saturday - Baba shows that she has powers although she does not realize. He advises her to not ask or pray for others because it might interfere in them working out their Karma and hence interfere or impede their spiritual progress. She sees lit up Shiv Lingam and a lit up AUM in meditation.

She woke up at 6 am. In Puja she lights the incense and touches each of the deities. She is in very meditative mood as she moves from deity to deity. This was Dhyana (one pointed concentration) and not really puja.

In meditation Baba said “Shivangini, you are near and very dear to me. You are doing the service I wanted you to do.” She enquired if what she said to A. yesterday was proper and no misrepresentations in it. Baba said “Yes”. She asked Baba to take care of A. since she is suffering a lot. Baba said “That is why I have put her in that profession where she values the health and helps. That is how she will work out her Karma. You were unnecessarily disappointed on the Shiv Ratri day. I told you that you will have the powers. Now you understand that you have them. You could hear A saying P..., P... (Shivangini heard that a few days back). Actually she was saying it in pain.” Baba further said “Do not ask to relieve Karma of others because it will interfere.” He said further “If you want to do something, there is L who needs your help. She asked for it, waiting for it and you did not do anything about it.” She realized that it was a dream L had but she totally forgot about it. Baba said “Call L and ask her about the dream. I will give you the words spontaneously. You have enough understanding to answer that question (A’s question on God) in a Q&A form in the book. What is Eternal (Sanathan) Dharma? Define it in the book.”

Yesterday A. said that she saw Baba in her dream. Shivangini said in her thoughts, How come you don’t reveal yourself to me?

For the first time she saw a lit up Shiv Lingam (in light form). At that time Baba said “Shivangini, God is light and light is God. See God in the light.” Little later He said “Shivangini, concentrate on AUM.” Then she saw the lit up lingam and AUM.

Later during the day we discussed what Baba said today and came up with the following interesting expression. ‘It is more unknown than any known and yet it generates a feeling of more settling than unsettling. This could be a result of the rooting of faith and increasing attitude of surrender (of the results) that in spite of the storm around us we tend to be calm internally.’

## **Communion while moving about - Advaita**

April 12, 1998 Sunday - A significant development started from today. Shivangini was initiated into having communion with Baba while moving around and doing other things.

She was told that in last night's vision she saw Radhika, devotee of Lord Krishna and sister of Radha. Radhika was a Sagunopasak (worshipped the name and form of Lord Krishna). Shivangini has not even seen Baba yet at this time, hence she is a Nirgunopasak (worshipping the formless). By way of seeing Radhika, it may be indicating she will be Sagunopasak (near the name and form) in future.

Baba advised her not to meditate but keep listening to him.

“Shivangini, don't sit down today to meditate. Today practice your meditation while walking and moving around and seeing me everywhere. And you will.”

Last night we played cards and everyone was laughing and having fun. Regarding that Baba said “There is nothing wrong in having fun and enjoying. See God in everyone. This is what a Grihastin Sannyasin is. Enjoy but internally don't get involved. Call up PJ. Though I asked you to stay away from M you don't need to worry about what she will find out. M is good. If there is something to worry, I will let you know.”

As she was touching Lord Krishna's feet she uttered ‘Guru Brahma, Guru Vishnu, Guru Maheshwara’. When she was on ‘Guru Brahma’ at that time Baba said “Mula Dhara” (spiritual center at the base of the spine). As she said ‘Guru Vishnu’ Baba said “think of Lord Krishna”, and on ‘Guru Maheshwara’ He said “you can think of me”.

“Consider this as updesha for today. Do not spend much time on anything but writing and do your Dharma (home related things etc).”

Yesterday in the evening she felt compelled to meditate. In a vision she saw two feet up to ankles wearing something like Dhoti with Zari (traditional dress). She could see from knee down and those two feet were walking up to her.

Today she asked Baba whose feet were those that were walking towards her and said “was it Durga Ma, or was it Lord Krishna?”

Baba said “Who was it that you wanted to see and were asking for? Who was it you saw the face that you could not recognize?” At that time she heard in a different voice “It was me, Radhika.”

April 13, 2008 Monday - She calls upon Baba and the communion begins while she is not meditating. Baba further explains that this kind of communion is Advaita (oneness) and told her that she is progressing very well.

She did puja and meditation. She did some japa. She did not know when she started talking to Baba. He carried the conversation and told her “see how you called me today. This is how you need to. You need to learn that.”

First word He uttered was “Advaita” and then Shivangini started talking to Him. She asked Baba “What was the meaning of the yesterday's Telugu speaking meditation?” Baba explained “Initially when you were having all those miraculous experiences, could you have said what was the purpose and could you have explained it to anyone. It was nothing but to draw your attention and bring you to that path. This was again to draw your attention to see if you hear it.” She said “I could not understand. If you said it slowly, I could have told it to Gyani and he could have explained the meaning to me.”

Baba said “That is not the purpose. The purpose is while walking, talking and moving around can you hear me. Can you keep the communion? You will have to keep practicing. That is Advaita (To be able to connect or have communion while walking and talking is Advaita. Probably people like Shivangini are not in that state during the day when they are not communing). You need to be firmly established in one truth, oneness.”

“You should be very happy today.” She understood that she is progressing well and is able to make the connection easily.

## **Saguna-upasak; Nirguna-upasak (devotee of formful and formless)**

April 14, 1998 Tuesday - Baba explains the Saguna (formful), Nirguna (formless) Brahman (God) and how to feel with the brain. When one worships with body (doing service to lord) and mind (devotion and surrender), then that person is a Sagunopasak. If one constantly thinks and is totally centered on God and with intense concentration becomes one with God, he is a Nirgunopasak.

She woke up at 3:16 am. Her hands were joined in Namaskar position and someone from behind pushed her up into a sitting position. That someone was Lord Rama. She heard at that time “Tulasi Ram”. She saw Ram Bhagwan as she woke up. Baba said “This is Brahma Muhurta time. Wake up.” She brushed her teeth, got ready and reached mandir to do puja. She felt she was still not fully awake yet.

In meditation Baba said “Question to ask is not who created God? Question to ask is what is God? When you ask what is God that is when you get into the crux of the things where you have enlightenment. Give him the example of Lord Buddha. What it takes to know God, to know what it is? First you know what it is then one can figure out who created it. Without knowing what you are talking about if you ask the question who created it, who created what?”

He elaborated on God and gave different words in explaining that whole phenomenon. He explained the Saguna, Nirguna Brahman (formful and formless God); what it is and how you can feel it with the brain that has so much limitation; with that tool if you try to comprehend who God is, you can never with reasoning; you only can feel it then you can give all your examples of how you felt it; tell others they can feel it too but it requires effort, it requires purity etc; the reason why it is so difficult, God has chosen it as a sustenance principle to keep it a secret but it comes with effort and you can get there with effort; He wants you to get it with your free will, with effort, otherwise he does not want to reveal it easily; that is the sustenance principle.

In meditation she kept opening her eyes. Her eyes will open as if someone is opening them while mind was closing them.

She went back to sleep when it was 4:45 am. She saw Baba’s lit up figure in light form. Little later she sees her mother in white clothes and on the pyre to burn the body. She felt a little shock but she had more faith in what Baba said couple of days back that her mother was fine and hence she was not perturbed.

## **Contemplation on I, Atman and Paramatman**

April 15, 1998 Wednesday - Baba continues to work on Shivangini on getting her to contemplate on who is I, and to thin her Manomaya Kosha (Sheath of the mind veil). Atma and Paramatma maintain the separation till the time of Moksha (liberation) when they become one.

She had a strange feeling about the mandir and pictures. A strange state of mind that God is not limited to this mandir and the pictures. Her mind was not active, no other thoughts. In meditation Baba kept asking "Who is I? Answer the question. Who are we?" Her whole meditation was around this concept of who am I? Whom am I worshipping? Who do I think is God?

There is not anything like Baba constantly talking to her. Whenever her thought was going somewhere, He was bringing it back to the question of "Who do you think is your Atman? Who are you?" This was creating strange feelings with in her. "You need to thin this Manomaya Kosha. Then you will see me in my fullness." The light was coming and going. She said to herself "Looks like it is not going to be a sunny day". Baba said "It will be a sunny day." It was constantly coming to her mind about what Baba said "You need to reach to a point where you can say that whatever is happening must happen, whatever is happening must happen. Let it be sadhana, let it be anything that happens with you, or people, or in your sadhana. Even in sadhana today whatever is happening must happen; it is for a purpose". In other words Swami was asking her to have complete equanimity even in the area of sadhana and related experiences. She said "I completely surrender to whatever you are doing. My thoughts are yours. Believing all my thoughts, words, and actions are yours, I think I can practice and please help me". Swami asked "What do you want from your Sadhana?" She said "Whatever you want me to have. I want your love, closeness, and enlightenment."

After the meditation she did her puja. She continued to have strange feelings. When she touched Baba's feet, He said "Call, call upon me. Talk to me." She talked to him about what is happening, and asked him to continue to keep her worthy of his love and closeness; other than that she wanted to serve him which ever way he wants to be served. As she touched the feet of Lord Krishna and Radha she said "Thanks for giving me darshan other day." Then she touched Lord Shiva and Parvati picture and at that time the thought that crossed her mind was 'Radhika, Parvati, Laxmi, Durga are all the same. Devis are all the same'. At that time she heard from inside "If they are all the same, how come Krishna, Rama, and other Gods are not all the same?" She felt that they are all the same too.

During meditation Baba asked her "Who is Shivangini?" He wanted her to contemplate. In the meditation on the right side of her head she felt the movements just the way she did on Shiv Ratri day.

In the evening while driving Baba said to Shivangini "I won't talk to you till you answer, who I is?"

She came home and changed her clothes and at mandir she bent her head in front of the God when Baba said "Meditate". She said "Here. Is it ok if I take shower and meditate?" He said "Ok. Go take shower and meditate". He asked as she was getting ready to take shower "Who am I? Who are you?" This time the following reply came out from her in

the thought form “You are the light. I am the shadow. You are the Paramatma and I am the Atma.” He said “Atma and Paramatma will be together at the time of Moksha. But till then you have your separate identity as Atman and I am Paramatman.”

He said “Whether you call me Baba, or you call me Allah or anything else. I am that Paramatma that you are looking for.”

Another thing he said “Whatever you do, wherever you go to do service, there won’t be any suffering for you.”

“Go write that thing about the sadhaka and the scholar. You don’t need to be writing constantly. Don’t be driving it too hard to get there. Think through all this and it will all come together.”

## **Intellect; Right action (Dharma); and Surrender**

April 17, 1998 Friday - Mysterious are the ways of Baba. In today’s incident she understood his teaching of faith, surrender, and courage while using Viveka (intellect) and the reason He has been growing her spiritually was to give her a chance to serve Him. We must do our effort at serving the Lord with proper Viveka (intellect). Even though there is no guarantee for either curing or not curing anyone’s (health) issues. Karma is powerful and it has to play out. These kinds of miseries will exist in the world and our role as humans is to follow and spread Dharma (righteous living, and obligatory duties)

Last night B came over. Before he came over to our house we did not know about his health problems. After he came he said that he lost both of his kidneys and he was on kidney dialysis and that was a shock to us. We went out to dinner and in the restaurant she was prompted by Baba to ask him about his religious belief. Baba said to her “If he took this Vibhuti for 60 days, his kidneys will be cured.” She still did not act on it. She asked B “Do you think your condition is curable?” B said “It is not. I am on the waiting list for kidney transplant.” This further discouraged her from saying what Baba is asking her to say. At that time Baba said to her “Tell him. Tell him now.” She did not. He said “What are you afraid of?” She literally got a severe pain in the neck. She said “Ok Baba, I will tell him.” She mustered enough courage and asked him “Do you believe in Sathya Sai Baba?” He said “I heard about him and one of the persons I know has a diamond materialized by Baba.” This gave her enough positive signals and once we reached our home she asked him if he would take Vibhuti and who knows it might cure. He said he will try anything. She went up and brought 4 Vibhuti packets and gave it to him and told him how to take it.

Today in the morning in meditation Baba said “What is your fear, if you are truly surrendered to me. I am the one who was prompting you to say it and I am the one who was prompting you to negate it. I want you to learn to use your Viveka. Say it, but use your intellect which you were doing.”

“You have been meditating and you have been doing Sadhana. The reason you were brought to this point is to give you a chance to serve me. His kidney may or may not ever get cured but it will put him on this path, Sanathan Dharma path. It is exactly like when (your friend) gave you the picture and Vibhuti and look where you are. Same thing will

happen. If he gets cured, look at how much prachar (spreading, publicizing) he will do in his circle on Dharma. Whenever you get these opportunities, do not back off. You have to move forward but use Viveka.”

### **Idol Worship to Inner Vision; Sees Atman as thumb sized ‘Purusha’**

April 18, 1998 Saturday - At this stage of her spiritual state, Baba is moving her towards Oneness realization. Shirdi Baba says that she has the 17 virtues that are ready to be offered to him. Earlier Sathya Sai Baba said to her on April 9 that if Shirdi Baba accepts her virtues and blesses her then she would have illumination. Baba indicates that she is moving from idol worshipping into the second stage of sadhana which is realizing the Atman and the inner vision and He continues to move her on the path of the oneness. He coached her on what to convey in the book to the audience i.e. how to lead life.

She woke up at 4:21 and then felt lazy and was still in bed at 4:37 when Baba said “Come on. You are going to miss the Brahma Muhurta. Wake up.” As she reached the mandir it was exceptionally dark. Night bulb in mandir was fused. She got another night light to put in its place but that did not work. She left it as is and lit up the incense which got extinguished so she had to light it up again. She asked while touching the feet of Gods “How am I coming along on my virtues?” As she touched Shirdi Baba’s feet He said “Come to Shirdi and offer me those 17 virtues you have”. She asked while touching Sathya Sai Baba’s feet “So I don’t go to Puttaparthi”. Baba replied “No. You have to come to Puttaparthi. Remember you have to bring the book” (Inner Experiences). She said to herself regarding the night light and incense ‘I will not get superstitious and not get distracted by these and it does not mean that God’s doors are closed to me. I am really going to find you God.’

In response to the above thoughts Baba said “Shivangini, you already have found me. Who is it that wants to find, your body? No, it is the Atman. Who do you want to find, that is also in you. You have found me. But it is a matter of realizing me in my fullness, all effulgence. You have found me.”

Afterwards she quickly went and sat down to meditate. Baba said “You have read this. You read it in words that Atman and Paramatman are one. But you have to feel it. You can do that with equanimity. This will be your progression, getting to know it.” Baba said “Now you are my messenger.” She asked “What is the message? How do I convey it?” He said “The method of conveying is through the book.” The message is how to lead a life with goodness, virtues, doing your Dharma (Eternal Dharma is right action). He reminded her that Dharma changes under circumstances and this is where the discriminative power, use of intellect, use of virtues will guide. One needs to develop those things that guide you in doing Dharma because Dharma is different based on the role individual needs to play. Bhakti and faith are important.”

She got very calm and she went into deep meditation where she started seeing visions. At the end of meditation she said “Om Namassivaya” and as she was trying to get up when Baba said “go back” asking her to continue to meditate. He did that twice.

Regarding the morning light and the incense incidents she was wondering if it was cosmic message. She understood from Baba that it was a test of level of equanimity and feeling of non duality and it will help her in moving to second stage of sadhana where one moves away from idol worship and gets into realizing the Atman and the inner vision.

April 19, 1998 Sunday - She sees the Atman as described in Katha Upanishad as 'Angushtamaathra, thumb sized Purusha (being, pure consciousness) eternally shining'.

In the meditation Baba took her straight to her heart chakra and asked her to concentrate. She started seeing light patterns and she could notice the difference in the light she was seeing compared to what she used to see earlier. Baba said "Now you are having clear inner vision. Go to the seat of Brahma." She moved to Muladhara chakra and then worked her way up through the chakras to Sahasrahara. She saw quite a bit of differences in the light she saw at each of the chakras. As she was seeing the light Baba said "Light is God and God is light."

Baba said further that if she concentrates on the chakras it will speed up the spiritual progress and gets her closer to realizing her fullness. She understood that her Kundalini is getting further activated.

In meditation without thinking she found herself praying several times the way they do it in the Upanishads i.e. 'Oh Atman, reveal yourself to me .....

At the end of the meditation she bent her head to the deities and as she lifted her head up she was thrilled to see a shiny light of thumb size and in the shape of the thumb. It is written in the Upanishads that Atman when it shines it is only the size of the thumb. She was thrilled to see it and as she was looking, it disappeared.

### **Limited Free Will; Importance of timing; Purity**

April 22, 1998 Wednesday - Today's updesha (teaching) was all around free will with different examples. This is difficult one to understand since it is limited free will and not complete 100% free will and one does not know how, where to draw the line. Secondly it is even harder to practice due to vagaries of mind, likes and dislikes that play on us so subtly. Baba also shows how important it is to act on his guidance since the events and timing are so intricately interlinked that it is easy to miss them. This in turn either speeds up or delays the whole process, the spiritual journey.

As usual she woke up today at 4:30 am and did puja and meditation. In meditation Baba told her today the difference between her effort and His wish for her to do the meditation or not to do the meditation and how to differentiate that. If she wakes up naturally at certain time in the morning and if she chooses to go back to sleep that is her laziness. If she does not wake up till 6 am means He wants her to rest.

He further said regarding the updesha she gets from Baba that she is not to take it lightly when she hears about what to do. Baba has been asking her to write. Yesterday while coming back from work she saw something in the sky which felt like a window made up by the clouds and she gets the thought that there is a narrow window and she has to operate in that. It is narrowing. Today Baba told her regarding the writing he had been

asking her to do “I will help; it will all flow together; it will come together. But you need to put in your effort”. She asked “Should I take time off and not go to work?” Baba said “No. I gave you a schedule and if you follow the discipline, you can do it even at work.” He said that he advised her to do the asanas (exercises) and she is not doing that. “Don’t fall into the trap of ‘getting Updesh’ routine. Hear it, practice it.” He did not want to talk to her unless she is going to do exactly what she is asked to do. Baba was not upset but he responded this way to her since she has been asking him to talk to her. This helped both of us to gain better understanding about free will.

In meditation she saw again the same scene that she saw once in her dream where Lord Shiva came and put his Trishul in front of her and then went into a room. He returned from there and pulled off the snake from his neck with effort and put it on her spine. Then she saw another scene that she saw earlier where a person (not sure if it was herself or her mother) was sitting and praying while a snake is protecting that person. Baba said about R “AUM is a sign of creation. This sign of AUM (that R saw in his dream) is meant to let them know that a great soul is being created in their home. This child is going to do a lot for the humanity.”

April 23, 1998 Thursday - Today Baba explains to her how her depth of devotion and sadhana has kept the time window open which otherwise would have closed. One thing to note as one reads through these messages is in order to attain God’s grace one needs three things. They are ‘Purity, Purity, and Purity’ in thoughts, feelings, words, and actions. In today’s experience reader will get a feel for when is one pure and there are gradations in purity itself. And yet spiritual progress and God’s grace start dawning on a person as they make the effort and that in turn would help that person along on gaining further purity. Baba explains how the spiritual awareness is increasing in the world, the reason for it and how it is an ongoing phenomenon as time goes through the cyclical phases from Kali Yug (Iron Age) to Sat Yug (Golden Age).

What an opportune time to be born and be aware of Sai and other spiritual beings that are bringing this change along!

He coaches her today on many things and one of them is how to move forward on the spiritual path and not be stuck with ritualism.

She woke up at 3:25 am. She felt lazy and went back to sleep. She woke up at 4:10 am and remembered what Baba said about laziness. As she started the puja, there was a buzzing noise of a fly but could not see the fly. When she touched Lord Shiva and Parvati, she saw a remarkably shiny light. Baba said “Go sit down”. She sat down and closed her eyes to do meditation when Baba said “During this time you have been trying to resolve an internal conflict regarding how much to tape and what is the purpose of the taping etc. You have resolved the conflict. Now I will continue the updesh.” He said “In the last couple of days you have called me from the bottom of your heart. Not that I was gone somewhere, left you and have come back. When you call me with that depth I surface.” “There was a time when things could have slipped. The window (in the sky) would have closed on you for the time being. But your sadhana has helped in keeping it open.” She asked “Why did it go away in the first place? You are my thought and actions.” Baba said “Purity, Shivangini.” She said “You said I am pure as purity.” He



said again “Purity, Shivangini.” She said “I am not pure .....” This thought was pulled out of her mind entirely.

Yesterday we were talking about if people do not even read the book then how are we helping? Earlier Shivangini was praying for her mother and my mother along with others. Today in response to that Baba said “His mother (Gyani’s) is blessed. Your mother has not received direct blessing but she needs help, from you and you should.” He further said “One person you need to think about who will not read your book is your mother. The reason she will not read because of the language. But this is not the only way you are going to help the people. You know the way, I have taught you, how the virtues help day by day and you got to emphasize those virtues. Talk to her, you can do that.” She said “Baba you have been helping me, prompting me internally when I do something wrong etc.” Baba replied “You know the process. You can do it; for me.” She understood that this kind of helping, hand holding she has to do for few selected people. She said “Baba most of these things happen internally. It happens at a time when I am not talking to anyone. That is when you have taught me.” Baba said “Just try.” “You need to stop hugging people.” He told her earlier that she could energize people and referring to that he said “You can exercise that but not if you are hugging indiscriminately. Everyone does not need to be energized.” She asked “What do I do?” Baba said “Think.”

Suddenly Baba said “Concentrate.” She closed her eyes and was going to start with Muladhara chakra. Suddenly Baba brought something to her attention which moved her to heart chakra and due to that she said AUM. As she uttered it she could see the Sun. A ray from the Sun came and hit her heart and was reflected back as she was uttering M of AUM. Same thing kept happening with each AUM. Then she felt she was all enveloped in something. She sees a vision of a plastic container where it was filled with water and saw it spilling. As it did she could feel the vibration all over her body especially in the upper part and it felt very good. This kind of thing happened before when Baba said “Nectar is spreading.”

Baba said “You wanted to know the meaning of Shivangini. You will be able to put all of it together when you go to Shirdi, Arunachal, and Chittorgarh. Go there and you will find out your own truth.” She asked “What is it Baba?” He said “Consider yourself Shakti.” She said “You don’t mean Shakti like God?” He said “No. Think of yourself as power, Shakti.”

“You tell me all these important things. You say every word of yours counts as is rather than me substituting words. If I can’t remember all that goes on, and cannot capture all your updesha then what is the use. You got to help with memory, sequence etc.” He said “I will. Go ahead and concentrate.”

She started concentrating on the chakras. At the end he said “Ok. What happened today? Go ahead and capture it.” As she was capturing He corrected her of things she was forgetting about the message regarding Mummy.

We know of many people who are having dreams or visions about God like R, P, and M etc. We also heard about Kalki Bhagwan the other day from J, and A. Wall Street recently carried an article on Ramanand Sagar and God.

Baba said today “Know it, that it is all real. The Kalki Bhagwan they were talking about is all true also. What is happening right now is because it is the end of the Kali Yuga, Avatar takes many different means to bring the change and move toward Sat Yuga. This

phenomenon is nothing new. It is eternal; it has been going on in all ages. Right now you see more concentration of it because of the timing. Avatar is doing all these. It is all true. Believe it.” This answers the question of why now and why not 20 years back. Baba says it is picking up speed for a reason. Time has come that many of us will be touched by divinity.

She sat down to do meditation in the evening when Baba prompted her to pull out the picture of Lord Shiva which was in a drawer near our shrine. She got it out and it had Shiva Chalisa (40 lines of prayers to Lord Shiva) at the bottom of the picture. She was about to touch lord Shiva’s feet in reverence when she heard “Don’t”. She understood that Lord Shiva is in Samadhi and not to disturb him. She never thought like that before because it was just a picture of Lord Shiva in meditation. She read the Chalisa as she was prompted and when she came to the line which read please take care of all my sorrows. At that time Baba stopped her and asked “Do you have any sorrows?” She stopped to think and then realized that she did not have any sorrow. She replied “I do not have any sorrows”. It surprised her because a year before she could have come up with things that bothered her. Baba said “Reading Shiva Chalisa is not for you given where you are spiritually. These are the steps to get somewhere where you have already reached. You don’t need to read all these”.

Recently R had a dream where he saw a huge AUM. AUM is a sign of creation. Baba said today that a great soul is coming into their family as their grandchild (Shivangini knows that they are expecting a grandchild). That child will do a lot for humanity. This child should be named Abhay or Muktha. She understood that she is supposed to share it with them.

### **Sees Atman in fullness; rare mix of Jnana, Karma, Bhakti; ‘Illumined’**

April 24, 1998 Friday - Today she gets coaching from Baba on how to think and behave so that the feelings of ego are not boosted. Yesterday she had a vision of Atma in its fullness in the parking lot at her workplace and today Baba validates that what she has seen was Atma in its fullness. She is being taken through a rare combination of Jnana Yoga, Karma Yoga, and Bhakti (devotion). She gets a realization today of the Atman in all of us and beyond Saguna Brahman (formful God) and she hears ‘Illumined’.

When she went to work yesterday she parked her vehicle facing west. While still sitting in the car she saw in her back view mirror a van facing the opposite direction i.e. east. In the back view mirror she saw a 6” round shiny ball which looked like Sun. She turned back to see if it is reflection of the Sun and she could see both of them, the Sun and the round ball which ruled out the reflection idea. There was a fine orange edge all around it and it was all white brilliant shine inside. At the bottom of the circle there was a hue of blue. She looked at it many different ways to see if it will go away and she could still see it. Then she went to work.

Today she got up at 5 am and did puja, meditation and Baba started speaking to her. He said “What I want you to do, you are doing it beautifully.” She asked “Baba, I am doing

it or you are doing it?" Baba replied "Yes, I am doing it. Who are you? It is time that you start seeing me one with you." She said "I am so grateful with all that you are doing." Yesterday A said to Shivangini that she is gifted, everything that is happening to her is a gift from God. Shivangini responded saying it is not me, all of us have within us and we can tap on it, we may be treading different paths and our experiences may vary, we all have that consciousness, atman in us. Baba said "Remember how he said that and how you responded to it. That is the way to think. By accepting the way he said it would result in I, mine, thine and boosting of the ego. The way you thought is the right way to think." She said "You put those words in my mind. On my own I would not have come up with those words." Baba said "What do you mean on your own? Who are you?" "Yesterday what you saw the shiny ball like thing was no fluke and nothing trivial. That is how the Atman in its fullness is going to shine." "Something you wanted to know about future (in relation to Shiv Ratri boon, and she saying to Baba that she does not know the future) not just yours but affecting others. I will tell you but you cannot tell it to others." So she did not record it. She was filled with gratitude and love and said "You are so great. Thank you for doing so much for me. Please keep me worthy of your love." Baba said "You are worthy of my love." She felt Baba give her a hug and she had tears rolling down her cheeks. Baba further said "What you are going through is the path which is very rare, a real mixture of Jnana Yoga, Karma Yoga etc. Without the devotion and Bhakti that you are feeling today, what it is like you have already realized it earlier." This indicated that her Bhakti and devotion made this path rare.

Today she was going through a strong conviction that we all have Atman. She read enough about it but today she was feeling it. Slowly she has been realizing that there is something inside of you that is helping you, guiding you, and we are giving it a name. That is what God is. It is that consciousness. Today during puja she was seeing all of them as one, seeing beyond Saguna Brahman (formful God). It is a realization she got today.

Both of us took the afternoon off and went to flint mandir to do meditation as advised by Baba. She meditated for about 2 hours. During the meditation she saw that same shiny light and it turned into a lotus flower with same shine to it. She heard the word "Illumined". "You wanted to see the Atman in fullness. That is what to expect (referring to the shiny ball of light she saw in the parking lot). This will be a memorable experience."

During meditation in the mandir Baba said "Expand, expand Shivangini". All her muscles were contracting and pulling her up. She did this for a while which left her with some soreness in her back muscles and some discomfort in her heart which lasted for about an hour or so.

## **Knowing versus Knowledge; Vision of another world**

May 1, 1998 Friday - She experiences today what is meant by indwelling God and a nice updesha (teaching) from Baba highlighting the difference between knowing by reading versus experiencing. Her evolution continues as she works on the Chakras (spiritual centers) in her meditation. At times what seems nice, pleasant, and holy may not

necessarily be the good thing for a Sadhaka (aspirant) and this is where a Guru or Sadguru (inner Guru) are necessary to lead one on to the right path. Baba continues to guide her in helping others and lets her know the importance of timing when following instructions. She has few visions of other Lokas (worlds).

She woke up at 3:30 am. She did puja for ½ hr and meditated for 1 hr.

As she was doing puja, she had emotions which could have made her cry but she controlled them. She touched Hanumanji's feet and it did not light up like it normally does as she closes her eyes. She said to herself what happened today. Then she touched his feet again and closed her eyes and it just lit up. She then asked Baba if this is something in the sculpture or is it something in her which made it do that. Baba said "Go. Sit down and I will explain".

Baba said "When you want something badly, it comes to pass does it not?" "Yes" "What is it that makes it happen? If everything is God, it is not that stone which lights up. It is the indwelling God in you. If you want something and if you are pure enough, it can make it happen. It is in you, not in there. I keep telling you and you have read it in so many places now that God is in you, you and God are one. Now you feel it, you have experienced it. Is not it very different than what you read in the book?" She said "Yes, I can tell the difference." "That is what everyone on their own has to experience it. No matter how many books you read, no matter how anyone explains it, unless you have your own experience you will never know. You will never have this realization and you have to realize it through your own experience." She could distinctly tell the difference between reading in the books and how she felt today.

"Your soul, your Atman and Paramatman are one. But right now they are not (where she is in her spiritual state is not one yet). Paramatma does not get involved; he is just a witness where as your soul gets involved in activities, in everything. It will stay involved till you become one with God. Your soul cannot become a witness till you really go from dualism to non dualism and till then your soul will hold a separate identity." After a little quiet Baba asked "Do you have any questions?" She said "Yes. What happens when everyone in the world gets Moksha?" "You will know this but not now (Baba meant she may not understand right now). Remember I had given you the Trishul to pierce the past present and future and you will know it. But your body is not ready, you need to do asanas. Tell Gyani to get you started before he goes. You cannot go any further spiritually till your body is ready."

Then Baba got her to concentrate on chakras. She was at the throat chakra when she saw the spark of light like she did once back in September. As this happened it brought Lord Shiva's picture in the mandir closer to her and the dot on his neck became a shiny star in her vision.

She did not call M in spite of Baba asking her to call. Baba said today that she still does not understand when to act and when not to. If you are asked to do something that day, that is the time to doing it and if you miss it, same thing does not apply for next day. There are things that change. If it was the right time to call yesterday, it is not the right time to call today.

He says "Think about it. Use your Viveka (discrimination), it can help. How about working through R (to get to M)?" She said "Yes that might work".

Regarding M Baba said “The experiences that you are having, the realization that you are having about God, being one with God, and God as the indweller, that would have been greatly influenced by any other association (like with M which would have altered her realization).” Shivangini had to reach this realization stage herself and M had to reach the realization stage that Baba had going for her. He said earlier that once Shivangini sees one with Baba then she is ready to associate with M.

Baba said “Find out how X is doing? He is not going to live too long. He will get better before that.”

She had a few visions. She saw light blue sky. She saw the ground of another planet with her eyes about 6” away from the ground. In another vision she saw vegetation (6” or so in height) and land like a hill and the combination was very unusual, nothing like she has seen before, and she could still see the sky. In another Loka (world) vision she saw an orchard filled with trees similar to apple trees but with no leaves or fruits. The stems or branches were all shiny silver which looked like a lit up beautiful orchard. It was very pretty.

### **Understood Shiva aspect; Vishnu aspect begins; gets closer to oneness**

May 2, 1998 Saturday - Today is a significant day for Shivangini. She graduated in understanding Lord Shiva and gets blessed by him. Baba says it is time for her to move on to Vishnu aspect which would then lead to AUM (Brahma i.e. creation aspect) and then to Nirguna Brahman. She has reached a stage where she is moving into detached Bhakti and Baba tells her that Jnana will come from within and no need to read books. Nice dialogue between Baba, Shivangini, and Hanumanji leading to a good understanding on Brahma Lok (astral heaven and causal cosmos); Krama Mukthi (progressive liberation); Love as the basis, the reason, and the goal of worship. Bhagavad-Gita chapter 8, shloka 16 elaborates on Brahma Lok – Souls in all Lokas are reborn due to Karma except Brahma Lok. Here the souls work on Krama mukthi (progressive liberation) or return to Bhu Lok (as human) because of desire. Liberation occurs at time of Pralaya (dissolution). The liberation seekers who get Krama Mukthi by further refinement could be in different phases – mahar, janah, tapah, sathyam – sameepya, salokya, sadrushya, saropya. Sahuja mukthi is complete merger. All these will merge at the time of Kalpa (one cycle) or Maha Kalpa (the great cycle of time with many cycles within it) when Brahma himself gets liberated. Baba mentioned four quadrants of Brahma Lok that he had already shown to Shivangini. We are not sure if the four Lokas mentioned above are these same four quadrants.

In the morning she missed the Brahma Muhurta time. She reached the mandir leisurely and Baba said “Now the Brahma Muhurta begins.” “Put on the Kum Kum” She asked “On the Gods”. He said “No, on yourself.” This morning she wore the Rudra mala unusually and unknowingly (to go through the following dialogue). He said “Take off this mala” as she was touching Lord Krishna’s feet. “Put Kum Kum and wear things like this (referring to the jewelry on Lord Krishna’s sculpture) till Janmashtami (Lord Krishna’s birthday celebration).” As she was asked to wear jewelry Goddess Lakshmi said “I have given you so much. Enjoy it.”

Baba further said “You have understood and have been blessed by Lord Shiva. Now is the time to understand Vishnu aspect.” She understood that the next one is going to be AUM which is the sign of Brahma, creation attribute. From there it is going to be one Nirguna Brahman (formless God).

“Wear all this. Don’t get attached. Don’t enter there (meaning desires).” Laughingly He said “You don’t want another life just to wear jewelry.” She started saying in her mind “Baba, I really want to know what will happen after I die? Will I meet you there? What should I expect? What is life like in Brahma Lok?”

Baba said “I already showed you what life is like in Brahma Lok. (The four quadrants, man with thick ground glasses etc).” She went “Oh”. She thought “If I am God and you are God, then why and whom am I worshipping?” She touched Lord Hanuman’s feet as she was thinking this. At that time she heard a different disembodied voice which was Lord Hanumanji “Why do you think I did Bhakti (devotion)? What was my goal? I did not want anything in return.” Then suddenly she heard the normal disembodied voice she associates to Baba “When you see a little child though it is not your own, what feeling does it generate in you? You love the child. What do you want in return? When you love something you want to be closer to it. You like it when that love is returned. Bhakti you do because you love God and you want Him to love you too. That is all you want in return.” She said “So you do want something in return.” Baba said “Yes. You are asking for God’s grace to help you reach your ultimate goal which is to go back to your source, merge back into him. You, your goal, and the medium are the same. There is a love feeling which is wanting you to go there, that is the desire, and you do Bhakti (worship) because you want to be close to that love, which is you.”

Then Baba said “Go sit down” and as she was sitting down she got reminded of what she saw before going to sleep. Last night just about pulling the rug over her she closed her eyes when she saw a 14” white circle against the background of sky. It was like a full size sun but without the sun’s brightness. Baba said “You remember you saw that”. She said “Yes” and it came back again. “With God’s grace your sheaths get thinner, and the veil gets removed, and the Atman shines. When you progress on this path, this is what you will see in its full brightness (like she saw on the Van in the parking lot the other day). But you will have to do asanas for that. Without that your body is not ready (she is ready otherwise). In a month you will be.”

She asked “Is there anything I am supposed to be doing, Baba?” Baba said “You will get prompted.” Baba said she is seeing the Lokas’ one by one although she does not recognize them.

Belief, Faith, and Surrender needs to be in thoughts, words, and actions.

Regarding the advice to understand the Vishnu aspect and do Bhakti she asked “Baba is this going in reverse, Jnana to Bhakti instead of the other way around?” “No. You have conquered. You have overcome in the Shiva Puja the yogi aspect of detachment, dissolving of mind etc. Do the Bhakti while maintaining detachment. Your Jnana now will come from within and you don’t have to read books anymore.”

He made her walk through this scenario - I am God. Everyone is God. This whole universe is God. This is when she asked why she is worshipping and who. Later He said “You are me but in a different form. Shobun and Raeshum are me but in a different form” Shirdi Baba and Sathya Sai Baba are the same soul in different form.

Suddenly she heard Mummy saying “Ouch” when her finger caught in the car door almost 10 years back. Baba wanted her to feel the pain others are going through.

May 7, 1998 Thursday - Today’s experience is related to her intense feeling of separation with God and what she was willing to do for it. Baba uses this feeling to move her toward oneness one more notch.

In the evening she got immersed in God again. She was crying for God desperately. She did not understand why she was feeling the separateness from God in spite of being told that she is very close to God. Then she apologized because Baba does not like it when she cries. He wants her to be happy always.

Baba said “I know what you want and to get what you want takes a lot of courage.” She said “Baba, I have that courage. Don’t I?” “Ok. Close your eyes and walk towards me.” She closed her eyes and she walked in a straight line. As she took each step forward it was like walking on a wire, on her third step Baba said “You are shaky”. “No. I have the courage.” She maintained the balance and took about 10 – 12 steps. He said “Stop. Turn right.” She turned right. He said “Open your eyes. You have reached your goal.” As she opened her eyes she was in front of her closet and looking at herself in the mirror. Not sure what it meant or what it did but soon after that her mind was totally relaxed and relieved. She carried on as if nothing has happened.

## **How to earn God’s grace**

May 9, 1998 Saturday - Baba lets her know through experiences that she is not as much a Bhakta or as much learned as devotees she has been brought in contact with. The reason she got the grace of God and they did not yet because of inner purity. He explained some of the concepts she was getting exposed to while interacting with these learned people and also how it is expanding her horizons and growing her spiritually.

Yesterday we went to sleep late. She woke up before 4 am did puja and meditated till 6:28 am. During puja she felt oneness with God and started questioning some of the philosophical discussions. She felt is it God out there or is it just a philosophy of a subject called God? If it is a subject like physics she felt that she is losing interest in it. Baba said “There is one thing he (S) said too that you missed. He did not forget it. You may not have understood. He said there is all pervasive universal consciousness. What is that? He did not dwell on that. He dwelled on other concepts like individualized soul, embodiment etc. That does not mean he discarded it. You misunderstood.”

In meditation Baba said “There was a purpose to your visiting P and S yesterday and your contact with them. On Maha Shiv Ratri you had an awakening.” (On that day Baba said ‘you look at all the people how much Bhakti they have and had over the years. Compare that to where your Bhakti was referring in terms of their effort, money etc. What you did to deserve what you are getting.’) He said “After that I have brought you in contact with G., A., and S. so that you get a feel for how much more they know compared to you. Why do you deserve what you are getting? There is only one difference. They are all Bhaktas or scholars more than you are but the level of purity you have at the core level is what puts you in the deservedness. You are blessed and they are not.”

He reminded her of the dream where Shivangini and Gyani were lying on the ocean on their back and the waves were smoothly rocking them back and forth and Baba said “You have been blessed.”

Baba said “Since you have surrendered, I have taken the burden of your thoughts, words, and actions. Sometimes I give you a thought to prompt you into action and your mind plays games for whatever reason. It does not mean that action won’t happen. It will happen in some other way or fashion and that is why you will see that your actions contradict with your thought and words.” Baba said “Don’t make plans ever. Live moment by moment.”

S was explaining to you yesterday about the bundle of mind with its thoughts (not the soul) were the cause of reincarnation or embodiment. Baba said “That thinking is wrong. If that was the case then what was the link in saying Shirdi Baba and Sathya Sai Baba was same. What was it that is same? Soul level or is it at the mind and thought level? Why not Sathya Sai Baba be same as Ramakrishna Paramhansa as he is with Shirdi Baba?” He further said “By not mingling with wide variety of people you are limiting your spiritual growth. You are afraid that you will be contaminated and not stay pure as you come across impurities. One of the pre requisites for an aspirant is to be fearless, courage along with good character (virtues). If you want to expand yourself it is not a good idea to limit your contact. Look at it as an opportunity for spiritual growth.”

She got a book from P on Vishnu Sahasranama with commentary written by Adi Shankaracharya. Baba told her to read it, not just the rituals but understand the Vishnu aspect which is to understand the sustaining principle.

### **What is Vishnu aspect? Role of meditation and Siddhis**

May 10, 1998 Sunday - Today we learn that knowing Atman aspect and experiencing it is not liberation yet. It is knowing, seeing, and experiencing the Atman, the Shiva aspect. Putting this understanding and reflecting it in behavior is the Vishnu (sustenance) aspect. Baba explains how she is to lead the life of a Yogini (Grihastin Sannyasin) and continue to do her sadhana while helping people to get on the path of Sanathan Dharma as service to the Lord. He clarifies the role of Siddhis (occult powers) and how they come along with spiritual growth but can easily be obstacles and hence not even to think about them. Very clearly Swami says that without meditation there is no Jnana and without Jnana there is no Liberation. We also understood the difference between a good householder and a spiritual aspirant.

She was in a state of mind that it was all one and did not do puja or light the incense. She went straight into meditation. Immediately Baba started talking to her. Referring to the walk with her eyes closed on May 7 he said at that time that she has reached the goal. He said it again “You have reached the goal. You know that aspect that is Atman. It (Liberation) is not an overnight transformation. Now you know all there is to know. It is time now to continually practice. Reflect what you have learned in your behavior, thinking, in your actions, equanimity, peace, calmness.” That is what He meant by Vishnu, sustenance aspect. “In all these experiences there don’t have to be sensationalism. You will have your experiences and you will continue to have



experiences as you do sadhana.” He reminded her of what he said earlier that after Shiv Ratri spiritual progress is going to be proportional to her Sadhana. “That is what exactly going to be for you. You are still a Grihastin Sannyasi. You will have to lead the life of a Yogini. You will have to practice Dharma, Sathya, Shanti and your bliss will grow. Your communion with me will grow as you practice this virtuous life. Then you will see me in the fullness (reminded her of the round light she saw in the parking lot).” She asked “For how long Baba?” “You have your Dharma towards kids, Gyani and at the same time you will continue to grow. Control your desires.” She asked “Baba, what about my role?” “You had a role. You will have a role. Write the book.” “You will without much effort of your own, find that you are giving peace and joy to people. You are serving me by helping them go on the Sanathan Dharma. It does not have to be single big act.” “Meditation is extremely, extremely important. You can do with your eyes open. The more you do the more you will grow. The more you lead a virtuous life, communion will grow more.” “How about Siddhis you mentioned earlier?” “Understand that is an obstacle in the progress. Don’t focus on that but know that someday you will turn around and find that you have all those. But if your focus is that, then your efforts will not be in the right direction. Just don’t think about that. Do the Bhakti, do the reading, writing.” He reminded her that in order for her to understand what is being told to her it is very important that she keep in mind when he says do this. It means she needs to do it because it depends on her effort. And when he says this will happen then she need to know that her effort is not required. It is something that will happen circumstantially. Baba said “No one, no matter how big a Bhakta or devotee one may be, how much purity, without meditation you won’t get Jnana. This is the way and this is the only way you will get Jnana. Without Jnana you will not get liberation.” “Lead a virtuous life. Do not have desires. Do not seek but if you get it, enjoy it and don’t reject it. Enjoy life.” She said “That is the way I was leading the life before I started doing sadhana.” Baba reminded her as to how big her ego was. He said “When did you take the time to be grateful, think about God compared to where you are at now. The path of a spiritual aspirant is so different from a householder.” She understood that earlier she was a good house holder but not a spiritual aspirant. Baba further said that 6-7 years is the time to do sadhana and after that she will be entering into a different phase. (She left her mortal coil in 7 years 3 months. This statement also indicates that after physical death she enters into a different phase and not identity less merger).

### **3 books on Vishnu materialized; Devayani; attains Para Bhakti**

May 14, 1998 Thursday - Baba has been moving her to the Bhakti of Vishnu, the sustenance aspect. He started calling her Devayani and till now he called her Shivangini. She said to Baba earlier that she had never seen Lord Vishnu’s picture before. Last night Shobun, our son, found 3 books in our library – Krishna Vol. I & II, and Sri Isopanishad (picture of Lord Vishnu was in that book). None of us know where these came from and later (May 18) Baba confirms that he materialized them. She is asked not to focus on nose tip while concentrating since it brings powers (Siddhis) which will be an obstacle in reaching Him. She recognizes that she is experiencing peace and bliss.

On May 13 Baba emphasized the importance of names. The reason he gave her the name of Shivanigini because it provokes the thought of Lord Shiva and that aspect of Bhakti. Now He is moving her to Vishnu Bhakti and if her name is kept the same she will keep thinking of Lord Shiva. He wants her to think of Lord Vishnu and that is why he is calling her Devayani.

In the evening of May 13 Shobun was around and he was looking through the book shelf when he happened to see three books on the shelf – Krishna Vol I, II, and Isopanishad. Krishna books were published in 1982 but were crisp new. We never purchased or received them as gifts. Interesting that the Sri Isopanishad had a picture of Lord Vishnu inside of it and only few days back she told Baba that she never saw Vishnu's picture before.

Today in puja she shed tears due to sheer gratitude thinking about the books and other loving ways Baba has been taking care of her. In meditation Baba said "You forgot the bindi" referring to the red bindi (dot on the forehead). Lately he has been asking her to put on the red bindi. She put on the bindi and sat down to meditate. Baba said "May your bliss grow. You have shown sense control and self control. Now you really need to have total indifference to food. As much as possible eat uncooked foods – fruits, vegetables, yogurt etc." "The more you concentrate on your chakras the closer you will see me." Yesterday she read in a book that one must focus on the nose tip. So as she was moving from chakra to chakra she came up to throat then she moved to nose tip. Baba said "Don't do that. No need to do that. That kind of concentration brings some Siddhis, powers. I know that as much as you would like to have the powers they are obstacles in reaching me. You should not focus on those." She moved away from it. She asked Baba "How is it that there is a natural ending to all these meditations?" Baba told her "Think about it. Who is it that who knows that you are meditating? Who knows that you are done? Who is this I? Contemplate on that I. See me one with that consciousness which tells you what you are doing, how you are doing. That is nothing but God." She asked "If I am God, do you still exist outside of me too. So if I am praying, is it still right?" "So far, yes. Till you merge with God you hold a separate identity. At this time what you are doing is appropriate." Once again she had the feeling that all her thoughts, words, actions are no longer hers. Baba is truly holding her hand and making her do everything. Now the peace, joy she is having, she never experienced it before in her life and now she understands what they mean by peace and bliss.

May 15, 1998 Friday - Today Baba gave us a deeper understanding on duty Vs contentment, Lord Krishna, and Bhakti (love). Baba classifies her Bhakti as Para-Bhakti (transcendental devotion to God). This is the love rooted in the heart and not affected by the ups and downs of body and mind i.e. transcends the body and mind. Baba told us that we have to do the job of conveying how we understand in light of what all we learned, experienced, read, and were taught till now for the benefit of others.

Yesterday she met with A for the periodic spiritual discussions. Discussion was around India. In spite of having a lofty Vedantic vision the society is decaying because it does not make choices or exercise free will like western societies do. At that she said "Another

aspect to consider is indifference i.e. full control of desires resulting in joy and peace while free will does not give that.”

In her morning meditation today Baba said regarding yesterday’s discussion “You need to look at indifference in a different way. When it is applied to you then it is contentment. When your contentment or no contentment affects others then you have an overriding Dharma to fulfill (i.e. dependent children, parents etc). On a personal level the more indifference you have the better off you are.”

She recently read a children story book which talks about Lord Krishna before Mahabharat time and it confused her. Today in meditation Baba said “Go to Upanishads. There is a reference of Krishna and these are written way before Mahabharat. Krishna existed always. He is the father of Lord Brahma, the creator and is great God Nirguna Brahman. Go look into (Krishna) Vol. I page 78. Isopanishad is very appropriately written for A.”

Shivangini asked “Baba, do you love me? Do you think I love you too?” She asked this to get confirmation from Swami that her feelings are qualified as Love (Bhakti). Baba laughed loudly as if cracking up at a joke. This was a disembodied voice. He said “Who does not love the Self? Everyone loves their Self.” She said “Oh. Then everyone is a Bhakta (because everyone loves self)”. Baba laughed even louder. He said “How did you conclude that? There are different degrees of Love. M is a Bhakta and so are you. She has faith, and you have faith too. Otherwise why would you wake up when I wake you up even though you are tired? You have surrender. Do you know what M has? Hers is Bhakti too. Yours is Para Bhakti.”

Baba further said “Do Lalitha Sahasranama and Vishnu Sahasranama for 41 days. Finish it by June 27.” She asked “Baba, There are so many things I need to get done by June 27. How will I do?” Baba said “It will happen. Don’t worry. Who do you think is writing this book?”

## **Gaining knowledge from with in; Gods bless her; Vishnu Bhakti**

May 16, 1998 Saturday - She has an experience of the effect of food on meditation and Bhakti. It is stated that food is that we take in through all our five senses and not just what we eat and drink. Today’s experience is also a test of surrender and equanimity for a Yogi. Baba gave updesha (teaching) on Bhakti (devotion) and Moksha (Liberation). Yesterday He called her love as Para Bhakti and today she gets knowledge from with in that Para Bhakti is the ultimate goal of all spirituality. She sees Atma again and Baba tells her that is what she is now.

Last night she was in a Party and came home late. Hence woke up late and got ready for doing meditation. Her mind was wandering a lot and she was thinking about people in the Party. She asked Baba “What happened? Am I losing it all?” Baba said “Food, food, food.” Then he said “Come sit down and talk to me.” Normally she goes into Bhakti but she did not feel like anything. She did not touch the feet of deities and was just standing there. Baba said “Whatever is happening must happen.” He reminded her of that and he always wanted her to maintain that. Baba said “Even if it is God related do not get disturbed by anything.” Then she started touching the feet of deities. She touched the feet

of Ganeshji and Lakshmi in the engraved coin we have and she closed her eyes while touching it to her eyes. At that time she saw Lakshmi get much bigger than as seen on the coin and it was in the outline form in white light. Then she heard the voice "I told you that Raeshum and Shobun and their 20 generations are blessed with Laxmi. So are you in this life." The voice reminded her of the jewelry she wore last night to the party was Lakshmi's blessing. Then the outline form reduced back to the normal size. She then heard "All the Gods and Goddesses are blessing you." She understood that it is because she is not differentiating between the deities. This in turn is leading her to Nirguna Brahman.

After that she touched Lord Shiva's feet and thought that she used to chant his name all the time and now it does not come out at all and was feeling bad. Voice said "No. Don't worry, you have to move on. You have to understand Vishnu aspect, sustenance principle."

She then touched Lord Krishna's feet. Baba said to her "Lord Vishnu's picture that is on the cover of Isopanishad book is the one to which your spirituality and good fortune can be attributed to. You need to understand all aspects of Vishnu principle."

Baba said put Kum Kum on your forehead which she did and sat down to meditate.

Immediately He said "You want to go to R's house. Feeling left out. These are all Bhaktas but none of them are experiencing what you are experiencing." She said in her mind with tears in her eyes "When all the Bhaktas are singing and chanting your glory, you will be there and I won't be there." Baba said "I am within you all the time."

He said "I told you that you will get knowledge from within. You thought that books will start appearing in your head. Now you are getting the knowledge from within." Then he started talking to her about Bhakti and Moksha. "Spirit is ever free, it is not bonded. It is the material that has limitations and gets bonded. (All of us have the same material components but limits of our material are different although our soul is the same). Ever free Spirit is the one which wants Moksha, liberation from this material bondage which is also called Maya. What you have learned in the books, Upanishads only describe what you are made of i.e. material and the Spirit. Who are you? Once you know who you are is how you get to liberation. Moksha is through Bhakti - Sahasranamas' etc. These mantras are the procedures to get to the principle but the pre requisite is still the purity and the virtuous character." This is the knowledge she is gaining from within. When he told her that she will gain it from within it did not mean that she will be seeing the whole world and book knowledge through visions etc. That is ignorance and false understanding. He said she can still go ahead and read the books.

"Come back at 8pm and bring a coconut. Things will happen. What is happening is exactly per divine plan. Even the Kasula Danda (traditional Indian ornament) you were wearing (last night) and all the people were calling you south Indian, there is a reason for it." She received an audio tape from P a while back which she listened and summarized it for me as Journey begins with Aparā Bhakti; which leads to Knowledge; which leads to Wisdom (Jnana); which when applied to day to day life it leads to Para Bhakti. This is the Bhakti which is the ultimate of all spirituality through the Jnana route. Baba says "This is the reason why that audio tape was given to you."

She saw the blue light which has been unusually beautiful with blue and white light mixed in it. At that time Baba said "You know that you are not body. This is what you

are.” She said she got more from that light but did not have words to describe it. She understood that what she saw was the soul, Atman.

We met I. at the party last night. He was looking unhappy and pulling along with life. Shivangini in her heart wished him happiness and said “Baba, bless him; make him happy. He needs to be happy.” Baba replied “He will be. Now he will be.” This morning Baba said about I. “He has not learned to be content and find peace with in. Now he will.” Baba said “You are supposed to follow up on B. See how he is doing.”

May 18, 1998 Monday - In meditation today she sat down in surrender and Baba said “It is me who put those books (two volumes of Krishna and Isopanishad) in your den.” Then He started laughing. She asked “Why are you laughing? Is it just for fun you put those books there. Do you want me to read them?” Baba said “I want you to read those” and laughed again. She asked “Why are you laughing now?” He said “Oh. Don’t you understand who you laugh with, who you kid around with? I want you to kid around with me too. Laugh, spread joy. Be joyful. When someone is very close to you is when you kid around with them.” After that Baba taught her concentration by breathing. Focus on inhaling and exhaling, the length of time, controlling the breath for some time. She did for about 6-7 times. She went into deep meditation and had few visions.

May 21, 1998 Thursday - Today there is more light shed on Vishnu Bhakti and sustenance aspect and the importance of meditation. She is getting exposed to diverse, at times contradicting philosophic thoughts so that she can see unity in diversity. All this is, as I understand now, a part of Vishnu Bhakti i.e. sustenance aspect.

She woke up again around 4 am. She did brief puja and then meditation. In puja she offered water with Tulasi leaf. There is a saying that Tulasi was a Bhakta of Lord Vishnu and her desire was that she should be with Lord Krishna eternally. He fulfilled this desire by turning her into a Tulasi (basil) plant. It has become a tradition to offer Tulasi to Lord Krishna.

Then she sat down for meditation. It was calm. Baba said “I have been watching you as you worshipped me as Krishna in the house, I saw you when you went to Tirupati, and I saw you in Jagannath Puri, Sanathan mandir, Keda pathi mandir in Gwalior ..... I am there as well as the witness indweller inside you. I am within and without. Though I may not repeat things, what has been told to you holds true (referring to meditation in the temple is important. Though it is Lord Shiva’s temple it does not mean that she should not meditate there).” Baba spoke about balancing of the Gunas. Each deity like Brahma, Vishnu, and Maheshwara are related to a Guna. Baba spoke about balancing the Rajas and Tamas.

She asked “Baba do you want me not to meditate anymore?” He said “I want you to meditate. That is one thing you should not ever quit. It is very important to keep up that practice.”

She is going through a difficult phase getting exposed to people like A, P, Sri Rama Krishna worship, Vedanta Society thought process, and others where there is so much difference or contradiction or variation at times. Baba is getting her to accept all this as His so that she gets to a point of being at ease with all of them.

May 24, 1998 Sunday - Meditation gets so deep that she is unable to trigger a thought in spite of Baba trying to get her to talk. At this deep meditation she does concentration on Chakras subconsciously. Only Baba knows how deep her meditation was. She sees visions of a different Loka where there are people sitting down meditating (Tapar Lok in causal cosmos?). Her meditation prompts her subconscious reaction to a mantra.

She reached the puja mandir, stood and looked at the deities in a contemplation mode. She did not touch any feet. Yesterday she spoke to me saying that she does not know what relationship she has with Baba. Baba said "Relationship with me is Guru, Sadguru (inner Guru, God)." Then her thought was moved to viewing Lord Krishna as Eashwara (personal formful God). She touched his feet and then sat down to meditate and straight away went into deep meditation. Mind was quiet with no thoughts. Baba couple of times said "Devayani, talk to me." She would start a thought to talk to him but slips back into meditation. She had a vision where she saw a paper that had two lines of Sanskrit shloka (aphorism) written on it and it stayed in vision long enough for her to read it. At that time she read and remembered but could not recollect it later. She continued her deep meditation and was concentrating on chakras subconsciously without making any effort. By the time she reached to the navel chakra she saw herself and Gyani on the ocean again (this is an earlier vision where we were lying on water and getting gently rocked). It felt like she was just there without much active participation either thought or observation etc. She saw another vision of outdoors, a sunny day, and she saw the backside of several people who were sitting down and meditating. Something inside told her that it is not from this Loka (world). It felt an exciting view for some reason. Back in her meditation everything was quiet. She heard Baba's voice "Narayan, Bhaja Narayan". She was back into deep concentration again. Suddenly she hears "Om Namoh Bhagavate Vasudevaya" and her head compulsively went down to end the meditation. She got a message from Baba to quit and go downstairs and play the Vishnu and Lalitha Sahasranama.

### **Overcoming Duality; Journey expedites; and Baba blesses her**

May 25, 1998 Monday - Great lesson today on overcoming dualities in life and the first place to start with is God (literature and scriptures about God). Once we overcome that then we move on to rest of the humanity. What a wonderful way to get one to grow and get beyond mind and logic? Baba tells her today that due to her effort (devotion and sadhana) she is expediting her journey towards the final goal with in the framework of Karma. This further enhanced our understanding of the limited free will and how it can expedite or slow down things. Baba blesses her today by touching her head with his hand. Beautiful are the ways and teachings of Sadguru (Baba)!

She woke up early but she was sent back to sleep. She woke up again but again was sent back to sleep. Sharada called from Mauritius later to wish her birthday. Today it was conveyed to her that she is into a discipline of waking up without effort. If she is made to go back to sleep, it is due to Baba giving her a message, indirectly, not to meditate.

She did not do puja because she was in periods. She went and sat down to meditate and thought that she did not do puja today. Baba replied “That is fine, Devayani.” Few days back she had a vision of feet that were 6” off the floor. He said “open your eyes” and she saw Radha Krishna’s picture on the mandir wall. Baba says “The books you have on Radha Krishna, I sent them.” She said “Baba, those books are confusing. Some of the things that they write in the book turn me off.” Baba replied “That is exactly the point. If you can’t overcome the likes and dislikes in God then how would you overcome the dualities that exist around you. You do not need to understand God with your logic. Vedas, Vedanta, Upanishads are true. If you are questioning whether these stories are true or not, what difference does it make. You love God don’t you? If you love God then if you can’t overcome Lord Krishna did this or that with Gopis, how can you ever overcome the dualities that exist. Just read them, there is lot you would learn from them. Most of all the purpose of those books is to increase devotion in you.” She asked “Why?” Baba replied “Devayani, I have always said worship your chosen deity. Which was the first deity you chose? Lord Krishna. However you will see soon that you won’t be doing Bhakti either. You won’t do many things. But you will have to do it to that degree that you won’t have a need to do it. Although you would continue to do meditation till you reach your source. Meditation you do not stop but it can be done with eyes open also and there will come a time you will be able to meditate with your eyes open. But Bhakti has to be done strongly now till June 27. Let me reveal this to you. Due to the sadhana you are doing and the path you are on, you will reach your goal fast.” Regarding the books she is reading she said “These books when they cause confusion they pull me back.” Baba replied “Devayani, if I want to illumine you I can do it right at this moment. But there is a purpose for everything. Even it may appear to pull you down, proceed. That is fine. If you have totally surrendered to me, what difference does it make whether it appears that it is pulling you down or pulling you ahead? You want to feel the devotion, don’t you? And you enjoy that feeling. You will get the most by reading these books.”

Baba said  
 “Different people will benefit to different degrees. Some will reach their goal fast and some will slow down but it will be in proportion to their accumulated Karma and their effort now.”  
 “Sri Krishna Arpanamasthu. Go down, enjoy children and Gyani”.

At the end today Baba said “I love you” and He put his hand on her head.

## **Atma, Jivi, Senses, Miracles; and selfless love**

May 29, 1998 Friday - Wonderful experience today that demonstrated very nicely about Jivi (individualized soul) needs the God within us (consciousness), God outside of us (light), and the senses and mind to cognize. Meanwhile Atman is complete (Poornam) where all the cognizing can occur in meditation without the senses and medium. All this understanding came to her from within.

She woke up at 3:30 am. She reached close to the mandir and reached to turn on the light her attention got drawn to something outside the window. Across the street there is a house with lot of dense trees. From behind those trees somewhere there was a light shining. That light drew her attention and as she was wondering what that light was and

maybe there was a lamp behind the trees causing it. As she thought of that her attention got drawn to a base of a tree that was closer and had a tiny light about 2 feet above the ground. She was wondering as to what was going on. She looked at the first light and that has moved down and was flickering. Suddenly the lamp post light on the street went bright. Right then there was a thunder and lightning when everything got lit up and then went back to darkness. This whole sequence of things triggered various thoughts in her about how we stay in darkness, who we are as Atman, how do we really see things, in order for us to see with our eyes we need three things – the light (God outside of us), consciousness (God inside us, the Atman), the eyes to see (senses). She concluded that for all the senses there is a combination of three things – consciousness or soul, the sense, and then the medium (light, air, etc). A reminder came to her that when she sees with her eyes closed in meditation there is no medium and there are no senses. The Atman is pretty complete in itself and it does not need any aid or medium to do its job – to see, to hear etc. It is self sufficient. It can work with and without. When people say God is within you and without, they are referring to the consciousness as God.

May 30, 1998 Saturday - Few days earlier Baba said her Bhakti is Para Bhakti (transcendental devotion). She is made to contemplate on what drives her to do sadhana? What gain is she expecting from it? All this makes her realize that she is not looking to gain anything which leads to the conclusion that it is Love. Further Baba educates how nature (Prakriti) can be Guru since that is His creation and part of him too. Baba tells her that she is getting beyond 'I and my'.

She went up to the mandir at about 4 am and looked at all the deities and did not touch their feet. She was thinking why do I do this everyday? Baba said "Sit down. Start with Nada Brahma". She did that 21 times. Then Baba asked "why do you worship? Why do you wake up this early in the weekends? I told you earlier that on weekends you don't need to wake up early." She thought and understood that in the back of her mind she knows that Brahma Muhurta time is 3-5 am and she did not want to miss it. Baba said "What do you want? What are you anticipating will happen?" She thought about it and thought that maybe something will happen one of these days. Baba said "Examine your experiences. They are vast. What more are you expecting?" She said "Maybe your Darshan one of these days". Baba replied "You have my Darshan in many different forms. You see me everyday in the form of light. What are you expecting?" She thought seriously and said "Why do I do it? Do I love you God?" Baba said "What else could it be? There is nothing you are seeking for yourself or others." She said "Honestly I have no idea. Baba, you don't want me to. Is this becoming an obstacle in my Sadhana?" Baba said "I want you to. But I want you to think about it." "You look at those lights and it is a lamp post then you will say it is not good. Baba did not do any miracle. But if it is a light that does not exist before then it would have been great because Baba did a miracle. Why do you think like that? Who created that light and lamp post? In this whole universe whatever exists, I created it. Why is that not a miracle? You have learned a lot from books by picking messages, and why are those not miracles? Who inspires people to write books? Every book is inspired by me and I am the writer. Then if everything is God and you can learn from this whole Jagat (universe), then you don't need to keep looking for miracles. Treat everything as a miracle." She heard in meditation "Pratinidhi" (means



substitute or representative) “Amar Prabhu” (eternal Lord) and she heard “Ghan Shyam ayare” song (‘Lord Krishna has come’). Then Baba said “Concentrate on the chakras. Need to awaken the Kundalini.” She started concentrating on the bottom chakra and she saw strong blue light. Next chakra on navel she gets reminded of the water scene. At heart chakra she got reminded of a Swamiji’s comment she heard a few days back where he suggested that she should chose a deity for meditation. She chose Baba as Guru and his picture in our mandir. She moved to throat chakra and then to the forehead chakra. She was thinking of Lord Shiva at that time. Baba said “No. I want you to move to Lord Krishna. You woke up for Brahma Muhurat. I want to hear your Vishnu prayer. I am waiting for it. Go with in the Brahma Muhurat, go do Vishnu prayer. I want to hear it.” She said Ok but did not move right away. Then Baba said “I am your Guru, right? I want you to. Would you do that?” She became fully alert and said yes Baba and got up right away, came downstairs and did Vishnu and Lalitha Sahasranama.

Before going to a birthday party in the evening she stopped at the shrine and asked Baba to bless the gift of AUM gold pendant for I. that we bought with lot of love. She said maybe I am getting too attached because of what you have told me. Baba replied that “It is not attachment. It is detachment because you can love somebody else’s as your own. You are beyond I and my.” Shivangini felt the same love for I. as she would have for Raeshum and Shobun.

### **Sustenance (Vishnu) aspect; Ramana Maharshi experience**

May 31, 1998 Sunday - Interestingly she had the touch of a great soul last night at a party who is a baby and today she felt waves of happiness swept over her and Baba said where it came from. It makes one wonder how many people, positive or negative, that we come in contact in life and the energy transfers occur silently unknowing to us making us feel happy or unhappy. This is how the sustenance aspect (Vishnu principle) continues to work on all of us whether we realize it or not.

In the meditation Baba has been asking her to continue the Vishnu Bhakti and understand the Vishnu principle. She had been doing quite a bit of that.

He further said “We did not belong to the R’s party and that circle. Baba made it happen for a divine reason.”

She was unusually happy and she could feel the wave of happiness traveling from her heart and was going all over her. She asked Baba why she was feeling so happy and Swami said it was because of the contact with I.

He further said “Today something important will happen at A’s place.” One thing did happen at A’s luncheon. The food she saw in her dream before going to R’s party yesterday was actually the very same item she saw at A’s luncheon party. Baba said in the meditation ‘to rise above the miracles.’

He used to call her Shivangini earlier but since He moved her to Vishnu Bhakti he started calling her Deva yani. In the shower Baba told her that “You don’t like this name, do you? Go talk to Gyani and ask him how to pronounce the name. You don’t pronounce the name right. You make it sound like Divaani”. She came out and asked me about the

pronunciation. I told her it is Deva Yani and not Divyani (which she was pronouncing incorrectly and Baba mentions it funnily as Divaani (mad woman)).

June 1, 1998 Monday - Today she has an experience and Baba said that Sri Ramana Maharshi (a great sage in early part of 20<sup>th</sup> century) had the same experience.

In meditation Baba said "You cannot relate to Krishna and his Leelas. You cannot go to Gokul, Mathura, and Brindavan. But you can go to Puttaparthi and see me." Shivangini has not seen Baba yet.

After the brief meditation Baba said "Go. I want to hear Vishnu Sahasranama in Brahma Muhurta time." It was a little before 5 a.m. and she came down and listened and read the Vishnu Sahasranama.

She was going to airport to drop me (Gyani) off. As we got onto the highway she briefly closed her eyes when she saw very bright blobs of light that were traveling. Those blobs of light were connected with shiny rods. She sees the blobs change and colors change. At that time Baba said "You always think that it is looking at Sun is affecting your eyes which is making you see those. It is Sun; it is Adithya which is making you see. It is because of its effulgence, sunshine making you see, helping you see what you otherwise cannot see. It is not a light affect that is impacting your eyes."

He further said "It is all real. It is not your imagination or your eyes going bad. This is what Ramana Maharshi saw." This is the second time He said it. First time she could look right into the Sun and she could see the discs of Sun behind the effulgence when Swami made the same comment "this is what Ramana Maharshi saw."

June 2, 1998 Tuesday - Lord Krishna makes her understand through a dream the importance of chosen deity and loyalty to that deity.

Shivangini had a dream where right in front of her, she saw Gyani taking another woman in maroon blouse and maroon saree into a bedroom while talking and laughing with her. Shivangini asked Gyani why he married her when he likes other women. Gyani responded casually as if he is taking it very lightly.

She then went up to the mandir to do puja and asked god what was the meaning of the dream. Lord Krishna said "This was to make you understand that you installed me in this mandir all these years and when Baba asked you which form of God you want to see (she has been asking to have a vision of God) how come you could not say Lord Krishna. Why?" As soon as He said that, she understood exactly how it feels.

### **Baba appears momentarily in physical form**

June 3, 1998 Wednesday - Baba appears momentarily to Shivangini in his physical form in our living room!

It was 10:37 pm and she was in the kitchen doing work. She opened the refrigerator door and when she was closing the door she saw, from the corner of her eye, Baba in white robe slowly walking from the dining room into the living room. By the time she realized

it and turned her head fully He was gone. Then at that time Baba said “What would you do if truly I have come, what would you do?” This made her think because she was not sure what she would do- hug him, touch his feet, faint, offer him a seat etc but could not come up with anything. It was so quick and vague and she could neither say she saw him very distinctly and at the same time she could not say that she had not seen him.

### **Jagat (world) is her teacher in next 2 months**

June 4, 1998 Thursday - In the evening she was supposed to go to A's home. Around 9:30 pm she got called by A. They discussed her experiences and he offered some very valuable insights.

- Music – when written on a piece of paper it consists of different notes, pieces and till you know each one of them you cannot compose music. Till then it is different sounds and till all of it is put together it is not music. This is a good analogy of the different phases of spiritual awareness she is going through and when all of it is put together it will be wisdom.
- She said she gets confused by 3 deities when the goal is to go to one. A thought that she is being led by different ways to the same goal which only comes from treading the path, experiencing it, and then find out where it ends.
- Kalki Dharma – A. mentioned that Shivangini's experiences sound very similar to Kalki Dharma. These days everything happens in her life without any effort on her part. Things just happen. Work gets done smoothly and she does not feel she is making much effort. He said that is what they talk about in Bhagavad Gita and Kalki Dharma. Once you surrender God will take care of all your needs.
- Next day while she was going to work and listening to the Narada Bhakti Sutras by a Swamiji and he was talking about Surrender and how it takes care of the devotee.

Baba said these two months Jagat (world) is your Guru and it is working out that way. She felt good that A has spoken with more faith in God than he used to have. Yesterday she was having a severe headache. Baba said “Devyani, don't worry. This is preparation”. She kept having these sharp headaches periodically.

### **Baba, Krishna, Gayatri Ma elaborate on God, sustenance etc.**

June 8, 1998 Monday - Baba enhances her understanding further today with wonderful dialog on transcendental messages; how all forms are one; divine mother principle; how God is the inspirer and how not to get bogged down with right and wrong as we increase our spiritual awareness towards oneness; advancement in society is a part of the sustenance principle; laws of the trinity principle etc. A key learning is that diverse and at times conflicting opinions exist out there in scriptures and holy books and they are there because cosmic consciousness allows that and it reminded us of Bhagavad Gita chapter 2 Samkya Yoga, shloka 53, which states that one gets firmly fixed in equilibrium and in Yoga after going through conflicting opinions and confusions.

Yesterday in meditation Baba said that “He is entering into her.” She had goose bump type of feeling go through her in waves. She asked Baba what was the meaning of saying that he was entering into her. He explained that “All your thoughts, words, and actions are going to be mine and people will understand it.”

He told her about her qualifications and she could not recollect what it was.

Shivangini was reading a book on Gayatri by Sant Keshav Das. In that it was said that Rishis heard the mantra in their meditation and captured in the Vedas. Baba said at that time “Why your experience of hearing the messages in meditation should be so difficult for people to comprehend when all the Vedic knowledge, the Upanishads, the Vedantas', all these Shrutis' came into existence using the very same process and mechanism that you are experiencing. They were all given to the Rishis and Sages in their meditation, in their transcendental experience.”

Yesterday he also guided her on what to eat and what not to eat and what to drink etc.

Today when she reached the puja mandir it started with a conversation. He said “How many feet are you going to touch? I am everywhere. All forms are mine.” She looked at all of them and then with no reason she touched the feet of Shirdi Baba. She felt a strong feeling of Guru so she touched Baba's feet. Then Lord Krishna looked at her as if how about me? She touched his feet and had a feeling that he was looking at her very closely as if He was alive and not a sculpture. Then she was looking at other pictures when the smiling face of Lord Krishna looked at her and smiled and said “All forms are mine.” In meditation Baba said “I am you. You are me. Carry me with you all day; see me in you all day. The purpose of this is that I am not sitting somewhere sending you all these messages. I am within you. I am you, you are me. This is what I want you to convey in the book also. Once you start seeing God everywhere and in everything even the purpose of saying whose thought I am receiving and who is sending me these thoughts are meaningless questions. I am the inspiration of all the minds. It is all interconnected. Atman is one. See me in everybody, in everything.”

Yesterday she read in Gayatri book that Lord Vishnu, Brahma, Shiva are all sons of Gayatri. Then Gayatri ma said “Those three are my sons and I am the Shakti of Brahman, and I am Brahman. Brahman is I”.

“In worldly sense if one is interpreting as father, mother, then it can be interpreted that way then those three are my sons – creation, sustenance, and dissolution.” Who is better? “It is like different children with different skills and capabilities. In some ways one is more powerful than the other and which is alright. God is all one and it is originating from one. If someone says that all this is conjured up by someone or someone's imagination, it is a meaningless negation. Even if someone has conjured up then that someone is directed by cosmic consciousness. God is allowing those kinds of books to exist.”

Baba said “We still need to analyze, discriminate and use viveka in our understanding but not forget that God is one and is in everyone.

If you can love me, worship me as Nirguna Brahman, as this cosmic light that you see in the meditation that is fine. Just because it is very difficult thing to do you will have to resort to all those other options. What you are getting is a wide variety of experiences in meditation – communion with God, one pointed concentration, contemplation in meditation, concentration on chakras, on AUM, on Mantras. You have experienced all

varieties in meditation. You are experiencing all varieties in worship. All these need to come out in the book. People do not need to get confused and bogged down with what is right and what is not.”

She asked Baba “Did Rishis’ and others conjure up even the divinity, Lokas, manifestation, unmanifest etc.? It seems like someone has imagined God to be as great as possible and glorified it.” Baba said “Yes. If it is, even then it is God because mind cannot conjure up without the inspiration of the cosmic consciousness.”

All this advancement in society is per God’s will because it is all a part of the sustenance principle. “I want you to understand the laws of creation, laws of sustenance, and laws of dissolution. You will understand this with time but not now.”

June 10, 1998 Wednesday - During meditation Shivangini had to open her eyes three times in between to talk to Raeshum who wanted some things related to school that were against school policy. These also lead to argument. Yet she could go right back into meditation and establish communion with God indicating how these things were not at all disturbing her ability to stay connected indicating equanimity and internal calmness.

### **Baba gives his vision as Shiva and Shakti**

June 13, 1998 Saturday - Baba told her “You have been asking for my vision. You will have my vision.” Through one of the books yesterday it was conveyed to her that if devotee desires it intensely and perseveres then God will grant him the vision. She kept meditating and saw a very light blue ocean as seen on a sunny day. Then she saw a very still blank screen. As she was looking she saw a vision enter very smoothly and left as smoothly but stayed for a very short time. The vision was of Lord Shiva and Parvati up to their chest and Lord Shiva’s head was slightly leaning towards Parvati. There was brilliance to the vision. She continued her meditation. At that time very smoothly Baba says “You just had my vision”.

### **Reaches a major milestone – rising of Kundalini power**

June 15, 1998 Monday - She did morning puja and meditation. Lot of clear messages from Baba and other deities as well. In meditation Baba made her concentrate on the chakras she was unable to rotate it slowly as Baba wants her to and it was going very rapidly and as it was moving she could see different movement of lights. Baba said “Kundalini wants to rise today. It is ok. No need to control it and go the way it wants to go.”

She was at swadishtana (second) chakra when she saw unbelievably clear light and other interesting things. Light stayed as she moved all the way up to throat chakra. After that she had a vision of a disc like (similar to satellite disc) thing and as she was looking, it got twisted with lot of force and then it fell down. Baba said “It was symbolic” as if in answer to what her mind was about to think. At that time she heard the line from the bhajan “Asura Nikhandan Narayan”.

She understood from the above vision and bhajan that in order to reach to this level of spirituality there are certain objections which have to be overcome. This vision showed that those objections were taken care of. Baba said “Today is a very auspicious day and

you have reached a milestone. Go celebrate.” She asked “How do I celebrate and express gratitude?” “To begin with, offer the coconut (she bought that only yesterday without any plan)”. He further implied that go distribute it to people, distribute your joy to people. Then Lord Ganesha said “All things that are happening smoothly without much effort or difficulties, I am the one doing them.” Lord Shiva said that He is the one who dissolved her ego and attachment. Shirdi Baba said “I gave you the virtues”. Sri Sathya Sai Baba said “I am holding your hand, and I am taking you.” Lord Vishnu and Lakshmi said that all the jewelry that she has, and her bodily features, beauty are because of them. Hanumanji said “I gave you the Bhakti Bhav”. Saraswati Ma said “You and I are writing this book together”.

After meditation she touched the deities’ feet in the mandir. All she could see in every deity was the blessing hand. Again Baba said “It is a very auspicious day, celebrate, enjoy, and spread joy.” Baba further said “See God in everybody. Just the way I am in you, I am in every person. I come to you in the form of that person as God.” Further Baba said “From now on sorrow will never touch you unless you do something to invite it. Your natural state will be joyful and happy.” “Make me a promise that this will not distract you and come in your way of writing”.

She then went into Raeshum and Shobun’s rooms and touched their feet and then she came over to where Gyani was meditating and touched his feet thinking that they are all Gods.

June 16, 1998 Tuesday - Baba explains today what he is taking her through and giving her a feel of what people go through in various modes and stages of devotion, as well as a taste of their experiences when they do not have God’s grace.

Between 4:15 – 4:30 as she was waking up she had a vision of Lord Shiva in a posture that she has seen in a calendar and not like the picture in our mandir or one at temple. She woke up at 4:30 am and did puja in the morning but had a strange feeling of no emotion. Next in the meditation Baba gave her direction on the letter that she was writing to her mother (Mummy) and clarified few things for her. The words she wrote in the letter saying ‘Baba wants me to be the instrument to teach Sanathan Dharma, Shanti, Moksha etc to people’ was not what He wanted. Instead he gave her exact words as He had said it in the past. The words He gave were ‘what he was trying to teach her was not something general but specifically it was about different types of Bhakti (worship), different stages of Bhakti (worship), different types of meditation and different stages of meditation, what people go through so that she has a real feel for it.’ He emphasized again “That’s what you will do. It is not a choice thing that I want you to.”

Later she had three four visions. 1) Saw a view of the Sky 2) Saw two book shelves filled with books and at that time she got the message that she will be able to connect them 3) Saw two 14 yr old girls playing in their sneakers and shorts, running backwards, playing around 4) Saw a person putting something in a dirty laundry. She asked Baba that these visions are strange to which He replied “It is all to give you a feel for what many people go through. This is what it is like without God’s grace”.

## **God's work requires skill, intelligence, virtues, and surrender**

June 17, 1998 Wednesday - Got up late and did not do any puja but just took the Theerth (sanctified water) with a Tulasi (basil) leaf in it. Baba said "Sit down." She sat down and He said "Why do you meditate? What purpose? I have given you the experience. I have given you the updes (teachings). I have asked you to write this book. Why waste time in this? Everything is happening as it is supposed to. I want you to do Vishnu Bhakti now. Focus on that and focus on writing this book. Why are you spending hours and hours in meditation?" "When you have the attitude of total surrender, the book will get written no matter what. That is my Sankalp, my wish. All the thoughts, words, actions that are needed will happen. You need to have the total surrender attitude. In order for you to do it, you need to use intelligence and skill and these are as important as virtues." "You don't need to be attached to meditation. No need to have a fear that if you don't do it, you will lose it. Know that God is within you and whatever needs to happen is going to happen. You have to put in your effort with intelligence and skill." He further said "I asked you to do Vishnu Bhakti". She asked "Baba when I used to do Om Namah Shivaya my mind used to get still easily. I used to enjoy that. Now you ask me not to do so what other mantra should I do now?" Baba gave her the following mantra and the tune "Hare Krishna, Hare Krishna, Krishna Krishna Hare Hare; Hare Rama, Hare Rama, Rama Rama Hare Hare" After that she said "If I am not supposed to waste time, should I quit my meditation and go" to write the book. He said "No. Wait. There is something else I have to tell you. In the book to offer more in depth understanding of the subject matter to people, for that purpose have your children enter the glossary of terms as to what they mean and from which source."

Yesterday at lunch time Shobun (12 yr old) told Shivangini that when he grows up he would like to have a room not just for Puja but for doing meditation connected to puja room. In the meditation room he wanted a stream of water going in the center and a marble sculpture of Lord Buddha (we don't have any pictures of Lord Buddha in our home). He wanted to wear a white silk robe that will have an AUM sign on it. It was interesting to see how he was getting influenced by these divine experiences.

While she was listening to the Vishnu Sahasranama she was doing other things. At that time she understood the following: Initial part of the Vishnu Sahasranama is about Aparah Bhakti asking for things, boons etc. Since she is not asking for things she need not concentrate on it. When the actual Sahasranama is uttered, very important to be uttered accurately with concentration and devotion because that is when the deity is being invoked. Concluding verses is the time when you are asking God for blessings and you cannot go do other things at that time. These are the proper behavior and manners of religious practice and to engage both heart and mind.

June 18, 1998 Thursday - Baba stresses the importance of writing the book and gives her a nice experience on how he is there with her, helping her. He also clarifies her role.

She woke up at 3:30 am in the morning and after looking at time she was going to go back to sleep when Baba said "Utho" ('get up' in Hindi). As she reached the mandir Baba started speaking to her. "I don't have any updes for you. I won't give any more experiences. What you have learned has to be shared and it has to be written. It absolutely

has to be written, that is very important” He did not want her to meditate. He said “Go. Write. That will be my worship. That will be your meditation today.” As she was touching deities’ pictures, Lord Shiva said “I have blessed you. Go. You will succeed in writing.” One more thing she was told by Baba was ‘her role is to clarify the religious scriptures and practices’. This is in addition to her role of ‘be an instrument in spreading joy; establishing Sanathan Dharma; be source of peace and liberation to several people. And she will do that by clarifying the Holy Scriptures and simplifying the religious practices’.

While writing the book she wrote ‘Tapas’ and she questioned as to what was the exact meaning of that word. Right then a book sitting next to the computer titled ‘Prashnothara Vahini’ fell down half open and she picked it up and looked at the open page. Meaning of Tapas was explained right on that page.

### **Kundalini lifts her off the floor; Knower and will be a Jivan Muktha**

June 19, 1998 Friday - Yesterday and today she woke up 3:30 am in the morning. Both the days Baba asked her not to meditate. He said the book absolutely has to be finished by June 27.

During the day she wrote a little bit at work. She and Gyani both took the afternoon off and started writing the book. We wrote till 8 pm and then both of us sat down to meditate. In meditation her mind went quiet and nothing much was happening. While rotating around the chakras with a conscious effort, she suddenly felt that she got lifted off the ground about 2 feet high while still being in the lotus posture. She could see down at the carpet in meditation. She felt this and she does not know if she was physically lifted up. She had a strong sensation that something from within is pulling her up, and up, till it went all the way up to her head and she had a strong feeling of ants crawling in the head. This whole sensation was like someone with full effort was pulling her up. Then it slowly came down. Second time it happened again after a little gap and she noticed that she was not making any effort to make it happen. As that force was pulling her up the second time, Baba said “Expand, Expand. Try harder, Expand”. Third time it felt like it will start again but did not. A little later it suddenly came with strong force, as if with a resolve, and pulled her up. She heard at that time “Radha, Radha, Radhe, Radhe” and it was going on, and on. By the time the pulling sensation reached her head, she started seeing Lord Shiva’s picture and Baba said “It is ok” because earlier He advised her to do Vishnu Bhakti. She had a bubbly sensation all over her body and nothing further happened when Baba said “This was your Kundalini rising.” Everything came back to normal and she started talking to Baba.

Before her meditation, during the day, she was reading that part of our book where Baba said earlier “After Shiv Ratri, you will know your future and you will know other people’s future.” While making tea during the day she read that to Raeshum and told her jokingly that “This is what Baba said and apparently I must have failed because I do not know my future or other people’s future. I must not have cut it.”

Now as the meditation continued Baba responded to the above conversation “You were saying that you failed and you don’t know the future of others. Go back and listen to your tapes and find out when did you exactly know about M going to Mahar Lok; R getting



Moksha; G getting Moksha; I's future; your own future, and which Loka you are going to." Then He burst out laughing and said "You still are bound by this time and space. You know the future." He also gave the example of S. After this Baba said "You are beautiful, Devyani. And I don't mean the beauty the way you understand. You are starting to receive Lord Vishnu's blessings. That means one who receives Lord Vishnu's blessings cannot be hurt by anything for eternity meaning even at the time of cosmic dissolution this person survives all the three Lokas."

He further said "I know that you are going through a difficult time right now with your Sadhana. (She has the June 27 deadline coming up for finishing the book and lots of things are coming her way.) Have the attitude of tolerance. You are going to be one of those rare souls who would be a Jivan Muktha (liberated while still in body). People are awed at your good fortune. This is nothing and it is just a start. What you are going to get will be lot more than this. You will reach pure bliss."

### **Baba gives actual words for the book 'Inner Experiences'**

June 20, 1998 Saturday - Today Baba guides in four categories of the book we wrote and he gave the actual words to use in writing a section. He tells her that she has sown the seeds and Baba's work through her will continue.

She got up at 4:45 am and was getting ready. Baba kept talking and guiding her about the book as she was doing work. Today He guided her on four categories pertaining to the book.

He told her earlier to capture the excerpts from the Kundalini book and last night we were writing those till late in the night after our evening meditation. He said referring to that "That is all very scary, isn't it. And generates fear, doesn't it? But it should not. You should be beyond that. What is your fear? Don't have any fear about what people will think." There are a couple of places in the book where we have written that initially when she was having these experiences Baba told her to go tell the world that she is the messenger. She replied at that time "No I am not going to do that because people will think I am crazy." Right in that spot instead He asked her to write "I am aware that there are books out there; people out there; professions out there which do psycho analysis and when they hear something like this they will analyze and categorize it. Take the words from this book and use your own simple words to say that you are aware that you will be categorized, no need to quote any book. This is where you need to add that Baba led you to this book in the Library (Wisdom of the Vedas) and after reading it you have gained confidence in writing it." He gave few more tips as he said "You also need to think about that there was data which was used to create these psychological theories. Now as the new data comes in, these minds are trying to put this data into where it fits in the theories. The data in the first place was understood by mind which has limitations and which is finite. Divinity is infinite. Finite is trying to understand infinite; in the first place it is an error; it cannot be all complete and correct; and on top of that when additional data comes in and you try to fit in one of those theories it can be very erroneous. An attempt to understand Divinity with a finite mind in itself is a challenge and cannot necessarily be proven right or wrong just the way people's divine experiences cannot be proven right or wrong. Theory or psychoanalysis is as much questionable a reality as the happening of

the divine experiences. No need to criticize anyone or anything”. These are the words given by Baba to be included in our learning’s section of the book ‘Inner Experiences’. Second category was under the section of Education where Baba asked her to write on what kind of education a person needs. We limit our education to academics, which is good, but without the spiritual learning where the society is going and how we are missing out on seeing one in everyone i.e. Atman.

“You lead the people to Baba’s teachings because you will be able to take it that far. That is where all the knowledge is and in the right words. Do not try to relearn or rephrase it. Don’t try to substitute by becoming a teacher who knows it all. What role you need to play will come from within. You don’t need to think about it or plan for it. I am doing this so that you are one of the few who will carry this message in the same way as I have carried so far. I am exemplifying you. After I leave this form....” She interjected about Prema Sai. “Don’t misunderstand between Avathar versus his messengers.” She said I am not going to live forever either. “It goes on. You have sown the seeds. Shobun and Raeshum, it will go on; it will go on; and it will go on.”

Third Category – How to lead your life enjoyably here? It is a short lived human life but what one can do in this form. Under this category Dharma and Karma would come.

Fourth category – Write about the Liberation or Moksha – what liberation in this life means Vs the Liberation from birth and death cycle mean.

## **Principle and functioning power**

July 3, 1998 Friday - Baba explains today about Principle and functioning power using examples of Bhakti Yoga and Jnana Yoga, and the Gayatri Mantra. The principle and the power get mixed up quite often and yet it is the principle that offers the functioning power and is separate from it.

In meditation Baba explained the following. Jnana and Bhakti both have their own different sustenance principles. In other words the sustenance principle is applied to both of them and they are different. Sustenance principle for Jnana is not memory but intellect and for Bhakti it is devotion. Key here is how do we keep the sustenance up for both? For sustaining Devotion it is spiritual discipline (sadhana) and for sustaining Jnana Yoga it is reading and using intellect for which one needs discipline. Discipline is the one which allows one to utilize the principle. Hence principle and its application are needed in everything like in understanding your self all the way up to understanding Brahma Jnana. Usually principle and application get mixed up. Principle offers functioning power and actual power that makes it happen is separate from that. Swami explained using Bhur, Bhuvah, Suvvah mantra and how it applies to the human body and its functioning. One is Prajnana principle and another is the Shakti. Principle offers the functioning power. We should not mix up the principle and functioning power.

July 5, 1998 Sunday - She woke up late today and the Sun was out already. She went up to mandir to do puja when Baba said “Be Happy” which he had been saying many, many times. He gave an example of how a child when they wake up come to their mother always unhappy then mother consoles and helps the child get over it. If the child wakes

up and comes always happy to mother, how does that mother feel about the child? Shivangini could relate to that very well.

She concentrated on chakras moving from one to another. It was absolutely different view at each of the chakras. At throat chakra she saw a blue field with lines going up and down smoothly like an oscillation or vibration and then slowly faded out. Right then there was a reddish field that got created. Baba said "Go far, far, far". As she was going far He said "Don't come back, Go far." Then He said "You will know something that you have not known before" and He added "Today is Ekadasi. Devyani, today is Ekadasi (auspicious day)".

## **Life is a sports game with rules; complexity of world problems**

October 1, 1998 Thursday - Baba and Shivangini have a funny conversation about offering. He explains the importance of Brahma Muhurta. Lord Krishna tells her today on how to view life as a game and there are rules to the game, else it is not interesting; at times it is frustrating because one does not know the rules or follow the rules; and this applies even to spiritual practices.

Today in the morning she was taking something to offer to the Gods. She had only two things banana and milk to offer but she wanted to offer 3 things. She took it to the puja shrine and said to Baba that just the way you don't let me see you but you say you are there, just imagine there is a third thing. Baba replied "Bring it a little closer so that I can see what that thing is." "You know what that is, it is just my love." He said "I know." About Thursday being Baba's day He said "You got to understand it in this way. You have a boss who exists all the time, 24 hrs, but he is available in the office 8-5 and at that time you want to grab his attention. Otherwise to get him, you will have to call him and get him from somewhere else. He is busy leading other life. That is the day he exists for the Bhaktas. In a Kalpa there are so many millions of years. It is said that in each Yuga there are so many number of years which are very auspicious. At that time whoever asks and prays it gets fulfilled. Same thing is said of Brahma Muhurta that it is auspicious time to meditate in a day."

As she was praying to Lord Krishna He said "You think of this world as a place for rewards and punishments of your Karma. Actually you need to think of it as my play, sport; it is a game; play it. It is like a mother playing hide and seek with a child, I am playing hide and seek with you. When you think of Divine mother or Maya, don't think ill of it; that is me. I am covering myself, it is not trickery. Actually I am covering myself so that you may find me. It is not to irritate you, not to punish you. It is just a game. If you take it in the spirit of game, it will be fun, enjoy it till you reach me. Till you reach me, you can catch me or you can just be in my presence all the time and keep serving me; just like a child that helps mother in the kitchen doing all sorts of little things as she asks him to bring this, help that etc. I am asking you to be my little helper. Are you willing to? I am not asking you to merge in me; I am not asking you to catch me yet. You will, everybody will. It is a hide and seek (in a sweet voice). It is all in the attitude. If you take it in the attitude of play, you will enjoy the game. If you take it in the attitude of rewards and punishment, you will get frustrated. Sometimes it is difficult to find me because you

do not know the rules of the game. Every game has a rule. The rules of the game are: being virtuous, following a discipline, (she could not recollect all the rules). These are the rules. Sometimes you are on a path and you go on a tangent and it takes you longer to find me. This does not mean I am doing it to punish you. You did not follow the rules. Even in your sadhana, search for God, don't get frustrated. Play it like a game and enjoy while you are moving on this journey. That is why I call it a journey." "There is no distinction in one form or other. There is just one God."

December 13, 1999 - Baba reminds her of her role. Gyani will follow her. The book she is made to read makes an illuminating comment about the complexity of world's problems and how they can be solved.

On December 6 Baba indicated to her via a book that through her success (in spirituality), she can make even the lives of others worth while.

Today she was looking through a book and reading a particular paragraph when Baba said "It is a reminder to you Devyani". The paragraph read as follows "A few years hence public welfare will also be included in it. Remember that the collective use of the yogic, material and mortal powers will be made for one great public cause. Your husband will follow you. All your superiors and those who look to your external mode of life and speculate about you will also follow you. Even those who are incapable of thinking and yet pronounce opinions will also follow you. For then only will they realize that real service to mankind is rendered by spiritual power, even if it is assisted by man's power and financial power. Again, they will also then realize that there exists in social order such complicated problems which no institution, no government, no amount of wealth, no man, no power can solve. These can only be resolved by spiritual power."

### **At super causal level invited to world of Gods; Tapar Lok**

February 8, 2000 Tuesday - Through a dream it was told to Shivangini today that she will be joining the Rishis' in a different Loka (Tapar) (a world in causal cosmos).

Shivangini had a very interesting dream that is highly unusual for her since she normally does not dream anything. We were talking about how dreams are based on desires or vasanas (tendencies, buried impressions) and she pretty much has no vasanas by now. Hence at this stage whenever she dreams there is usually a message from the divinity. In this dream there were two parts. In the first part she, her mom (although she did not see her) and another person were there. She felt she was going from place to place and deeply felt that she had no thikaana i.e. permanent home to stay. She then saw a room (with some ancient architecture) with three cots (beds) with covers on them. One was a white shiny cover and this was at a lower level than others, and others were saffron colored. A man was lying down on the white cot. She came up to him and whispered in his ear "Can I stay with you forever?" He said "OK". Then came a child who is Shivangini's cousin K. (although this person is a grown up now). Shivangini hugged the child lovingly and said to the child "Come with me, we will give you mother and father's love".

Baba later indicated to her that the man on white cot was a Brahma Rishi (Sage who has knowledge of Brahman) and her dream meant that she will be joining and be one among the Rishis’.

February 10, 2000 Thursday - Today is a major milestone in Shivangini’s spiritual journey where ceremonies were performed for her by the celestials (at the super causal state) and then they bless her by sprinkling rice and flowers on her head. We realize one more time the importance of Divine words and directions and how easily we can stray away and not do the right thing. If it is not for the Sadguru, it would be very difficult to negotiate this journey and stay in synch with God’s will.

We both got up at about 5:15 am. Shivangini did Namaskar to Baba as soon as she woke up. Baba said “Nyota” and “Devanagari” (Deva – demi gods, nagari – abode). Shivangini explained to me Nyota in Hindi is ‘invitation’. So Baba said that she got invitation to Devanagari and that all the Devas are blessing her. Shivangini asked in her mind if Gyani could accompany. Baba said “OK, He is invited too”. We did not know what that meant. Both of us sat down to do meditation. When we got out of the meditation 30 minutes later, she started relating to me what happened in her meditation. She started doing pranam (bow down) to all the deities (interestingly she never did this before) – Ganapathy, Pancha Bhutas (five elements), Lord Shiva, Vishnu, Rama, Sages Vyasa, Valmiki, Vishwamitra, Lord Indra (king of Heaven or Chandra Loka) etc. She also realized along the way that mantras were being chanted ending with “samarpayami” (one utters this while actually offering it to Gods). As she realized what she was hearing she heard the last samarpayami and came to subtle level (mind level). She then asked Baba if she could get up from meditation. Baba said that the ceremony was not over yet. She stayed in meditation when she started feeling the rice and flowers falling on her head (this is what one does when they give blessings the Hindu way after a ceremony or a ritual (puja)). Baba told her that each and every cell in her body is divine and that when she opens her eyes she and He are one.

She related all this to me later. We were still talking about Devas, Devanagari, and their existence although she has not seen anyone or bowed physically to anyone. We realized the gross, subtle, and causal levels again. We also felt that there is a whole spiritual world where all the deities exist in their “spiritual” state at causal level. As we were talking Baba said to Shivangini that this was at “super causal” state. This seemed to have conveyed to me a lot i.e. up to causal it is still at the Jivi or soul level and what Shivangini went through is super causal level like super soul or super conscious level (Maha Kaarana Sharir i.e. Hiranyagarbha).

Baba asked her to distribute 5 coconuts and 5 silk scarves she got from Puttaparthi and some rice mixed with kumkum (red powder) to the devotees after the Sai Bhajan in the evening (Thursday). He told Shivangini to buy 6 coconuts and the sixth one is for us. Interestingly there were 5 different families who came for the Bhajan. After the Bhajan Shivangini was asked to relate any experiences she had at Prashanti Nilayam in Puttaparthi which she visited recently. While she was talking about it, two families had to leave because next day was a working day and it was getting to be 9 PM. Third family also got up and were leaving. Meanwhile Shivangini kept talking to others and did not give the coconuts to them. I was watching all this and wondered why she was not

distributing the things but did not say anything and just kept watching the Leela. She gave it to two families. We drove back home and parked in the garage. While getting out of the Jeep, Shivangini closed the passenger door with her right hand and in a most bizarre way her left hand remained in the doorway and got caught in the door. Her ring finger got badly bruised, one of the diamonds fell off of her lucky ring with 18 stones, and the adjacent finger had skin split due to the impact. She and I were both shocked and did not know what was going on. As we were climbing the stairs to enter into the house, Baba said “You fool; Prasad has to be distributed today and cannot be taken into the home as a part of the ceremony done in the morning *by the Devas*”. She told me what Baba said and both of us got into the car again and went and distributed the Prasad to two families. Third family had not reached home yet after leaving from the bhajan place. We thought it was divine will and returned home but as we came up to our driveway Baba said again “Prasad has to be distributed and cannot be taken back into the house”. I went into the house and got a Ziploc bag and put the silk scarf and rice in it and then left it and the coconut in the mailbox of the family who were not home yet. Baba said “Prasad is given to the devotees who are at the Bhajan”. This was in response to a thought Shivangini had about giving the prasad to some friends she liked (desire) but they did not come to the Bhajan that day. She realized how important it is to understand and follow every single divine word and not to take them lightly. As we were talking about it Baba said “It is not easy to be a Sadrushya (one in synch with divine will)”. The ring which bruised her finger lost a diamond which she did not realize till the next day.

February 11, 2000 Friday - She learned today what is the right conduct and performance for a Devanagari (one who belongs to the place of Devas).

We woke up around 5 am and sat down to meditate. In meditation Baba told Shivangini “Ask pardon from all the Devas in the Devanagari”. She did that and bowed to all of them together. Baba said “Ask the Devas what is the right conduct and performance for a Devanagari”. She understood that the right conduct is purity of thoughts, words and actions. Performance is the synchronization of the words, thoughts and deeds. Baba then asked Shivangini to write a letter and send the book to M’s aunt who at the wedding in India gave a gift of silver to Shivangini and asked for blessings to die as “sumangali” (die while her husband is still alive). Shivangini also realized that R’s daughter who did havan with her and R’s son (~5 years old) who did Om Namassivaya when Shivangini asked him to pray will be her disciples. Baba also asked Shivangini to write a letter to R and tell him to stop taking all medicines and start applying chandan (sandalwood) paste with Baba’s vibhuti mixed in it daily. It will cure his skin disease in six months. Baba also said that to send him Solotron vitamins which will cure his inside ailment. Shivangini also understood that these are the kinds of activities which will be meeting the performance of the Devas.

### **Sees Illumination in her heart; her neck is fixed to cross sheaths**

February 13, 2000 Sunday - She has the vision of Illumination inside her heart while concentrating on heart chakra which she understands as the vision of Hiranyagarbha, the indwelling spirit.

Today both Shivangini and I sat down to meditate. For the first time Shivangini got two cushions from downstairs and we sat on it and meditated as advised by Baba. Shivangini began her meditation by doing pranam to God, gods and goddesses, and then prayed to Ganesha for success in meditation. She first had a few visions. She heard “Dwarakamayi” but no other context to it. She saw a vision of baby tiger’s shadow, and a red bare engine with a truck attached to it went fast from left to right. She was at the heart chakra when she felt she went inside of it and at the end she saw a small square and inside of that she saw illumination (bright light). Baba said that what she saw very few Rishis and Munis get to see after a lot of effort. Baba did not say it but Shivangini understood it to be Hiranyagarbha.

February 20, 2000 Sunday - Last night in dream she sees that she was operated on by physicians where they remove her head and work on the neck region. They made a bridge between 5 things that were touching each other and Baba was there at each of the intersections. This was to allow her to cross the five sheaths that encase Atma.

Yesterday we made a plan with P and V and their children to meet in Crossings Mall in the northern suburbs of Detroit. We stayed that night in P’s home. Next day morning when we were driving back to midland Shivangini started relating the dream she had last night. In the dream Shivangini saw a hospital and a surgery room and she was on a surgical table and there were physicians and others. She also saw two to three other people on the surgical table but did not see their faces. They were operating on her and she could see them doing it. They separated her head from the body and were working in the region of the neck. Baba said that it needs to be fixed in that region in her neck. It felt to Shivangini that there were five things which were touching one another and forming like a bridge. When they were done she saw herself at the other side of the bridge and also the edges along those five things looked like were braided and joined. It is pretty hard to describe in words what she saw. When we were talking in the Jeep, Baba said that he was there at each of the intersection of those five things which got fixed. We understood that those were the Panch Koshas (five sheaths) which all of us have. In order to reach to Atma we need to go past the five Koshas. This also can be viewed as crossing the Bhavsagar (ocean of life). Baba being present at each of the intersection means that He is the one who is helping her go through those sheaths (Koshas).

### **Born in spiritual world; receives spiritual gifts; Saptagiri**

October 8, 2000 Sunday - This was a very significant event that occurred in Shivangini’s spiritual growth which is referred to a few times in the rest of the book. Today she is born in the spiritual world (on Feb. 10, she received an invitation to the Deva Nagari – world of demi gods).

Shivangini had a dream. The setting of the scene she saw can be described as a small open area in the midst of some trees which had a floor paved with large stones. On one side of the open area there was 3 foot high wall with a walkway on the other side. In the middle of this open area there was a 3 feet high and 4 feet wide cabinet with a shelf

inside. She saw that the doors of the cabinet were open and inside, it was stuffed with small cloth pieces of different sizes and colors. Shivangini closed the doors of the cabinet and was talking to one of her relatives when she realized that something was spinning rapidly inside the cabinet. At that time she heard Baba's voice saying "churning". Shivangini was prompted to open the doors of the cabinet. She reached inside the cabinet and brought out a newly hatched very small baby bird. At this point Baba asked her to put the bird back gently with love, cover it up with cloth pieces, and close the door. As she was doing it she was concerned about the safety of the bird. Baba said "Don't worry it needs to be in the incubator till Oct 20th. This is you born in the spiritual world". Baba said a few more important things which were personal and hence excluded here. In 2006 I understood that she was born in the causal world this day.

October 14, 2000 - The Spiritual bird born in the heavens gets spiritual gifts from all the Devas, Rishis, and Gods. Sapta Rishis are the controlling deities (Pradhan Devatha) of the seven stages of consciousness (Chakras, spiritual centers along sushumna (spinal cord)). Baba tells her that he will take her to the abode of Narayan where He is in recline on the ocean of milk.

When Shivangini was getting up from the bed she heard the following Sanskrit words in her mind "Uttam (exceptional, best), Pratishtha (establish), Samvadan (communication), Sambhashan (speech)". There was one more word but she could not recollect. She bowed to the pictures of Sri Ganesha and Shirdi Baba in our bedroom. Sri Ganesha said "Be Happy". Shirdi Sai Baba conveyed that the beam of light she was given earlier was an important gift that should be upheld with respect. This meant that Shivangini should not do anything to lower the prestige of this gift.

Later Shivangini came to the mandir (shrine) at about 8 am. As Shivangini approached mandir Baba asked her to sit down. After she sat down he said "Look at me". Shivangini looked at Baba's picture and then Radha Krishna's picture. At this Lord Krishna said to her "What do you see? You see a name and a form but you do not see the real me. You see name, form and Atma in all the people and yet you come and worship this picture and not see the god in all beings where I am manifested, more than in these pictures". Then Shivangini asked "If I want to worship God how I should do it?" Lord said "Worship Shiva Lingam which is my symbol. You can go to Somnath (India). You can also see God in all beings and serve them in multiple ways. I have converted you into a gigantic wave which I will throw back at people that will envelope many and turn into a second even bigger wave which will appear to others as a mini-ocean". Lord also said "I will not take you to Vaikuntha (where god resides as effulgence) but I will take you to the Loka (world) where God reclines on the ocean of milk (which is the abode of Lord Narayan)". After this statement all deities in the shrine one by one said the following things to Shivangini. Lord Ganesha said that there will be no obstacles for her. Durga Ma said that she will not have any enemies in three Lokas (worlds). Sri Rama said if there are any enemies they will self-destruct. Hanumanji gave her the boon of strength. Goddess Lakshmi ma gave her the boon of wealth and asked her to buy lot of jewels. Shivangini said that she does not want any more jewels to which Sri Lakshmi replied "No, you do". Lord Shiva said "Be the Knower, Be the Knower". Baba said "Saptha Rishis, all sages, all devas, deities, everyone has given a spiritual gift to the bird".



December 23, 2000 Saturday - Morning meditation: She saw herself sitting on a lotus flower and meditating. Then had another vision where she saw a bird sitting at the tip of a pole. She also heard “Saptagiri” which meant the top of seventh hill.

### **Experiences Mantra 18 of Isopanishad**

December 29, 2000 Friday - Mantra #18 of Isopanishad addresses God as Agni (fire) who can burn everything into ashes including the sins of the surrendered soul. Tree is symbolic of life and leaves represent the fruitive actions or actions that result in differentiation. In her vision today it reveals that her sins have been burned and she is in a surrender mode acting under Lord’s directions receiving instructions through inner voice and the scriptures.

Today before meditation she was chanting Om Namō Narayan and that brought to her mind the picture of Vishnu on the cover of Isopanishad book. Shivangini had the following five visions in the meditation. 1) She saw a small bird attempting to fly seemed like for the first time. 2) A Bonsai tree with leaves. 3) She saw G observing Shivangini but she recognized G’s spiritual identity rather than the material form. 4) Ashes on the carpet/ floor. 5) The same bonsai tree this time without a single leaf, only the stem was visible and all the leaves were on the floor.

The meaning of these apparently disconnected visions was revealed through selected portions of two books and her own thoughts. After meditation she picked up Isopanishad book and randomly opened it and read the mantra #18 the purport of which shed light on the meaning of leaves falling and significance of ashes. Spiritual Sadhana book also had additional meaning of the above visions.

Thoughts connected the flying of the bird was related to her new spiritual self or entity and that it is growing rapidly.

### **Baba gives her light; calls her enlightened soul**

December 30, 2000 Saturday - Late in the afternoon while having our lunch she experienced a spectrum of light, which was surrounding her vision, but it did not appear to be coming from anywhere outside. The spectrum of light did not interfere with her ability to see external objects. It seemed like she was carrying that light with her where ever she looked. Baba said at that time “You wanted to feel my presence all the time. This light will be with you all the time.” She continued to see the light for next 20 minutes or so and Baba meant she can see that light whenever she wants.

January 11, 2001 Thursday - Today C did not come to our weekly Thursday Bhajan. Shivangini read and shared some of her visions and dreams with M, P, and M. I wondered at that time why she was sharing those with them. Baba said “C did not come because she was not meant to hear these visions. She realizes that you are an enlightened soul”.

## **Sakala Tathwa Bodh; Enters into Baba as formless**

January 13, 2001 Saturday - Today she has a unique experience and for the first time she sees herself go to Puttaparthi in her meditation. She feels Him as formless. Baba blesses her and says anything she does will be golden and she has no Vasanas' (tendencies) and is totally free (not bound by karma or bondage and these are usually called Jivan Mukta's – not bound by karmic birth and death cycle).

Shivangini woke up early at 3 am because she has not started planning and cooking for a party she was hosting today where J, M, R, and R were coming. She had a dream last night and meditated as soon as she woke up.

Dream - Diya (lamp) had a bluish whitish flame that looked mostly transparent and there was no density to the flame. It was at a distance of about 20 feet from where she was standing. There was a waist high wall in front of her. There was no oil in the Diya and there was a light color clay base at the bottom of the flame. Between Shivangini and the Diya was a valley (20 feet) wide. She saw Vibhuti (ashes) started filling the valley. Ashes kept growing till it came to the edge of the wall in front of her. She reached out and took a handful of Vibhuti. It was fluffy and very light grey which gave a clean feeling. As all this was going on she was actively thinking and her thoughts were – Why am I seeing Vibhuti? Am I going to see it in our house today? Am I thinking like this because few days back we heard that Vibhuti was coming out from Baba's mandir in someone's house?

Meditation: She did a 1.5 hr long meditation. When she started meditating a thought that 'she is not ready for the part yet' kept coming into her mind and she asked Baba why this thought kept coming when she is trying to meditate. Suddenly the state of mind changed and she could picture in her mind different faces of Baba, and Puttaparthi. She started feeling a current going through her body. She saw Baba sitting in a chair in Sai Kulwant hall in Puttaparthi and Baba said "Come, sit next to me". She sat on the floor right by his right leg facing the audience in the hall. Baba with his right hand patted her head several times affectionately and said "You wanted my sparsh (touch)". Regarding the process of how she gets to know things through dreams, thoughts, books, meditation, visions, He said "it is a boon from Lord Shiva. Know that you are a knower. You know the past of all these people who are coming today." She asked "I don't know the past of M, do I?" Suddenly she felt a very positive feeling for M. At that time she heard Baba saying "Sakala Tathwa Bodh". Later Baba said "Touch my feet". She touched both his feet though she had the full consciousness she was in the meditation posture. Then she felt a variety of currents going through her. Her body folded over as if it was a fluid and then went into Baba but she did not feel Baba as a person at that time. She felt as if she went into openness. All this time she was conscious that her body was in lotus posture meditating. Again Baba said "Sakala Tathwa Bodh, Sakala Tathwa Bodh, Sakala Tathwa Bodh". (Teach or teachings of all philosophies or principles or elements) Little later Baba said "You are golden. Any work, anytime, anyplace that you do will be gold. You are totally free." She understood that to be totally free of bondage (a Jivan Muktha).

Baba said at 10:45 am “If there is a vasana (impression or tendency), it is all going to be beautiful because it is divine. If divine attributes can be called vasana” ... “These are divine people coming to our home today. Only M has recognized or understood the divinity in you.”

January 14, 2001 Sunday - Today is Makara Sankranti and Baba gets us to do Surya Namaskar and asks Shivangini to pray for staying spiritually on the northern path to the heavens.

We had company last night till 1 am. We woke up late and Shivangini started with Lord Ganesha prayer. Baba said “Today is very auspicious day. It is Makara Sankranti. Go take a bath and wear clean clothes”. She started taking shower. In shower Baba asked her to do Surya Namaskar. “Today Sun’s direction has changed and is moving northward. Pray to Sun that he take you spiritually on the northern path to the heavens.” She did the Surya Namaskar. After she told me about this I took shower also and went to mandir and did Surya Namaskar mantra. We woke up Raeshum and Shobun and told them to get ready to do Surya Namaskar.

We did our morning puja with all deity vandanam (prayers) and then the mantras. During the puja she prayed in her heart that she be kept on this path and do nothing but god’s work. At that time Baba said “You did not want to do Dow Corning work. I have chosen you for the world not just for Hindu community.” A pause and He said “I surrounded you with great souls yesterday”. She understood that last night R, R, J, and M were here till after midnight, which is Makara Sankranti day.

She heard in the night and during her meditation the word Vibhavat three times. Looked up the meaning in Sanskrit dictionary - made visible, know, understood and discriminated.

### **Lord Vishnu speaks to her; Human Values class gateway to her role**

January 17, 2001 Wednesday - Today Lord Vishnu says He is sustaining her. She sees in meditation Adi Shankaracharya (great saint who lived about 500 years back and brought forward the Advaita (oneness) philosophy). Baba is teaching her the ways of Gods and today by changing a normal hair into a golden hair (none of us have blonde hair) lets her know that she is getting Jnana (spiritual wisdom).

Shivangini had a dream. In the dream she saw a window from inside our house. On the window glass she saw some kind of pattern which she could not make out exactly what it was so she started turning away from the window. At that moment she heard Baba’s voice “Look in the sky”. She looked up in the sky and noticed the same pattern as she saw on the window. While she was looking at it, it changed slowly into the face of Lord Vishnu with a crown on his head. Very close to the face on each side there was something which made her realize that it was Lord Vishnu. Lord Vishnu said “I am sustaining you and not only you”. She saw Gyani and Shobun also at that time. She asked “How about Raeshum?” She saw a pleasant smile on His face in response but no reply.

During meditation at 6 am she saw a lot of things going by her fast, like a series of rapidly moving visions. At one time she dropped back into wakeful state from a different level of consciousness and she heard herself saying “That was Adi Shankaracharya!”

After waking up while getting ready in the bathroom she observed a hair on the floor. A few minutes later she saw something shining on the floor. When she looked at it, it was one of the hair edges. As she was watching it the shine increased and the whole hair became golden and shined. She showed it to me. I felt the texture and it had more body than hair. As we were discussing and saying that silver reflects old age and or wisdom but what does gold hair mean or golden jubilee mean. At that time Shivangini heard from Baba “Silver reflects wisdom which is worldly. Gold reflects wisdom beyond worldly wisdom”.

In the shower Baba said to her “I have stilled you so that you learn the ways of gods “. She understood that it will take some time to learn the ways of gods. During that period for the external world she continues to act and sound appropriately because her words and actions are Baba’s.

January 20, 2001 Sunday - Symbolically in her meditation today she sees three Diyas with one fully lit up, another one started burning, and the third one is getting started. At the time we had this experience we did not know what to make of it. But as I am writing it, I realize that it is telling us that she is moving to Divine Knowledge from Divine Effulgence. There is overlap in each of the phases as indicated by the burning Diyas and actually on April 16, 2001 she was asked to roll down from the top of the mountain. The spiritual bird is growing and flying in the air. In a very loving way she is told to do Krishna (Vishnu) Bhakti. Human Values classes were just getting started and Baba called it as gateway to her role.

We woke up and did meditation. In her meditation she saw mostly white light. Then she had a vision of three Diyas’ (lights with a wick and oil in a small earthen container). One was burning full; second one started burning; while the third one is just getting started. She was in deep meditation when a white light, about couple of inches in size, which felt like it was bubbling and wanted to come out but it subsided. She recollected that she saw this a few times before and never documented.

She saw briefly a bird up in the air with wings spread out indicating flying. She saw a metallic chain going from top to down not anchored anywhere and gave her a feeling that it is coming down from the sky. There was no connection between the bird and the chain. In the morning she was boiling milk to make yogurt (curd). At that time Sri Krishna said to her “I give such nice things (milk). You don’t make Kheer (rice pudding) for me”. This vision started connecting to the previous day’s Sri Krishna sculpture she saw on the floor and Baba’s guidance on doing Sri Krishna Bhakti.

In the evening she took shower and put on a salwar which was orange in color. Later when we were sitting in front of Baba’s picture and listening to bhajans, Baba said to her “See (referring to the color she was wearing) you and I are one”.

She told me that Baba wants to make Human Values class more popular when Baba said “This is the gateway to the role you are going to play”.

Baba wanted Shivangini to write small books. He has given personal experiences for each of those books like a book on Surya mantra where she had lord Suryanarayana's experience. Not just embellish someone else's work.

We were listening to lord Krishna's song by Ammachi's bhaktas. She started singing and feeling the bliss when Baba said "Devayani, gods have blessed you."

Baba said "Lemon, papaya, milk, ghee (clarified butter), nuts (not too much), fruits are good for you".

Shivangini said that she wanted to do good for J. I reminded her that she should because he was her Guru in one of her previous lives. Then Baba said "J will do you good again in this life".

She felt grateful and started thanking Baba for making her part of his story when Baba said "You are a key player".

### **Baba explains her dreams; fast spiritual growth; Lord Surya speaks**

January 21, 2001 Sunday - She has three dreams and Baba explains the meaning of those dreams to her. Her spiritual journey indicated by the dream is consistent with yesterday's vision of the bird with spread wings in the sky.

Shivangini had a dream last night where she saw three segments which were interconnected. In the first segment she saw sandy ground with a lot of people. She was walking around with her hands folded behind her (like a leader does as seen in the movies) and she felt that the people were all following her. She walks in the sand in a square pattern and when she almost reached back to the spot where she started walking from, she saw something underneath the sand in front of her moving very rapidly like a snake. She got scared and started running but it felt like in-place running and not moving forward.

In the second segment she saw the sky and into the sky she saw a blue broad streak of color going all the way up. In there she saw black under current movement very rapidly going up into the sky.

In the third segment of the dream she saw herself in a house which was all white inside. She saw herself on the stairs going down to the lower floor. At the bottom of the floor she saw a big, all white animal with a horn and felt like it could harm her. There was another animal that was about the size of a dog, which was all white again, with a little black spot on its pointed mouth. This animal was clinging to her arm and was trying to push her down the stairs. She thought in her dream 'what do these things want?'

She woke up and did not know what these three segments of dream meant.

After waking up we did puja and then started meditating. In her meditation she asked Baba to explain the dream because she had no clue what they meant. Baba explained that the first segment was how the external world perceives her and the undercurrent of the snake movement in sand indicates her growth that is occurring. Her being afraid is related to the fast pace of growth that is scaring her. Second segment is symbolic of how fast her spiritual growth is occurring in the spiritual world. In the third segment everything including the animals are white indicating purity (sathwa) except for the little black spot

on the animal pushing her down. The black spot is an indicator of a trace of lower tendencies.

January 24, 2001 Wednesday - She woke up and was still in bed. She realized that there was current like feeling flowing through her body. Baba said that it was energy flowing into her. He asked her to get up and meditate so that energy can flow to the upper part of her body. She sat up and started meditating. Baba said .... Everything around her is this energy.

Baba gave further clarification to her dream yesterday because it was still puzzling her. Third segment is all mind related and associated with how the mind is thinking of work situation. All white part of her dream is indicating what her mind is making her go through in regards to the work situation. First segment of her dream was related to how fast the progress was occurring and her running in that dream is related to how her mind is reacting. Second segment of her dream something moving rapidly up in the sky is her true spiritual condition. He further said that someone who is divine these little things which are affecting the mind are not important and she needs to associate with who she is rather than her mind.

January 27, 2001 Saturday - Surya Bhagwan (Lord Sun) tells her that she needs to move forward in her spiritual practices and not stay tied to the rituals. She had three dreams today that were explained by Baba the next day.

In the first dream she saw a Sadhu who came up to her, gave Vibhuti to her and told her that she must not take it in the morning. He told her to give it to others. Next she saw herself in a long hall where her mother, aunts, relatives and many other people were sleeping on the floor in two rows. Her mom and one aunt were awake and her mom was sitting on the bed. She started distributing the Vibhuti. She gave it to her mom first with the advice that Sadhu had given her which is to use the Vibhuti but not eat it in the morning. Mummy said that she had been taking it in the morning. Then Shivangini woke up people one by one and gave Vibhuti to them. As she was moving from one to another, she skipped two to three of them and wondered why she was not waking them up and giving them the same benefit. Then she felt Baba saying that it was ok.

In the next dream her experience was indescribable where she felt God in everything animate and inanimate. She felt oneness and everything seemed like a huge funny play. When she was relating these dreams she started laughing. When I asked her why she was laughing she replied that she is recollecting what she realized in her second dream where it is all a big funny play.

In the third dream she saw Vibhuti coming on to her hand and filling her palm. During meditation she saw herself going into contemplation. She was asking Baba why she was not doing puja but Baba did not reply. Later during the day she was doing Surya Namaskar (Sun Prayer) when Surya Bhagwan (Lord Sun) said that 'I am giving you wisdom, don't deny it and move forward.' This was a reply to what she felt and asked about in her morning meditation.

In next days meditation Baba explained above dreams.

Sadhu she saw was Baba and it was in the past when Baba arrived into our lives. Not eating vibhuti in the morning was meant to be that she was not to consume it for her personal benefit but share it with others for their benefit. She telling her mother about not eating in the morning indicated that she confused her mother. Her feeling of not waking up someone who is not getting the benefit is gods will. Her second and third dream indicates that one gains those after that realization of oneness. Attributes of Vibhuti are wisdom, power, greatness, majesty, accomplishment, prosperity, magnificence, dignity etc.

### **Dreams change from vivid and bright to subtle;**

January 28, 2001 Sunday - The nature of her dreams used to be very vivid, lighted and clear. Lately her dreams started getting subtle. Scriptures say that as your spiritual awareness increases or as you move closer to God the nature of experiences get subtler and it also says that God is subtler than the subtlest. In today's dream Baba lets her know that knowledge that is coming from within indicates she has Atma Jnana and Brahma Jnana and that experience of God is a pre-requisite for one to be a spiritual Guru.

When we woke up today she started telling me her dream. She said that these dreams were very subtle in nature.

In the dream she saw herself explaining to children and to many others in the dream about spirituality using scientific explanations. She saw herself talking about X-Y axis, matter and energy, and explaining the birth and death cycle where matter and energy are getting inter converted etc. She was asking herself in the dream where did all this knowledge come from?

Baba explained that those who do not have experience of God cannot be a guru. In the dream what she is getting is only possible when you have Atma Jnana and Brahma Jnana (knowledge of Atman and Brahman).

As she was telling me this dream she said that she couldn't remember all the details of the explanation. At that time Baba said that if she followed the eating discipline he had told her, her dreams would be crystal clear.

### **Ammachi (Mata Amritanandamayi) in her dream; 'illuminated'**

January 30, 2001 Tuesday - Mata Amritanandamayi (Ammachi) comes in her dream and this experience highlighted that Ammachi was pleased with Shivangini and that she has understood Krishna Bhakti. She has an experience of a Knower.

Last night Shivangini had a dream where she saw Ammachi (Mata Amritanandamayi) sitting in a window like area which had just enough room for her. She moved to one side making room and gestured Shivangini to sit next to her. Shivangini humbly sat on the floor close to Ammachi's feet. Ammachi smiled and lovingly patted Shivangini's head. In this setting there was a lot of audience sitting on the floor facing Ammachi. Few people came up to Ammachi, one man asked a question relating to Lord Krishna. X gave an explanation. Shivangini thought that the man did not understand the explanation given by X. Later Ammachi told her 'you talk and explain'.

In her meditation she saw G sitting in front of mandir almost at the same height as the mandir which means G is elevated off the ground. Mandir was all lit up and G was lit up along with it. She felt in her meditation that G is going to get illumination.

January 31, 2001 Wednesday - She experiences a phenomenon which is explained in this month's issue of Sanathan Sarathi as something which is experienced by those who had illumined mind.

Both of us got up in the morning, did our puja, and meditated. She felt current going through her body all through the meditation. This has been happening to her for a while but we did not write it down. Last night she read to me the Jan 2001 issue of Santana Sarathi where there was mention of current flow in finger nails, hair etc of people who had illumined mind. There was mention of current shock while clipping nails and that ancient Sages and Rishis used to leave their nails grow longer because of that. Today, she feeling the current flowing in her body reminded us of that.

After meditation I took Vibhuti and was coming down the stairs when Shivangini called me back. She showed her right palm and we noticed small specks of Vibhuti at different spots. One was an oval shaped 1/4" size spot of Vibhuti. As we were looking at it I noticed her left hand had small specks of Vibhuti at different spots. This reminded us of her recent dream where Vibhuti was coming out of her palm.

Shivangini has been noticing that when she goes and meets people her hand or a side of her body goes cold. This has happened about half a dozen times already. We go to M's home for Bhajans and Shivangini experienced this getting cold phenomenon. Baba said today that this energy exchange has to take place so that it uplifts people.

February 2, 2001 Friday - Baba told her that she will be giving a speech at the Ramakrishna-Vivekananda monastery in Ganges. She understood that it will be during the retreat to be held in June 24-26, 2001 although we don't even know if we were going to go to the retreat. It actually ended up being in August of 2001. Interesting how at times mind tends to read into Baba's words and one needs to be cautious about what they hear and what they understand.

### **Desire less; no likes dislikes; sees spiritual gateway to Devas**

February 3, 2001 Saturday - She understands today how she is being moved to formless and how Baba is taking her through various stages. We experienced Baba's humor today and enjoyed decorating Lord Krishna.

She had another dream where she saw herself as a Sadhu (ascetic) in a town that had houses, streets, and people. In that town one of her older cousins U was there. She spoke to her cousin. Then next she saw herself flying into the air as Sadhu, leaving the town behind and she saw herself way up in the air and the town was far away from her. Later in the meditation Baba said referring to this dream "Soon you will be rising".



In meditation Baba asked her “Think who do you hate”. She thought and could not come up with anyone. Baba then asked her “Think who do you dislike”. She thought about all the people at work and socially. Even she thought of people who left midland years back. Then Baba asked her “Do you love anyone”. She thought of friends and family. She thought of Gyani and children but did not have any feelings which indicate love. Then she started thinking of God and then felt that if you are one with God then what is it that you want? She next thought of being happy. Then Baba asked her “Do you have any desire?” She could not come up with anything even after thinking of things like name, fame, wealth, etc. She felt an unusual acceptance about what happens is the will and play of God. Only thing she felt was God related desire; like to be in his presence all the time; understanding what God wants (sadrushya); and going along with that. She started contemplating about what Baba had said that she will be working for 3.5 years more even though things are very uncomfortable at work. There are lay offs going on and people are being treated very poorly.

Shivangini asked in the meditation “Baba, you are my guru. Why don’t you give me your Darshan frequently?” Then Baba said “I have given you the experience of worshipping and realizing many deities one by one. Similar to Sri RamaKrishna Paramhansa did. You also have realized me as effulgence. Now you are at a stage of realizing me as infinite wisdom. Does knowledge have form? That’s the reason you don’t see me”.

In her dream and wakeful state she saw many individual lights. Then she saw large round shape of fragmented light like many lights that came together with seams in between them. This light stayed allowing her to examine it. As she was looking, it slowly started opening up in the center and she could see that it was deep inside and blue in color.

As I was writing this in the morning and were wondering what it meant, Baba said to Shivangini “That was the spiritual gateway to Devas”.

During the conversation in the evening while plans for Shiv Ratri were being made, Shivangini mentioned that again I (Gyani) will not be here on that day. This has been happening since last three Shiv Ratri's when I was gone on business trips and this time again I am going on business trip. I told her that there must be a reason for me not being there. She said “it’s not good, you are not here”. Baba said at that time “It’s good he is not here”. I am not aware of the reason why Baba kept me away during Shiv Ratri time.

We sat in front of Baba’s picture in our living room and were chatting. We had a really hilarious three way conversation – Shivangini, Baba and I. Shivangini was eating Nachos and she said to me “Baba gave me what I needed”. At that time Baba interjected “I gave you what you liked and not what you needed”. I just cracked up; I knew Shivangini loved Nachos with cheese and jalapeno peppers and also was amazed at the timeliness of Baba’s comment and at the distinction between like and need.

Lord Krishna a few days back asked Shivangini to make new clothes for him. Lord indicated in an interesting way that he likes blue color. During daytime today we stopped at the store and brought a few more things and all that had to be done was measure and stitch the clothes. While we were chatting Lord Krishna said to Shivangini “I like those clothes today”. Similar to the like and need Baba talked to us about.

After we ate dinner Shobun and I took measurements of the mandir, she stitched the clothes per measurements. Then we cleaned up the whole mandir and decorated it with new clothes.

February 4, 2001 Sunday - Her dream last night indicated the impressions from work. In summary there was a man and woman who gave some work to Shivangini and were thinking that she will not be able to get the information or the work will be so much that she will give up and quit the job. She manages to get the information and in that she came across a particular word she could not even spell and handed that information to them which surprised them totally. They then started looking into firing someone else from their job. She told them that they can let her go if they wanted to but they said that they needed this kind of skill based on that particular word she could not even spell. She did not have any idea how she got that word along with that information. Later she was told how Divinity is protecting her at work.

While Shivangini was meditating Lord Krishna told her a secret to apply. When she asked about sharing that info, Lord Krishna said “When one is not ready for it and tries to practice, they will suffocate”. She said “If it is a secret, am I supposed to tell it to G”. Lord Krishna paused and said “Do you know who you are talking about, one who knows it already”. Then she said this person does not know now referring that G is not aware of true identity. Lord Krishna did not reply.

In meditation Baba said about the Human Values class she will be conducting today “Less you prepare, the more I will speak through you”. Then thoughts started coming to her like how to open the class around what is Knowledge and Wisdom etc. Then she said “Baba you just said that I need not prepare and my mind started doing it already”. Baba said “Those were my thoughts”. Then Baba told her how to organize her talk and what she needs to prepare which can later evolve into a book easily. She held her first Human Values class from 3-5 pm today.

### **Divinity at work; Baba says she will be a prophet**

February 5, 2001 Monday - She experiences today the transfer of energy and mental disturbances as stated in scriptures. We get another peek at deservedness and how divinity controls the happenings around us which seem like normal events.

She woke up at 5 am and did her meditation. I woke up at 6 am and went out to clean the snow from the driveway. After I came inside she related her meditation experience to me. She had so many disturbances in her meditation that she was surprised. Baba said at that time that she has picked up all the disturbances of the children who came to the class and gave them peace. Then we were thinking about why the children Shivangini invited did not come. Baba said that only those who deserve to come were there. As we were discussing the names of the children whose parents committed to bring them, Baba said that she cannot handle that level of disturbance yet. So we understood that it was a combination of what she could handle and who deserved to get it.

February 6, 2001 Tuesday - We gained a great appreciation of how clean one's thoughts need to be to get to higher spiritual experiences. Today her experience during the dream continues as she wakes up. Baba tells her that she will get the ultimate experience.

Shivangini's dream last night was at early hours in the morning and it bordered between dream and vision. She saw a house with Indian surroundings. She was in the next room to where the mandir was. She was seeing panoramic vision of light and feeling the flow of energy in her body in the form of strong current. She saw my mother standing and doing something with her back towards Shivangini. It has been our daily routine to touch our parent's feet in the morning, so Shivangini had the dilemma whether to touch her feet first or proceed to the shrine and do her daily morning prayers first. She asked Baba for guidance. At that moment due to the intensity of the current she could not stand and fell on to her knees. Baba said to Shivangini to touch my mother's feet. He explained that this same under current is coming out of a room and proceeding towards the shrine and that this is the current of the Atma that is flowing through everybody. While she was still in the room on her knees, she saw open blue infinite sky with two lighted mountain like peaks. This whole experience felt very strange for two reasons 1) Sky inside the room, and 2) feeling of the intense current which was supposedly in a dream but she was actually feeling it physically even after she woke up.

She understood that Rishi, Muni's used to have similar experience of current flowing in their body.

She went into meditation immediately after waking up from this dream. She asked Baba several questions relating to this dream and one of them was whether to tell Gyani about the details of the dream related to his mother. As if in response to this question, suddenly the flow of current in her body stopped and she started perspiring profusely. Then Baba said "See the impurity can cause this. That is the reason why everyone cannot feel this current".

Later Baba said in the meditation "Whatever I have told you, just watch, all of it will come true including you being a prophet. You will have the ultimate experience." She asked "Baba, what is that experience?" Baba replied, "If I tell you, your mind will interfere and would want to create the experience."

Then she asked, "Does everyone, those who have it, have the same experience." Baba said "It is ultimate for the individual. Not ultimate for God because God is infinite".

February 7, 2001 Wednesday - In dream she sees Divine Mother and in meditation she is given the experience where the sadhana of all deities is converging.

Last night she had a dream where she saw a Goddess. She only saw the legs where the Goddess was sitting with one leg folded and was wearing yellow color saree with red border to it. She saw this image so huge that her view was filled with this only and could not see the face to tell which Goddess it was. In the dream she was hearing in her mind and heart Durga Ma's Bhajan.

During morning meditation she saw at the edges of her eyes something moving on both sides which converged in the front at the center of her forehead. Her mind got reminded of the line in Lalitha Sahasranama where it says "Rudra Granthi Vibhedini" (severing the

knot of the chakra, spiritual center, in the middle of eyebrows). She also understood from this experience that the various deities sadhana is converging into one.

### **Calmness; Dharma of Jivan Muktha; starts teaching soft lessons**

February 9, 2001 Thursday - In the morning meditation she saw the base of Lord Krishna's sculpture in our mandir and there was fire all around it but sculpture was unaffected. We hardly had any time in the morning to talk or write because we had to rush to work. While coming back from work when she related the experience to me, we did not understand what it meant. Baba said that it is prakriti just like the dream she had where she saw the trees, camel etc move in front of her. Only difference is that fire has lot more halchal (commotion). Yet Lord Krishna's sculpture was unaffected. Further Baba said to her that you and I are one and we are not affected like Lord Krishna's sculpture was not affected by the fire.

She was asking Baba that I don't do like my friend R does, which is never eat till her husband eats. Baba said to her that it is Achaara Dharma (situation and position based, and time related right conduct), a good discipline. Then I said to Shivangini that as a Jivan Muktha she does not have any Achaara Dharma to follow. Based on what all Baba taught us so far she does not have any Dharma to follow at this spiritual state.

Few days back I read in a mailing from Sri Ramakrishna Mission which had a nice story around surrender. The story was "God was carrying a child in his lap and another child was holding his hand. Then there was a kite flying where the child holding God's hand started getting excited and left the hand. Right after that he stumbled. Meanwhile the child who was in the lap both enjoyed the kite flying and did not stumble because he was in God's lap. Such is the power of surrender".

Baba reminded her today of the above story and asked her if she wants to be the child in the lap or the child holding the hand. She replied "Baba, whatever you think is right". Baba said "You will be the power house in front of people and rest of the time you will be the baby in my lap".

She said that from Monday onwards things will be different. Baba said that she will be teaching them soft lessons.

February 11, 2001 Saturday - Yesterday we spent the afternoon with friends and talked about God, his leelas (plays, sport), and spirituality. We came back home about 6:30 pm. Based on the conversations in the afternoon, Shivangini decided to help R because of the questions R was asking about the difficulties she is going through spiritually.

February 13, 2001 Monday - Today about 3 pm Raeshum, our daughter, got into a car accident where she ended up in the emergency room with stitches to her face and hand. God willing, she did not get hurt seriously. The vehicle was totaled (damaged beyond repair). Such a major accident and yet neither did Baba say anything about it and nor did Shivangini ask him about it. She truly was operating in surrender.

### **Sees Atma as light; Baba reminds her that she will be a prophet**

February 14, 2001 Tuesday - In the morning meditation she heard “Chudamani” and was lead to the book “Vivek Chudamani” by Adi Shankaracharya. Baba asked her to look up the meaning of Chudamani in Sanskrit dictionary which we did after her meditation was done. Dictionary meaning was “crown jewel wore at the top of the head, excellent, best”. In meditation Baba gave her a square shaped brittle candy (peanut brittle, chiki in Hindi) to eat which she did. At that time Baba said “ripened fruit”. She then saw the lamp in our shrine burning without the wick. She then saw two lights coming close, collided, and it felt as if the light was boiling (like boiling water).

Later in the day she was reading Vivek Chudamani book when she got a message from the book “calm your mind, totally go into samadhi, experience the Atma now and immediately”. This reminded her morning experience of light and boiling.

February 15, 2001 Wednesday - Baba reiterates today that she will be a prophet no matter whether she forgets or misinterprets what He said. He gave her a dream last night which showed glimpses of her role as a prophet. He continues to give her experience of oneness first with the deities and now with all the people. He also clarified to her that what she is seeing in visions is being done by her mind and that it is under her control and serving her on the path to divinity. (In Bhagavad Gita – chapter 6, Shloka 5-6 says that to realize your Self (Atma) you need the lower self (mind) and it can serve you as a friend or obstruct you as an enemy. In fact turning the mind into a friend or foe is indeed how Maya plays out). She also gets an experience today of how diet has influence on our mind and distorts what we see in dreams.

Last night dreams:

- JK came and gave some medication and said it will fix her back.
- Some couple came and touched her feet which made her uncomfortable.
- She was in a house and there were people standing outside to consult Shivangini. After waiting a while one of the couples was getting ready to leave when Shivangini felt bad and asked that lady to come in. The lady said they were three couples together who were waiting to see Shivangini.

When she woke up she meditated. In her meditation she saw herself in Puttaparthi. Baba was sitting in the back room of Sai Kulwant hall. He was sitting there alone in the room and waving at her with both hands to come into the room. She looked outside the room and saw that the Kulwant hall was totally empty. Then when she entered the room where Baba was sitting, it was totally empty. Just the way she did not see other human bodies she did not see her own body either. Instead of Baba she saw Lord Krishna standing and playing the flute. Then she saw Baba again and at one point she saw both of them. After meditation she got up and stopped by at the mandir before coming down to send the children to school. At that time Baba said “Even when you forget or misinterpret what I said, whatever I declare comes true. I said you will be a prophet and you will be a prophet.” And at that time she got reminded of the dream she had last night. Baba said those were glimpses of her role.

Later we were drinking tea and standing around talking. I stepped out of the room briefly when she closed her eyes and suddenly had the vision where she saw the same scene she saw in meditation but this time Sai Kulwant hall including the room where Baba sits was filled with people but each one of them had Baba's face. She wondered if it was all her imagination and mind's trickery. In response Baba said yes mind is playing the role. It is not playing the role of obstructing, instead, totally under your control it is serving you on the path of divinity.

Today Shivangini's back pain was severe and she stayed home. She was trying to schedule an appointment with doctor for Raeshum after her accident yesterday. She called our family friend M. M is a physician and was off work and they talked on the phone to see when M can see Raeshum. It so happened that Raeshum came home for lunch. Hence M ended up coming over and brought some medicine to give it to Raeshum. M sat down and chatted with Shivangini. Later after she left, Shivangini was looking for something when she came across a picture of Baba she brought from India from the last visit. Baba reminded her of her dream last night where JK came and gave medicine. In reality it was M who came over to give the medicine. Baba said that if she followed the diet Baba had been recommending, her dreams would be clearer.

### **Experiences a Mantra; holy rivers used to purify her for the role**

February 17, 2001 Friday - For the first time she experiences a mantra she had been saying in her daily prayers and a part of the mantra is asking for the vision (darshan) of the Atma.

In meditation today she saw a fire in a pan just like in Havan. During prayer she hears that lot of things will happen today.

She came down and did Surya Namaskar mantra and her eyes were still closed as she completed the mantra. She had a vision of a side profile of Shirdi Baba's face. She asked herself if this is indeed Shirdi Baba's face. At that time the outline changed to Sri Sathya Sai Baba's hair but she could not see the features of his face due to the background light. After that vision she opened her eyes and started moving towards the kitchen. She noticed two balls of light similar to the sun but not as bright. These started moving and she started following it with her eyes. They slowly moved on to the seat of the couch and then they started moving towards her while reducing in size. When they came near her she could not see so she stretched her palm and said to herself where did it go. Then she found those lights right in her palm closer to the wrist. They then moved from the palm onto the wrist. She thought they disappeared and right then she saw them move away from the wrist and then come right back to the wrist. At that time Baba said "Kar moole Govinda". Her mind connected to the mantra she utters which goes "Karagre vasate Lakshmi, Kar madhye Saraswati, Kar moole Thu Govinda, prabhate Kara darshanam". This mantra uttered as one wakes up has an inner meaning of praying to gross (body), subtle (mind level), and then causal (Atmic) and asking for their darshan (vision).

February 22, 2001 Wednesday - Today is Maha Shiv Ratri day. How it got celebrated and the experiences of the people attended are covered in Chapter 10 Maha Shiv Ratri.

March 5 – 11, 2001 - Baba brings the holy rivers to her and purifies and sanctifies her and prepares her for her role as a prophet.

On March 5 as she turned on the cold water tap, hot water came out of that. This is unusual in Michigan because in March the water coming out of the tap is very cold.

On March 6 while taking shower Shivangini noticed that the shower water was salty. Initially she discarded the experience thinking that it could be body sweat mingled with the shower water causing that effect.

On March 7 again while taking shower she noticed that the shower water was sweet as if sugar has been added to it.

On Thursday March 8 Shivangini was sharing this experience after Baba's Bhajan at midland Sai gathering when P said that this reminded her of Rameshwaram in India. P further said that at this place Shiva Lingam was established by Lord Rama. After killing Ravan he came to Rameshwaram to wash off his sin of killing a great Shiva devotee. In Rameshwaram there are 21 separate holy Kund (pools of holy water). Each of those Kund contains different types of water – salty, sweet, hot, and cold, etc.

While listening to this Shivangini was silently uttering in her mind the holy river mantra – Gangecha, Yamunechaiva; Godavari, Saraswati; .....

On March 9 Friday in meditation she had a vision of a 3-4 year old dancing in front of a mandir and Baba told her 'that is you'.

On March 11 Sunday Baba said "You are purified and sanctified last Friday. Role of prophet begins from today."

Baba explained in meditation to Shivangini that since she cannot go to the holy rivers Baba has brought them to her for her purification. Baba further said "You have been all purified, sanctified. From today your prophet mission begins. Go play the role".

March 28, 2001 Wednesday - Hanumanji says he is putting Tilak on her forehead today (blessing her with strength to do service). She understands what it takes to get Lord Krishna's blessing.

In the morning while doing puja she touched the feet of different deities. She touched Hanumanji's feet with her hand and took that hand to her forehead. As she was doing this Hanumanji said "I am putting the Tilak (Bindi) on your forehead." At that time Lord Krishna said "When you have the vision of the oneness, I myself will put the tilak on you".

## **Lord Shiva's vibration; Divine Knowledge is next**

April 5, 2001 Thursday

- At 4 pm in the afternoon Shivangini meditated in front of Baba's picture. Through Baba's picture a cow's face emerged. It was silvery white and it came close to her almost an arms length away. It was very beautiful. Baba said it is Kamadhenu (desire fulfilling). This reminded her of two Siddhis Baba gave to her earlier. They were Chintamani (free of worries) and Kalpa Vriksha (wish fulfilling tree). Baba explained next day that what she saw was Nandi (Bull, Lord Shiva's vehicle).

- In night meditation Baba said “Shiva is here”. She felt strong vibration in the room almost like whole room moved. Baba said “Bhu Kamp”. She asked “Is it earth quake?” Baba said “Bhu Chaal is earth quake. Bhu Kamp is vibration”. Shivangini asked if she should open the eyes to see Shiva and Baba replied not to but just feel the vibration. Next day Baba said the vibrations were created to emphasize the experience. A day later when Shivangini and I were walking we saw a 2 feet long snake and Baba said “How can Shiva and Nandi be there without the snake?”
- She had a dream in the night. In one dream she saw herself driving a car while someone was talking to her. She said to the person that she has to concentrate on the directions and she did not want to miss it. Other person quietened down. She saw a side walk like road with lot of people standing in a line and the road was going up. The person in the car said that they did not want to go up there because it was lot of waiting. Shivangini turned the car onto that road and took it to the top of the hill fast while all the people were still in that line. At the top of the hill they realized it was not a temple but a library or knowledge house. The dream ended there and it highlighted that she is entering the phase of realizing God as Divine Knowledge.

April 7, 2001 Saturday - Experience of how God eats and tastes; she gets alerted that lot of work is coming her way and she has to help people whose time is nearing.

She had a great experience today of how God eats and tastes. She was making masala utappam where she adds masala to it. Although she did not put anything in her mouth she could taste masala powder but could not figure out how it was happening. She thought may be she tasted it because it flew into the air while she was adding it to the utappam. A little later she could taste lemon without eating while one of us was eating a dish to which lemon was added to it. At that time she remembered that whoever is “Prajnana Sthir” (rooted in Atma) can taste without actually eating it. She really felt that God truly tastes what Bhaktas offer.

It was about 8 pm in our home and Raeshum and Shobun were out with their friends to see a movie. I was sitting in the kitchen going through bills and paying them. Meanwhile Shivangini was cooking egg plant (brinjal) which Baba asked her in the morning to make it for him. As she was cooking, Baba suddenly said “Get ready a big load is coming your way.” She and I looked at each other’s face. Baba further said “Only rest you will get is in meditation”. Shivangini said “How would I know that, Baba?” Baba said “Just watch, Shiva will tell you who to help and when to help”. A close friend of Shivangini came to her mind. Baba said “Don’t get hung up on her. She is all set”. Another person came in mind. Baba said “We need to fix this person”. She said “Baba, how about my job?” Baba said “Forget about your job”. Baba said “Have to help those first whose time is nearing. I will tell you who, the order, and priority”.

April 14, 2001 Saturday - Last night Shivangini had a dream where she saw herself on a tall huge flat rock (in Aug of 1999 she saw this same rock where a thin long snake was rapidly moving on it). This time there was a long snake on the rock and it was not



moving. She went around the snake and reached the edge of the rock and after looking down said “how am I going to reach down there? I would fall”. She heard “Don’t worry, you wont get hurt. You will just roll down”. She was not convinced of that. Her dream ended there.

Later she was explaining the dream to me when Baba said “In a dream seeing yourself at the top of the mountain means all difficulties are over”.

Further we interpreted from this dream that *she has been prepared for whatever her role is and it is time for her to go down from the mountain and start doing the work in the society.*

## Chapter 2

### Divine Knowledge

In her meditation on Jan 20, 2001 she sees three Diyas (lamps) with one fully lit up, another one started burning, and the third one is getting started. At the time when she had this experience we did not know what to make of it. But later we realized that it is telling us that she is moving to Divine Knowledge from Divine Effulgence and that will be followed by Divine Love. This vision also showed that there is an overlap in each of the phases as indicated by the Diyas, one fully burning, one partly burning and the third starting to burn.

When we first heard the word prophet it brought variety of thoughts to our mind like a major movement; a huge following; did we hear it right; is our mind playing tricks on us; is our ego getting boosted and our mind imagining these things etc.? Then we looked up the dictionary and this is how a prophet is defined: Clairvoyant, Forecaster, Seer, Diviner (discover hidden knowledge with supernatural powers), Mystic, Telepathist, Spiritualist, Soothsayer, chief spokesperson of a movement or a cause.

On February 6, 2001 is when for the first time Baba called her a prophet and said that she will have the ultimate experience. On February 22, 2001 Maha Shiv Ratri day Baba gave her a boon of being a Seer. On March 9, 2001 Baba said her role as a prophet began.

After seeing her operate with my own eyes in helping others; knowing her own past and others future; getting a boon of Seer; intuitively picking right choices; communion with God; knowledge coming from within etc., I do believe that she was a prophet as Baba called her and as defined in the dictionary. It is not in the sense of a major movement or a large following by others. There is further elaboration around this in the chapter 4 titled Higher Journey.

Interestingly as she was playing her role as a prophet working with children, adults, performing holy festivals for the benefit of the community, energizing those she came across or spoke to on the phone, and at the same time she herself was evolving and experiencing God as Divine Knowledge. On May 22, 2001 she had a realization that all her experiences are serving the purpose of uplifting the faith and virtues of other people and are not limited to her spiritual growth. By now she is one with God and intuitively knew God's will (Sadrushya) and performed all actions to execute his will.

As she is being taken through the Divine Knowledge phase, the reader will notice that many Sanskrit words were said to her in isolation. What this has done is for her to look up the meaning of what was being said and at the same time continued to improve her knowledge of Sanskrit language. Many a time Baba would say things and not explain but instead ask her to contemplate on it so that her intuition and intellect are enhanced. This is a necessary part for the phase of Divine Knowledge. Along the way she is given powers; they were then taken away from her; and then given back to her. All these were done to make her spirit rise further because powers are but a distraction, and an obstacle to a Yogi.

## **Sees 7 Lingams; taught spiritual mysteries; seed becomes a tree**

April 15, 2001 Sunday - Baba foretells that an important experience will occur next day. Interestingly she asks for his sparsh (touch) on her next visit to see Him. The reader will come across an experience of Shivangini where she gets his sparsh (touch) as she was traveling to India to see Baba.

In the morning meditation Baba said "Write the book and bring it when you come in June". Shivangini said "Am I coming to see you in June for sure?" Baba said "just write the books". She said "Every time I come there you say don't ask for anything. This time when I come there I want your touch (sparsh), Baba". Baba laughed and said "You assume that it (touch) will do you good."

During the day we went for a walk on the rail trail and while on the walk Baba said "April 16th is a very important date".

April 16, 2001 Monday - Last night in a remarkable dream she sees 7 Shiva Lingams and she is taught many of the spiritual mysteries and yet as mysteriously that whole knowledge is pulled right out of her memory. Normally Shivangini has always been a person with a memory like an iron trap who could recollect minutest details and this forgetfulness today is positively divine doing.

Shivangini had a dream last night. She told me that it was a remarkable dream where she understood many things and yet for some reason she could not recollect any part of that dream. She strained to remember the details but to no avail. All she could remember was there were seven (7) Shiva Lingams. As she was going through each one of them (this is where she cannot remember) she felt that mysteries (spiritual) were getting unraveled. When she got to the last Shiva Lingam it felt as if all the earlier knowledge left her and went inside of the Lingam. At that time she remembered someone saying (Baba) that for this reason she will not remember what she understood.

Later that day when we went for a walk in the afternoon on the rail trail Baba said again "Mark this day. It is very important". Swami said it two days in a row and I am sure this is spiritually very important and yet even to this day it is not clear to me as to what she learned in this dream and how it altered her internally.

April 21, 2001 Saturday - She started having meditation and dream experiences at the subtler level. It is said that as you get closer to God, experiences will get subtler and one needs to get rooted in oneness to remember the details of these subtle experiences. Baba says today that the seed he sowed (Shivangini) is a tree ready to bear fruit and a tree bears fruit for others! As readers will read much later I, Gyani, benefited enormously from this fruit and it completely altered my life.

Last night, Shivangini meditated just before she went to sleep. Baba said to her in her meditation "I am here to take you with me". She said "Where?" Baba said "Where did

you want to go!” She said “Vaikuntha (highest Loka one gets to after Moksha)?” Baba did not reply.

During the night she had a dream. In that dream she saw Baba but he did not look the same. He looked much younger and was not wearing the same clothes. In the dream he gave her something which was glittery and shiny but brighter than gold and silver. She could not identify it as anything we are familiar with. She was in that dream for a long time, many things happened and yet she could not recall anything.

As soon as she got up she started meditating. In that meditation she saw Baba from neck below and he was wearing a yellow robe. He was holding a single pinkish yellow rose with a short stem in his hand. It felt that the rose was for her.

We got up and got ready to go to Detroit with Raeshum to buy her Prom dress. She and I talked about her dream while driving. Baba explained to her that the reason she could not remember her dreams was that they occurred at a very subtle (sookshma) level. Once she becomes Advaita Sthir (rooted in Advaita (oneness) instead of occasional Advaita Bhav (feeling)) she would be able to remember these experiences (since April 16 she had three dreams like this). As we were driving down Baba said “Devyani, I am thrilled at your success. This is the seed I sowed and has become a tree ready to give fruit”.

Other dialogue that occurred in the car was – She gave up going to Ganges to listen to X’s discourse on the Upanishads so that she could take Raeshum to Detroit and help her select a dress. Baba said “If you went to Ganges it would be selfish. What is it you will learn there which you have not already learned? It is another book you will learn about. X will do anything to get the experiences which you are getting”.

On April 23, 2001 Shivangini was reading Upanishad Vahini written by Baba himself. She was reading the following sentence in Brihadaranyaka Upanishad when Baba said “Shivangini, read carefully” and the sentence she underlined is ‘He who has attained the vision of Brahman-hood has nothing further to attain, or realize or guard or seek.’

### **Extremely subtle visions in meditation; Ujwal (radiant)**

April 25, 2001 Wednesday - Her spiritual journey continues as the visions get extremely subtle in her meditation. She was reading Chandogya Upanishad and a realization was felt by her as she read the following sentence ‘The Jnani who is established in pure Reality sees all desires that dawn in his heart as expressions of that Truth only’.

In the dream last night Shivangini saw U who said to her that her kids, S and his wife, are coming to Midland and they want to visit you. She asked why me? U said they have heard something about you. Someone was standing near by and that person said why not, they should visit you as they are here. Though she heard all this conversation, her inner conscious said that God is sending them to you.

In meditation today extreme subtleness to the visions was the highlight. She saw Lord Krishna sitting on the edge of a seat with left leg forward. He was light blue in color. This she saw in a fraction of a second.

Later she saw a silver glass half filled with water and someone is pouring a large stream of milk into the glass. She was concerned that it would fill over quickly but the stream of milk kept entering into the glass. Third vision was of a flat stone over which a thin sheet of water was continuously flowing down.

Baba said “Ujwal (radiant). I bless you. You will finish those books in two weeks”.

April 28, 2001 Saturday - Today’s meditation experience was outstanding. During the Divine Effulgent phase she has seen Atma many times in different ways. Today for the first time she experienced something which she described as the experience of identifying with Atma. This experience lasted only for sometime during her meditation. She explained the experience but felt inadequate in explaining. She felt that her words were just describing but not capturing the feeling of the experience. It felt like a literary description of an experience without having the experiencing to go with it.

Baba said “You can mark this day as good day” when she was relating the experience to me.

### **Yogic dream; fixes her own body; Baba calls her Atma**

April 29, 2001 Sunday - She has a yogic dream (full of alertness and understanding) where she fixes her own body. Dreams and visions take only a fraction of a second and yet details were very vivid. Baba calls her ‘Kalyani’ (lucky woman) and says that she is the nameless Atman.

Last night Shivangini in her dream saw a person performing an operation like procedures on a human body where she could see all the internals of the body just like seeing it from within. A complex procedure of adjusting, removing, and attaching different parts of the body internals continued with great detail. It was hard to comprehend but she was made to understand that the body being fixed was her own and the person fixing it was also her own Self.

Nowadays when she has a dream her mind stays totally alert and analyses the scene just like in awake state. Some of her dreams are clear, long, out of this world and yet after the dream is over, in spite of significant effort to recollect, she is unable to recall the details. She is left with one or two clues confirming the dream and its theme. Some other dreams and visions are so subtle in nature that she feels amazed that one can even perceive this level of subtlety and with full details. These subtle dreams and visions take place in a fraction of second and yet the recollection and the details are very clear.

Today as she was taking Vibhuti after puja she noticed that there was Vibhuti on the upside of her left finger and also on left wrist. As a practice we always use our right hand to take Vibhuti.

Later in the day after the family had their lunch Shivangini and I got ready to go to rail trail for a walk. As usual we bowed down to Baba’s picture as we were stepping out of the house. Baba said “Kalyani. You no longer have a name. You are Atma.”

During the walk she made me understand what she read in the recent Sanathan Sarathi that we received yesterday. She told me about how and to what extent God does in order to protect his Bhaktas. She related two stories from the epic Mahabharat. In one of the

stories Bhishma took the vow to kill Pandavas by the end of next day and how lord Krishna helped Draupadi to save the Pandavas. In another story two different Bhaktas of lord Krishna got into a conflict inadvertently and both were helped by the Lord. She also talked to me about the meaning of life principle in all the beings. All beings have the potential of recreating life like the seed in a fruit that can potentially grow to be a fruit tree. Name is given to things and individuals for worldly utility. But that the human beings start identifying with the form and forget their true identity with the Self.

### **Lord Krishna installs in her heart; goes beyond Prakriti; hears AUM**

April 30, 2001 Monday - Lord Krishna installs himself in her heart. She is also told that she has moved beyond the aspects of Prakriti. Key learning is that the one God exists at any and all levels and each devotee's experience of that God is based on what the individual's spiritual awareness is. If you are experiencing oneness, He is right there. At the same time the person next to you is experiencing God in duality, God is right there with that person too. This is another interesting way of understanding his omnipresence and omniscience of knowing devotee's state and being there for them at all consciousness levels.

Her experience during morning worship: Her attention was drawn to the face of Sri Krishna on the wall picture of Radha Krishna. Sri Krishna's face smiled and eyes looked peculiar, as she stared at the changing clarity of the face. Lord Krishna said "I am letting you feel my presence". She kept looking at his picture. Lord said "I am installing myself in your heart". She said "like I have read in the books". He said "Yes, just like in the books". She said "Is it Radha Krishna you are installing". Lord said "No. I am installing Krishna". She said "Why not Radha Krishna? Hanumanji had Sita Ram". Lord said "No only Krishna. Sita and Radha are prakriti aspects. Hanumanji was exemplifying something different than what I want you to exemplify".

Further she received the understanding through the pictures of Durga ma, Saraswati ma, and Lakshmi ma that they represent physical beauty, knowledge, and wealth. She has gone beyond the physical, mind, and wealth and hence she does not need to install prakriti in her heart. While we were talking it became clear that God exists in all these aspects as long as the individual is at that level. Once Jivi moves beyond them then there is only one. One reaches that state only after experiencing it. Knowledge of this understanding is only a first step.

May 3, 2001 Thursday - Deep in her meditation she hears the AUM chant twice from within.

Today at 3:37 am Shivangini woke up hearing a sound which was similar to our house security system beep. After waking up she realized the sound was not from the security system. She took this as a signal and plunged into meditation. In the past Baba always recommended chanting AUM 21 times before starting meditation. So remembering that advice she chanted AUM 21 times and then started the meditation. Her meditation must have taken her into some deeper level of consciousness that she was not aware of how much time has passed when she heard the chanting of AUM twice in my (Gyani's) voice. It felt that the sound came from far distance. She thought maybe it was morning time and

I, Gyani, must have been chanting before starting my meditation. Since she heard only two chants and not the usual three, she realized that it was not Gyani.

## **Meaning of visions are revealed by a Mantra**

May 4, 2001 Friday - Last night's dream had some portions related to surface level impressions of daily life. However within that dream, she saw in a conference center like public place a big television that was deliberately covered with a cloth. Behind the cloth she felt something was rapidly moving. She asked "What is happening?" A man standing next to her lifted a corner of the cloth that was covering the TV screen and said "There are snakes, and there will be Pralay. You know what that means?" Shivangini said "I know what snakes are; I know what Pralay is (Pralay means dissolution of the universe); but I don't know what is the link between the two". Man said "Think about it". Later as she was telling me about the moving snakes and Pralay dream, she heard Shirdi Baba in her thoughts saying "Think about the link between the two". Snake movement is associated to stirring of Kundalini (latent spiritual power in all of us). A rapid movement of snakes and its connection to Pralay (dissolution) is the cosmic dance of destruction by Lord Shiva.

Today in the meditation within no time she had a series of five very rapid, very subtle, and totally disconnected visions. First she saw Saraswati Ma, then Lord Shiva, then Durga Ma, then a Clock with rapid movement of hands giving the feeling of rapid passing of time. Fifth item was a stringed necklace that had flat coin size discs of various colors. Further she saw this necklace breaking and few discs falling into a bathroom sink.

On our own we could not have understood the meaning of the five visions. Within an hour of seeing the visions, Baba led her to a book "Uddhava Gita, The Last Message of Sri Krishna" which had a mantra describing that the Supreme Being (Brahman) is beyond everything manifested. In that mantra there was a reference to Time, reference to Shiva and Shakti, Knowledge, and a comparison of embodied beings to the discs and a string passing through them was compared to a string passing through the bullock's nose. The breaking of the string with discs indicates that there is a break in what is holding the Jivi's and Jagath together which connects to her dream last night where she is told of impending 'Pralay' (dissolution).

## **Impact of X-rays on memory; Krishna and Shiva as one**

May 6, 2001 Sunday - Baba tells today the cause for her today's loss of memory and gives her a diet to follow to overcome the effect of the free radicals. In meditation she has visions indicating that the veil is dropping and she is approaching Liberation.

Last night Shivangini had dreams and she got up in the night and recollected them. She told herself that she will not forget and went back to sleep. Yet when she got up she could not remember. Baba said "Reason for losing memory is all the radiation she got subjected to when she was undergoing X-ray and MRI for diagnosing the problems she was having.

These rays affect memory. Eat a lot of spinach and oranges. This will take care of the free radicals which are affecting your memory”.

During her meditation she saw a book which was open with last page showing. On the last page she saw a paragraph and at that time she heard the following “Liberation package”.

She had another vision with a screen in front of an arched doorway. She saw the screen slowly come down to a little above her eye level. She could see the arch and beyond. Behind the arch there was white light with greenish tinge to it. Later the arched doorway disappeared and her vision was filled with the greenish white light. An interesting way of showing the veil (delusion or Maya) and when that is dropped there is a doorway that leads to the light (God).

May 7, 2001 Monday - In meditation she saw lord Krishna with a flute. Normally Lord Krishna is playing the flute with eyes open as seen in pictures. She saw instead the meditative eyes of Lord Shiva. Shivangini had a great connection and liking for Lord Shiva since her journey started with him. Now at this stage Baba wants her to do Krishna Bhakti. In today’s vision it is being shown to her that they are the same one God.

### **Interprets her own dream; Seer experience; Deva Rin**

May 9, 2001 Wednesday - Shivangini interprets her own dream based on what Baba had taught her. Her meditation vision indicates that the churning of her spiritual effort is resulting in divine glory. This is consistent with the above vision of approaching Liberation.

In the meditation Shivangini saw a Kalash (a narrow neck pot used in Puja). It was filled with Vibhuti up to its neck and she was looking at the Kalash from above.

We talked about what this meant and understood that Vibhuti means divine glory which we read in various books. Bhagavad Gita has a chapter on Vibhuti Yoga. As I was writing Shivangini understood and explained as follows based on Baba’s teachings: Kalash represents human spiritual efforts and is in the same shape as the vessel which is used to churn milk to get butter. Seeing Vibhuti in Kalash means success in churning which is resulting in divine glory.

May 10, 2001 Thursday - Today in her meditation Shivangini saw a baby boy sitting with a diaper on him. Later during the day she was wondering what this vision indicated. That evening she received a call from a friend in Freeland who invited her to a puja at her home on Friday May 11. She said she is expecting a baby and this puja was a samskar (ritual) for the well being of the child and the mother.

May 12, 2001 Saturday - Baba prompts her through doing concentration on chakras with accompanying Bija mantras’ ending with Krishna instead of Sai. At the heart chakra she sees Lord Krishna playing the flute. She realizes that we are done with Pitr Rin, Rishi Rin, and currently engaged in Deva Rin.



She started her meditation by concentrating on the chakras (consciousness centers) starting with Muladhara (at the base of spine). There are Bija Mantras associated with each of the chakras. In the past she was guided to utter couple of those at different chakras and she used to do them ending with Sai Namah. Today as she started doing it Baba asked her to end each Bija Mantra with Krishnaye Namah. At some of the chakras she did not remember the Bija Mantra but she was prompted by Baba with the correct Mantra. When she was at the heart chakra she saw the outline of Lord Krishna. It was not a lighted image nor could she see the features. It was an outline of shadow of Lord Krishna and she could identify because of the Murali (flute). She saw the flute move up as if Lord Krishna is actually playing at that time.

In the evening we were invited to a friends place to hear Bhajans and talk by swami S visiting from Calcutta. Bhajans were melodious and the talk was very inspiring. While partaking in Prasad (sanctified food), Shivangini asked the swami as to how do one realized soul see another realized soul? Swami looked into Shivangini's eyes and said just the way you are looking at me and I am looking at you. Then he held up his hand and said just the way you see your hand. We both felt very good spending the time with the Swamiji and all the devotees.

As we were writing this experience Shivangini reminded me that we are done with Pitr Rin (forefather's debt), and Rishi Rin (Sage's debt). We are performing the Deva Rin (God's debt) now by writing the experiences and constant immersion in God thought.

### **Powerful Havan invocation; Hinduism and Human Values classes**

May 13, 2001 Sunday - Baba teaches her that the messages she gets in meditation are spiritually oriented although they may manifest in worldly context. As a part of the Hinduism class for children a very nice Havan got conducted with English explanations and not only the children but their parents partook in the Havan and a light meal afterwards. Marvelous experiences occurred in the place where we did the Havan after every one left and we were told it is due to the invocation that occurred with so many of people praying.

Yesterday she heard the word Kootasth during the day. We looked up the meaning in Sanskrit dictionary and it meant Sthir (rooted). She had a calm and peaceful meditation today. As she was at the throat chakra she saw the usual light but then she experienced that the light was about to get bright and big. Before it got bigger it disappeared. She saw faintly written pages in red color with a fine tip pen. She saw a lot of those pages. A little later she heard the word Anjan. We looked for the meaning of Anjan in the dictionary. There were multiple meanings to it like – anointing, blemish, stain, and stimulant. There was a Hindi meaning of Uddipan Karma also. We looked up the meaning for that (Uddipan – invigorating medicine). We were discussing which one Baba meant. At that time Baba said “Messages you get in meditation are spirituality related. It might manifest in worldly situations, matters, and instruments but I am conveying it as it relates to spirituality.”

Later in the morning she came across a story in a book, which she read the day before also but in a different book. The story in the book was about Sage Bharadwaj where he prayed to Lord Indra for longer lease of life so that he can visualize the Vedas which were uttered in God's voice (Sruti). After three lives Lord Indra appeared to him and pointed him to a huge mountain peak and told him that what he understood is three handfuls of sand while Vedas were the mountain peaks. She somehow related this story to seeing yesterday's Telugu written page and many pages written faintly in red today.

Upon Baba's guidance to do selfless service in the form of teaching the spiritual truths to the children, Shivangini has started two different classes since January of 2001, Hinduism and Human Values. For Hinduism class yesterday's topic was Havan. God's handiwork must be at play that a team of people who are proficient in conducting Havan, 'Gayatri Pariwar' from Haridwar India, became interestingly available to conduct the Havan at the last minute. Today's class turned out to be more than just a regular class. Baba's promptings and our efforts turned this class into a full fledged Havan ceremony followed with a meal for all the attendees. Havan turned out extremely well with proper invocation of gods; children enthusiastically performed the oblations into the fire while the Gayatri Pariwar volunteers uttered the Vedic mantras with English explanations. Shivangini and I had very positive feelings of the entire ceremony. After the children and their parents left, we had the chance to chat with the Gayatri Pariwar members.

Their interest in finding out how we got into spirituality and self less service, led us into briefly sharing our experiences about Sri Sathya Sai Baba. They were interested in more details so we ended up giving a copy of our "Inner Experiences" book to them.

After everyone left Shivangini and I went for a walk. Half way through our walk Baba asked us to turn back and said "You invoked the gods and there are divine vibrations. Now go sit there and get the benefit." We came right back and went to the basement where the Havan was conducted and sat there facing the deities pictures. After a little while, for the first time, she and I together observed the movement of Lord Shiva's eyes in the picture. While we were still looking, we observed a slight smile on his face. Then suddenly there was a very bright light (golden white effulgence) that shined out of the picture which only she could see. Then she observed reddish color light in the picture which was changing in intensity. Then she rolled her eyes down to Sri Sathya Sai Baba's picture and noticed a bluish aura surrounding the picture frame. This whole experience was so powerful that she held my arm tightly and exclaimed "Oh my god! Oh my god!" She thought what is happening here? In response to her thought Lord Shiva's picture said "No one else sits in front of me like you do." From that she understood Lord Shiva was commenting on her attitude towards Him. Then in a short while we calmed down and felt peaceful, we just sat there with our eyes closed in a meditative mood.

As it was getting close to our bed time, we thought of getting up to go to our bedroom. Then Baba said "Don't leave yet. I want to spend more time with you". She was pleasantly flattered and laughingly said "You want to spend time with me!" At this he said "It is a special night. The benefit you can receive by being here tonight you cannot get that by years of Tapas (spiritual effort)". So we decided and stayed there a little longer singing Bhajan, Guru Sthuthi, Linga ashtakam etc. As it was getting late we

thought of going to our bedroom. Again Baba said “This is a special night. You will be better off staying here all night, what you will get here tonight you will not be able to get by years of Tapas. I will fill you with divine powers.”

After finding out what Baba was saying to her, I insisted that we get our sleeping bags downstairs and spend the night in the basement. We brought our sleeping bags down and slept on the spot where Havan was performed. This indeed turned out to be a special night. Whole night she did not feel that she slept but experienced illumined visions as if she was seeing those in a dream.

First experience occurred right after switching the lights off to go to sleep; both of us observed strange flickering of the candle light which was left lit in front of the deities at the time of Havan during the afternoon. I commented perhaps the flame is about to extinguish and hence the flicker. But it did not extinguish and changed to normal steady light. After that we fell asleep. In the middle of the night I woke up due to Shivangini loudly “Wow, look at this!” Candle light was burning bright and basement was lit up with it.

She had a vision like dream where she saw herself in a car in the driver’s seat with someone sitting next to her. She thought it was I, Gyani, next to her although she did not see my form. She was in a reclined position in her seat and the car was moving. In spite of the reclined position, she could see the road, which was unusually illumined, and there were trees on either side of it. She saw the road turning ahead and she tried to steer. Then she realized that her hands could not reach to the steering and she also could not reach the brakes. Yet she saw the car nicely turning with the road. This scene left her with a pleasant secure feeling. This appears to be very symbolic of her present state in the spiritual journey and a beautiful reminder of the fact that it is the divine who is the real driver.

There were quite a few other visions:

- Baba in white clothes was standing in a half open doorway and she saw him looking at him. She could only see right half of his body due to the half closed door blocking the left side of him.
- She saw a white light hovering over the fruits in a basket. This was the same basket of fruit that we had offered to God during Havan ceremony.
- She saw Baba standing and pouring some white sugar like material into clay Diya (lamp) which was on the floor next to His right foot. We understood that this could be symbolic of Baba’s pouring something into the candle that made it burn for unusually long time. This candle is of type that burns for a few hours normally but on this day it kept burning for almost 24 hours which in itself is a miracle.



**Homam for Bal Vikas in 2001**



**Baba comes to Bhajan as Light**

## **Ready for vast spiritual world; separation in 2005; Sadrushya**

May 18, 2001 Friday - Baba said yesterday "Today is an auspicious day." Today in the meditation Baba reminded her of her three different dreams and visions from the past and conveyed that now she was ready to enter into the vastness of the spiritual world. With the vision of the steady flame of a lamp, Baba said "Now you are Sthir (steady) like this flame".

May 21, 2001 Monday - Last night's dream portrayed the future where I am asking her to go and that I was not ready to go yet. In the dream she did not go and was upset at me. Baba tells her that if such situation comes up she need not worry since He is taking care of her every moment. This dream indicated our separation in 2005 when she left her physical body to continue her journey onward.

Last night she had a dream in which she saw 5 to 6 men and women all dressed in black. There was a carriage with two rows of seats facing opposite direction. She has never seen a carriage of this kind before which was very slick and some unique arrangement for carrying luggage. Their entire luggage was of same round shape, black in color and neatly tied in place. Front seat was already filled with people. On the back seat there was room for two more people. Shivangini and I (Gyani) were there. One person she knew from work was climbing into the empty seat in the back. In the dream I told her to get into the other empty seat and go with them. She was annoyed at why she should go with those people. She said if we were supposed to go there then why are you not coming? I replied saying I did not want to go yet.

This dream made us contemplate a lot as to its meaning and what it is conveying to us. We were writing this down when Baba said to her "If such situation comes up and you are asked to do something, just do it. Know that I am taking care of you every moment".

May 22, 2001 Tuesday - Lately the way things have been going, it makes her realize that all her experiences after Oct 8, 2000 are serving the purpose of uplifting the faith and virtues of other people and are not limited to her spiritual growth. By now she is one with God and intuitively knows God's will (Sadrushya) and does all actions to execute his will.

## **Baba tells her she is an Atma Jnani (Self Realized); Oneness of deities**

May 26, 2001 Saturday - Today is Shivangini's birthday. Baba gives her a nice spiritual gift.

Shivangini had a dream last night where she saw a room which was of square shape. On one side of the room there were two devotees sitting against the wall. On another side of the room there was a lead person sitting. G was reading out of a book on Baba's teachings. Two devotees who are sitting against the wall disagreed with G saying "this is not what Baba teaches". The lead person also gave an expression of disagreement. Shivangini got up and went to the two people who disagreed and looked into the book to understand the disagreement. She told them that the book G was reading was actually

different than what they were reading, and it was more close to Baba's teaching. She indicated that she will get the book G was reading changed per their preference. This seemed to have addressed the disagreement they had.

Shivangini was surprised that in this world how easily people judge others erroneously based on apparent facts. In her dream she knew the spiritual status of each one of the persons in that room and was surprised that a novice was passing an erroneous judgment on a highly achieved person.

In the same room she also saw a chair with a cloth draped on its hands indicative of as a seat and presence of Baba. She felt that the chair was empty. She understood that there was nobody pure enough to chair it.

Today we had to go shopping to buy gifts to all the friends and relatives we are going to see when we visit India in June. Raeshum had homework to do due to the finals coming up while Shobun was spending time with his friends. Shivangini and I went to Saginaw for shopping. While we were driving she was about to put in a CD that had a Swamiji's discourse on it when Baba started talking to her. Baba said "From today onwards when you speak you will speak like an Atma Jnani. When you write you won't have to exert, it will flow superfluously (super fluently like the flow of a river). When you act you will act like Atma Jnani. You will not be able to do this at will but would do it where and when needed. They will all come to listen to you. It is not usual for them (swamis) to get to listen to an Atma Jnani. You will see and touch like an Atma Jnani (one who has Self knowledge)." She asked "What does that mean?" Baba said "Seeing like an Atma Jnani means penetrating past, present, and future." She understood from touch Baba meant transferring energy (healing touch). What a nice birthday present!

May 27, 2001 Sunday - Baba reiterates that things have changed since yesterday. As she offers Naivedyam (food offering) to Gods, she is given an experience that Shirdi Baba, Lord Krishna, and Parthi Baba are all one.

She had dreamless sleep last night. In the morning she woke up early like she used to, took a shower and then meditated.

We were talking while drinking tea in the morning. She was explaining to me about how she was feeling as an instrument by giving the example of the phone which was in front of us. Baba said "I changed that since yesterday."

She made Poha in the morning. I came down after doing puja. While we were talking Baba said to her "Why don't you offer the Poha (to god)?" Last night she made pulihora from left over rice and was thinking of offering to god but did not because it was left over rice. She took Poha, and water with a tulasi leaf upstairs to mandir. She offered Poha to Lord Krishna by touching the food to his mouth. She touched the Theerth to Sri Sathya Sai Baba. She closed her eyes and saw Sri Sathya Said Baba's figure in Sri Krishna. She heard Shirdi Baba accepting the offering. She felt that oneness among various forms is being shown to her.

## **Knower experiences; how to interpret dreams; contemplation**

May 29, 2001 Tuesday - In dream she has Knower experiences. Baba educates her on how to interpret her dream and later tells her that she has a prophet role to play.

Last night Shivangini had a dream with three different scenes. She saw herself with a companion in a train compartment which was overfilled with people. In that crowd she saw P and A. Train was going to stop somewhere soon for a short while and she was supposed to get to her seat with the luggage at that time. She was concerned how she will be able to do that in that short stop. She asked P and A what their seat numbers were. P looked extremely tired and said 'seat number 47'. The number that A. stated was not closer to P. Shivangini's own seat number was away from both of theirs.

In next scene she saw herself packing for travel. She packed for herself very few and simple clothes but when she was about to leave home she realized that she had lots of hand carry type luggage pieces which were filled with gifts for people. She was accompanied by her brother and his family who took her, and her companion, to the train station. When they reached there the train was about to leave but her brother first got her and her companion in a train compartment which was full but not as crowded as she had seen in the previous scene. To make the journey more comfortable for Shivangini and her companion, her brother somehow managed to delay another train by 12 minutes and made arrangements for the luggage to go separately in that train. The train she was in was about to leave and she asked her brother to come along. He replied "I will take care of few things here and will come four hours later". He indicated the number four with his four fingers. This scene ended here.

Then she saw herself with her companion (all along she could not tell who this companion was but felt the presence of someone) and a 3-4 year old child in a huge train compartment (size of a big house), which was totally empty. Strangely this compartment had a swinging wooden double door leading to outside and she saw the child running towards this door and she rushed to protect the child from falling. When she tried to close the door she heard a voice say "Don't close the door. How will people come in? Don't worry, the child is safe". She had a feeling that lots of people will come in. This is where the dream ended.

When we were trying to interpret the dream later in the evening, Baba interjected into our conversation and said "Boat symbolizes the worldly journey and train symbolizes spiritual journey." As soon as we heard this, whole dream took on a new meaning. First scene indicated that there are many of us who are on the initial phase of spiritual journey. P at the soul level looking very exhausted with the birth and death cycles. A and P having different seats indicated that they are on the spiritual journey at their own pace but not together. Luggage was indicative of life's burdens. Second scene showed a change in Shivangini's spiritual journey. Personal luggage being light meant she was not carrying as much burden (vasanas or tendencies). But many pieces of luggage and mostly gifts for others showed attachment. Not many people on this train indicated growth in her spiritual journey. Her brother put the luggage on a separate train indicated that he helped her in relieving her burden and that's how she managed to lose the attachment to others. Her brother saying that he will come four hours later (four fingers of his hand) indicated that he will join her four lives later.

Last scene indicated the role Shivangini needed to play which Baba has been telling her in various conversations since quite a while. Empty compartment with revolving doors



indicated easy to open doors. Someone saying to keep the doors open so that others can get in was reinforcing what Baba said about her role. Only part we could not understand was the child. We speculated as to who it could be among the people who look up to Shivangini for spiritual guidance but we had no confirmation. Interestingly on next day as Shivangini and I were talking while on our evening walk and conversing, Baba said “Don’t forget the empty compartment which you will have to fill”.

June 1, 2001 Friday - Meditation has moved from one pointed or transcendental to contemplation type. Explanation of the dream today is given on the next day.

In her dream two nights back she saw two trees up close and the tree leaves were moving rapidly. She saw trees again in her dream last night. In her meditation she was contemplating a lot on many things she has been reading in scriptures. This is different than meditating with single pointedness or transcending into different level of consciousness.

### **Sees opening of a Lotus flower; understood Sai in principle**

June 2, 2001 Saturday - Shivangini in her dream last night saw a lotus flower slowly opening up its petals. Scriptures refer to lotus flower in many instances including pictures showing deities in lotus flowers. Kundalini Shakti (spiritual energy) has seven centers (chakras) along the spine and each of the chakras is considered to have a lotus flower with specific number of petals. We speculated as to what it could mean and my feeling was that it relates to another chakra opening but did not know which one.

In her meditation she was asking Baba as to why she was seeing trees and Baba replied “Trees indicate Prakriti (nature)”. Further in her meditation she did not try to recall her dreams. While she was telling me, she said why one should try to do that? Baba said to her “Because your dreams are holy and they are trying to tell you something”.

All the four of us went to pay our condolences to a friend whose young son passed away on May 27 due to an unidentified virus. We came back from the funeral and while children were studying, both of us went for a walk. While walking all of our conversation was around funeral and both of us were feeling some sort of void or slight depression. I remembered what Baba said about taking shower after we go among people and I mentioned it to Shivangini. Baba said “I tell you to take a shower and wear clean clothes even after you teach children.”

June 3, 2001 Sunday - A small miracle and assurance from Baba that he will take care of Shobun and Raeshum from the heat in India when we go visit Baba in June. She demonstrates great equanimity and Baba appreciates it. He encourages her to share with people what she had learned, known, and experienced.

Shivangini was making pulao (rice dish). Half way through the work I asked her to make chutney (pickle) to go with it. Chutney takes ground coconut and she suddenly remembered that she had some in refrigerator and was thinking it may have been spoiled by now. When she took it out of the refrigerator it was solid frozen to our surprise and



hence was not spoiled. She showed it to me and said “See how Baba takes care of his Bhaktas”. As she was making the chutney Baba said “Don’t worry about children. I will keep them cool like this in India.” She said “Are you going to change the weather of whole India for these two children.” Baba said “No. Wherever they are they will feel cool. They are my children coming to see me.” These words made Shivangini shed tears at Baba’s love. Baba further said “Will you not share these things with people?” (Reader can now understand why we tried to capture many of the day to day details)

Later she was wondering that Baba did this miracle to let her know that she was his instrument and then she started wondering what kind of relationship she has with Baba as his instrument. She was thinking in terms of how a knife is an instrument and after one uses it they set it aside but not necessarily think about it or have feelings for it. At that Baba said “I did not do it only for the above reason. I also wanted you to know that though you are my instrument, I have feelings towards you. I love you.” She conveyed that to me as I was writing it. After a few minutes Baba said “Ah! What calmness! What equanimity!” (Now in 2007 I realize that this is a great accomplishment spiritually. Scriptures tell us that this is one of the key goals of spiritual effort while still embodied)

While she was making the chutney she tasted it. Baba said “A yogi should not be eating that” (it had garlic in it). She said “Baba, what about Gyani?” Baba replied “He can eat. He is not a Yogi.”

At 4 pm we went to attend presentations by Raeshum’s class at the school. We came back and then Shivangini and I went for a walk. Our conversation was along the lines of what is right to do socially, community wise, etc. As we were close to finishing our walk I remembered about the shower after going among people again. Baba said “Some things you learn by listening. Some things you learn by living”. He was referring to the same incident (we not taking shower after going among people) twice in a row. She and I felt bad and took resolve that we will make every effort that this doesn’t happen again. Baba said “You have known me by Tathwa (principle). You need to share with others whatever you have learned”. She said “I am not sure who needs it. There is so much written and available out there.” Baba replied “I am holding them back. Otherwise they will come like a wave. Time is not right yet.”

### **Deva Rin, Rishi Rin, Pitr Rin is complete (Udyapan); Baba’s physical touch; Shirdi Baba sculpture opening puja**

At the time we were going on this trip (June 17 – July 12, 2001) we did not think much of it but later as it unfolded it was an important trip from the spiritual standpoint for Shivangini and the rest of us. Baba told us that we have completed our three fold debt – Deva Rin, Rishi Rin, and Pitr Rin (debt to Gods, debt to saints and sages, and debt to parent and forefathers). This lengthy episode will give you an insight into one way of how this kind of Rin (debt) is paid off. Again there could be many other ways it can be paid off based on individual situations.

Like every trip to Puttaparthi, this was another unique trip filled with pleasant surprises and unexpected and rewarding divine experiences.

I had been expressing interest in taking the children to India during their summer break. Shivangini as usual did not have a whole lot of interest in planning things or going to India in the summer heat. However, one day after her puja she told me to go ahead and plan the trip to India since Baba wants us to be in Puttaparthi during Guru Poornima festival (July 5, 2001).

Due to her computer work related back problems, she had been off work for a while and was unsure if her health will improve enough and if her work will permit vacation by summer time. So she asked me to plan the trip for the kids and I and she will play it by the ear at that time. On June 10 both the kids left for Singapore to be with their cousin for a week and then they would meet us in India.

June 18, 2001 at midland airport while waiting to board she has a strange sensation when one hand fingers were gently brushing against another hand's fingers. The touch was silky soft which she never felt before. For a little while Shivangini has been singing an old Beatles song that she modified and made it a Bhajan 'O Lord, sweet Lord, I wanna hold your hand'. The silky touch seemed like a response to her singing. (On Sept 30, 2001 Baba explains that this was the actual touch of Baba and this experience is Brahmanubhuti (experience of Brahman)).

June 20 2001 (Wednesday) we reached Hyderabad in the morning. At 5 pm in the evening we went to see Baba's Shivam temple in Hyderabad. This temple has a meditation room shaped like Lingam from outside. Inside there was life size Baba's photograph. Adjacent to it there is a two storey Bhajan building. This also has a life size picture of Baba, Sri Ganesha's sculpture in the front, and a chair on one side. First we did 10 minutes of meditation and then went over to Bhajan hall and participated in 1 hr Bhajan program. After the Bhajan was over people left and Shivangini moved closer to Baba's picture. There was one lady still sitting with her eyes closed. As soon as Shivangini reached right behind her she opened her eyes reached out into her bag and pulled out a small garland of Chameli flowers and handed it to Shivangini saying this is for you (Baba talks to this lady and she later told us that when Shivangini was behind her Baba said to that lady "Look who is here. Give her a garland".) Shivangini took it with a surprise because this lady was not distributing garlands to others who were still in the room. With flowers in her hand Shivangini came to where my mother and I were waiting and from there she watched that lady for a while. She told us about the lady giving her the garland. We all noticed that the lady had her eyes closed but she was wiping her tears and after that she had a little smile on her face. All this made Shivangini more curious about her and she went back to her to find out why she gave her the garland. Upon asking this question the lady replied that she gave the garland because Baba asked her to do so. She said that "Baba talks to me". At this point Shivangini said "Interesting. He talks to me too". Further she said "Sit down. Baba wants us to talk." They started talking sharing their experiences about how Baba got into their lives. Because I and my mother were waiting for Shivangini they concluded their conversation in 10-15 mts. Nandita asked Shivangini to give her our "Inner Experiences" book. She said she has been coming there every day morning and evening.

Shivangini told us about all that they conversed in those 10-15 mts was as follows: This lady's name is Bul Bul Chakraborty. Baba had given her the name Nandita. Baba has been talking to her for last 7-8 months. However her parents have been Baba's devotees and Seva Dal volunteers in Baba's organization. Baba came into her life when her young daughter eloped and married. She was really hurt by her act. That is when she started coming to this temple on a routine basis. They used to live in Delhi and then moved to Hyderabad. She has a son about 16 years old. This son is a spiritually oriented child, according to Baba, and he is going to help out in running Baba's organization. Shivangini told her a little bit about her own experiences.

June 21, 2001 - We went to our ancestral home in the village, Chiduruppa. We performed Shiva Linga abhisekam at the village mandir established by my grandfather. Shivangini saw our ancestral home for the first time and recognized it right away as a house that she has seen in her dreams four years back. At that time Baba said "Now Chiduruppa (village) will flourish". This village had been static with no economic development for the last 50 years although nearby towns have been undergoing rapid development.

June 22, 2001 Friday - Shivangini and I reached Shivam temple at 9 am with the English version of Inner Experiences so that we could give it to Nandita. We went to the Bhajan room and she was sitting there. That day in the Bhajan room they had a picture of Baba's feet. Lot of women were getting ready with decorations to start the worship of the feet. Nandita and Shivangini started talking when Nandita explained that they are about to start the worship of Baba's feet. It was called a Vratam (could not remember the name). Nandita told Shivangini that Baba told her to take Shivangini out because it was not good for her to watch. Hence Nandita and Shivangini came out and sat in the lawn and spoke for about an hour.

We started our journey to Puttaparthi on June 24 from Hyderabad. We first went to Sri Sailam where one of the nine Jyothir Lingams (these are Lingams which are self manifested) in India is located. Then we went to Achampet (village) to my mother's ancestral home. Along the way we visited Uma Maheshwaram (considered one of the gateways to Sri Sailam), where there is a Shiva Lingam and Divine mother's temple embedded into the side of a mountain.

In Sri Sailam we had a good darshan of the Jyothir Lingam and saw many other Lingams. We reached Achampet and that very evening the Sai Center folks arranged an impromptu speech by Shivangini at the Sai Mandir in town. She spoke in English and I translated in Telugu which was quite a stretch for me since I speak Telugu only when I visit India. 'Inner Experiences' was translated into Telugu and published by then and the book was presented to us. We were also told that the following day in the evening an inaugural puja of Shirdi Sai Baba was arranged for her and me to perform and she will be speaking again to a different audience this time.

Next day in the morning we went to Uma Maheshwaram. While going there Shivangini asked Baba what message she is supposed to convey to the people that evening. Baba guided her that she needs to convey that everyone is not going to get the experience she is

having. A devotee gets a different set of experiences compared to a disciple and that the disciple is subjected to many rigorous tests.

At the Uma Maheshwaram temple first we did the Ganesh puja, followed by Divine Mother's Kum Kum (red powder) puja, and then the Lingam puja. We had the opportunity to sit inside the temple next to the Shiv Lingam and do the authentic puja and abhisekam. We came back to Achampet, rested a bit and then went over for the inauguration of the Shirdi Baba's Vighraha (sculpture).

About 2 years back the Sai Center president of Achampet approached me and asked if I would be interested in purchasing the life size marble sculpture of Shirdi Baba to be established in the Sai Mandir. She and I agreed to do it and donated the money for it. The sculpture was contracted to be built by an outfit in Jaipur, India. The completion and delivery of the sculpture got delayed multiple times for variety of reasons till about 2 days before our arrival to Achampet when it miraculously reached there and they quickly built a temporary housing for it. Today is the day when it is being inaugurated. Since all this happened so suddenly, the Sai Center staff did not have time to get hold of a proper Pundit (priest) to do the puja. Interestingly that very same day a Vedic pundit showed up on the scene and said that he is on his way to Swami Ganapathy Sachchidananda's ashram and that he heard of this puja and said he can conduct the puja. He is apparently well known Vedic pundit and speaks on the TV and Radio occasionally. Under his guidance Shivangini and I performed the proper Vedic inaugural puja of Shirdi Sai Baba! We absolutely had no clue that we were going to do this when we left on this journey from USA.

After the puja the Vedic pundit spoke of the miracles and significance of Shirdi Sai. After Sai center president spoke, Shivangini gave a speech in line with Baba's guidance earlier in the day.

Next day morning we left Achampet to go to Puttaparthi. As we were leaving, Baba asked Shivangini to keep the Hinduism and Human Values brochures handy in her hand bag and not to pack them away inside the bags that were mounted on the top of the van. These are the brochures she put together for the class she teaches in USA. Sudhakar Rao, a devotee of Baba and a Bal Vikas teacher in Achampet accompanied us in the van and he started speaking to Shivangini about the classes she teaches. Of course she whipped out the brochures and showed it to him!

Along the way in Kurnool we stopped at a Physician's home, Baba devotee, upon Sudhakar Rao's request. Few months back Baba's Vibhuti materialized in his mandir and we had the opportunity to do Arati and get some of that Vibhuti. We partook lunch at their home and started our journey again and reached Puttaparthi just 10 minutes before the accommodations office was to be closed. We got excellent accommodation with 2 bedroom attached suite on the ground floor in the overseas devotees' complex. It is amazing how well everything was timed in spite of the uncertainties of the road conditions and traffic in India!

As we reached Puttaparthi, Baba said to Shivangini 'Udyapan' (the act of bringing to a conclusion, finishing, and accomplishment). Later on Baba explained that this was the

conclusion of our three fold debt – Pitr Rin, Rishi Rin, and Deva Rin. We are all born with these three debts to repay and Baba said we have completed those.

On July 1 while moving around in the very crowded ashram she asked Baba a question about what she should do regarding registering as a Bal Vikas Guru. Immediately she ran into Sudhakar Rao and the District President and they gave her the Bal Vikas Guru Conference delegate badge. This was a result of Sudhakar Rao seeing the brochures in the van when we were coming to Puttaparthi that Baba had asked her to keep in her handbag.

Next day we met another set of folks thru Sudhakar Rao and got observer badges to attend the conference for July 2, 3, and 4. It was an excellent program with great cultural (Japan, Europe, Sri Lanka and Gujarat) shows.

On July 4 in the evening Sudhakar Rao came to see us. We gave him 12 Telugu books to distribute to his friends. On the 5th District President, Engineer Yogeshwar Rao and another person came to meet us in the evening. These folks had a copy each of the Telugu book. Engineer Yogeshwar Rao, who has been with Baba for the last 30 years, read parts of the book and understood quite a bit. They heard our recent Yajna experience with Bal Vikas children in our home.

On July 6 we met with Narayan Rao who is in Baba's service since last many years. This was suggested by Engineer Yogeshwar Rao. Narayan Rao shared with us a lot of photographs about Baba and his leelas. He talked about the spiritual city being built in Gunttoor which was about 10 crore (100 million rupees) project. He showed us the pictures of the spiritual city under construction. When he was showing the building called "Pravachan Hall". Baba said to her "This is for you". We gave him 5 Telugu books of Inner Experiences before we left.

On July 7 we left to Bombay where we stayed for few days. We ended up going to Hare Rama Hare Krishna temple in Juhu, Siddhi Vinayak temple, and Maha Lakshmi temple. We did pradakshina around the Maha Lakshmi temple and divine mother said to Shivangini that she has pardoned me, Gyani. During these three days she heard "Chatak" and "Navagraha".

On July 12 we landed in Detroit and were waiting to catch the flight to midland and Shivangini closed her eyes when Baba blessed her with darshan. She saw his face only.

July 14, 2001 Saturday - Shivangini and I went for a walk on the rail trail. At that time Baba started talking about many things. Shivangini told me that when she showed up at Narayan Rao's apartment in Puttaparthi, I was a little bit behind her. She spoke to Narayan Rao and he was not sure why she was there till I showed up when I could talk to him in Telugu. At that time Baba said to Shivangini "He knew who you were. Not only that, he knows your future too." Baba also called Narayan Rao "Pratinidhi" (which means substitute). Baba said "Learn from him". She said "How, Swami?" Baba replied "Systematically and properly".



*Sri Rama Navami 2003*



*Shirdi Baba sculpture (life size) in Temple, Achampet*

## **Hanumanji; truly wanting God; Spiritual Spheres; Deva, Pitr Rin**

July 15, 2001 Sunday - Today she sees Hanumanji coming out of her left shoulder in meditation and then Lord Rama. Explanation for Hanumanji coming out is given in the subsequent visions.

In the dream she saw herself meditating sitting on a platform about 6-7' above ground. She noticed that her body was normal but was made of layers. First layer was of uniform thickness. Over this there was another layer which had a convex bulge in the middle. Then suddenly Hanumanji comes out of her left shoulder and stood tall while she continued her meditation. At this point as an observer she said to herself that if Hanumanji is here then Lord Rama must be nearby. And then she noticed that on the meditating woman's left shoulder there was an arrow holder with arrows in it and Lord Rama's head showing, only eyes and the crown.

July 17, 2001 Tuesday - She has experiences of foretelling and omnipresence by Baba. Those who want God only, get everything but not those who want everything and for that reason they want God.

P called to say hello to Shivangini. She just came back from India. She also said that she brought the lamp for puja. Interestingly Shivangini tried buying those in Hyderabad, Bangalore and Bombay but for whatever reason she did not purchase. When she was about to make the purchase, Baba said to her that P will bring it. And here is P's call saying she has brought it.

Today she was getting ready to cook dal. When she took out the pressure cooker it was missing the valve. She told herself that how is she going to make Dal and that the pressure cooker will be useless. She closed the drawer and moved to the drawer above it thinking it is there. Baba said "It is not in this drawer but in the first one". She went back to the first drawer and she looked at an angle when she could see the valve on the top ledge at the back of the drawer. It would have been impossible to see it except looking at that particular angle.

Shobun and Raeshum are returning from Singapore today. They called and talked from Cincinnati airport and were safe. Shivangini was thanking Swami for taking care of us so much. At that time Baba said "Those who want only God get everything!" We thought - Again for getting everything one cannot want God because God knows why one wants him.

July 21, 2001 Saturday - Baba explains a spiritual secret today of the existence of spiritual spheres, centers of sphere and how they interact as well as harmony and conflict between spheres. He tells her that her Guru Rin begins now

In her meditation for the first time in her heart chakra she saw a Lotus flower from the top. It was bluish colored lotus and there were couple of spoons of water and she could

see the movement of the water inside the lotus flower (See the connection in tomorrow's experience).

We went on a walk in the evening. Along the walk we were talking about some of the conflicts that were happening among certain of our friends. We were also talking about the calls Shivangini got from her cousin, and a friend where they were saying about their sadhana getting affected in the last 2 months. Shivangini herself was going through similar experience during this time and we were talking about how Baba told her repeatedly that her moods affect the people she interacts with. Baba said, "You have a sphere over which you have influence. Similarly there are different spheres in different parts of the world that are playing this role of influence." In spiritual world there are such spheres all over the universe. Center of the sphere influences everything – moods, circumstances etc with in that sphere. Baba said "This is a spiritual secret - why people within your sphere are showing similar type of moods and experiences like you." "Do Raeshum, Shobun, and Gyani get affected?" "No. They are above the scope of your sphere. No one is evil or bad but certain spiritual spheres can be in conflict rather than in harmony." Further discussion between us resulted in me recalling what I read (Swami Prabhupada's book) comparing matter and anti matter to this kind of disharmony and how it turns into destruction. From this we understood that perhaps this was the reason why we were asked to stay away from one of our close friends who is spiritually advanced.

While still in walk she remembered blue lotus vision. Just then Baba said "Are you not going to write down these experiences?"

After we came back from the walk we took shower and then started Hanumanji's puja. When Shivangini came out of the shower, she saw her face in the mirror and it looked milky white. She noticed it but did not know what it meant so continued to get ready. Then she came over to the mandir. She noticed Radha ma and Shirdi Baba's face was looking milky white too. Later both the deities' faces looked normal with pinkish color. We then started applying the chandram (orange paste) she brought from India to Hanumanji's stone sculpture. At that time Lord Krishna's picture in the mandir smiled at Shivangini. After applying the chandram, we did Hanuman Chalisa using the recently purchased book from Puttaparthi (We bought 30 of these to give away to Bal Vikas children). Then we did Hanumanji's Arati. After Arati we meditated. In meditation Baba said to her "Reenter the spiritual world."

Baba explained the reasons why and at what spiritual growth stage the aspirant is taken into or out of the spiritual world from the material world. When the spiritual aspirant has to pay the Pitr Rin or Deva Rin, person is in the material world doing all these activities as mind and self purificatory acts. And therefore need not be in the spiritual world. But while paying the Guru Rin the highest state one can be in is "Yogasth" (consciousness at Atma level). This is what he meant when he said "Reenter the spiritual world" because now is the time to do Guru's work.

We understood that when we established the Sri Krishna sculpture in R's home our Deva Rin started. It continued in our trip to India where we did lingam pujas' in Chiduruppa (village), Uma Maheshwaram, saw the Sri Sailam Jyothir lingam, did Shirdi Baba's first time puja in Achampet, had darshan of Baba in Puttaparthi etc.



Pitr Rin was done in the last 1.5 yrs. - Diya in our mandir in the daskshin (south) side of the mandir; my father's shraddh; my father talking to us through Shivangini around Oct 8, 2000; saw my father in my dream where I am telling him that I washed away the dirt off of his feet etc.

## **Golden Lingam to draw energy from; Image Vs Picture; blue lotus**

July 22, 2001 Sunday - We bought three pictures in Puttaparthi of Baba and today He tells us how to use them. He also explains the difference between a picture and sculpture in mandir.

This morning after she woke up, she sat up in the bed. She happened to look at her own feet as she closed her eyes to do prayer. She saw her own feet in the form of light with eyes closed just the way she used to see, in the past, the deities pictures in the form of light in our mandir.

Baba told Shivangini before we went to Puttaparthi to get a golden lingam picture and put it over the lingam picture in our mandir. We purchased three pictures and put them in mandir last night while we did Hanuman Puja. Today in the morning we did Baba's puja. We read/ sang Suprabhatam, Shasanam, and Arati of Baba for the first time. We brought three pictures from Puttaparthi with Baba bringing out lingam – one as it was coming out of Baba's mouth, second one with Baba holding golden lingam in his hand, and third one is just a picture of Baba's hand with lingam in it. After the puja she touched the lingams with her finger and then I did it too. I came downstairs to make tea while she was still up at the mandir. At that time Baba started talking to Shivangini. She asked "How are we supposed to use them?" Baba said "You forget. I told you earlier to bring the golden lingam. I had given this to you. This is for you to draw out energy as you do my work". She understood that through this picture she is going to stay connected to Baba. She asked "How about Gyani? Should he also use it or just me?" Baba said "I had chosen you as my instrument". "But he is doing your work too, Baba" (sweet of her to continue to look out for me). Baba said "Devayani, he is your basis. He has more energy than you think. He does not need energy. He has served me more than you can imagine. He can sing my glory but he does not need to draw energy for that. Three pictures are for – one for showing how Baba materializes things from himself, and the other one (golden lingam) is for you to use to draw energy. Third picture of lingam is for healing only". She was about to come down when Hanumanji said "You put orange (chandram) on me so that you could use it for tilak. So put it on". She took chandram from the sculpture and put it on her forehead and also on mine.

When we were drinking tea, Baba said "There is a big difference between a Vighraha and a picture". We understood it to be the difference between having a lingam at home as compared to a picture of lingam. It is known that if one has a lingam at home, it is obligatory to give a bath to lingam and do puja every day.

After we ate lunch I was sitting in the kitchen and writing down these experiences. Shivangini was looking at the silver puja samagri (utensils) we got this time from

Hyderabad. In her thoughts she said “This samagri needs a lingam and I did not get one. Why get an ordinary lingam? Baba I would like you to materialize a lingam for me.” Baba said “I will not give you that.” Her eyes then rolled to Lord Ganesha and Sri Krishna silver idols and in her thoughts she said “Baba, Then what will you give me” Baba replied “I will give you what you **need**. You are my unique disciple and I have infinite ways to give you what you **need**.”

As she said this to me I started entering it into the computer when Baba laughed and said to her “If you keep telling him all this, he will get tired of writing”.

Today in the evening Raeshum and I went to look at a SUV (Jeep type vehicle) for buying. When we came back, Shivangini told me about Baba’s Leela while we were gone. She was reading a book that we got recently from Puttaparthi called Daily Prayers to Bhagwan. In the book stanza 34 of Bhagwan Sri Sathya Sai Saptha pathi, it read Neelotpala nibham Vishnum (means He whose form has the luster of blue lotus like that of Lord Vishnu). Amazingly this is the first time we ever read in any of the scriptures about a blue lotus. Shivangini could not control her tears of joy and felt grateful since only yesterday in meditation she had seen the blue lotus in her heart chakra. We understood that her Krishna Bhakti has matured.

July 23, 2001 Monday - In Puttaparthi Raeshum had a chance to sit in the small Bhajan group in front of Baba in the small mandir in Sai Kulwant Hall and do Bhajan for 20 minutes. Today in the evening meditation Baba said to Shivangini that he gave Sarva Sreshta (very good) energy to Raeshum when she sat in the Bhajan group and that will make her sarva shaktiman (all kinds of power), and prabhav shali (effective).

### **Calls upon Allah; Spiritual door; ready to receive powers**

July 25, 2001 Wednesday - In dream Shivangini shrieks for ‘Allah’ to help and in response she sees the white ball of light in the sky showing the oneness of religions where divine is concerned.

Today in the afternoon Shivangini took a nap because she was very tired. Before she went to sleep she knew that this pull for the sleep was purposeful or had a divine purpose. In the dream she saw our own home where she saw a boy and girl playing in front of our garage in the driveway. The larger garage door was open. She saw the whole scene change suddenly. The place where the boy and the girl were was elevated like the flat top of a hill. She saw dense fog covering everything. Fog was so dense that the door could not be seen from the driveway in front of it. She saw the girl encouraging the boy to run into the empty garage but only Shivangini knew that the garage door was closed and not open. She also knew that if the boy runs in, he would collide with the garage and fall off the hill. Shivangini realizing the danger shrieked out “Allah”. She repeated at the top of her voice looking into the sky “ALLAH!!!” which reverberated in the sky and all around. In response she saw a white ball in the sky that looked close to the brilliance of moon. What responded to her cry for help was the same light that she saw many a time indicating the unity of all religions and oneness of God.

July 31, 2001 Tuesday - We went for a walk in the evening on the rail trail. Shivangini recalled how Baba has been telling her that he wants her at the camp. This is the summer camp for children in Ganges, Michigan at Vivekananda Monastery where we as a family do volunteer work and Shivangini teaches one of the classes on Human Values. She was wondering why Baba has repeatedly said that he wants her at the camp. In response to this thought Baba said "That is a spiritual door, you will reenter in a big way".

August 17, 2001 Friday - Today Baba lets her know of his Sankalp and says she is ready to receive him. Shobun experiences Shivangini's healing touch today.

In the evening we went for a walk on rail trail. During our walk Baba kept conversing with her. He said "You will manifest your divinity to the highest measure. This is my will." "You are more ready to receive me than you think." "Tonight you will receive powers".

On the walk while returning back we saw six deer. Some of them were standing next to the path and were looking in our direction as we were approaching them (usually the deer just run away as soon as they see people and not stand and look at them). Baba said "They came to see you". Shivangini understood that it was Baba's picture which she was carrying which had that attraction. Along the way while we were talking Baba said "I have to protect G". This was about a friend of ours who was in town visiting but we could not go to see them. We were surprised to hear about them from Baba. These people are not at all spiritual leave alone any belief or faith in Baba. I think Baba continues to make us realize that he is the One and he looks after the whole creation.

We came back from the walk and Raeshum told us that Shobun went to play with his friends. I showered and then sat down to meditate. Shivangini also started meditating with me. About 20 minutes later phone rang where Shobun's friend called and said Shobun was injured. We found out that he dislocated his shoulder and was in great pain. We took him to emergency where they popped the arm back into the shoulder joint. We returned home at 1 am and all of us went to sleep. Shobun mentioned while coming back that when he was in extreme pain for about 1.5 hrs he would feel relief and warmth going down his arm when Shivangini touched him on the shoulder. He also said that now he understands about the healing touch Shivangini has.

August 18, 2001 Saturday - Today in the morning before the rest of the household woke up Shivangini did puja and meditated. In her meditation she saw three visions. She saw Lord Sathya Narayan just the way you see in the picture. In second vision she saw a very beautiful goddess who had a crown on her head. She was standing and looking in the direction of Shivangini (she thought it was Sri Parvati). In her third vision she saw two eyes which were beautiful and had luster to them. These were the same eyes that she saw before in her own reflection in the mirror (do not remember the date).

August 24, 2001 Friday - On Thursday Aug 23 in her meditation she had a vision where she saw a Kalash three fourth full with milk. (Kalash means spiritual effort and milk indicates purity)

Today she did Durga (Maha Lakshmi) puja in the morning. Soon after that she saw in a subtle vision where she saw coins dropping from the air. Later when she was explaining this vision to me and said "Looks like we will get money". I replied "Maybe Dow Corning is getting our severance packages ready" (There were lot of lay offs going on at DC for last 1 year and continuing). Baba said "Earlier I told you that 20 generations of both of your children will never have shortage of money. You think the Dow Corning severance package money will last you for 20 generations?"

### **Baba's omniscience; Receives an award; dreams like an aspirant**

August 26, 2001 Sunday - She sees a dream where she is given an award and in her sleep she was conscious that this might result in ego. Later she sees some impression related dreams which are unusual for her. I am sure she is being made to experience the difficulties of those treading the spiritual path.

Shivangini had a dream last night where she saw that some woman was holding a banner with best #1 award written on it. Shivangini was sitting in the audience and they announced it was her. Some folks including camera man asked her to come up to the lady who was giving the award. They announced her name as Dolly Baile. In sleep Shivangini was telling herself that they are pumping her ego again and reluctantly walked up for the picture to be taken.

A lot of activity was going on with some children and some folks singing etc but none of them knew Shivangini. She saw two more scenes both of which seemed impression related.

In meditation she saw a vision of Sri Ramakrishna Paramhansa's face (a great saint of India in 19th century). It was subtle and brief but she could recognize him.

August 27, 2001 Monday - Baba shows his Omniscience and reminds Shivangini that she already has what she is trying to buy. Today both of our meditations were connected.

During the day today Raeshum asked Shivangini that she wanted to buy a stud for her pierced nose. Shivangini went to a store and was looking at the jewelry displayed. At that time Baba said "Remember when you were going to India you purchased set of 3 pair ear rings. When you were packing, for no reason known to you, you did not take that box with you". Shivangini knew what Baba was referring to and she completely forgot that she had them.

She came home and gave one of the ear rings to Raeshum to wear in her nose. This gave a very good feeling to her that Baba is constantly looking after us. In the evening Shivangini and I meditated in front of the shrine. For the first time in my meditation I saw the symbol AUM couple of times although it was faint. After the meditation I mentioned it to Shivangini. She told me that in her meditation she was unusually thinking about the symbol form of AUM.

### **Northwest region is hers; directed to read Saundarya Lahiri**

August 28, 2001 Tuesday - In her meditation she saw a Kalash made of Bronze. Baba said to her "I am giving you a boat called Narayan." Thinking Baba is asking her to do Narayan as a mantra she started concentration on her chakras with the thought of Narayan. Then Baba said "No, No. This will take you only to the worlds which you are familiar with." He repeated "I am giving you the boat called Narayan swami". We never understood what this was indicating.

Later in the day while she was carrying her daily activities when Baba said "North West region is yours to reach, preach, and teach".

August 29, 2001 Wednesday - A voice directs her to read Saundarya Lahiri by Adi Shankaracharya and it was very pertinent to her questions she had at this stage.

Last night she heard a voice that said "Read Saundarya Lahiri. This will take you further". We happened to have bought the book Saundarya Lahiri by Adi Shankaracharya (translated in English) from Vivekananda Monastery in Ganges, Michigan when we attended the Children Camp during first week of August.

She read that book in the morning instead of doing meditation. What she read in the book was so pertinent to this stage of her spiritual progression and helpful in clarifying the questions that she had been struggling with for last week or so.

In the morning when she woke up she bowed down in front of the Shirdi Baba's picture. She saw a lot of movements in Baba's picture - hand moving, facial expression changing etc. She noticed that Baba's face kept changing into Gyani's, and then back to Baba's. She said "It is weird". Baba said "No, it is not".

Today I came home in the afternoon for lunch and was very tired so took a nap. When I woke up and I did not quite open my eyes yet when I saw all blue color which changed to light green in the middle. Then I saw the symbol AUM again. Opened and closed my eyes and saw AUM one more time. We went walking and at that time Shivangini felt that all these signs put together were indicating blessing from God.

While on walk Baba said to Shivangini "You have not done what I asked you to do".

When we were in Puttaparthi going through the museum on the hill in Prashanti Nilayam, She saw two figurines in the area of Greek mythology. One was Artemis, moon goddess, and the other one was Sun god. Baba said "I already got you this moon deity. Now you go and buy yourself the Sun deity". Baba reminded us of this conversation when we were walking. He further said "It will do you lot of good like establishing a sculpture of deity".

A little later we were discussing how the projects undertaken by Sai organization are completed in 11 months. Then we started talking about Baba inaugurating these projects. At this time Baba said "I have to inaugurate you also." She said "You already inaugurated me on Oct 29". Baba replied "It was your birth."

### **Fully liberated and freedom like Gods; calm resignation**

August 30, 2001 Thursday - She woke up at 5 am. She stood in front of the Mandir for one whole hour and had communion with God. There is a lot that was said. There is a lot that she asked. Here we are capturing few highlights from that communion.

“Go tell him the good news”. She asked “What is the good news?” Because it was an hour long conversation around clarifying her understanding of spiritual matters. She did not know which portion of that conversation can be stated as good news. Then Baba said “You are fully liberated, you have freedom like Gods.” Then she was explained the difference between Gods, Avatars, Deities, Brahman, Saints and Sages, and ordinary human beings.

After this communion she came out with a firm conviction that there is nothing that happens or does not happen in this world which can be called wrong because everything is being done by the divine and therefore is perfect. Application of this conviction in her own daily life translated into the fact that there is no need to worry even when things seemed to be going wrong with children, family members, friends etc because as Baba had told her in the past “ Whatever is happening must happen.” What she learned here is nothing new it is just that she reached the point where she is able to live with this conviction. Earlier she knew only two ways of handling undesirable situations or people 1) Ignore or be indifferent or 2) Deal with it out of attachment. Now (2004) she learned the third way – accepting everything with a calm resignation. However if a situation calls for an effort or action to set things in so called right direction then just do it knowing that the desired result may or may not occur.

September 1, 2001 Saturday - We went for a walk in the evening and when we came back to the car Shivangini noticed a footprint on the very corner of the front windshield of the car. It was a partial footprint without the heel. She showed it to me and I was not sure how it could appear there and what it means. So we forgot about it. On Sunday Baba said to Shivangini that he was surprised that we did not get amazed at how it could have appeared at that corner of the car windshield and also we did not write down that experience.

### **Enters into Baba and walks in Sai Kulwant hall; All purified**

September 3, 2001 - It was in the meditation. She felt that she was in Puttaparthi in Sai Kulwant Hall, Prashanti Nilayam when Baba said “Walk with me.” Then she knew she was walking with him. She was not either behind or on the side or in front of Baba while walking. She realized that she entered in him and walked with him. Audience could see only Baba walking.

This is the first time ever she has an experience like this!

September 9, 2001 Sunday - In the morning during puja she looked at Durga Ma’s picture. She heard Durga Ma say “Connect yourself to Prakriti (she heard it in Hindi – Prakriti se natha jodo), at least for sometime.” Interestingly the very same day in the afternoon after a long time (months), our old friend R called and invited us for an evening get together – a worldly activity.

September 10, 2001 Monday - In her meditation she heard Baba telling her “You are all purified now” referring to her body. He tied a black thread around her neck and uttered

“Upachi”. Later when we looked up the meaning of the word it meant “increase, prosperity”.

### **Great suffering to accomplish Baba’s task**

September 14, 2001 Friday - As we were going for the walk Baba said “Enjoy your walk but don’t forget to talk to me”. There were a lot of things he talked to us about relating to our work. Baba said to Shivangini about me “If he knew the size of the treasure he has he would not even know how to count it”. Then Baba asked her “*would you be willing to go through great suffering to help accomplish Baba’s mission or task*”. He gave the example of Jesus Christ how he accepted crucifixion. Shivangini replied “Baba I owe my existence to you. Anything you will is fine. Only thing I ask for is the courage and strength to bear whatever pain I have to go through”. Baba said “*I will come and cure you in the nick of time*”. After this Baba told her “*To let him (Gyani) know that you just made agreement with God*”. While she conveyed that to me during the walk, we looked up in the sky and saw the cloud pattern which was exactly like a human spine displayed horizontally – spinal column vertebrae, ribs etc. And there was a gap in the spine about half way where it looked like a vertebra was missing and another one was half faded. This cloud formation in the sky looked almost like what one sees in X-ray of a spine. Both of us linked that vision to Shivangini’s health problem relating to her spine.

### **Vayu Lok; filled with light; Kootasth (rooted)**

September 15, 2001 Saturday - Taste experience without drinking anything. Her heart cavity gets filled with light and she goes to Vayu Lok. Going to Vayu Lok indicates that her consciousness reaches the vibration of the chakra at the heart level which is corresponding to the astral heaven (Mahar Lok) in the astral cosmos.

This morning while still in bed, Shivangini felt a clear sweet taste in her mouth as if she was drinking something. The taste was very pleasant but nothing she could relate to. As she was thinking what it was she heard “it is nectar”.

After that she showered and then meditated. She saw a white lotus. As she saw a small light in the heart cavity which started growing in size when Baba said “Fill your self completely with this light”. As she tried to do that the light disappeared. Second time it happened again when Baba repeated the same “Fill yourself completely with this light”. As she heard this she made an attempt to concentrate more on the light. But the light receded again. Baba said “Do not react. Simply allow it to fill you”. Third time she saw the light again. This time she did not react and this light grew in size and took the form of Lord Indra (King of Angels) she has seen in a picture. A little later in meditation she felt in certain way which she has felt before. Baba reminded her that was the Vayu Lok she had been to before. At the tail end of the meditation Baba said “Kootasth”.

After meditation we looked up the meaning of the word in Sanskrit dictionary and it meant “Not changing, firmly fixed, Sthir, Achal”

## **Illumined City (Shiv Lok); crippled Prophet**

September 16, 2001 Sunday - She has a transcendental vision of a city from another world which was self luminous. A cradle got sent for her from the Illumined city (This refers to Shiv Loka, the causal cosmos and is dealt with more detail in Chapter 4 Higher Journey). After dropping out of transcendental state she concentrates and get back into that state again and the scene she was seeing earlier continues. This is a remarkable skill of concentration.

When she woke up she stood in front of Baba's picture and bowed down to him with her eyes closed. She saw a light appear and slowly started growing and completely filled her vision (her eyes still closed).

Then she showered and went over to mandir. We did puja together and sat down to do meditation.

As she sat down to meditate, Baba said "Transcend". She asked how but Baba did not reply. In meditation she saw a rocking cradle from the side and it was draped with a cloth. Cradle and cloth were shiny (like a source of light) with white and gold touch to it. Little later she saw a widely spread city filled with structures which looked like mandirs (Gopurams) with a big mandir at a height in the center. All these mandirs had a bright shine as if it was a source of light. When she realized what she saw, the scene started to fade (typically what happens when we transcend and come out of it as soon as mind engages). She concentrated and the receding scene held in place and then got clearer again. Then the scene started getting closer and she could see more clearly the beauty of the place. Then the scene faded away. Baba called it "Illumined city, and the cradle was sent from the illumined city". See Chapter 4 for further elaboration on this.

September 22, 2001 Thursday - In her meditation she heard "Samyukta Chittaha". Later when she looked up the meaning it meant "connected mind, thinking, intentions".

September 23, 2001 Sunday – Baba reminded her of the 'crippled prophet role' again. She agreed to it as long as he is with her and gives her strength.

In meditation she asked "Baba, What is happening in the world and why? (Referring to 911 WTC attack) " Baba immediately responded and it is captured in 911 incident section.

As she was relating what Baba said about WTC attack to me Baba asked her "What role are you willing to play?" She said "I don't have any will. I will do what you want me to do". Then he said "How about a crippled prophet?" She said "I will play any role you want me to Baba but you know my conditions (earlier she told Baba when he told her about being a cripple that she wanted his presence in her heart all the time and the courage to deal with being a cripple) ".

We went for a walk in the evening. She was thinking to herself "I am so grateful for what you are doing for me and not only for me but my whole family. Is not that amazing?" Baba said "Agochar". She asked me what 'Agochar' means. I understood it to mean something not seen or not understandable but later we looked up in Sanskrit dictionary and it stated "Beyond description, beyond reach".



Baba said to her “That is why I want you to eat Phala haram (fruits and milk) in the evening.” She said “Baba milk does not suit me (allergy)”. She realized Baba listened to her patiently and said in a loving manner “Shivangini, would I mislead you?” She was talking to Baba and said “I am not sure when will I see you again.” Baba said “When would you like to see me?” She replied “What good is me coming over there. You will make me sit way back there (meaning outside the hall and that happened during our last visit”. Baba said “You can sit closer but I no longer give Pad Namaskar. I could give an interview. But you won’t be happy with that. All you could do after the interview is go tell people what I talked about and you can do that even now. I talk to you all the time. They will listen to you”.

## **How a Yogi sleeps; Baba gives powers back to her**

September 27, 2001 Thursday - Today Baba gives her an experience of how a Yogi sleeps. Alert and aware in dream stage. Baba tells her that Sannyas is a stage of life and not an accomplishment. Becoming a Rishi is an accomplishment.

Today in the morning meditation Baba said “Kootasth” (firmly rooted), “Utsav (festivity), Manoranjan (entertaining)”. Baba explained to her about a vision she has seen in her meditation a few years back which had come to pass. At that time she was seeing the future but did not realize it till Baba explained to her today. In her vision she had seen herself chasing a Bengali lady who was running away from her.

In the middle of night about 2 am she was hearing in her sleep some people were chanting hymns. This chanting was nothing like anything we heard so far on tapes, CDs etc. and it was very smooth and flowing. She could not make out the words being uttered. She said “Baba, please make it louder so that I can make out the chants”. Chants became louder but she still could not make out the words or language in which the chants were being uttered. As we were writing this Baba said to her “This is an example of how a yogi sleeps” (referring to the alertness, and ability to increase the volume in the dream). She was thinking to herself “I have become a Sannyasi”. Baba said “Sannyas is one of the four stages (ashram) of life. Becoming a Rishi is an achievement”.

September 29, 2001 Saturday - Baba told her that he is giving the powers back to her. Through dreams she was told that she is not ready to undertake another spiritual activity. In the evening Atma tells her about a word she will come across in the evening.

Last night she saw in a dream three fruits – one was oval shaped mostly yellow but bottom portion was greenish, other two fruits were round. One was very bright orange indicating ripeness and the third one was ripe but she does not remember the details. She had another dream that conveyed an important message in response to her current plans relating to spiritual work. Through a series of scenes she was told that she was not ready to undertake another spiritual service activity that she was thinking of. In the dream she cut the fruit which was still a little bit green (indicating not fully ripe yet) and put it in a plate to be served.

When she got up and she was getting out of bed, Baba said “I am giving the powers back to you” (she did not know what powers were taken away and which were being given back to her).

In the evening we went for a walk and when returning she heard “Vikram” and did not know what was the context. Later she did Hanuman Chalisa before going to sleep (usually she does this in the morning) where she came across Vikram. Then she realized that Atma told her that she was going to come across this word.

## **Brahmanubhuti (Experiences of Brahman); Science of Spirit**

September 30, 2001 Sunday - During meditation Baba said “You have the experience, the Brahmanubhuti. It is just that you do not recognize.” Then he went one by one over the examples of her own past experiences that should be considered as experiencing Brahman. He said “With your eyes closed when you see the images of god what is that? You have heard flute playing in your heart; you have heard Vedic hymns; you have communion with me; what are all these? You have experienced my touch at midland airport while coming to Puttparthi, what was that? You have smelled at several occasions the divine fragrances; one time when you were cutting onions and smell was bothering you and you were complaining having to do that work, suddenly the smell of onion got converted to smell of roses, what was that? Many occasions when you spoke you were surprised at the knowledge and fluency of your speech and where did that come from? Many times you have tasted food without putting the food in your mouth, what was that?”

In meditation she saw, very briefly, a small room about the size of mandir and Lord Shiva was sitting on the floor with his eyes open and looking at people sitting in front of him with pleasantness and tranquility. There were about 6-7 people sitting in front of the Lord and we were among them. It left a pleasant feeling of God’s presence.

Just before lunch M from Detroit called to ask us to come over for Diwali. M had a dream last night; she could not recollect all the details, but she remembered that she saw Shivangini. In the dream Shivangini had the healing power. Interesting timing with what Baba said yesterday when Shivangini was getting up – He was giving the powers back. After lunch we went for a walk on the rail trail. While we were talking about many spiritual things, Shivangini wondered who those other people were sitting in front of Lord Shiva. Baba said “These are the select few who were being taught the science of Spirit”.

Baba explained to her about the sense of taste. She took her mind to that incident when she had a peculiar taste in her mouth and she could feel the same taste again. Then she started to take her mind to other times when she felt similar taste incident. Baba told her not to since it is not good for her. (this is how one gets entangled in Siddhis – powers). She was thinking of how to get rid of that taste. Baba told her to think about the divine smells she experienced. Her bad taste reduced but did not completely go away yet. Baba said “Then we have to develop the sense of taste”.

Later Baba said “To have compassion is human, to have love and compassion is divine, and to have neither is demonic”.

## **It is all a stage play; Conduct of a householder saint**

October 4, 2001 Thursday - Baba reminds her that it is all a stage play. In meditation she has the vision of Baba blessing her and his expression was that of how one blesses adults. He gives advice on how a householder saints need to conduct themselves.

During the night she had a dream. She saw a stage like setting where people were performing like speeches, singing etc. While she was waiting to go to the stage she found that there were two people who went ahead of her onto the stage to perform and one of them is R (Shivangini's cousin). She saw two very great people come to the stage and performed by uttering mantras and followed by singing. She then realized that she was not prepared to perform on the stage like those people. At that time she saw some man (she thought he was her son-in-law) who came up with an idea where she uttered one sentence and he replied to it in a way that created an amusing act. This turned out to be a good performance and Shivangini was making sure they got their act together. So she asked that man "ok go ahead with your line". He said "I don't know. Which line?" At this point Baba said "Impromptu was fine but you need to write the script where you know your line and he knows his line". Later she saw herself performing and Baba said "Remember it is all a stage play".

After waking up she went to the shrine when Baba said "Connect to me". She took Baba's small picture where he is upholding the golden lingam in her hands and sat down to meditate. During meditation she had a clear vision of Baba. He was in a standing pose blessing her with both hands wearing an orange robe. She could clearly see his facial expression which was different from the picture we have in our shrine (mandir) that has a smiling face. His expression felt to her as if it is an expression one has towards grown ups. On October 19, 2001 Baba advised her on how a householder saint should conduct herself in terms of attire, speech, not to be a recluse, and no mixing with people.

## **Lord Yama complains to Baba; Blue light will enter**

October 21, 2001 Sunday - In a dream last night she sees Lord Yama (God of death) complaining to Baba that Shivangini delayed a death that was due to take place. Divine mother as Saraswati (Goddess of Knowledge) and Durga bless her with capabilities. She had a dream where she saw a wooden bridge partially covered with snow and she was walking on this bridge and realized that she was all alone and it was dark, like night time. The scene made her think that it was not safe to walk there so she turned back. Upon returning she heard a conversation between Yama raj (god of death) and someone although she saw neither of them. Yama raj was saying to the other person referring to Shivangini that "There was blood, but she stopped her (referring to some unknown person) death".

Here is what I recall based on the conversations Shivangini and I had regarding what Yama Raj was referring to in the above dream. There was a terminally ill person who was expected to pass away in a few days or weeks at best. When Shivangini heard of the situation she said, due to some internal push, that this person would live for 2 – 3 more

years. This person actually lived for about a year or so before passing away. It was quite a surprise for everyone that this person survived even that long. In the above dream Yama Raj actually complained to Baba that she interfered with someone else's destiny. On Dec 15, 2001 Divine mother tells Shivangini not to go on the path where there is snow and ice indicating this is the path that leads to Siddhis (occult powers). Interestingly she goes on this path, realizes the danger, and returns back to find that she has exercised an occult power as indicated by Lord Yama to Baba.

Due to the disturbed feeling generated by this dream, she woke up. As she was stepping out of the bed she first heard "Bhadrachal", then "Digambar". She moved from her bed side to do pranam to Shirdi Baba then she heard "Shankara".

After this she sat down to meditate. In her meditation she saw only pitch black darkness like she has never seen before. She also had a vision of thick stream of oil pouring. She did her puja at the mandir and as she was praying with her eyes closed when Saraswati ma said "Bring whatever book (subject) you want to learn, put akshita (sanctified rice) and a white flower on it and pray to me and I will bless".

As she was concluding her prayer, Durga ma told her "A blue light will enter in you and that will keep you Yogasth for the rest of your life and allow you to do the work for which you have been prepared".

"Digambar" means darkness and it is also referred to as Shankara. Jain ascetics are also called Digambar. We realized that the applicable meaning in this case was darkness. This was consistent with the previously observed phenomenon where future gets revealed to her. Here also first she heard the word Digambar and a little later in her meditation she saw unusual pitch darkness. The other two words "Bhadrachal" and "Shankara" both refer to Lord Shiva.

We learned from Baba that seeing oil represents effort in sadhana.

## **Nav Ratri (nine nights); Sharpening of intellect through Sanskrit**

October 17-25, 2001 - During the Navratri which began on Oct 17 and ended on Oct 25 different Sanskrit words were revealed to her each day.

On Oct 22 Monday she woke up with a strange realization of the oneness of all god forms. After this she went up to the shrine and instead of doing usual puja she looked at different pictures of the deities and addressed it to Baba as to how she understood the oneness of all god forms. As she got done expressing her feelings she noticed a change in the eyes of Lord Krishna in one of the pictures. She asked "What is it? Why are you looking at me that way?" Lord Krishna replied in one word "Samvedana". At that moment she thought it meant something negative but later she looked up in the Sanskrit dictionary and found out that the word meant accurate knowledge and experience. Then she understood the word was in response to that day's understanding and experience that she had about oneness of all god forms. On March 28, 2001 Lord Krishna said that he himself put Tilak on her when she has the vision of oneness. I think she gained understanding of oneness today and next the vision of oneness?

On Oct 23 Tuesday she heard the word "Goshtipriya" (one who likes assembly, fellowship conversation, society).

On Oct 24 Wednesday she heard the word “Ganasindhu” (Gana - crowd, troop, those who follow the same trait or sect, Shiva’s attendants; Sindhu - Ocean, river, water ejected from elephants trunk, elephant, varuna; Ganasindhu - Elephant among the sect or the chief among Siva’s attendants)

On Oct 25 Thursday she heard the word “Gambhirastha” (deep, serious)

Other words she heard during this time were Anusandhan (careful attention, scrutiny, and research), Mahaketu (having a great banner, clearness, brightness, leader etc., reference to Lord Shiva), Shikhandi (feather of peacock, head ornament).

## **Effect of food and mingling; Receives guidance for baby shower**

October 27, 2001 Saturday - On Friday she attends a Puja followed by a dinner. She sees the impact in her ability to stay in God thought. On Saturday she notices drastic changes in her mental make up and realizes what Baba had said earlier that she will be a tree that bears fruit for others and that he is the one controlling these transfers of energy, unknown to her, based on who needs and deserves.

Today she felt exceptionally quiet, sad and totally devoid of God thought and could not meditate or concentrate. By the end of the day she started feeling better and understood that her emotions were the result of her mingling with the people she met at the puja on Friday and the food she ate there. On the positive side, she involuntarily ended up benefiting the spiritual growth of the people she met yesterday. This reminds of what Baba said to her earlier that she is going to be a tree that bears fruit for others and that he is the one controlling who gets the energy uplift from her and when.

November 2, 2001 Friday - Shivangini got guided to perform a Yajna in our home for P’s baby shower (Seemanton-nayan) Vedic ceremony. Baba advised her that she should do Gayatri Mantra Japa (recitation) 1008 times for nine days prior to conducting the Yajna that she has planned for Seemanton-nayan ceremony on Nov 17. He also recommended that for this ceremony she should cook the food herself and not have a pot luck lunch.

She has been conducting for a year the Human Values and Hinduism classes for the local community children. For the year ending class she was planning on an essay contest and giving some little awards to the winners. Regarding this Baba told her to consider giving significant and meaningful items as awards.

## **How Rishis and Sages act per divine will; intuitive choice**

November 4, 2001 Sunday - Baba explains how Rishis and Sages act per divine will. Baba shows his omniscience as follows: Baba asks Shivangini to give a boon to A and she was hesitant. Later when she calls A., she gets to hear about a dream A had about six months back where Shivangini was giving boons and had powers.

Whenever we read in the scriptures about a Rishi or Sage giving curse (Shraap or Shaapam) to others in anger she always wondered why such realized souls were unable to control their anger and were unable to stay loving and compassionate towards other

human beings all the time. Today Baba educated her on that subject through couple of books and direct communion. He gave the example of Yadav clan (Lord Krishna's) was destined to be annihilated as per divine plan. This play was enacted by the Yadav youth who dressed one of the boys as a woman and took this boy in front of a group of sages and said "You sages seem to know the future. Can you tell if this woman would give birth to a son?" Sages who truly knew the future could see through this practical joke and got annoyed and cursed saying "Yes, this woman will give birth to an iron rod which will destroy the entire Yadav clan".

Baba explained that the sages were not acting out of anger but they have the divine vision, they know divine will, and they were simply being the instruments in facilitating the future result. This is how all Rishis have acted in the past with their Divya Dhrishti (divine vision). They act angry, lame, dumb and more based on the role given to them.

Right after this conversation Baba asked Shivangini to give a boon to a person (A.) she knows who considers Shivangini as her Guru. This person called Shivangini, yesterday evening, because she was feeling lonely. During the conversation she said that 'she was glad that her husband would come back from work and she won't be lonely but God forbid if something happened to him this is the kind of loneliness she would have to face'. It so happened that Saturday was Kadwa Chauth (day when women fast for the well being, prosperity, and long life of their husband).

Baba said "Tell A (the person described above) that 'Shivangini gives you this boon that you will be a Sumangali not only in this life but whenever you take birth again as a woman'". Shivangini felt highly uncomfortable with that and said "Baba, giving boons is your job, not mine. Why don't you give her the boon you are asking me to give?" Baba reminded her of her oneness with God and said "How would you play the role, How would you serve me if you don't do what I ask you to do?" Seeing her continued discomfort he said "OK, go ahead tell A that consider this to be a boon from Lord Shiva. But tell her today."

Later in the evening upon my (Gyani) insistence she called A and conveyed a watered down version of what Baba asked her to tell because of her discomfort in giving boons like God.

During their conversation A revealed one of her dreams that she had six months back but never told it to Shivangini. In her dream she had seen Shivangini amongst a group of people doing satsang (spiritual talks). A. walked in and observed three bad things coming down from the sky towards her. Shivangini looked up at these things and redirected them somewhere else. People sitting there questioned Shivangini as to why she was doing this for A.? Shivangini answered "I will give her whatever I wish. It is none of anybody's business".

It was interesting that six months back Baba gave a dream to A and now asked Shivangini to give her a boon so that she gets to know about the dream A had.

November 9, 2001 Friday - Baba gives her a dream where he shows her that she is demonstrating one of the qualities of a prophet - intuitively picking the right option without knowing the complete detail. She has two other dreams which seemed like they had no meaning at that time, but now in 2006, I feel were indicative of future events.

Last night in a dream she saw a humongous room with high ceiling with no furniture. There was a small mat (Dari) on the floor and a small group of men were sitting on the mat. She recognized only two of them T and N. One entire wall was being used as a board on which three different options with numbers 1, 2, 3. Descriptions of each of the options were displayed on the wall. The men pointed to Shivangini those three options and asked her to make a decision on which one to opt for. She intuitively picked option one.

At this, one short and heavy set man (J from Achampet) stood up and said “if you are opting for #1 then press this button”. He pressed the button which was not visible till then. As soon as he pressed it suddenly the whole wall got filled with numbers, information. She looked at it and said “There is lot of cost. Can we afford it?” All of them said “Yes”. They commented that this is the best option among the three and she had picked the right one intuitively. Interestingly this dream portrayed to her that she is demonstrating one of the qualities of a prophet – intuitively choosing the right option without knowing the complete detail.

In another dream she saw her niece J who was visiting midland and was staying in a hotel. She stayed for the weekend and did not even call us. Shivangini said to her that you were here the entire week and the weekend and you did not even call us. J replied “what is the big deal? I have life of my own.” Shivangini asked “How long will you be here?” She replied “I am leaving on 9th”. This is an unlikely situation as J was always close and thought highly of Shivangini (On Dec 17, 2006 J passed away and this dream gave a hint of the future).

In another scene she saw CR. They were talking to each other and C had to bend her head to listen since she is much taller than Shivangini. At this Shivangini commented “Perhaps you should sit down then we will be at the eye level”. In response she very humbly sat down on the floor. Her humbleness made Shivangini very affectionate towards her.

### **Hears Mantras as a Yogi; Lord Surya, Durga Ma, Shiva talk to her**

November 10, 2001 Saturday - She sleeps like a yogi where she hears a mantra and was fully alert to ask what it was about etc. Lord Shiva says from today onwards she will ride the bull with Him meaning that she will be operating at the Self (Atma) level.

She woke up early in the morning and meditated for about 1.5 hr. It was totally dark and had no communion with Baba. This left her a little frustrated and she went back to sleep. In her sleep she saw bright light and in the atmosphere she was hearing very clear, loudly uttered mantras. In that state her mind questioned “what is it?” Reply came “This is Adithya Hridayam (This is the mantra sage Agasthya gave to Lord Rama for victory in his fight with Ravan)”.

During her puja in the morning Lord Shiva said “From today onwards you will ride the bull with me”. She asked “What does this mean?” Lord Shiva said “You will know.” She and I interpreted as this to mean that she will be operating at Atma (Self) level and not at the Jivi level (individualized soul).

November 24, 2001 Saturday - Shivangini is asked to conduct Laxmi Puja for Diwali and Baba gives her guidance on how to do it. She has a wonderful experience of Lord Surya

(Sun). She is guided on how to purify herself and has a funny but revealing conversation with Durga Ma.

- On Nov 17, she was invited to conduct Laxmi Puja on Diwali occasion at M's home. Baba asked her to do Gayatri mantra 1008 times daily and not to eat sweets till 17th of Nov so that the puja will be an effective one.

- Actual Diwali was on Nov 14. On Nov 13 she learned that Sri Suktha from Rig Veda were the proper hymns to be uttered for Laxmi puja. Just in the nick of time she also learned the proper tone and tune for uttering the Sri Suktha. On Diwali day she was invited to participate in a puja at a friend's house. She uttered for the first time the Sri Suktha hymns.

- On Nov 18 or 19, She heard while lying down in bed (not a dream) when Baba said "You and your worldly family is blessed with divine riches". Initially she thought it was our family of four but later she understood from Baba that the worldly family included her and my parents' families. (Interestingly my sister in law who gave up God worship became Shirdi Baba devotee in 2004, J became spiritual, Mummy became Sai devotee)

- On Nov 21 right after she and I finished doing the Surya Namaskar mantra, a light from the sun descended and spoke to her "I am here to assist you in your divine task". Although I was standing next to her but I could not see it.

- Durga ma said "I bless you with success in everything you do." Shivangini asked "Just me, How about Gyani, Raeshum and Shobun?" Durga Ma laughed and said "There are no group blessings. Everyone on this path has to earn their own". This hit me the hardest for all along I thought by helping Shivangini I am doing my sadhana (spiritual effort). Many times when I spoke to my friends or others I used to mention this to make the male spouses aware since they tend to be laggards when it comes to Bhakti, and spiritual effort.

- On Nov 22 in her meditation, she saw a white towel which had a round blackish object placed in the center. First Baba advised her "Tomorrow morning take a bath with a gallon of milk. In the milk put two coins and Tulasi leaf." She understood which two coins Baba was referring to. One coin had a picture of Sri Krishna holding Govardhan hill on his finger and another coin had Sri Sathya Sai Baba's face. Two different people gave these coins to her during our 2001 summer visit to India. One was given by Badam Krishnayya, the second one by G. Sudhakar and both of these people are from my village Achampet associated with Sai Center in India. "Tomorrow you will ceremonially become a holy personage". Later during puja Lord Shiva's picture spoke "After your bath with milk tomorrow morning, apply chandan on your body and take the tilak from my forehead and apply it on yours. Do not forget to do this. This is how people will recognize your holiness". She also understood that the meaning of seeing a towel in her meditation was to let her know that she was supposed to give a towel in charity to a practicing Brahmin.

## **Knowledge phase; Intellect; Books; Sanskrit words**

November 25, 2001 Sunday - In Knowledge phase Baba continues to give her Sanskrit words to learn their meaning and to use intellect in understanding the context in which



they were spoken. Baba gets her to read his books, Shiv Purana, Atharva Veda etc. and as we would discuss Baba would steer our understanding the right way. What a blessing!

In the meditation she heard five Sanskrit words one after another. Those were Pashyanti, Dharma, Kala, Swasthi, and Nidhi. We did not know the meaning of these words except two. Later we looked up in the Sanskrit dictionary and they meant as follows. Pashyanti – Speech to be felt by mind alone; Dharma – established religion/ custom/ practice/ duty/ order/ law/ justice/ merit ; Kala – A small part/ portion/ division, art, skill, ingenuity; Swasthi – blessing, welfare, prosperity, joy, bliss, benediction; Nidhi – Treasure, Wealth. We understood that Pashyanti (speech to be felt by mind alone) is a part of merit/ law and is a skill, a blessing and a treasure.

She asked Baba “How should I conduct myself? I know that you will speak, think and act through me. I don’t have to worry about anything. What needs to happen will happen at the right time, right way. But I just want general understanding of what is that needs to happen or will happen.” In response Baba lead her to selected pages in one of his books.

As we were writing the above Baba said “Are you not going to write about what I told you yesterday?” Shivangini said “I don’t have the guts”. Baba said “Why? You don’t trust me.” She said “It is not that. I just don’t have the courage.” Baba said “OK don’t. I will”. So we decided to go ahead and write it. The question she had asked yesterday was “Where have I come from? Where am I going? What is going to happen?” Within minutes she was led to specific pages of a book where King Yudhishtir was asking Sages a similar question about the future of the baby Parikshit (Arjuna’s grandson). (This is a part of the epic Mahabharat). A group of Pundit astrologers after examining the horoscope and preparing plans based on the zodiacs and constellations were saying “We have never yet come across a more auspicious grouping than is indicated in this horoscope. Here, all the signs of good augury have assembled in the moment of this child’s birth. The moment indicates the state of Vishnu Himself! All the virtues will gather in this child. Why describe each glory separately. The great Manu (progenitor of human race, mind born child of Lord Brahma) has again come into your dynasty. He will revere the gods and the Brahmins. He will perform many Yajnas and Yagas (sacrifices, fire ceremonies) prescribed in the ancient text. He will spread the fame of your ancestors’ line all over the Lord. He will win all things that gods or men covet.” Further Yudhishtir asked them “During the regime of this prince will there be any great war? If war is inevitable will he achieve victory? ‘No’, said the Pundits, he will not be pestered by any foe. He knows no failure of defeat in any undertaking of his. This is absolutely true and unshakeable truth”.

When she reached reading up to this point in the book, it was at the end of the page and she was about to turn the page when Baba said “Have not you read enough” which she understood was in response to her earlier questions. At this point Baba drew her attention to the page number of the book which was 14. Since Oct 2000 Baba has been calling her number 14. At several occasions Baba had been calling her number 14 but so far she has not fully understood why she is being called this number.

During the afternoon we were using the hot tub and that time Shivangini started talking to me about the Shiva Purana (scriptures about Lord Shiva) she has been reading. Kalpa is

divided into 1000 Maha Yugas and each Maha Yuga is divided into four Yugas. The Yugas and Maha Yugas are longer in duration in the beginning and then get shorter and shorter in duration based on certain sequence given in the Purana. There are mini Pralayas (destructive calamities) between each Maha Yuga. End of the Kalpa is Maha Pralaya when the whole creation dissolves and all Jivi's (individualized souls) go into a dormant state. We were also talking about the Sages who are born in every Maha Yuga and how they have generic names like Vyasa, Vishwamitra etc. Baba said that these sages are not born in Kali Yuga but in the beginning Yugas. Then they keep coming in other Yugas to do God's work (they keep taking name and form as necessary).

Earlier during the day Baba asked her to take the Atharva Veda along in the car to read when we had to go out to do chores. Baba also said that there is a test coming up soon. She read about the various plants and what medicinal effects they had in the Atharva Veda.

As I got out of the shower she asked a question about Citron plant. This is the name of the plant in the Atharva Veda which states that it is used to cure various illnesses along with the property of reducing aches and pains. I never heard about the plant's name except citrus trees. I said to her "At this rate you will be an Ayurvedic doctor". She replied "We will make Shobun one". Baba said "I will make Shobun what he is already destined for. I will give him a much exalted position". Both of us were thankful to Baba at this revelation and what He has planned for Shobun.

## **Annapurna**

November 28, 2001 Wednesday - During night and in meditation Shivangini had an interesting dialog with Goddess Bhavani and she asks for lot of food offering. It was food galore!

This morning when she woke up she realized that during the night she has been repeatedly hearing the word Bhavani (fierce form of Divine Mother) and was asked by the goddess to offer Jalebi, Gulab Jamun, and lots of foods.

After washing up she sat down for meditation and in the meditation she again heard the goddess asking her to offer Jalebi and it should have saffron in it. Goddess also said "Offer any amount of food you can. It won't be too much". She said to herself 'prepare food again!' because only few days back we had celebrated Baba's birthday in our home and she had prepared a wide variety of foods. She asked "If I make more food who would eat?" To this Baba replied "You can distribute it to people".

After concluding the meditation, as she was getting up, she un mindfully picked up a book from the middle of a book pile and arbitrarily opened it. On that page there was a Stotram (hymn) about goddess Annapurna. Literal meaning of Annapurna is one overflowing with food. Interestingly in one of the verses in the hymn there was a mention of saffron just the way she heard in her meditation. This convinced her that she should truly make and offer the foods that goddess had asked for. She did not know how to make Jalebi, so that day she called her cousin in Detroit and asked for the recipe. The recipe her cousin gave was for a large batch and Shivangini, not realizing, made a big batch of the mix. Next day she prepared Jalebi and she was still left with excess mix. As strange as it may sound but

indeed Baba guided her step-by-step into creating three extremely delicious food preparations out of the same Jalebi mix. As a result she ended up preparing lots of food items for the offering. While she was making the foods goddess said "I will reward you as much spiritually as the number of ingredients you offer in the foods." She found this statement amusing; nonetheless she made sure to add as many varieties of spices to the items as she could. Interestingly all the food items turned out exceptionally good in taste, although some of them were made for the first time by her.

## **Uniting religions; prestigious spiritual seat; Wahe Guru**

December 1, 2001 Saturday - Very interesting and special experiences occurred yesterday and today. They spanned from Baba assuring her of prestigious spiritual seat; she feels the way Guru Nanakji may have felt when he had realization. Today in a very interesting way we end up doing a very rare puja at Flint mandir.

On Thursday night she saw a dream which seemed to convey a message of uniting three religions - Hinduism, Islam, and Christianity. She got invited to an American colleague's home, who she worked with 12-15 years back, for spiritual teaching. In their home, the friend and her family were living jointly with her husband's two brothers and their families. One of the brother's wife was a Muslim and was reading a book written in Urdu script. She said she was reading Ayat (Shivangini did not know what Ayat meant but she understood it to be something religious). Third brother and his wife said to Shivangini that the couple (referring to the brother with Muslim wife) was not God oriented and they need to be left alone or taught Godward path. When Shivangini saw the Muslim lady read the religious book she thought to herself why were they calling her not God oriented? As long as she is on the religious path it does not matter what religion it is. Later we looked up the meaning of Ayat on internet and it means verses (like the verse of the day).

Yesterday (Friday) evening she was using the Jacuzzi (hot tub) when she suddenly felt like meditating. As soon as she closed her eyes Baba started speaking to her. First she noticed that her own arms were spread out on each side when Baba said "You are sitting on a lotus. Enjoy the fifth Kosha (and she knew that He was referring to Ananda maya Kosha, the sheath of bliss). Penetrating beyond the fifth Kosha at this point in time is not right but I am working on it and you will, as I already have told to you. Right now you do the work that has been given to you (and she understood that He was referring to her teaching and writing about spirituality)."

Earlier in the day she had been struggling with the proper gift items and verbiage for the certificates that she wanted to award to the children for completing 1 year of her spiritual classes. At that time she did not receive any guidance from Baba on this subject. About that Baba said "You were trying to pack a lot of spiritual knowledge for these children. This year it was fine but some of these children have a long journey of many lives so make it more entertaining for them and not rush them into the Atma Jnana (Self Knowledge)."

After this Baba offered her insights into many of her doubts and questions relating to spiritual knowledge which made her very happy. She was in the hot tub for a long time talking to Baba. Finally Baba asked her to get up and get out of the tub. As she stood up in the water she was so touched by all that was taught to her that she kept saying “Wow Guru”. Her own words reminded her of Sikh Prophet Sri Guru Nanakji who after three days and nights of staying inside the water and receiving the Self Knowledge, emerged out of the water uttering the words “Wahe Guru”.

Soon after she told me about all her experiences in the hot tub and during that time she suddenly stated that it is going to be more than a week tomorrow and we still have not given the white towel to the priest as Baba had asked us to do on Nov 23. As soon as she said that I decided that we should go to the Kasi Temple in Flint tomorrow to give the towel to the priest. At this Baba said “You will go that far and take only towel. How about taking Upma (breakfast food)? I have bought you the food (recently she had purchased a lot of food from Indian grocery store in Detroit).” She laughed and said “Food again!!”

Today by 9:30 in the morning after preparing a huge quantity of Upma and Khoya Laddu (dessert made from cheese) we were on our way to Flint temple. While stepping out of the house, she received the guidance to take along the left over silver plates from Nov 23 gift giving. It is 1 hour drive from our home to the temple, and on the way Swami said few things about our children indicating that we have nothing to worry about them and that they both are blessed. Referring to the lotus related experience she had last night, Swami told Shivangini “I have given you a prestigious spiritual seat”.

Our overall experience at the temple was unexpected and extraordinary. There were only three people in the temple besides Shivangini, the priest and I. One of those three people was a man who was sitting and signing hymns in Sanskrit language in a very melodious voice. The priest told us that this man is doing Nava Graha (nine planets) worship. Per Baba’s guidance, we asked the priest to first do the Ganesha worship with the Laddu offering and then Shiva worship. The man who was singing and the other married couple joined us in our worship. The other married couple belonged to Bharadwaj Gotra (we overheard it when pujari asked them their Gotra for doing archana) which is same as Sri Sathya Sai Baba’s Gotra. After the worship we distributed the silver plate, the Laddu, and the Upma to the three people who were there. Upon receiving the prasad from us the man who was singing introduced himself as Dr Ravi Kumar from Waterford near Pontiac, Michigan. He said that the timing of our giving the prasad with the silver plate was an indication to him that whatever prayers he had made were successful and were responded to by the Lord. He sounded happy about that fact and said that he would like to make us happy by singing the same special prayer for us. He explained to us the significance of that special mantra prayer, which very few people even knew how to do, and that it is effective only when offered at an appropriate time. And today was that special day when the desires of the devotees were guaranteed to be fulfilled by Shani devata. Once given no one on the galaxy can take it back including Shani devata himself. Five of us sat together and Dr. Ravi Kumar sang the unique mantras which indeed felt special.

## **Rudraksha Mala sanctification; end of duality**

December 06, 2001 Thursday - Shivangini heard in her meditation “Kaashmir”, “Rudraksha-Mala”, and “Pancham”. Later we learned “Kaashmiraj” is a word which means saffron, and she was supposed to sanctify this new Rudraksha Mala, that my mother had sent for me, by soaking it in saffron before using it. Two days later I was massaging Shivangini’s shoulders because they were hurting her and she said it would be nice if this nagging pain goes away. At that Baba said “Why Shivangini?” I told her that it is the brain that feels the pain and body does not and it would be nice if one can disconnect the brain from the body at will. Baba said to her “That is Pancham, fifth phase”. From this we understood that perhaps the way to get to this fifth phase was connected to using the Rudraksh Mala after purifying it with saffron.

December 10, 2001 Monday - She sees in a vision of the ending of duality symbolically shown as the death of a cow. Baba tells her that she will be radiating his love today like a gem and people will feel it when she conducts the completion of 1 year of children’s classes. She understands by the end of the day that Yajna also means selfless cooperative activities besides Vedic ritual. In 2006 as I was studying Bhagavad Gita the same thing is mentioned in Chapter 3, Shloka 10 where it is referred as ‘Yajna is Vishnu’ (Krishna) and this is what she heard yesterday.

Yesterday as she was getting out of the bed she had a very subtle vision of a cow closing her eyes and falling down on the floor as if she was dying. After this vision she heard “Krishna Yajna”. Baba explained that the cow represents Jivatma (individualized soul), and the death indicates the end of all duality. She received the meaning of Krishna Yajna by the end of the day. While doing the Morning Prayer her attention was drawn to a heart shaped gem in the middle prong of the trident in Lord Shiva’s picture. And, Baba said, “Today you will be radiating my love like this gem and people will feel it”.

For a year now Shivangini has been teaching Sri Sathya Sai Baba’s Education in Human Values classes and Hinduism classes to the children in our community. Yesterday she held a special class marking the completion of a year where children of both the classes and their parents were invited. For both the classes she had organized an essay competition and in yesterday’s class she announced the winners; had them read their essays to the audience; gave nice sweat shirts with Baba’s quotes printed as awards to the winners; and other small gifts and certificates to all children. To support this occasion our whole family worked hard and with a lot of enthusiasm.

Today she read in one of the books where there was a dialogue between Arjun and Lord Krishna and Lord Krishna was saying “Yajna – a sacrifice – sacrificing our selfish-intellecets for the welfare of the humanity at large”. Further it was stated in the purport by the author that Yajna is a word used generally to denote the Vedic ritualism but the Lord extends its meaning here to apply for all selfless cooperative activities. This helped us understand why yesterday morning we were given the message “Krishna Yajna” which was referring to our effort today.

## **Divine Mother's guidance; Oneness; Book will make waves**

December 15, 2001 Saturday - In a very important dream last night, she gets guided by Divine Mother on which spiritual path to take. She is asked to take the outward path of service (Karma Yoga) and will reach the destination as quickly as by taking the inward path of a renunciate. Baba explains this dream to her next day.

Last night she had another unusual dream conveying a spiritual message. She saw herself standing on a hill top, the spot where she stood had a concrete floor and it was an intersection of four paths. Out of the four, three of the paths were in the outdoor while the fourth one was all indoor, tunnel like path. It appeared that she had just reached that spot after traveling on one of the outdoor paved roads. From the spot where she was standing she could see the second path, which had stairs leading down to a long path that was covered with snow and about three fourth of the way it had an icy patch. Interestingly she had seen this very same path in her dream about two weeks back and sensed danger at that time. The third path, which was an indoor tunnel, was on the right side of where she was standing. She could see the window like opening into the tunnel and the inside of the tunnel gave a feeling of clean, safe and lit up path. Right in front of the tunnel she saw a lady who told her to not take the second snowy path, because it was filled with hazards and she could get drowned in the icy patch. She further said that "the tunnel is no doubt safe and easy but it is not for you". She pointed Shivangini towards the fourth direction and said "go this way; after a distance there will be a boat to carry you to the destination". Shivangini expressed her concern that if she took this fourth path where she had to take a boat along the way, would she make it to the destination on time? In response the Lady replied "Yes you will reach on time. It will take you as long as through the tunnel".

In the morning when she was telling me about this dream, she recalled that two to three months back in meditation Swami had said "I am giving you a boat called Narayan Rao". At that time we both had wondered why Baba was calling this man a boat. In fact we almost thought of calling this man in India and letting him know what we had heard from Baba but did not feel comfortable doing so. The mention of the boat in the dream last night made her connect to what Baba said about Narayan Rao. (We never contacted Narayan Rao as of 12/30/05 and I am not sure of how it is related to Narayan Rao)

December 16, 2001 Sunday - She had two dreams last night. In the first dream she sees oneness of all deities but the rest of the family is unaware. Today Baba explains the meaning of the dream she had yesterday. Baba further indicates the significance of this book and how people are waiting for it.

Last night in the dream she saw the four of us in our house. She was a little bit away from the mandir when she saw two shelves and there were nine equal sized pictures of gods. Each picture was giving out light. As she approached the shrine (temple) to see the brilliance when all of them changed into identical pictures and the light coming out of them was gone. She went closer to examine the pictures and she saw in each picture two boats with four people in them. One boat was in a lake of water and there was another identical boat with four people in the sky. She called out for Shobun, Raeshum and I to

come see it. Shobun was standing in the living room downstairs and I just walked in carrying a huge bundle that had three carpets in it and set them down on the floor in the living room and said these came from M. We did not go upstairs because we were busy with the carpets etc. so instead she came downstairs. She enquired why M sent these carpets to us.

At this time she saw a small about two inch long yellow snake like bug crawling towards this bundle and it had a golden colored thread through its body on the back side and the thread was extended. Shobun picked it up with his fingers by that golden thread. The bug curled back with its head pointing towards Shobun's thumb. Seeing this Shivangini thought the bug was getting ready to bite his thumb when she took it from his hand. As she held it the bug turned into a red colored mouse and started wiggling when she let go of the mouse and the dream ended.

She woke up and started meditating and Baba started talking to her and said "Empty thwart". She did not understand and asked for clarification but she did not get any response. A little later again she heard Baba say "From today onwards you would be ....." She asked "What would I be?" He said "Grihasth Lakshmi". She knew the expression Griha Lakshmi but did not know why Baba called her "Grihasth Lakshmi". So she asked for clarification and again did not receive any.

As she told me about her dream, I told her how I understood the meaning of "empty thwart". I thought it was related to her warding off the danger to Shobun but in reality there was no danger and this is why Baba called it "empty thwart". Later Baba explained why he called her "Grihasth Lakshmi". He said that Lakshmi is God's body form and someone as a householder existing only for God's service is "Grihasth Lakshmi".

Just as we were writing this Baba told Shivangini that the reason he is having us rapidly document our daily experiences because Raghuv eer (person who translated our Inner Experiences book into Telugu) is anxiously waiting for this book. "This will be his fulfillment and fulfillment for many others. The book will create big waves because those people will grasp its meaning whereas you are too close and unable to realize its full magnitude".

Later in the evening we were sitting in the hot tub warming ourselves and were discussing yesterday's dream and its meaning. At that time Baba gave her the insight as follows: 'All the four paths you saw in the dream were indicative of the different spiritual paths. The tunnel path is indicative of the inward path of meditation, renunciation, and recluse. The path covered with snow was the path of the spiritual powers (Siddhis) and that is why it was shown as the path with stairs leading down and not up. Many men at this juncture opt for the Siddhi path and deviate from the ultimate goal. The path that you are asked to take is the outward path of service. The Lady who was telling you to take that path is divine mother.'

## **Lord Krishna says she is his jewel**

December 18, 2001 Tuesday - Where she is in her spiritual growth and what she has been made aware of about herself, it seems she is not yet fully identifying herself with her true identity of Atman and she keeps asking questions which are pertinent to the mind and body. One of her repeated question is how do I conduct myself? Today when she was praying in the shrine her attention was drawn to that picture of Sri Krishna for which she had brought a jewel which is placed on his forehead in the middle of the crown and looks beautiful. Lord said "This jewel is you and I have accepted it on my forehead. Just the way this jewel enhances my beauty, now you conduct yourself in a manner that you become my splendor/beauty." Lord said this in Hindi language and his exact words were "Tum meri shobha ban ke jiyo".

## **Why Avatar descends; Mrityu (death) Lok; Rudraksha mala**

December 19, 2001 Wednesday - Last night in a dream she sees Baba standing on a path and many Lingams spring out of the ground as she watches. This dream told her what she would end up reading 6 days later on Dec 25, 2001. Further Baba educates us today on why God descends on Earth to uplift people.

Last night in the dream Shivangini saw an outdoor setting where there were unpaved steps leading to a narrow pathway which had trees on one side and water on the other side. In a flash first she saw Baba and then right in front of him on the pathway very rapidly one after another in a straight line appeared numerous black stones in the shape of Shiva Lingam. The scene disappeared right after that but she kept asking in the dream "what were those? And where did they come from?" She felt that she brooded over these questions for hours in her dream and then she got an answer that those were Shiva Lingams and they came from Mrityu Loka.

She was a little scared when she heard this. When she told me the dream I did not feel that scared of the phrase Mrityu Loka. I understood it to be that Mrityu Loka refers to Lord Shiva because at the time of dissolution all beings die and subside in him. (Two days later Baba told her that Mrityu Lok refers to Bhur Lok, the world we live in)

Later today Baba educated us more on the need for God to descend on earth in the human form. This was in response to her question that "God is said to be taking the human form to uplift the humanity and reestablish the declining Dharma. God is eternal and all-powerful. Can't He uplift the humanity without taking the human form?" Baba said "When people see me in human form they develop kinship and when they see the goodness they aspire to be good. Majority of the people cannot experience me at the mind and other consciousness levels." Further he said "Majority of the people connect to me at physical level only and that is the reason why many are given the chance to be close to him physically but you two are not in Puttaparthi". We understood that Baba is differentiating the gross level versus the mind and the causal level connections.

December 20, 2001 Thursday - This morning she spent few hours in front of the shrine because Baba was guiding her step by step with worship procedure, mantras etc. prior to



putting on the Rudraksh Mala in her neck. This is the same Rudraksh Mala that she had soaked in saffron two weeks back upon Baba's guidance. Baba told her that for you it is not a mala to do japa instead it is a "Kavach" (shield).

After she put on the Rudraksh Mala, scenes from Dec 16 dream flashed in her mind where she was standing at the juncture of three different paths. In that dream and she was told by the Divine Mother that the path which was tunnel like and seemed illumined and easy to tread was not for her and she should take the outward path. At this point she felt that Divine Mother was telling her to take the tunnel path.

December 22, 2001 Saturday - In the dream she saw four big numbers 2,4,5,9. Upon waking up she wondered what they meant. Around noon she was led to a book titled Sri Rudram and Chamakam and she was asked by Baba to read the Anuvakas numbered 2, 4, 5, and 9 in the book and write the gist of Anuvakas she was asked to study.

### **Prayag and Lingams in the Purana; Sanskrit words**

December 25, 2001 Tuesday - In meditation she hears the words "Prayag" and "Nahusha". Then she is lead through books where the meaning of both the words reveals itself. Baba tells her today that what she saw in a dream on Dec 19, 2001 foretold her about what she is going to read today.

We were at P's home in Detroit. In her morning meditation she heard "Prayag" and "Nahusha". She asked me what they meant and I only heard of Prayag as a holy place and did not know what "Nahusha" meant.

During same day she learned the whole story about Nahusha, who was the son of Aayu and father of Yayati and was cursed by sage Agasthya to become a serpent. Nahusha remained as a serpent for ages till Yudhishtir in Dwapar Yuga released him of that curse. By the end of the day she also found out the reason for hearing "Prayag" today. It was interesting experience for her. It was close to midnight and her body and mind wanted to go to bed, but helplessly she kept flipping pages of several books. She scanned through four different Puranas and learned a lot about Jyothir Lingams (self manifested Lingams), their Upa Lingams where they are located, how they came into being, what are the benefits of seeing or worshipping them. While she was reading all this information, Baba told her that the dream about the numerous Lingams that she had seen six days back on Dec 19 was a fore knowledge of what she is reading at this moment. What she learned about Prayag was that 'at the holy center of Dasha-Ashvamedha at Prayag the Lingam Brahma-Eashwara formerly installed by Lord Brahma. This Lingam is the bestower of the four fold aims of life namely Dharma (obligatory duties), Artha (earning money by fair means), Kama (legitimate desires), and Moksha (liberation from birth and death cycle). In her dream on Dec 19 she sees these Lingams coming out of the earth (Bhur Lok) which also indicates that they are self manifested.

December 26, 2001 Wednesday - In the morning meditation she heard the words "Anu-sangraha" (constant contemplation, awareness of the lord), "Komalangi" (one who is gentle), "Anukool Vatavaran" (favorable atmosphere). Baba said "I can make you limitless overnight but then people will not be able to relate to you well." She understood

from that why she continues to appear to others as one of them in spite of internally attaining the oneness with God. A little later she heard “Ati-shay” which means excess, plenty.

### **Subtlest is a feature of the Atman; discomfoting experiences**

December 29, 2001 Saturday - Her dream and visions reached a degree of subtleness that it is at borderline of being able to see. Baba explains this phenomenon. She is subjected to unpleasantness as a part of her spiritual growth.

In meditation she heard “metallic wood”, “accident, Shobun”. She had a vision where she saw a small lingam (the kind Baba produces from his mouth every year on Shiv Ratri). She saw this lingam held with thumb and forefinger right inside an open mouth as if it was going to be swallowed.

We are realizing that lately the different words that she has been hearing in the meditation are serving two fold purposes – teaching her Sanskrit, besides conveying a message.

What she sees in her dreams and in her visions during meditation has reached a degree of subtleness which is hard to be captured in words. She says that the visions are becoming so subtle or fine that at the next level of subtleness one would not be able to see anymore but yet be able to cognize. On this subject Baba told her “Kundalini Shakti or energy progressively breaks the barriers of subtle, subtler, and subtlest dimensions of the consciousness. In the scriptures this phenomenon is referred to as breaking through Brahma Granthi, Vishnu Granthi, and Rudra Granthi respectively. This progression allows the individual to cognize the subtlest without the use of the senses. This is a feature of the Atman, and when one becomes one with the Atman that is when this experience is possible.”

Around noon she was reading the Shiva Purana where she came across few subjects which literally caused disgust in her mind. One of the subjects was an elaboration of the true nature of women and it was highlighting the lower tendencies of women namely flirting, cheating on husband, disloyalty, backbiting etc. This elaboration was being told to the Sages so that they develop disgust for women and stay in their celibate sage hood. After reading this and few other subjects she was highly disturbed about why a holy scripture is stating these kinds of things.

In the evening we were invited to P’s home for a dinner party. Just before we went there she meditated where she saw a chariot with horses in motion. She interpreted this vision representing her current state of mind, horses are symbolic of mind / senses and running of horses indicating active mind. On Dec 30, 05 as I am editing this book, I realized that seeing the horses represent the attainment of the region of Shiva and chariot (mind) was the vehicle to get there.

December 30, 2001 Sunday - Last night in her sleep she heard “radiant redemption”. This was on her mind when she woke up. She sat down for meditation and in her meditation she saw just an ear (not the person) with a dangling earring made of gold with a single emerald in it. In another vision she saw only an eye of Lord Shiva without the face. The

left eye was half open (meditative) and was bluish in color and it looked almost same as the eye in Lord Shiva's picture we have at home.

Little later in meditation she heard "Nirvana Sukh Dayini Bhadra-mani". Later in the morning when we were talking about what it means Baba said she is that and it is not something she is given. Baba explains what this is 12 days later on the 11th January. Yesterday's events (disgust of what she read in Shiva Purana) brought her to a point today that she did not see the difference between Shirdi Baba, Lord Krishna, and other deities. She just bowed down to all of them at once instead of touching all their feet one by one. Around noon Baba said that he had subjected her to these discomforting experiences.

### **Others see Shivangini in dreams and visions; old vs. young soul**

January 1, 2002 Tuesday - Over the last year others have started seeing Shivangini in dreams and visions. Today Mummy tells us that she and Krishna masi (aunt) had seen her in visions. In meditation she sees a vision which seems to indicate that difficult times are ahead. While I was peeling onions Baba compares them to a young versus a seasoned soul and in one sentence conveys a lot of understanding.

Today in her meditation she saw a black thing and it had a wet look to it like a thin sheen of water on it. Interestingly she said that times are going to be difficult and when I further inquired she did not know why she said that.

She called her Mother in India to wish her Happy New Year. I also talked to her and Mummy related an experience she had in the last couple of weeks. At two different times as she closed her eyes, she saw Shivangini in white clothes. She also mentioned that Krishna Masi, who lives in Gwalior, also saw her in a vision. Later we were talking about it that Baba has taken her into a different phase where others are seeing Shivangini in dreams or visions over the last year.

In the afternoon she was cooking lunch and I was helping peel the onions. These onions are small and called boiling onions and upon storing for a little while they start sprouting like green onion. As I was peeling it I said that these slightly sprouted onions are easier to peel the skin than the ones which are not sprouted. Baba said to Shivangini at that time "This is just like a young soul versus a seasoned soul." We understood that as soul is sheathed in Koshas and it is easier to peel the Koshas of a seasoned soul compared to a young soul whose Koshas stick to the soul just like the skin of a young onion sticks to it. The word seasoned soul gives additional meaning to it since seasons indicate duality like hot and cold, pain and pleasure, etc. Once a soul goes through seasoning, ups and downs of life or lives, it reduces the attachment and it gets easier to go past the Koshas and gets closer to Atma. We marveled at how much got said in one small sentence.

### **Disciple and a prophet; remarkable dream; Intervention; Healing**

Friday January 4, 2002 - In a remarkable dream today sees the baby of Y while it is still in her womb, notices a defect, and watches as Baba gets it corrected. Based on what all we learned till now, this child is going to be a spiritually evolved soul.

Last night in her dream she saw R, then a child about 3-3.5 year old, and then she saw Y's baby right inside her stomach surrounded by fluid (Y is about 8 months pregnant). First she saw the baby from a distance and then she observed a very fine narrow light beam. She thought to herself "that's good, that's a good sign". Then the view got closer and clearer and she saw that the light was coming from the nail of the left hand ring finger of the baby. She observed that the nail of that finger had a little dirt stuck in it. As she questioned "what is it?" Baba said "Don't worry, the right hand will clean out the dirt from the left hand nail. Like this". As Baba said "like this" she saw the nail of a right hand ring finger scraping out the dirt from underneath the nail that had dirt. Shivangini knows the various circumstances that occurred before and after the conception of this child which indicates that this child is going to be a spiritually evolved soul.

January 5, 2002 Saturday - Baba coaches Shivangini about the power of mantras and how God intervenes to do what is right. Baba continues to call her his disciple and a prophet. I am sure all the readers who knew Shivangini may be wondering as to what has changed that some of these predicted events did not come through in our time frame. I firmly believe as of July, 2006 that the story of Shivangini is not over and it will unfold in future whether I am around to see it or not in my current physical form.

She woke up and was getting ready in the morning when Baba started talking to her. She asked Baba as to what was the meaning of the dream she had last night about Y's baby. Baba instead reminded her of how powerful mantras are, How Shivangini gave a mantra to Y for getting pregnant which resulted in her pregnancy. After a few months she had a dream where Baba came and pressed her on her forehead with his fingers and said that he was getting rid of the baby. She had a miscarriage right after that. Baba said this is for Shivangini to understand how mantras work to make things happen but still God would do what is right.

She said "Baba, You say I am your disciple. Instead of me trying to do things which I am not sure people want it or not, Could you not just announce that I am your disciple? This will take the guess work out of it." Baba said "One does not become a disciple because of an announcement or declaration. A disciple is one who does like the Guru and people recognize that. How many disciples in history became one by announcing or declaring?" Shivangini has said it once before and said it again today that "I am very glad that I am a Hindu". Baba said exactly in the same tone as she said "Now, Why are you very glad that you are a Hindu? You are going to teach world religions to the children".

Baba has said earlier and said it again to Shivangini that she is a prophet. Yesterday as she was going through various books she came across the word founder associated with prophets. For example many prophets in the history found religions and Swami Vivekananda founded the revival of Vedantism worldwide. Baba further said that she will found the Unity of World Religions. He further said that "And he (Gyani) is worried about what to do when he retires". (Lately I have been going through thoughts as to what would I do if I get voluntary or involuntary retirement at work). Then Baba told Shivangini to get ready with a new fresh look to the world religions class she will be teaching to the children. Interestingly He gave a wonderful idea of how to decorate with the symbols of religions she was going to teach. He helped us to pull together the big symbols of the religions and print them on the computer.

January 7, 2002 Monday - Dream shows that people are coming to her for cure. She gives a cure to K.

In a dream she saw her mother in yellow clothes and she came and lied down in the bed where Shivangini was. In the same scene she saw one of our friends K who had a minor injury to her hand and she asked Shivangini if she can heal her. Shivangini was going to help but initially she was hesitant because whoever she heals she ends up taking their pain.

After waking up within half an hour she came across a book which had a cure for insomnia which happens to be K's ailment for quite a few years now. By evening she called K and gave her the cure she came across.

She heard during the day "Anga Bhang" (which means yawning or collapsing of the body), "Mahashana" (the one who burned up all thoughts, emotions due to tendencies), and "Advitiya" (one without a second).

January 10, 2002 Thursday - Today she heard the word "Abhiyukth". We looked up in the dictionary and it meant 'absorbed in meditation, wise'.

January 11, 2002 Friday - Baba calls her again as an 'auspicious jewel giving the bliss of salvation'.

This morning she heard the word "Ranga" (it was explained to her and it meant sports and entertainment), "Nirvana Sukha Dayini Bhadra-mani" (exact same thing was told to her about a week back and Baba told her that it meant she herself is the 'bliss of salvation giving auspicious jewel').

Around 8:30 pm she and I were conversing and then I went to take shower. She was outside the shower area when she closed her eyes and had a vision of a red round circle which felt like red moon. This was exactly the same vision I had a few days back.

### **Baba's Omnipresence; Initiation procedure; Shift in her experiences**

January 12, 2002 Saturday - Baba brings back her spiritual health that he had put on hold on 3/27/01.

In the morning meditation she saw a flame, heard the word "Anand". She asked Baba, why are you sending me to their home? (We were invited to go to a friend's home). She understood that she is going there to regain health. This puzzled her and she asked Baba if she is in ill health and are they going to treat her. Baba replied that it was not the physical or mental health and then she got further clarity that the vision she saw on March 27 2001 (in meditation she saw Baba shifting a large wooden square table like thing and said "shifting angles") where Baba has put something on hold and now it is time to reset and regain that.

January 18, 2002 Friday - A very interesting shift in her experiences started occurring. Earlier she used to get messages from books as she randomly picked them to read. Now

as she picks different books randomly they seem to deal with or elaborate on the same topic that is in her mind giving her multiple perspectives on a given topic. Earlier she would get clarification from a single source when she had a question.

In last couple of years whenever she was thinking or contemplating about something she would get answers to them when she picked up a spiritual book to read (that is all she reads since about 1997). In the last year or two she was lead to a book to read. At times Baba tells her to read or find the answer in a particular book. Lately she is noticing that she will pick up different books to read and when she opens those books she ends up reading about the same or common topic. This way she is getting information on a given topic from multiple books with different perspectives unlike earlier it used to be a book providing an answer or further clarification to a question.

January 19, 2002 Saturday - Baba shows his omnipresence again while we were in OfficeMax making copies of Linga and Shiv Puranas. I have also listed many other times where Baba showed his Omniscience, Omnipresence, and Omnipotence. He directs her to the initiation procedure of a disciple just in time to fulfill what A had asked for.

She has been reading Shiva and Linga Puranas for the last six months. These are the books we borrowed from the library of Swami Vivekananda Vedanta Monastery in Ganges, Michigan. She wanted to make copies of some pertinent subjects of interest like Mantras, Shiva Sahasranama etc. We were in Office Max and copying the various pages of her interest. About a few days back she was talking to A. in Detroit who considers Shivangini as her Guru. During conversation A. asked her 'when would you initiate me?' In Shiva Purana she came across a chapter on Mode of Initiation in Linga Purana (page 677). In wonderment she related this to me and said that how God sends help when you need it referring to A's request. At that time Baba said "This one tells you various modes of initiation which you need to know. But the one you need for A is in Shiva Purana." She opened the Shiva Purana, Chapter 18 page 1749 as directed by Baba and it was about 'The procedure of initiating a disciple'. She immediately told me and I was struck with amazement at 'can things happen like this too?' Of course this is not the first time and many more incidents that happened to us are quoted in the Chapter titled Miracles as well as in various parts in this book.

### **Immersed in divinity; Adult Satsang starts; Ganesha blesses**

January 20, 2002 Sunday - In a dream, Baba shows symbolically a lump of salt and water indicating how she has immersed herself in divinity and does not have a separate identity. Shivangini began adult satsang at our home starting today and Baba guides her in the preparation.

Few days back in her vision she saw a dark thing and it went into the water and she felt that she was that dark thing. She did not know what it meant at that time. Today in her meditation Baba explained that the dark thing is like a lump of salt falling into the water and it can't be separated after it dissolves symbolizing that Shivangini is dissolved and is immersed in divinity and does not have a separate identity.

Yesterday Baba said to her “I don’t come and I don’t go. But I will come tomorrow”. Shivangini was starting an adult Satsang from today onwards and Baba said the above in regards to this. Today in the morning meditation he gave her further understanding as follows: He has been telling her that she is one with him for a while. He is always there whether there is light or no light, experience or no experience in her meditation. He made her realize the true meaning of light and darkness – light is used metaphorically for knowledge and darkness for ignorance. Her knowledge is increasing and yet at gross level not seeing the light although she is continuing to measure progress based on the light. He said “You are the lamp which will light others”. He further reminded her of few of her earlier experiences- an experience where He told her the light was within her eyes and she could see light which ever direction she looked at that time; another experience where a ray of light came from sky and hit her when we were driving in August of 2001 while going to do volunteer work at the Swami Vivekananda Monastery children’s camp. This morning it had dawned on her finally that the physical light served its purpose. We were in the den at about 10 am when Baba said to her “You have not made the Kheer for Sri Ganesha yet. Do it immediately. If you miss before starting Adult Satsang classes today, it is a great sacrilege”. She went ahead and made Kheer and took a portion of it to offer it to Sri Ganesha and both of us played a bhajan for Him and then asked his pardon for almost forgetting. Sri Ganesha spoke to her and said that he is not offended by our forgetting and blessed us both. He said the Kheer he has blessed is for our family to eat. He further said “I am the clear intellect which everyone desires”. A few days back she saw in her meditation a subtle vision in total darkness. She saw a hand holding a pen and writing. At that time she could not make much of it. As we were standing in front of Sri Ganesha’s picture she recognized his hand that was holding a pen and writing. He said “Till now you could speak fluently, now you will write fluently”.

### **Told to take social and not siddhi path; Karnatak music**

January 23, 2002 Wednesday - In a dream today Baba asks her not to take the snow covered path and instead go where people were. In meditation she hears few Sanskrit words that described her spiritual state and also they lead her to listen to Karnataka music. Snow covered path indicates a path that is slippery, has obstacles and usually traveled alone.

Last night she had a dream where she saw an open area among mountains mostly covered with snow. To left of her there was a narrow snow covered path and a man was climbing up. Straight ahead she could see another path covered with water and there were few people around the path. She heard Baba say “Don’t go on the snow covered path, go where people are”.

In the morning meditation she heard the following words: “Mahat”, “Ghee”, “Vipulam”, and “Rishbha”. She made an effort to remember the words and their sequence and yet she forgot the last word “Rishbha” till later in the day when she was listening to an audio tape on music when she heard the same word there and got reminded of what she heard in meditation. Interestingly, according to the Sanskrit dictionary, the meaning of both the words “Mahat” and “Vipulam” were same and it meant – abundant, great, long, etc. Within few hours of hearing these words in meditation she ended up reading about Mahat

in Shiva Purana part 4, volume 4, and page 1807. She understood that the word “Ghee” was referring to the state one attains in the spiritual efforts after significant churning. “Vipulam” means plenty.

Sometime during the day as she was looking at the books on the counter she heard the word “Gandharv” very clearly. She wondered where these things were come from. What does it mean? She looked up the meaning in the dictionary and it meant celestial musicians. She pondered over it to figure out the message when her eye rolled over to the box right behind the book that she was staring at when she heard the word “Gandharv”. This box contained a set of audio tapes on Karnataka music lessons. At this point she understood that word “Gandharv” was a lead for her to listen to these tapes. She played the first tape of the series and found it extremely good and interestingly the same word “Rishbha” and “Gandharv” were uttered in the tape also.

### **Asked to do Shiv Parvati Vivaha; contemplating on Trinity**

January 25, 2002 Friday - In meditation Baba gives one of the four letters he was holding in his hand. Baba blesses her with many things today and indicates that we will do Shiv Parvati Vivaha (marriage of Lord Shiva and Parvati) this Shiv Ratri.

In meditation in the morning she heard “Gambhirastha”, “Uganda”, and “Vaibhav”. A little later she saw Baba, recognized by the outline of the robe and he had four envelopes in his right hand. He took out one of the envelopes with his left hand and handed it to Shivangini and she could see the three still left in his hand.

Further in her meditation she saw beautiful silver pot which had a mouth that was about 12” in diameter. She saw some liquid being transferred from the silver pot into a brass looking vessel which was smaller in size about 2/3. As I was writing this experience at about 7 pm in the evening, Baba said to Shivangini “It is ambrosia (referring to the liquid). It is you and I (referring to brass pot is Shivangini while silver pot is Baba). Size is 1/16 (correcting what we wrote down as 2/3)”.

He also said “I want you to give more than you take no matter what it is, when it is, where it is, and who it is. I don’t want you to worry about money, it will come”.

In the evening he said to Shivangini “Two more and then you are done” (she celebrated two more Shiv Ratri – 2003, 2004 before she shed her body?)

About 4 pm she heard “Kalyan Mandap”. She asked me what it meant at that time which I told her as wedding podium. At about 7:15 pm Shivangini asked Baba “Give me some guidance on what to do this Shiva Ratri”. Baba said “Gear up for Kalyan Mandap for Shiva Ratri. You two will do Shiva Parvati Vivaha this Shiva Ratri.”

“I am taking care of you like I take care of the stars in the Nakshatras”.

“Tell him that I am taking care of him and absolutely nothing to worry about anything”.

He said he is carrying us in his palms. Baba said “He has made sacrifice at the spiritual level which is always recognized and rewarded”. Shivangini had a thought which she told me and it was that whatever Baba is saying to me also applies to R. At this Baba said “It is no coincidence that R saw X and him (G) on the podium for no reason.” This is the dream where R came down the podium to Shivangini and received a blessing and touched her feet.



This morning she had a message to call S. She did not call her because of discomfort. She just told me that. At that time Baba said “She needs your help. She is Narayani and you are Kalyani”.

January 31, 2002 Thursday - In meditation she heard a Sanskrit sentence that explained her state of mind once we looked up what it meant. In a dream last night she sees youth of different religions discussing same topic.

In a dream last night she saw a large group of people, mostly young adults and multicultural, standing in a valley like area with snow on the ground. There was a train passing by that valley in which Shivangini and I were there. All of them were looking up at us and the train which was moving. Once the train crossed them, we got off the train and we could see the group of people while they could not see us. They started acting uninhibitedly with each other thinking that we were gone. The minute they saw us they were surprised and once again started behaving properly with each other. They walked with us a little distance and the scene turned into a celebration where the topic was religion and some of the young adults of different religions came forward one by one and talked about the same topic using supporting facts from their own religions.

Message heard in the morning meditation “Anusandhan Trayee Abhipraya Devata”. We looked up in the dictionary and put together the meaning of each word and it conveyed ‘Carefully researching the meaning of Trinity and trying to understand the intention/ purpose of Devata’. This message explained very adequately her state of mind that day.

### **Importance of timing; Understanding clearer; Fruit & milk diet**

February 1, 2002 Friday - Today in the meditation she heard the words “Kula-Yogini Sampradaya Samprada”. The meaning as we put together for each word conveyed ‘Family (Vamsha) Yogini giving gift of traditional Vedic doctrines or customs’. During afternoon meditation at one point she felt as if she will turn into light like she had experienced last time on Oct 1 2000. But just as the intensity of light was increasing she felt a continuous tug on her right knee. This distraction was enough to make her open her eyes to see what was tugging her. Upon opening the eyes she could not determine what caused the tug but unfortunately she lost the opportunity to have the same wonderful experience again. It was not time yet!

February 3, 2002 Sunday - Through a dream last night we pieced together an episode that occurred 3 months back. As we were doing that Baba says that our dreams and understanding are getting clearer. Baba stresses the importance of timing in following his instructions.

Last night she had a dream where she saw our family of four traveling in a train. We were the only ones in that train compartment. Train stopped at a station when this lady, her husband, son, and daughter climbed into the compartment and came to see us. She introduced her husband to us. When they were leaving she said to Gyani “You travel so much. It is nice to have a home. Come stay with us”. Gyani looked at Shivangini not

knowing what this meant. As the train was leaving Shivangini heard an announcement made by the pilot of a Jet as it was taking off. Announcement said “So and So (referring to that lady’s husband) the managing director was taking off”. We did not know what this meant but as we were talking Shivangini said I do not know why but I am thinking about V (lady in Detroit who came to Baba’s birthday celebration at our home on Nov 23, Thursday, 2001 and it was the first time we met her). As soon as Shivangini said that I got reminded of what V said to me on that day as she was leaving (Shivangini was busy with other guests at that time). V asked us to come and stay in their house and that will make them happy. Shivangini did not know this till this minute because I forgot about it. At that Baba said to Shivangini that our dreams and understanding were getting clearer like seeing things from the past which she had no knowledge of.

In her morning meditation she saw a vision of Thali (platter) with three coconuts in it and Baba said “White, pink, pinkish red. Do puja of warrior son of Lord Shiva”. She almost forgot telling me this and I was writing this at noon when she remembered and told me. I said maybe Baba wants us to do the puja. At that time Baba said “When he gives these kinds of messages, it means now. And it is more important than your Buddhism class”. Today was the day of Human Values class where she is teaching world religions and Buddhism is today’s class subject.

At lunchtime we were talking about the food we are eating – rice, dal, yogurt etc. Shivangini said that now a days’ she feels that food is nurturing her unlike when one eats just for taste. It has been a month or so since when she has been eating one meal a day and only fruits and milk at night upon Baba’s directions. Baba said “Fools are those who won’t take advantage of it”. She then said to me “Wheat is more likely to cause allergies than rice”. I just heard it and nodded. At that time Baba told her “Ask him to write this”. I went to the den and got the computer and started typing standing next to her at the breakfast table when she said “I am not satisfied yet. What else should I eat?” At that Baba said “That is enough food.” She also understood that he is going to change her diet after a few months. Then she said this must be some sort of discipline. At that Baba said “This is a higher level of discipline than practiced by many who claim to be Sannyasis”.

### **Journey with Baba; Meditation experience confirmed**

February 3, 2002 Sunday - Little over a year back she had a dream where she saw herself running through a tunnel like passage and once she reached the end of the passage she saw Baba waiting there and she found herself grown huge, almost 10’ tall. This tall person turned around, looked toward the entrance of the passage and started crying. Seeing this, Baba shook his head, said “Why are you crying?” and walked away in a different direction. This dream showed at that time that she was not ready to let go of the past and journey with Baba although she had grown spiritually.

Today in her meditation the thought about this dream flashed through her mind. She felt that this time when she was at the end of the passage, Baba extended his hand which she took and then they walked together. Very interestingly tomorrow’s episode reinforces what flashed through her meditation today.

February 4, 2002 Monday - Today during a phone conversation with A. from Detroit, A. told her about a western book she was reading. She read a few portions of the book over the phone to Shivangini. In one of the paragraphs there was a mention of someone on the spiritual path can reach to the top of the mountain where there is a ray of the darkness of the Divine. Even at the top of the mountain one does not know what one can find there and therefore it is very important to have someone who can hold your hand and can carry you farther. It felt like the purpose of A and Shivangini's conversation was to reinforce what Shivangini felt in her meditation where Baba held her hand at the end of the tunnel!

February 5, 2002 Tuesday - In her meditation she goes to Prashanti Nilayam and what transpires there is in a way confirmed by a dream that one of her friend gets night before. It also demonstrates that she performs a feat in the dream.

She gets confirmation today from Lord Shiva that she should perform the Shiv Ratri the way she has been getting guidance about Kalyan Mandap etc.

At 4 am meditation she saw (it was a very subtle vision) herself inside the Prashanti Nilayam circumambulating from Ganesh temple and going around Stupa, Baba's residence, Sai Kulwant hall back to Ganesh temple. She went around four times, she questioned in her vision about the significance of circumambulating four times instead of the traditional three times. Further she saw herself entering Baba's residence; she went inside in one of the rooms where Baba was sitting; she bowed down and kissed Baba's feet; then she kissed his hands; and then she gave a kiss on his cheek.

Interestingly in the evening today one of our friends R called and relayed her dream that she had early in the morning. In her dream she saw herself, R, Shivangini, and G in her house. There was a tall wall and at the top of the wall it had a picture with three different gods in it. Then R saw Shivangini jump up almost like a monkey and kissed the forehead of the center deity of the picture. It was quite a coincidence she saw herself kissing Baba today and a little later her friend dreamt about Shivangini kissing the central deity. It was so unbelievable that she did not feel comfortable telling her friend about her vision in the morning.

For some reason she has been very enthusiastic about the upcoming Shiva Ratri this year. Some of the messages and visions in the recent past made her think that she ought to make a Kalyan Mandap, a specific shaped Shiva Lingam, and perhaps perform Shiva Parvati wedding on Shiv Ratri. She knows that to execute any one of these three ideas will take a lot of effort, energy and still not be sure whether it can be done properly. So from time to time she has explored the ideas and got disheartened and dropped it. Today standing in front of the mandir she was looking at Lord Shiva's picture which has a Lingam and a lot of symbols, and details and she once again thought to herself why am I hung up on doing the elaborate project for Shiv Ratri. She also asked Lord Shiva 'Is it even appropriate for me to make a Shiva Lingam?' Right at that moment, in response, she heard the word "Avilamb". As usual she ran downstairs to check the meaning in Sanskrit dictionary and the meaning was "Without hesitation, without delay". This confirmation was sufficient to continue to execute the plan for Shiva Ratri. In fact we stepped out

looking for materials to make the Shiva Lingam. Putting together several meditation and dream messages she had concluded the Shiva Lingam to be made for Shiva Ratri needs to be a replica of Mahakaleshwar Jyothir Lingam of Ujjain. Therefore the materials we purchased for making the Lingam were of certain type, color, and quantity. Once we reached home after shopping suddenly she heard the word “Kedarnath”. This confused her a great deal and she wondered ‘am I now to switch and make the Shiva Lingam which looks like the one at Kedarnath.’ She did not receive any response to her concern. Next day she received the clarification that she was not asked by Baba to switch to Kedareshwar Jyothir Lingam of Kedarnath. The reason Baba used the word Kedar Nath because he was giving Shivangini a message which is indicated by this word and it means “Master of an irrigated part of a spiritual field”.

### **Our dreams are connected; what to do on Maha Shiv Ratri**

February 12, 2002 - Last night I had two dreams and one of them was entwined with Shivangini’s dream. She interprets my dream very nicely in her mind but does not share it with me. Baba prompts her to share it with me.

Today early in the morning between 5-6 am in a dream I saw Shivangini and myself visiting P. He was living in a city, in an Indian setting, which was on the top of an elevated ground near sea shore. Across the road from his house there was a small lot in which there were three one storey buildings with a single room next to each other. Someone P knew bought the lot with those three small buildings and three of us went to see them. I commented saying that the lot was precious because of the view of the sea it offered and someone can build a nice house by demolishing the three small buildings. At this P said his cousin built a nice house that we should go see. Suddenly the scene changed and we were looking at a nice two storey home behind which there were trees and surrounded by a mountain on three sides of it and densely filled with trees. There was a Mandir that we could see, embedded into the mountain half way up to one side of this building.

Next I saw Shivangini, children, and myself traveling in a train. Apparently I understood that we are going to see some serpents. The train came across a river and I looked out of the window. I saw on the bank of the river, which is elevated about 5 feet from the river surface, about 2-5 multi hooded Shesh Naag (Cobras with multiple heads used in Hindu symbolism) with their hoods spread out and laid back on the ground. Their body went down from the bank to the edge of the water. It looked like the Shesh Naags were sun bathing on their back. At that time I saw a Sadhu (renunciate) wearing a cloth covering him waste down up to his thighs and upper portion of his body was bare and covered with ashes, and hair tied up. He walked up to the Shesh Naag and did pranam with his hands folded and head bent. Then he turned back and walked away. I was asking Shivangini for the camera which we were carrying so that I could take a picture. She said it is packed in one of our bags. Next the scene changed and I was on a bridge on the same river. I saw some small snakes moving across the bridge when I told my family not to go to the edge of the bridge since there could be more cobras like the ones we have seen a little earlier. This is where my dream ended.

I woke up at 6:15 am and went into the bathroom. Shivangini was already up and in the bathroom getting ready. She started telling me about a dream she had where she saw three long snakes, one yellowish with black spots, one all black, and another she can't recall the color. She fearlessly picked one of the snakes and said to herself "How come it is warm to the touch? Normally snakes are known for being cold blooded". This reminded me of my dream, usually I can't recollect my dreams, and I told her about mine.

When she heard my dream she thought of something but she did not tell me. At this Baba asked her "Are you not going to tell him your thoughts about the dream"? Then she told me that she thought that the dream with the house, mountains around it, mandir half way up the hill was Prashanti Nilayam. She also thought that six hooded Shesh Naag lying with its head down in a relaxing way indicated holiness. As I am writing this it flashed through my mind that the Shesh Naags and Sadhu etc. could be Puttaparthi (village of serpents). Sadhu coming there and doing Namaskar could be indicating that many holy people (saints and sages) visiting Puttaparthi to get Baba's darshan.

February 13, 2002 Wednesday - Baba through a dream tells her what to do for Shiv Ratri. Today at 7 pm as we left to see a new born baby, Baba guides her on what to wear.

Last night she had a brief dream where she saw a big round Shiv Lingam type stone and saw herself walking around it almost like circumambulating it when suddenly something pulled her backwards very rapidly and when her movement stopped she heard Baba saying "Jyesht, Aashaad". After waking up she could not understand the meaning of this dream but during the day in many different ways the complete meaning of this dream was revealed which was as follows:

She had three different sets of 1008 names of Lord Shiva and she had been thinking that she will recite each one of those one time prior to Maha Shiv Ratri. Through this dream and by other means Baba conveyed to Shivangini that she should do only one 1008 names before or on Shiv Ratri while the other two are to be recited in Jyesht (May) and Aashaad (June) on specific dates – May 20 and June 3, 2002.

Today at 7 pm we went over to see P's newborn baby. The Baby was born last Thursday on Feb 7 and they named her A. We got in the car and were about to leave when Shivangini asked us to wait and went into the house to put on bindi. Baba wanted her to put on chandan bindi instead of Vibhuti and He said "This is how the baby will recognize you". She put on the chandan bindi and then we drove over to P's home. When we entered into their house Shivangini did not take off her jacket because she was feeling cold due to the winter outside. Baby was sleeping in the crib and her face with closed eyes looked meditative like Buddha's face. She held the baby in her lap for about ½ hr and the baby clasped her finger. Baba said "Now receive what you thought was taken away from you". Her mind connected to what was taken away from Shivangini by C's baby about a year back. While we were returning home, she told us about what Baba said to her in their home. Also when she held the baby her hands she started feeling vibrations as if something was flowing through her hands. She asked me to touch her hands and

they were warmer than mine as compared to the cold she was feeling when we entered into their home.

### **Ammachi says she is like a child; God is pleased; Akshobhya**

February 17, 2002 Monday - She heard today “Ram Prasanna, Kanya Kumari, Nirmith Shikha”. Ram Prasanna means Lord Rama or God is pleased, Kanya Kumari refers to Parvati or devotee of Lord Shiva, Nirmith Shikha means a crest or summit is made or being made. My understanding is that God is pleased with his devotee (Shivangini) and she is reaching or reached the top of a summit. Tomorrows and March 21’s experiences highlight the summit.

In her meditation she saw a written two line Doha (couplet). She also heard it being sung. Little later she saw a vision full of white flowers.

Today is Sri Saraswati Ma day. In the evening we went downstairs and did Saraswati Ma puja where we read Saraswati Ashtakam. After that as we were praying, Saraswati Ma said to Shivangini “I will give both of your children Veda Jnana (wisdom of the Vedas)”. We were surprised to hear that although Shivangini has been praying for children about their studies. At that time Baba reminded her that she on her own had replaced the word ‘Vidya’ and ‘Buddhi’ with ‘Para Vidya’ and ‘Para Buddhi’ in her daily prayer to Saraswati Ma.

February 18, 2002 Tuesday - Ammachi (Mata Amritanandamayi) comes in her dream and then Baba explains to her about what she heard from Ammachi. He says Shivangini is spiritually ready to come out.

Last night she saw Ammachi (Mata Amritanandamayi) in her dream. The dream started with Ammachi looking at her. Shivangini said “You don’t feel anything, right?” Her question was about the vibrations Shivangini was emitting and if Ammachi perceived them. Ammachi said “I am not feeling anything. Come I will check you.” Then Ammachi touched Shivangini’s spine and said “There is nothing. It is a child”. The dream ended there.

After waking up when she did her morning meditation Baba explained the meaning of Ammachi’s statement “It is a child”. Baba said one has to be child like at the mind level meaning not judging, evaluating, analyzing and operating in a total witness mode and that is when the person is ready to enter the Kingdom of God.

Further in the meditation she had a thought image (very subtle vision, in the scriptures it is referred to as ‘Pashyanti’) of Lord Shiva. He called Shivangini to come closer. After that whatever He revealed to her, He said is a secret and she should not reveal it to anyone including me. If revealed, it will alter the way it needs to play out.

Soon after this she heard in her meditation the word “Akshobhya” which means “Achal, Shanth” i.e. imperturbable. Baba had told her earlier that after the 18th things will change and he said that He had imprisoned her for her spiritual growth and after 18th she will come out of it. Today we understood that this state of “Akshobhya” (one who does not get perturbed) is what He wanted her to reach.

## **Adhokshaja; Baba asks her to live till 116 but she declines**

February 21, 2002 Thursday - Her visions advance to Pashyanti and today she is told that she is at or getting closer to her true nature i.e. Atma.

In the night she heard “Adhokshaja”. We looked up the Sanskrit dictionary but could not find the meaning. Shivangini looked up Sri Vishnu Sahasranama and she found the word “Adhokshaja” and in the commentary it was explained as ‘He who does not undergo degeneration from His original nature’.

February 22, 2002 Friday Baba asks Shivangini to live long till age 116 but she declines.

Earlier in one of her dreams where she and I were there and I was given XXX to use. In the evening today Baba told Shivangini the two of the three XXX I have already used and what they were. She was told not to tell me what they are since it interferes with how they get used.

Later in the evening when we were eating our meal of fruits in milk, yogurt, and honey, we were talking about how clean and healthy it feels to eat that kind of meal. She further said it will prolong our life since most of the problems in old age are food related. Then Baba said “How would you like living till 116?” Shivangini never had much desire to live long for she used to feel the lack of interest in what life had to offer even in our younger age. On the other hand, I was interested in exercise, health, travel, wining and dining etc in the youth. So Shivangini replied “Baba I don’t want to live that long. Gyani likes to live longer so why don’t you make him live longer instead of me”. At which Baba said “Why, You don’t want to do my work”. She said “I will do the work but till I am that old?” in a tone indicating that she did not want to. Baba said “I will live for 96 years. Am I not old?” hinting that getting old is ok but she did not reply.

February 25, 2002 Monday - After morning meditation she was doing her routine prayer about asking Baba to continue to speak, and act through her. She said “Please be with me”. In response Baba said “satatam”. We looked up the meaning in Sanskrit dictionary and it meant ‘constantly’.

## **Gyani jumps into Bhav Sagar; she attains Vikshep Jnana**

February 26, 2002 Tuesday - Shivangini had two dreams last night that are revealing about Gyani and another friend.

She had two different dreams last night. In the first dream she saw a fast moving ship, about 50-60’ long. Shivangini was on the ship and she saw M fall into the water from the ship. To save her I, Gyani, jumped into the water. Though it was a ship Shivangini saw wings on it, just like an airplane, and the wing was partially immersed in the water. I got hold of M and grabbed the wing of the moving ship and held on to it. Shivangini thought of reducing the speed of the ship so that they could hang onto the ship but she realized that a bigger power was controlling the ship and she had no control. She felt in the dream that everything is going to be alright. Bhavsagar (Life as an Ocean) is symbolized with

water, boat is Baba, and the traveling with difficulty on the wing is M and I with the difference being that M fell while I chose to jump. As she was telling me this Shivangini said “I love the way Baba explains to us (referring to the dream)”. To which Baba said “Thank you” which made both of us smile. God presence like this is an absolute delight. Baba further said “This whole scene describes the current state. Gyani has opted for it”. Indeed this is how my state of mind is right now. While I was writing, Baba kept talking to Shivangini. She asked “Baba, have I pushed him into Bhavsagar by telling him that we need the money and he needs to continue to work etc?” Baba said “You can’t do that without my will. I have done it that way for him till on his own he takes refuge in me”. She then asked “Would he be allowed to come into the ship and get comfortable again?” “If he chooses I will let him drive the ship itself”.

As I was writing this sentence Baba said “Tell him I will give him the ship. That is the only language he understands”. Shivangini and I had a good laugh at the humorous way Baba had framed it.

Baba explained the difference in Surrender and Refuge. There is a great difference and how they are misunderstood. Surrender is of the result while one continues to engage in action. Refuge is taking shelter under someone or something else and any further actions if any are guided.

On July 2006 I looked up the Guru to disciple book and found the following meaning of the dream she had ‘If Guru, or Ishta, or the husband – all three or any two of them – is on the ship and ship is moving rapidly then it indicates success.’

February 27, 2002 Wednesday - Through a dream and a Sanskrit word she was made to understand her current state of mind. Her mind and senses used to be Rajasic but they turned into divine, sathwic, and wise. In Adhyatmic Ramayan Lord Rama explains to Lakshman, while in the forest, the two attributes of Maya. One of them is Vikshep i.e. restlessness, causing distraction etc. She was called Akshobhya before and now she acquired the Vikshep Jnana indicating she is Achal and Shanth. Sathya Sai Speaks Vol 22 states that Vikshep (delusion) can be removed by power of discrimination i.e. Jnana.

In her dream last night Shivangini saw herself lifting up a comforter and as she lifted it up she saw a snake which was maroon red in color. It moved away from her towards a door which was open. When it reached the door it jumped up and it hit the knob of the door. As it dropped to the floor she saw it had its head up with open hood and it has turned into golden light. She felt that it was moving towards her in that light form with its open hood. Dream ended at this point.

Today Baba said to her “Vikshep Jnana”. She looked up the meaning and Vikshep meant “that which causes distraction”. Baba described to Shivangini the state of mind she was in.

## **Rigors of Saints and Sages; Reality is transcendental**

February 28, 2002 Thursday - Baba describes the difference in rigors between Saints and Sages and an ordinary householder and difference in modes of worship. Baba further says



that she is following the rigors of Saints and Sages and hence she need not follow householder worship for herself (she may do for others)

Today Shivangini was thinking about doing puja for Poornima (full moon) when Baba said to her that there are many modes and methods of worship. Saints and Sages do many rigors like yoga, long meditation, immersed in god thought day and night, contemplation on Brahman etc. An ordinary householder cannot do these rigors and carry on their normal duties and hence the sages have come up with some simpler methods of worship like Sathya Narayan Katha. Baba further said to Shivangini in response to her thoughts about doing pujas “Since you follow the rigors (of saints and sages) you don’t need to do these (pujas’) for yourself.”

March 3, 2002 Sunday - Baba says he would give her a Lingam if she could explain the Lingam in light of the understanding of what Shiva is. We missed a golden opportunity!

Shivangini asked me what does Shiva represent. I said Atma while she said Thuriya. As we discussed we understood that Atma is formless, shapeless, and it can be perceived in meditation as effulgent light or when one transcends and reaches Thuriya state of consciousness. At that time Baba said “In the light of your understanding of what is Shiva, if you can explain the Lingam I will give you a Lingam”. We discussed to see if we can explain but were not clear on how to explain. She picked up “Atma Bodh” book to read when Baba said “Chandogya, Chandogya” referring to Chandogya Upanishad. This is the book Baba asked her to remember and get it from monastery in Feb which we did.

Baba said “Read it carefully. It explains the Cause”. She understood this to be referring to the Cause as in 11,000 causes for Sept 11 Incident. In 2006 as I am writing this after reading a little bit of Chandogya that Baba could be referring to the Cause in relation to the Lingam question he had asked.

March 9, 2002 Saturday - Do not remember the context but Baba told us that Reality is transcendental (Absolute). Everything in this world good or bad is not Real. Example quoted was why we don’t talk about the negative aspects of God. Arjun asked for Vishwaroop and what he saw is described very well in the scriptures. Sages who worshipped Rudra had similar experience of seeing Rudra which is also described in the Puranas. Baba said “Because it reveals the negative role of the God, your mind rejects it and even labels it Tamasic.”

### **Marvelous Atmic experience keeps her in bliss for 2 days**

March 21, 2002 Thursday - Today she had a most remarkable Atmic experience which kept her in bliss (Anand) for 2 days. Baba asks her to come to Puttaparthi in her meditation every morning. She sees herself enveloping Prashanti Nilayam and later the whole Puttaparthi town.

Today’s experience felt very special. Yesterday in meditation Baba had asked her to come to Puttaparthi in her meditation every morning.

Today in meditation she took her mind to Prashanti Nilayam and she saw herself go there. Once she reached there she felt that Baba had just come out from his house and was entering the Kulwant hall to give morning darshan and a few volunteers were walking behind Him. Baba asked Shivangini to walk with Him but keeping a little distance behind Him. Baba proceeded through the darshan lines, took a letter from one of the woman devotees and tossed the letter over His right shoulder at Shivangini and said “Catch”. This indeed was very interesting because Shivangini could not see Baba, devotees, volunteers, Kulwant hall building, or herself but simply could hear and feel this entire happening. Next what happened seems hard to put in words but I will try. Shivangini asked Baba “why can’t I see anything?” Baba said “Because as Atman I am enveloping everything and you as Atman are experiencing your oneness with me”. After that Baba gave her the experience where she felt herself with in Puttaparthi town at all places at the same time enveloping the entire town. At this point she asked Baba “Are you like this (meaning omnipresence) in America, Australia, everywhere?” Baba said “Don’t go that far yet. Just experience this first.” Words don’t explain it well but what she felt was a very unique feeling and that has kept her in bliss for two days.

### **Vishnu Tathwa; Lord Shiva gives her a drink from Kamandal**

March 24, 2002 Sunday - Today she experiences Vishnu Tathwa (Vishnu (sustenance) principle) while March 21 experience was Atma Thatwa (Atma principle). Lord Shiva gives her a drink from his bronze kamandal (brass pot) to share it with others.

Today again she went to Puttaparthi in her morning meditation. This time Baba was not in Puttaparthi, He was in Bangalore. And therefore there was hardly anybody in Prashanti Nilayam. Baba asked her to open the Ganesh gate of Prashanti Nilayam and enter the ashram. After opening the gate and entering, Baba prompted her to turn left and bow down to the snake figurines under the tree and ask pardon for not including the snake with the Shiva Lingam on the night of Maha Shiva Ratri in our house on March 12. Next He asked her to bow down to Lord Subramaniam’s sculpture, ask for his blessings and pardon for any misdoings. Then Swami asked her to go to Sri Ganesha temple. When she reached there, Sri Ganesha had a smile on his face suggesting that he was pleased with her. Baba asked her “Ask Sri Ganesha that he remove all the obstacles, directly or indirectly, from your path and give you the ability to remove or throw the obstacles in the paths of others as necessary per divine will.” From this she understood that when time comes to doing it either Sri Ganesha will do it or assist her in doing it (this is also called Ganesh Siddhi). From there very slowly Baba led her to Meditation tree (also called Bodhi tree) and asked her to face towards his house and meditate. She sat down but said to Baba “I am afraid of this lizard.” “Don’t worry, meditate. It cannot harm you. Next time when you come to Puttaparthi you will be totally fearless.” After this she meditated for a short while. Then she was prompted to go up to the museum. Again nobody was there. At the entrance there is a quotation of Baba written on the wall and Baba asked Shivangini to memorize and be able to quote it as needed. Baba asked her to summarize in her mind all that is inside the museum. She summarized and relayed it to Baba that the museum has your pictures and teachings year by year over the last ..... number of years, details of the water project ( .....), glory of all major religions of the

world with beautiful scene settings, holy pilgrimages, scriptures, and their major teachings.

Her next stop was Gayatri mandir. When she reached there, Gayatri ma asked her to come inside and sit in front of her. She did that for some time and then after walking few other areas of the ashram Baba asked her to go to his birth place outside the ashram. Baba's actual birth place is turned into a temple with the installation of a beautiful marble sculpture of Lord Shiva. She went there and first circumambulated Lord Shiva three times. After that Lord Shiva made her drink some liquid from a small bronze kamandal (pot). She asked "What is it, Poison?" She was thinking about the historical event where Lord Shiva drank the poison to protect the world. In response Lord Shiva said (sounding like Baba) "No. It is not poison. This is for you to have it and share with others when I want you to."

After this Baba said "I am in Bangalore. You stay here and try to see me in Bangalore." She asked "How?" Baba said "Same way as you did on March 21 using the Atman principle." Baba also explained to her the difference between today's experiences vs. the one she had three days back. He called today's experience as the Vishnu Thatwa and the March 21st experience as the Atma Thatwa.

March 25, 2002 Monday - In the morning meditation Shivangini went to Puttaparthi again. This time she could see all the people there just the way it stays crowded when Baba is there. This experience was just like the way one experiences when one visits the place physically seeing all the people and walking on the roads etc.

March 26, 2002 Tuesday - She is made to realize that she cannot go to Prashanti Nilayam unless Baba gives permission. Last few days and today's experience shows how one moves while one is at various conscious levels.

Today in the morning she tried going to Puttaparthi but she could not go there. She tried repeatedly to go there at mind level and yet could not. After a while Baba says "Ok. Come", and then she could go there. She felt herself like an ant crawling through the Ganesh gate and she could feel herself crawling by the guards' legs. Based on the previous three days of Puttaparthi visits she thought to herself that it will take a very long time to go through the Prashanti Nilayam. As soon as she had this thought, Baba turned her back into her current form.

### **Enters Baba's house like wind; role is shrunk; Atma Nivedanam**

March 30, 2002 Saturday - Today upon invitation she enters Baba's house like wind. Baba lets her know about her role and shows her the right way to walk on the path he walks on in Prashanti Nilayam. Her role got shrunk because of her liking for inward path. Later in the Divine Love phase her role gets expanded even beyond what was originally intended. In both these cases the element of limited free will and self effort has influence the 'gati' (destiny).

Today when she went to Prashanti Nilayam Baba asked her to come inside the house from the balcony door on the east side. She entered into the room through the door and

she felt as if she was wind. She saw Baba in the room sitting on the edge of the bed with his legs on the floor. After she entered there she saw a book which was open. One side of the book was about 11x15 in size and it looked like yellowish old paper with faint writings on it. Other side of the book was about 11x13 in size. Baba pointed to the book and said “Your role is written in this book. Nothing can change it”. He also explained that the reason why the book was bigger on one side and small on the other because the way she has been acting she has shrunk the role to less than what was intended. She then pressed Baba’s feet and little later Baba said “Get out. Letting you get out is the boon”. Then she recalled a vision she had 2-3 years back where she saw herself dressed in very ornate white clothing with divine luster. This is how she came out of Baba’s house on the lower floor and walked into the Kulwant hall. Baba told her the right way of walking on that path (the path He walks on).

Today we were invited to a puja at R’s home in Detroit. On our way to their home we stopped at Bharatiya temple in Detroit. In the temple three of us (Raeshum was with us) had a blessing experience. We were sitting in front of Lord Vishnu and Goddess Lakshmi’s sculpture when Shivangini noticed Lord Vishnu’s eyes moved in her direction and looked at her with a slight smile. She was looking at the sculpture keenly to determine if what she saw was real and right at that moment a big red flower fell from the garland which Lord Vishnu was wearing and she gasped. At that moment I was turning my head towards my right side and I saw the red flower falling also from the corner of my eye. As I heard her gasp I knew exactly what made her gasp even before she told me about it.

March 31, 2002 Sunday - Today Swami makes her realize that let alone her going to Prashanti Nilayam but even her thought cannot go there unless he wills. Once he lets her, she sees herself entering into Baba’s sculpture and reaching the stage of ‘Atma Nivedanam’ (self surrender that comes after ego is purified).

On the north side of Prashanti Nilayam as one is coming down from the museum there is a garden with one sculpture of Shirdi Baba and another of Sri Sathya Sai Baba. The sculpture of Sri Sathya Sai Baba is in a sitting position and there are several steps leading up to his feet. Each step defines the spiritual stage of a devotee on the devotional path of Sadhana. First step is called Shravan (means listening) and the last step is called Atma Nivedanam. Today even after trying hard she was having a lot of difficulty in imagining herself in Puttaparthi then Baba said to her that ‘even though she cannot take it to Puttaparthi unless he wants her to.’ Then he said “Come”. She suddenly found herself at the last step of the sculpture and repeatedly uttering the word “Atma Nivedanam, Atma Nivedanam”. While uttering these words she entered the sculpture through Baba’s feet. Then she felt as if she along with the sculpture was expanding. When expanded she looked down and could see all people as small specks.

Later in the day she hears “Krishna Paksha Dwithiya. Do puja.” Then she saw a small pile of something white in color with another layer of something white on top of it. On top of that there was a layer of orange color which had the shape in between a square and

a triangle. She related the words “Krishna Paksha Dwithiya” based on an Indian calendar to April 14, 2002.

### **Bhakti, Jnana, and Raja Yogas’ are ripe; premature getting off of train**

April 2, 2002 Tuesday - In meditation she has a vision which reveals to her that her Bhakti, Raja, and Jnana Yogas are fully ripe and Karma yoga is a little weak.

Today in the morning meditation she saw four plums that came from something which had yellow colour and arranged themselves neatly. All the four were ripe and juicy. One of them was slightly different in appearance than the rest of the three, perhaps, giving the feeling of being slightly less juicy. She told me about this vision in the morning but we did not know what it meant. Something came to mind and I said to her that these could be representing the four Yogas (Bhakti, Karma, Raja, and Jnana Yogas) and that she is pretty ripe in three of those while Jnana could be little less ripe. Then I went to work in the morning. In the evening she was reading to me from Baba’s Sathya Sai Vahini regarding the four Yogas. While we were discussing in understanding what was written, Baba said to Shivangini “Don’t forget to tell him to write today’s morning experience about the four plums”. As we were reviewing what we wrote here, Baba said to her “Your Jnana is pretty ripe. It is your Karma which is a little weak”. Sometime during the day Baba told Shivangini “Tell him to start writing the preface for the book.”

April 6, 2002 Saturday - In a dream or vision train indicates long term spiritual journey. In this dream it indicated that she did not have attachment to things or relations but she was prematurely getting off the train. This dream indicated what Baba told her on March 30 about how she limited her role by the way she acted. Although she tried to get down but since there was no platform and she gets back into the train indicates that she may be getting back to the role Baba had in mind for her.

She saw a dream last night where she saw herself in a train. It was a beautiful sparkling interior but not many people inside of it. She saw a large size hand carry bag which was partially open and she could see that it was filled with lot of nice things like jewelry, cosmetics, and other knick knacks. She recognized that bag as belonging to her brother and sister-in-law but she did not see either of them around. There was another smaller bag (half the size of the other one) which belonged to her. She felt that her destination was coming up so she started packing her belongings into the smaller bag. She realized that she could not do much with her brother’s belongings so she grabbed her own smaller bag and got off the train. As she got out of the train she was still on the last step which was like a ledge, she realized that there was no platform and the train started moving very rapidly. The step she was still standing on was stretching along the compartment which had few more doors. She kept moving on the ledge while holding on to the train till she reached another door where there was a man who helped her get back into the compartment. She understood from the expression on his face that he did not like what she did. Later on she understood that this man was Baba. Although she tried to get off the

train prematurely which could have limited her role as indicated by Baba on March 30. The fact that there was no platform where she was trying to get off indicates divine will.

### **Vision of uttering AUM; clear as a crystal; discourse in Hindi**

April 9, 2002 Tuesday - She has a vision of what she was going to read the next day which is how to utter AUM.

In the night she lied down to sleep, when she saw flickering white light and then the light spread itself filling her entire vision. Right in the middle of the light she could clearly see a human mouth (no face) with slightly opened lips. Then she saw those lips slowly coming together and closing the mouth. She told me about this vision and both of us did not comprehend the meaning of this vision. Next day she was reading a discourse by Baba where he had described the process of creation with the word AUM and how A begins at the throat level, U travels to the tongue, and M stops at the lips. While reading these words she had a flash of the above vision which she saw a day earlier.

April 10, 2002 Wednesday - In a vision she sees herself as clear crystal indicating the degree of purity she had attained. She goes to Puttaparthi as Swami steps out to give Darshan and merges right into him.

In the morning meditation she saw a 4-5" tall clear sparkling beautiful crystal. Baba said "It is you". She saw the same crystal again but was elongated. She then went to Puttaparthi in the meditation like she has been doing lately. When she reached there, Swami was just stepping from his home to Kulwant hall to give darshan. She touched Swami's feet and then she felt that she turned in the same direction as Baba and then she entered into Baba through his feet. Swami said "Let us walk". As Swami walked, she was inside of him and hence she also walked through the darshan lines.

April 11, 2002 Thursday - She spoke on spirituality (pravachan) to a group of people who were Sikhs and Hindus and addressed it in Hindi for the first time ever. Baba gave her the content yesterday.

In meditation she saw an AUM symbol made of metal. When she reached her cousin's home she saw the same brass AUM in her mandir. Shivangini was invited to give a talk today at her cousin's house in Detroit to a group of people made up of Sikhs and Hindus. Night before Swami gave her all the content of what to say to this group of people. This is the first time she had to deliver the message in Hindi per Baba's guidance. While she was driving down to Detroit, She felt close presence of Baba in helping her escape traffic delays and accidents. In addition, she kept seeing in the sky about three feet patch of rainbow like colours that traveled with her all the way till she reached her cousin's home.

### **Meaning of Meditation visions; Ram Navami**

April 12, 2002 Friday - Baba said "Meditation brings out impurity and impressions" in response to her visions of roads and traffic. In another vision she saw bunch of people on bikes coming towards her and in regard to this Baba said "people seen on bike are indicative of their spiritual mode of journey". On April 14 in meditation she saw a vision of a small paper packet open at one end and it had a mixture of Vibhuti and Kumkum. Baba said "This is symbolic representation of Vairagya (detachment) and worldly activities and it represents the state you have entered".

April 23, 2002 Tuesday: Ram Navami (Lord Rama's birthday)  
Spiritual world and its experiences are different than the worldly experiences where everything is in physical with gross dimensions. Therefore whenever there is a change in the type, degree, and magnitude of experiences and there is no mind based way of judging whether that change is positive or negative, there is a natural difficulty and apprehension in the mind of the spiritual aspirant. In spite of the spiritual growth with so much guidance and assurance from Baba, every now and then she has been unsure of the state and the meaning of her experiences or lack there of. Not seeing light in her meditation or not as many dreams or any reduction in the degree of communion with Baba left her with a feeling of separation from God. Any slightest feeling of separation made her cry like a baby. In the last two days, couple of times she had shed tears while worshipping and prayed to Baba that she wants to be one with God at all times and not lose that connection even when she goes among people. Yesterday she heard in her meditation the word "Thithiksha" and forgot about it. Today again she heard the same word along with some other messages from Baba. Today she made it a point to look up the meaning of the word in the Sanskrit dictionary and it meant "Patience, Endurance".

Just before she was going down to host the Ram Navami celebration in our house she put chandan tilak on one of Baba's picture. This chandan paste was a little liquidy and to avoid the tilak running down the picture she laid the picture horizontally right against the mirror which resulted in seeing the reflection of the picture also. At this point Baba said "See. Now I am two, one real and the other reflection. The reflection is going downstairs which they will get to see". What Baba meant here was that she as Baba's reflection will go downstairs among people for the Ram Navami celebration.

### **Walks with Baba; Yogis' dream; Badrinath Sages and Rishis**

April 27, 2002 Saturday - She goes to Kulwant Hall again and walks with Baba through the darshan lines. A friend S gets helped by what Baba and Shivangini discuss.

In her morning meditation she went to Puttaparthi and entered from the Ganesh gate and went past the Ganesh mandir straight to the ladies north entrance to the Kulwant Hall. Baba was at the spot where his house joins the Kulwant Hall. He looked at Shivangini's direction over his right shoulder and said "Come". She walked towards Baba and, while He was still walking slowly, she saw herself merging right into him.

Today when we were eating our lunch Baba said "I am blessing you both, do my work and be happy."

We went to India Association's celebration of Holi and there we met S and A. S said to her "Very recently your Sathya Sai Baba showed up. I saw him as clearly as I see you and then you showed up. You two were conversing with each other and that cleared lots of my doubts, confusions, and concerns. That's how I know that you are traveling these days (referring to travels in meditation)." Further S added that now S understands the meaning of the comments that Shivangini had made couple of years back pertaining to S's life span. S knows better now that everything had to take its due course and things cannot be expedited as per individual will.

April 28, 2002 Sunday - She has dream like similar to how Yogis' dream.

Last night after coming back from the Holi celebration of India Association where there were a lot of people, variety of cultural programs etc., She was concerned what impressions all this socialization would have on her mind. In the night she had a dream relating to a puja activity and while seeing the dream her mind was analyzing and saying "apparently the socializing has not affected my dreams since this dream has nothing from the Holi function".

May 2, 2002 Thursday - In a dream she sees herself among the Sages and Rishis in Badrinath.

In a dream last night she sees the setting of a cave inside a hill. Inside the cave there was a passage. On each side of the passage there were smaller cell like rooms. Each cell or room was occupied by one individual. Most of these were men and there were only two women, Shivangini and one other lady. All these men had beards, long hair and had wrap around clothing only waist down. They were coming in and out of the cells. They all seem to be nice towards Shivangini however Shivangini was afraid of making mistakes and be disapproved by them. Other lady who was there with Shivangini seem to know her way around and was very comfortable in that setting and she acted like a big sister towards Shivangini and lovingly kept responding to her questions and concerns. Her dream ended there. We interpreted these men to be like Rishis living in caves. On September 16, 2002 we learned from Baba that the scene of this dream was of Badrinath.

### **Sai Narayan Katha; Yogis' mind; Eswaramma day**

May 3, 2002 Friday - In an interesting way Sai Narayan Katha – puja and kathas' (stories) - were put together.

About 2 years back one of our friends in Detroit had asked us to conduct Baba's puja at her home. At that time, with Baba's help, very quickly an audio tape of Sai puja got put together in my voice. Lately we had two separate requests from our friends for this audio tape of Sai puja. Since last 2 years our pronunciation and understanding of Sanskrit language has improved and we felt we could redo the tape and improve its quality. Shivangini started working on redoing the tape. This effort was going on at a slow pace till an occasion arose for her to use the tape.



When she realized that she needed this tape to conduct Sai puja the very next day at R's home in Detroit, she rushed to finish it by end of the day. At about 11:30 in the night when she completed recording of the last portion of the puja and turned off the machine when Baba said "It is not complete yet. Sathya Narayan puja concludes with Katha (stories of Lord Sathya Narayan), where is the Katha in this tape?" Right then she knew that she could not hand this tape to R next day.

Next day at R's home instead of Sai puja we did Shiv puja. We told R that we prepared the Sai puja tape but Baba guided us that we should add the Katha portion to this tape before giving it to others. Therefore we need more time to find the Katha's and record them before we give this tape to you. In response R said "I have the Kathas, it is the puja that I did not have". Interestingly, R had the exact Kathas we were looking for and she simply needed the Sai Narayan puja to go with it instead of the Sathya Narayan puja she had.

May 4, 2002 Saturday - Last night she had a dream where she saw the side profile of Baba's face in the background and an unfamiliar face of a person in the foreground. In the morning when she opened her eyes she had the usual view of Shirdi Baba's picture on the bedroom wall. However Baba's picture looked so different than normal because his right hand was raised to his eye level and he was holding a Lingam in his hand.

May 5, 2002 Sunday - Her state of mind is that of a Yogi as indicated by the dream. Lately in her dreams she is at a level of consciousness, which is similar to the wakeful stage where mind can analyze what it sees (like on April 8 2002). The content of this dream seems to indicate that she either picked the vibrations through food or social interactions yesterday which were manifesting in this bizarre dream. Right after this bizarre dream she saw Baba's face formed out of white light and felt like an assurance that he is present.

May 6, 2002 Monday - In her meditation today she had few visions and heard few unrelated words. Visions – she saw two feet of a lady who was wearing golden toe rings on the second toe of each foot. Her mind connected those feet to Baba's mother's feet. Next she saw Swami, surrounded by lot of people, walk from Ganesh gate of Prashanti Nilayam all the way to his parents Samadhi (cremation place) and return back. In another vision she saw a maroon book with white pattern on it. She understood that her next book ought to have that kind of look.

The words she heard in meditation were: Sathya Sai Vedanta, Mohini (Lord Vishnu's beautiful female form), Ganadhi Pathaye (Lord Ganesha), and Girija Pathi (Lord Shiva). We did not realize it till later that today happens to be Eswaramma (Baba's Mother) day.

May 7, 2002 Tuesday - Baba said to her "You are no longer needed here. Come with me"! We did not document anything further hence do not know what the context was.

### **Carrier arrived; Discriminating mind; How to think of God**

May 8, 2002 Wednesday - Few months back (Dec 15-16, 2001) in a dream Divine Mother showed Shivangini a path leading towards service to people and told her that at a

short distance there will be a boat which will carry her to the final destination. Today while taking an evening walk with me she was once again reminded of this dream and through the medium of a passing car on the street was told that the carrier has arrived and is only a short distance away.

May 9, 2002 Thursday - She woke up in the early morning hours and heard a mantra being uttered and it said "Kalpith Maanas Hansa Viraaathe" (Mind is eligible to be called or compared to a swan which is known for discrimination)

She understood today that no evil can touch when we do mantras while bathing. Bathing and uttering mantras is a combination where God presence is inside and outside in the form of water cleaning and protecting you. She also realized that this is a spiritual secret.

Shivangini has been making a tape on Sai Narayan Puja for the last week or so. Today Baba told her that the Sai Narayan Katha she picked up from R's home in Detroit needs to be reworded. Baba also said that she needs to put together guidelines for listing of puja materials, shrine set up, how to prepare the Prasad etc. As we were writing this Baba said "Every Sai devotee will have it. Put it in Sai book store and they will sell it but you wont sell it." "This is for western audiences which includes Sai devotees today and would be".

May 11, 2002 Saturday - Today we learned from Baba how to think of God?

When it is said everything in the universe is God or entire universe is God, it creates a lot of confusion in everyone's mind because universe includes people, plants, animals, inanimate things, food, and even feces. The understanding that Baba gave to Shivangini around this topic today clarified many doubts and confusions. Baba said "There is an order in the creation. There are several categories in the creation, within each category there are lowest to the highest manifestations of the divinity."

Today in July 2006 as I am writing this I can relate to Vibhuti Yoga in Bhagavad Gita where the Lord talks about various categories and highest manifestation in each of them is He.

### **Swami Vivekananda invites; Jagat Kalyan begins**

May 12, 2002 Sunday - In her morning meditation she had a vision of lots of jewels spread on a yellowish shiny satiny cloth giving the feeling of some kind of treasure. This vision followed with the vision of a tiny lamp with a tiny flame. For some reason her mind connected both the treasure and flame light were in her own heart.

In the meditation she heard "I am here to take you with me." She asked "Who are you? And where do you want to take me?" She did not receive any response. Next she felt Swami Vivekananda saying "Come for Youth Nirvan."

After morning prayers Baba said "You cannot accomplish anything here on Guru Poornima without your Guru." "The carrier has arrived, roll in easily. By the way you are coming to Puttaparthi. Hop in the plane on July 18." She asked "why do you say by the way?" Baba replied "Carrier and rolling in are not linked to coming to Puttaparthi."

May 15, 2002 Wednesday - Today Baba said to Shivangini in her meditation “Jagat Kalyan Prarambham” (Beginning of world auspiciousness)

May 16, 2002 Thursday - In a dream it was shown to her symbolically that Baba is helping her journey as she starts the next phase (as indicated to her on May 12, and 14).

Last night she had a disturbing dream. She saw herself in a car (seeing one self in a car is indicative of short term spiritual journey applicable to present life), and the car was going on a straight paved tar road when she heard Baba saying “Watch out for ditches.” She drove a little further when the car veered off the road into an area covered with white uneven stones. As the car was going into the ditch, she could not see an apparent cause for the car to veer off the road. Though it was a patch of stones the car started sinking right into them, when suddenly a big force pushed the car up, it flew up, landed on the road, and continued moving smoothly again.

### **Maha (1000 Ashwa Medha) Yajnas complete; Upward Journey**

May 17, 2002 Friday - Today she sees with her eyes open a smiling Durga Ma on a tiger. In a vision Baba fills her with beautiful liquid, and indicates to her that her sentiments are purified. He says Maha Yajna equivalent to 1000 Ashwa Medha Yajnas (1000 horse sacrifice rituals) is complete and also said her upward journey begins from today. (Normally each Ashwa Medha Yajna requires great amounts of articles and accessories to perform. But for Vanaprasthi (forest dweller) or Sannyasin (renunciate), Brihad Aranyaka Upanishad describes various meditations as substitute for an actual sacrifice. In the first chapter it gives a special way of meditation to perform which would lift the worship from physical to the mental level. Baba said today that she had completed 1000 of these over the course of the last 5 years.)

In the middle of the night she opened her eyes and she saw on the wall above the door a picture of Durga Ma on the tiger with several weapons in her hands like mace, sword, disk etc. There was a pleasing smile on her face. Shivangini was touched by this vision but a little later she fell asleep again. Couple of hours later when she opened her eyes again it was almost morning. While still lying in her bed she had a straight view of our daughter’s bedroom, the door was ajar, and she saw inside of the room filled with a blue light. She did not get out of the bed to find the cause of the blue light instead she sat down for meditation.

First she had three disconnected visions. In one vision she saw a beautiful clear glass and extremely beautiful looking water was being poured into the glass while she heard Baba saying “Allow me to fill you.” Next she saw a shallow plate filled with water and it had 4-5 dry blobs of flour floating on the surface. The message was that in spite of being in water the flour was staying dry. In the third vision she saw Sai Bhajan book we have at home and it had a garland. Baba took a flower from there and gave it to Shivangini. Later while writing this we were trying to understand the message when Baba said to Shivangini “Go and look in the Guru to disciple book that you have and look up what giving flower means.”

I looked it up in October of 2006 and it meant attaining purity of sentiments (feelings and emotions) when a flower is given by Guru or Ishta.

After these visions she heard the word “Maha Yajna”. Her mind quickly connected it to performing Yajna on coming Monday May 20, a date that was given to her by Baba back in February to perform a particular Shiva Puja and it was marked on the calendar. In response to her thought Baba said “Maha Yajna Sampurnam. This is equivalent to 1000 Ashwa Medha Yajnas. Travel with me, now your upward journey begins.” This is all Baba said but rest she understood that Baba was referring to the last five years of spiritual journey as the Maha Yajna. The upward journey Baba said refers to a dream she had couple of years back where Baba had shown her walking on a rectangular path and once she reached the spot where she had started from she took off vertically up into the sky, not in the human form, but as a band of colors.

This morning her experience was limited to what is described above but there have been several indicators in the recent past of her reaching the same spot where she started her spiritual journey with Baba 5 years back.

Yesterday evening was perhaps one of the major indicators. A picture which she had brought from Puttaparthi, after seeing Baba for the first time in March 1998, and had given it as a gift to a friend in town who had just started having Sai Bhajans on Thursdays in their house.. These friends got transferred out of town and they decided to give this picture of Baba back to us after 4 years. On the surface this may seem insignificant but in fact it was an indicator of the completion of her rectangular spiritual journey that she saw in the dream.

## **Awareness in deep sleep; rely on Atma; Lord Venkateshwar**

May 18, 2002 Saturday - As reader knows she has been having dreams like a Yogi. Today she was in deep sleep and was fully aware of it. Baba blesses her with powers.

Last night she slept about 5 hours and had a deep sleep but while asleep she was fully aware of the fact that she was not having any dreams. (At deep sleep level our consciousness is at Prajna level which is akin to Atma.)

In the meditation it was total vacuity, but right after finishing her morning prayers Baba said “Surabhi”. She came down and looked up the meaning in the dictionary and it had several meanings “fragrant, sweet- smelling, pleasant, intelligent, famous, wise, patient, best, cultured”.

During the day Shivangini was thinking about the powers Baba had given her which she had for a while but they are gone now. Just about this time my cousin S called from Boston after many months. On Thursday and Friday Shivangini was thinking of calling S but did not get around to it. S talked to Shivangini and after they hung up Baba said to Shivangini “Your powers are all there. I told you that I gave you one sixteenth of my power. I am a power house. One sixteenth of that is humungous amount of power. All you had to do was will it and S called you.”

Shivangini was putting together an audio tape of the Sai Sathya Narayan puja and Katha. She was simplifying the Raksha Kanda Katha for western audiences but was struggling

with one Katha which used Indian mythological ideas as well as a village setting. At that time Baba said to Shivangini “Why don’t you use the story you were telling him (Gyani) yesterday?” This was a story from May- June 2001 Spiritual Expressions magazine where Baba cured Mary Spahn’s cancer. We ended up incorporating that story into the Raksha Kanda. As we continued to put together the Adhyatmic Kanda, Shivangini was looking through the Sai Narayan Katha written by Smt. Susheela Srikishen and in that it was written that Baba blessed the Katha she wrote on Oct 8, 90. Shivangini said in her mind “Baba, I am not sure when you will bless what I am putting together.” Baba said “You are my blessing.”

May 19, 2002 Sunday - Baba tells her to rise above mind and intellect, and to rely on Atma. Baba says “Just one more year” but did not clarify what will happen.

Yesterday evening we had to go take pictures for Raeshum’s high school Prom at Dow Gardens and then at Mr. & Mrs. G’s home. After that we went for grocery shopping and returned home at about 10 pm. Shivangini did not get a chance to eat fruits and milk she normally takes in the evenings. She woke up in the middle of the night due to hunger and picked up a book to read for the adult spiritual class she will be holding today. At that time Baba said “There is no need to read. Stop reading. You have to rise above relying on mind and intellect.” She meditated and then went to sleep. In the morning meditation she asked Baba “In the past you have given me speeches for delivering on special occasions. Today you said I am supposed to speak like Naarishwar (female God). So I take it as an important occasion. Where is my today’s speech?” Baba replied “Devi, Devi Devata speeches prepare nahin karte (Gods and Goddesses do not prepare speeches). Do you think I prepare speeches? Do I have time to prepare speeches? Stepping up to the occasion Atma will speak.” She understood through all this dialogue with Baba that there is a difference between surrendering to God versus operating in oneness with God. In the state of oneness, one gains control over time. They drive the time and time does not drive them.

She had two visions in her meditation. In one vision she saw herself as a 3 yr old girl who was being honored by a large group of people with garland and they were applying Vibhuti on her forehead. In second vision she saw milk and a beam of light was coming out of the milk.

Baba said in the meditation “Just one more year”. At this time we did not know what this meant. Little later in meditation she heard the word “Maha Agni” (Great Fire God?). In the morning Baba said to Shivangini “I gave you my children to enjoy and to take care of them. Instead you started to own them. They are my children.” (referring to Raeshum and Shobun)

Baba said about Raeshum “She is starting with a clean slate now. If she does her Dharma, she will be fine”. During lunch when Raeshum came home Shivangini told what Baba said about her.

During the day while she was writing the Sai Narayan Katha, at one spot she wrote down that Baba had a naughty smile. As she wrote that down, Baba told her not naughty but a poised smile.

May 30, 2002 Thursday - Sai Narayan Katha audio cassette got completed last night and symbolically she sees Lord Shiva with a garland of flowers around his neck in the meditation. She also had a vision of Lord Venkateshwar (Lord Vishnu) and Vara Lakshmi (his consort). This vision of Lord Venkateshwar relates to what had happened on July 6, 2002.

In her vision in the morning when she went to Puttaparthi, she went straight to the Shiva temple and when she reached there she was allowed to go up close to Lord Shiva's sculpture. She saw lots of flowers. Next she saw some of those flowers scattered around Lord Shiva's feet and rest converted into a garland and around Lord Shiva's neck. Recently we have been preparing a booklet and an audio cassette to help the Sai devotees conduct Sri Sai Sathya Narayan Puja. This booklet and cassette got completed the night before. Baba explained that we preparing the booklet and the cassette were symbolic of decking up Lord Shiva with the garland of flowers that she saw in her vision. Same morning after Lord Shiva's vision she had another vision where she saw in a room Lord Venkateshwar on the left side and on the right side she saw a female deity which she did not recognize but heard "Vara Lakshmi". Today before she went to sleep, she felt like and recited 108 names of Sri Venkateshwar for the first time.

### **Formless God: exemplary surrender; Jivan Muktha**

May 31, 2002 Friday - On the topic of God being formless Baba said that all subtle things are formless like Love, Pity, and Compassion. God is even subtler and is truly formless. Just the way the formless Love can be manifested in words and actions and then the receiver of that love, as well as others observing, can infer, see and feel that love. However in all reality love does not have a form. Similarly God can be manifested in the form that devotee likes and is familiar with but truly speaking God does not have a form. He can shower his grace in a manner beneficial to the devotee, through that grace God can be inferred, seen and felt. At times the devotee may not fully understand the purposes and aspects of that grace also but he or she can still infer see and feel the God.

June 15, 2002 Saturday - Baba told her that Jivan Muktha has all the resources of the universe at their finger tips. Baba indicated that today you will experience how that works. Later in the day she had the experience where she did not make any extra effort but something she wanted played itself out, although it was out of the ordinary. There were three four people involved and anyone of them could have stopped that outcome but everyone unusually kept cooperating towards the result she wanted.

### **Baba takes her by hand to his abode – Shiv Loka; calls her Devi**

June 19, 2002 Wednesday - Baba extends his hand and she holds on to it. He takes her to his abode.

In her morning meditation Shivangini went to Puttaparthi entering it through Ganesh gate side. She went up to Sri Ganesh temple, bowed down, and then turned around and went

up to the tree across Ganesh temple. Underneath the tree there are a variety of snake figurines which are also worshipped by the visitors. She bowed down there and then moved to the adjacent temple of Sri Subramaniam. She was still standing in front of the Lord Subramaniam temple when she saw Swami walking towards her. He was coming from the direction of his house. There was absolutely no one around. Baba came up to her and extended his hand asking her to hold his hand and said “You have been wandering. Now, come with me to my abode.”

June 20, 2002 Thursday - Baba tells her today that his abode is Shiva Lok, illumined city and the doors open only for Devi and Devatas’ and he calls her a Devi. He said she will start playing the role of Maya by herself becoming the veil to stop others from seeing the reality of God which is a different than the role she played till now of removing doubts to see God.

In the meditation today Baba said “It is a great honor that I myself am taking you to my abode”. Shivangini asked “What is your abode, Baba? You mean Prashanti Nilayam”. Baba said “No. I am taking you to Shiva Loka, illumined city. The gates are now opened for you. This happens to only Devas and you are Devi.”

“Help others freely, selflessly, unconditionally and give them the joy and peace.” In relation to A. coming to our home last few times Baba said “You think that I am subjecting you to the difficulty. Actually it is for her spiritual growth. I don’t want you to just serve food to her. Since she likes food, you first give her that then she will be ready to receive the spiritual food which is in store for her.”

She stayed in the meditative state for a long time when she had another vision where she saw several people standing in a group. There was a sheer fabric (like a dupatta) which was gently floating up and down going over the front of the face of one person and then floating onto the next person in a smooth fluid motion without touching them. Baba referred to that sheer fabric as the veil of Maya and said to Shivangini “Now, you are that Maya yourself. You can act as a veil and stop people from seeing the reality of God. And also can remove their doubts to help see them the reality of the God.” (We were writing this as we were driving down to Detroit to pick up our son). Baba added as we were writing this down “So far you are playing only one role that is removing the doubts. You will have to play the other role also. Everyone is not ready for the knowledge of Atma Thatwa (Atman principle)”.

“You accused me of being partial to Telugu people. You are more compatible with their temperament. Since you accused, I gave you XXX people to work with.” Shivangini is not compatible with XXX temperament at all. Baba then said in an endearing way “Still love me?” In response Shivangini lovingly touched the picture of Baba in our car. Both of us were delighted by the light tone and endearing way of Baba. She heard in the morning “Niramaya”. Sanskrit dictionary gives the meaning as free from diseases.

## **Atma forces her out; joins Rishis; Formless God**

June 29, 2002 Saturday - She had a long detailed dream last night. At physical level she likes to stay on the indoor path of meditation but Atma insists that she go out. She sees herself getting divine assistance to glide rapidly through the tunnel of the spiritual path. There was an obstruction (attachment?) that hindered her and she had to wash it off before she could step out into the open. She had a choice of joining Yogis or Rishis and she chose to join the Rishis.

Last night she had an interesting dream which we initially could not understand but in the morning when Shivangini asked Baba if it was real and Baba replied "I am showing you the path". In the dream she saw a room which was fairly empty. In one corner of the room there was a woman who said "I have a family. I can go too but I would rather stay here". She closed her eyes and started meditating. Shivangini thought 'how nice that she is doing that but I am supposed to go'. Shivangini then stacked up the books that belonged to her and then turned to step out of the room when she saw a man who was covered up over his head with a velvet comforter. Shivangini perceived that he was meditating. Then she stepped out of the room and shut the door behind her. She then realized that she stepped into a tunnel which will take her out into the open. She stood there for few minutes. At that time the door of the room opened and the man peeked out to make sure she was gone before he bolted the door from inside. Shivangini looked at him and his face and part of his visible body was nicely covered with thick coat of Vibhuti. She looked at him with the intention of pleading to let her get back into the room when the man said "Not now, Not now." He closed the door and she turned, paused, and was thinking how to go out. At that time the entire tunnel lit up with golden light and she saw pair of legs, from knee down that was lit up just like the tunnel, and the feet had golden slippers. She recognized those pair of legs and feet were her own. She saw the legs and feet about 1 foot above the ground and rapidly gliding down the tunnel and came into the open. She did not see a person but a voice led her into a place which had very old barn look. There was a round chimney, about 5' diameter, going straight up and there was a well. She tried going up the chimney with legs up and body down by rotating her body. She could not go up because there was a yellow husk type of material was hanging onto her from shoulder to her feet and this husk was stopping her from gliding up. At this time she heard the same voice of the man which said "First wash your lotus feet". She walked forward and saw the well and it had water up to 2 feet below the top of the well. She could see some water animals moving around. She turned her face to her left where she saw a huge black snake coiled and with its hood up and as she was looking, it turned into a man who slowly put his head down on the floor and lied down. On the right of this there was a 2 feet long thin green snake near the wall. It was wiggling very rapidly which instilled fear in her. It came rapidly towards her and slowed down in front of her when she realized that she has no way out but to face the snake. She pointed her finger close to the eyes of the snake and lifted it and said "Go away." The snake slowly crawled away. After this she saw herself out in the vast open area which had no trees or buildings. She was standing at a slightly elevated place and could see two slabs (concrete like) one to her right and another one to her left. On the right slab there were 8-10 yogi looking people wearing only a loin cloth and a thin piece of cloth going from their right shoulder to the left waist. There was reddish color on the cloth and they were prostrating with their feet stretched out in front of them and they bent forward from waist down with their arms



stretched forward and their palms held together. On the other slab she saw another 8-10 people who were dressed like Rishis in white from waist down to below the knees and a waist band going up to their shoulders. She wanted to join them but was uncomfortable joining the first group due to the way they were dressed and felt she wanted to join the second group who were looking like Rishis. This is when her dream ended.

Next day Baba told her, in the morning when we were praying together, that the three people in the room were Shivangini herself – man with Vibhuti at Atma level, woman meditating at mind level, and Shivangini standing in the room is at physical level. We noted that the Atma level has pushed the physical level out. About mid morning Shivangini was reading Prashnothara Vahini where Baba is responding to questions and she came across a response to a question about attaining Godhead from previous merits. ‘If inferior copper is added to gold, the alloy loses in value..... You wash your feet after walking through the mire; the mind too has to be washed of the mire of attachment to objects .....’ This message connected to her being asked to wash her feet before going up the chimney and into the world.

June 30, 2002 Sunday - In her dream Baba continues to drive Shivangini to formless God while at awake stage she sees him as Baba and interacting with others.

In her dream last night she saw herself in a room with Baba and two other people. Baba was supposedly going to talk to each one of them. First he talked to a man then he sat next to Shivangini on her right. She asked him “What am I supposed to do? Won’t you tell me and bless me?” Baba stood up at that point and said you can touch my feet. Shivangini first touched his feet lightly and started feeling the vibration when she gripped his feet. While holding his feet she went into deep meditative state. Next she opened her eyes and observed that she was sitting down in a meditation posture and holding something which had an outer covering of orange color but no specific form to it. That thing in her hand was approximately 2 feet long and gave her the feeling that it was a human that got melted into this formless thing. However she still could see Baba and at this point he came very happily and sat down next to her on left side. Baba then started talking to the third man in the room and asked him “So what did you think of Anatmika?” That man reacted to this comment with an expression indicating it is one more instant of Baba reading his mind.

### **Sri Devi, Bhoo Devi bless her**

July 6, 2002 Saturday - Today Goddess Sri Devi in the Lord Venkateshwar temple in Hinsdale, Chicago reminds her to take the pearl garland for Gayatri Ma. After that Goddess Bhoo Devi blesses her with success in her journey on Earth.

We took children to attend the Young Adult retreat in Chicago conducted by Rita and Robert Bruce. On Saturday July 6 when kids were busy attending the retreat we went to Hindu temple on Lemont Street in Hinsdale, Illinois with another couple, L and P, who also brought their children to attend the conference. When we reached the temple and as we were getting out of P’s car Shivangini heard “Sri Devi”. I had a niece named Sri Devi

who passed away in sad circumstances in 1998 and Shivangini did not understand why she was hearing about her now.

This mandir had various Hindu deities – the central deity was Lord Rama, and there were two wings which had Lord Krishna in the right wing, and in the left wing there was Lord Venkateshwar with Sri Devi and Bhoo Devi which one cannot see till they enter into those wings.

After having darshan of Lord Rama, we approached the two wings and we turned to go to Radha Krishna temple when Swami asked her to go to Venkateshwar temple first. We told P and L that we will go to the left wing first and they said ok and proceeded to the right wing. So we went into the Lord Venkateshwar temple. There was a central idol of Lord Venkateshwar and about 10 feet away there were two idols, Bhoo Devi on the right and Sri Devi on the left. As soon as she saw Sri Devi, Shivangini realized what she heard when we got out of the van. She naturally moved up to Sri Devi's idol when Sri Devi said "Don't forget to bring the pearl garland for Gayatri Ma in Prashanti Nilayam."

Lord Venkateshwar's eyes are normally covered and only during the Abhisekam the blind fold is taken off. As soon as we stood in front of Lord Venkateshwar along with other devotees, Pujari started doing Abhisekam with water, milk, yogurt etc. L and P joined just as it was about to begin. It was a beautiful sight to see and gave a good feeling when Shivangini heard "Lakshmi Prasanna". Bhoo Devi said "You will have success in your sojourn on Earth." After the abhisekam was over, Pujari started giving haldi and kumkum mix to all devotees on their finger so that they can apply it as tilak. He gave it to Shivangini when Baba said "Apply it on your feet also." Shivangini did not know how to do that without all the devotees noticing it. Right at that moment part of the haldi kumkum mix slipped off her finger and fell on the floor. She applied the part on her finger on her forehead and then bent down and picked up the mix which fell to the floor and put it on the top of each foot just like Baba said.

This whole experience gave a great feeling. At the time of Arati, I gave money to pujari and he in turn gave two oranges as Prasad. We shared one of the oranges with P and L. We shared the other orange between Raeshum, Shobun, Anu, and us.

## **Baba changes events for Bhakta**

July 12, 2002 Friday - Today she sees Lord Shiva, half of him in blue color and the other half in normal human color. She understood the dream she had a year back where Baba with effort shifted a large wooden block and said 'shifting angles' and Baba said today that he had changed the course of events but result is still the same. This is a direct example of Baba changing events to take care of Bhakta's desire.

In her morning meditation today she saw human height figure that was darkish blue in color on the left half while the right half was normal color. Based on the Trishul and hair she understood it was Lord Shiva.

Little later she saw a box of 6"x 4"x 4" which was stuffed with things and on the top of it were a bunch of keys.

In the meditation Baba said "Give a bag of almonds to Raeshum and ask her to take 3 almonds a day, no more or no less." We understood that this is for Raeshum once she goes to college on Aug 21.

She heard 1297 but did not know what it meant. A little later she heard “Parampadya”. Param – highest, best. Padya – water used for washing feet; a way, path, or road. “Parampada” means highest state or position, eminence, final state of utmost bliss.

In the meditation she understood the dream she had on March 27, 2001 where she saw Baba shifting a large block with effort and heard ‘changing angles’. Baba said much earlier that she will have an experience of Brahman (Brahmanubhuti) which will send her into a shock and due to that she will lean forward with eyes closed and lean against the computer monitor at work. People at work will think she had a cardiac arrest and will rush her to Hospital and that will eventually lead her to leave work on disability.

Shivangini had a desire to leave work sooner and dedicate her life to God. Since February of 2001 many things have happened - whole episode about R and their learnings; working with physicians and Unum insurance people; Shirdi Baba’s assurance of getting disability benefit; Baba’s assurance that she will get the disability; our learnings on surrender; and riding the waves of Bhavsagar while going through the process, etc. Disability approval telephone call came on July 10, 2002 from Dow Corning.

Baba said in meditation that He changed the course of events but the end result is similar. Little later in her meditation she went to Puttaparthi. Baba showed the stone images of snakes in front of Ganesh temple and said to her “Bring a silver snake from India for Shiv Ratri”. She saw Baba sitting in a chair near a table like one sees him at Darshan time in Prashanti Nilayam. She went up to him and touched his feet.

At the end of meditation Baba asked her “How was your meditation? It was good meditation. You can tell him (Gyani) about it.”

Baba had a message for me (Gyani) while Shivangini is gone to India. “There is a task with Shobun. I have to do it with Shobun and it is good for him (Gyani). No bickering. Work out things lovingly.”

July 13, 2002 Saturday - As I was writing Shivangini’s experiences, Baba said to her “Award for Raeshum” twice and Shivangini understood that Baba has reward for Raeshum when they reach to Puttaparthi on July 18. We were also trying to call Gubba Eshwariah in Kalwakurthy to see if we can enroll in the Seva organization. At that time she understood from her inner voice that it won’t work through him and we did not pursue further.

In her meditation Baba coached her to go “up and up”. In the past Baba used to say during meditation “Go far”.

## **Hers and Others experiences of Baba and divinity**

July 15 – Aug 16, 2002 - Shivangini and Raeshum went to India. They stayed at Puttaparthi from July 18 till July 30 through the International Seva Conference, Guru Poornima etc. Mummy and Krishna masi joined them in Puttaparthi on July 18 and they all stayed till 30th and traveled together to Bhopal. They had great experiences and significant ones are listed below.

When they reached Prashanti Nilayam on July 18, Shivangini and Raeshum could get accommodations inside as Seva delegates due to the classes conducted at our home for

the children. But due to a large number of delegates coming and limitation of accommodations inside, they did not allow Mummy and Masiji to stay with them. All the four ended up staying in a hotel outside till after Guru Poornima and then shifted inside when they got the accommodations.

On July 20 after the afternoon Darshan, Krishna Masiji stayed back while Mummy, Shivangini, and Raeshum proceeded towards the hotel room. Outside the ashram when they were ready to cross the road the traffic got stopped because Baba was coming back to Prashanti Nilayam. The policeman asked them to wait as Baba's motorcade was coming through. Mummy wanted to sit down because of her arthritis when the policeman showed her a spot nearby where she sat down. He asked Raeshum and Shivangini to stand by the road on the curb (footpath) and they stood at the edge of the curb where the road was turning 90 degrees into the Ashram. The car procession came and Baba was seated in the back seat of a maroon colored BMW next to the door towards the curb where Shivangini and Raeshum were standing. Since the vehicle had to take a turn, it slowed down and was barely crawling. Baba was about three feet away from where Raeshum and Shivangini were standing. Shivangini saw Baba looking at her with a smile; his eyes rolled over to Raeshum, and then rolled back to her. She slightly bowed down with a reverential smile and did Namaskar to Baba. Baba smiled back and gently moved his head acknowledging and accepting her bow and Namaskar. At that time Shivangini felt as if a current was passing through all her body and she stood there looking at Baba in a pleasant shock. (Later that day Raeshum sent an e mail to me describing this experience and said "she thought her mom was going to faint").

A few days later, she was buying music and sarees at the shopping center inside the ashram. At that time she ended up picking an AUM chanting tape. While picking that her mind was saying 'what am I doing, I already have this tape at home in midland. Luggage space is precious for bringing back things and I am buying something I already have'. In spite of this dialogue her hand went ahead and picked the tape. About 10 days later when she reached Bhopal I spoke to her on the phone and told her that I was playing the AUM chanting tape on July 24 (Guru Poornima) when the tape got stuck in the recorder and broke. I told her to bring a new tape when she told me that she already bought it in Puttaparthi!

In the ashram store one day she was buying a few sarees. She picked up a reddish color saree with a border that had mango shaped gold pattern with green edge to it but thought that it was a strong color. At that time Masiji said that it was a beautiful saree and will look good on Shivangini. She decided to buy it upon Masiji's insistence and then started looking for pre stitched blouses to match with it. At that time Baba said "You already have one matching to it". She was puzzled because she could not remember due to its unusual color and green border. But since she heard it from Baba she came back to her room without buying the blouse. She was going through her things when she came across couple of blouse pieces she brought from USA to get them stitched. In those blouse pieces one of them was not only having matching color but identical gold mango pattern. This particular blouse piece was given to Shivangini by P's mom when we did a havan for P's baby shower. She totally forgot about it!

The night before they left Puttaparthi to go to Bhopal Mummyji had a dream. In the dream she saw Prashanti Nilayam at darshan time and it was filled with people and Mummyji was looking for a place to sit down. She saw Baba (this is the first time ever she saw Baba in her dream) and he stretched his hand and pointed his finger in a direction as if asking her to sit over there and said "17, 18, 19, 20". Mummyji looked in that direction and all she saw was people with no room to sit down. Her dream ended and she related it to the other three but none of them could make anything out of it. Next day they took a taxi to Dharmavaram and caught the train to Bhopal. When they climbed the train and reached their reserved berths in the sleeping coach the berth numbers were 17, 18, 19, and 20. They realized the meaning of Mummyji's dream and felt very safe that Baba is taking care of them.

After staying in Bhopal for a few days they visited Omkareshwar and Mahakaleshwar Jyothir Lingam temples. Then Shivangini and Raeshum went to Jaipur by train which was an overnight journey.

That night in the train Raeshum had a dream and here it is in her own words:  
In my dream, mom and I were in a huge house that was not our own. It was very grand and I got the feeling it was actually somewhere in India. We were on the second floor, which overlooked the entryway to the first floor (much like the way it does in our house in USA). Mom was sitting on a couch talking to official looking Indian men. She was discussing publishing the book in Hindi with a man who sat next to her on the couch. He was Muslim as he was wearing a topi (hat). Mom and I were waiting for Dad to arrive, as he was to be there soon. Dad arrived and was at the door talking to the servant/ doorman who let him in. He looked confused and asked to see Mom. I was at the top of the stairs and Dad asked me where Mom was. I told him to hold on a second and I left to go get her. When I returned to get Mom, it was actually Sri Sathya Sai Baba sitting on the couch in discussion and not mom. I kept treating Him like He was mom. He was in daze thinking about official matters relating to the book and I found it hard to get His attention. When I did, He kind of looked up at me a little dazed and I said "I guess I know what it must have been like when you had to get my attention when I would watch TV." He said, "But you've turned off the TV now and learned to converse." I held out my hand to help Him up so He could go meet dad. He took it and as He was getting up, Baba said, "I love you Raeshie... (want a hug?)" And that was the end of the dream.

Shivangini and Raeshum visited Pushpa and Meghana, saw Jaipur and Udaipur. From there they went to Delhi and stayed with Sharada and Seewoo for couple of days before they flew out to USA. Shivangini's childhood friend R from elementary school now married with children lives in Haridwar, UP. She wanted to come see Shivangini in Delhi but due to some unexpected circumstances she could not but instead sent a big bag of gifts. In the gifts there were two boxes of Besan Laddu's (Indian sweets). Later by telephone R told Shivangini a curious incident that happened. R made the Laddu's herself and per her normal practice she offered it to her Deity, and Guru in the shrine. She said she saw Sri Sathya Sai Baba in the picture instead of her Guru and he picked up the Laddu and ate (R is not a devotee of Baba and as she was relating it on the phone she

used the words “to my surprise, your Baba appeared and tasted the Laddu and here I was offering it to my God and Guru”).

After Shivangini related this Leela to us, Shobun and I ate it as prasad. Two weeks after she returned (on Sept 1), we had a satsang in our home where some friends were here and Shivangini served them the Laddu and told them the Divine Leela around it. As they were hearing it, R was so touched that his eyes brimmed with tears. All of the guests ate the Prasad.

In Delhi a lot of her relatives came to meet Shivangini and among them there was K who had heard about how A got helped. She asked Shivangini to help with the problem (a tumor) she had in her throat. When Shivangini tried to help, Baba said “Tell her that this is beyond me and only Baba can help. If she wants relief, she can get it directly from Baba”.

Two days prior on August 30 Shivangini in her meditation had a vision of an old man who had lost all his teeth except one and as she was seeing the last tooth started falling. She had no idea what this vision meant. When J was here, he told us that he had few teeth extracted couple of days back and in the next round he was going to get rest of his teeth pulled out per dentist’s advice. We heard this but it did not connect. Two days later it dawned on her that the old man without teeth in her vision was J.

### **Avyakta (beyond senses and body); Cochina shell from Lord Shiva**

September 13, 2002 Friday - We went for a walk in the evening when Shivangini said “I am a better person since Baba came into our life.” At that time Baba said “I disagree”. Shivangini got concerned and asked Baba “Am I not a better person like I thought”. Baba replied “You are better but not a person anymore.” Next day (Saturday) she heard the word “Avyakta” (unruffled, equipoise, beyond senses and body) confirming the same as above.

Today Swami said “As you know about M going to Mahar Lok, You going to Tapar Lok, S is already in Sathya Lok. S as Sathya simply witnesses, you as Dharma has no choice but to engage in action.” This sentence made so many connections in our understanding. Tapar Lok is the Lok of Rishis and Sages. It also helped us understand the vision where Shivangini was sitting in the audience of about 20 people in front of Lord Shiva when he called her over. One time Baba said Rishis and Sages were well versed in Dharma and used to assist the ancient kings and folks in following it. It also connected to Baba’s army who normally accompany the Avatar (the God in human form) are usually Rishis and Sages because it is for the purpose of upholding Dharma which is usually the Avatic mission as stated in Bhagavad Gita. On June 29, 2002 Baba said he is showing her the path and she sees in her dream that she comes out of a tunnel and chooses to be with the Rishis instead of the Yogis.

September 12, 2002 Thursday - Today she gets a cochina shell (Kaudi) from Lord Shiva from his bracelet in a picture we have in our shrine.

Shivangini found a small cochina shell (in Hindi language it is called Kaudi, it is sometimes used as dice in playing Parcheesi in India) in our basement. Initially she wondered where it could have come from, she never figured out but for some reason she did not throw it away and put it in a corner. Today her attention was drawn to that cochina shell and at that time Baba said “This is from Lord Shiva”. She was led to pick up the shell and take it closer to Lord Shiva’s picture on the wall. To her amazement she noticed that in the picture Lord Shiva was indeed wearing a bracelet and dangling ear rings which were made of exactly same type of cochina shells as she had found. The cochina shells in the picture were strung in thread which must have required each shell to have a hole for the string to pass through. Interestingly the cochina shell she found also had a tiny hole as if it was originally strung but fell off the string. This experience is very similar to a series of experiences she had four years back where she had received two pearls (one small cream color, and 1 large black pearl), four diamonds (three same size and one smaller) from a necklace and a ring worn by Lord Krishna in a picture in our shrine.

We are being told that it is a great fortune to receive jewels from the deities. As we were writing this, Swami said “I am trying to tell you that you are my ornament”.

### **Antidote; Baba’s gifts to Bhaktas; Being to becoming; Vishnu’s day**

September 20, 2002 Friday - In her meditation this morning she saw some green matter and from there green liquid was coming out when Baba said “poison”. “Antidote for this is Vibhuti dissolved in water taken for seven days”. By now we have variety of Vibhuti from Baba which are different in consistency, color, shade etc. Out of that variety she understood which one Baba wanted her to take without any further explanation. She thought of taking Vibhuti starting Monday when Baba said “One takes medicine when they are sick, not keep waiting for an auspicious day”. In the evening she started taking the antidote.

September 21, 2002 Saturday - Shivangini had a vision in her meditation this morning where she saw a big bouquet of pink and yellow roses in a vase. Then she saw Baba’s hand picking up one stem from the vase. This stem had three branches and each branch had a yellow rose. Baba told her that roses are representing his devotees and from the bunch he has picked these devotees (Shivangini immediately understood that Baba was referring to N’s family). Further Baba said yellow color represents holiness. Baba asked Shivangini “I want you to take one saree, one outfit for a girl; a packet of incense, one Diya, and Sai youth book for their son. And tell them that Baba has sent these things for you”. As Baba referred to the items, Shivangini knew exactly which Saree, and which outfit Baba meant. Shivangini asked Baba “Their family has 5 members then why the stem you picked has only three roses.” Baba said “Spiritually three are ready to receive gifts.”

She called N and asked if she could come and visit them. They were surprised to hear from Shivangini since she hardly ever makes social calls. In fact it was over two years back when she had visited them last. They adjusted their plans and welcomingly accommodated our visit. Next day as we were getting ready to go, Shivangini was debating in her mind what to wear when Baba helped “Wear white sari.” We reached

their house and the whole family warmly welcomed us. U and son touched Shivangini's feet. We spent couple of hours together in satsang talking about Baba and his leelas.

September 24, 2002 Tuesday - In the morning meditation she heard "spell", "khandit" (broken). Later in the day she received a message from Baba through a book which said 'congratulations'. Shivangini asked "what are you congratulating me for?" Baba said "you are freed" and this made her understand the message "spell khandit" she heard in her meditation this morning.

We came back from our evening walk. As we turned from the road into our driveway, Shivangini noticed 7 white beautiful dove-like birds sitting in a row on the roof of our house. After we parked the car in the garage she wanted me to see them also so we both walked out onto the driveway. Just at that time Shobun drove in and stopped in the driveway to talk to me while Shivangini continued to walk farther from the house so that she could see the birds on the roof. She saw them again, the birds looked extremely beautiful. While still looking at them, very strangely all the seven birds disappeared instantly (not flew away). She turned her head towards me and realized that I was still talking to Shobun and never had the chance to see the birds. See September 28 experience for further explanation.

September 25, 2002 Wednesday - We went for a satsang in the evening at P's house where Swami S was visiting. At the end of the satsang when both of us went up to see him in privacy, he told us about what doing and being is. Doing comes from individualness or ego while Being is to be with Atman and letting Atman act. While coming home, we were talking about how nicely he said it. At that time Baba said to Shivangini "That is for most of the devotees. In your case it is from doing to being and from being to becoming." A lot got said in this statement. Spiritual Journey for most of us is from individual to becoming one with Atman. In case of Shivangini she is already one with Atman and now she is becoming the role Baba wants her to play.

September 28, 2002 Saturday - Today is Lord Vishnu's day. Four days back she saw 7 white doves on the top of our house which was a foretelling of what she was going to see on the book cover which is Lord Surya Narayan (Vishnu) in a chariot being drawn by seven white horses.

She got woken up very early in the morning by the sound of Vibhuti glass jar in our shrine but she saw no one. She tried to do meditation when Baba said "You are dirty. Go take a shower first". Normally she takes a shower before going to bed per Baba's guidance but last night it was very late and hence did not take a shower. After shower she went up to the shrine when Baba said "Today is Vishnu's day."

During the meditation she heard "Tripuraarambh" which we understood as the sustenance of three Lokas referring to Lord Vishnu. Later in the morning while we were talking she picked up a book on Nava Graha (nine planets) that had a picture of deity with red halo sitting in a chariot being drawn by white horses. As she looked at it Baba drew her attention to the seven white horses and the seven white birds she saw on the roof of our



house 4 days back. The deity on the cover of the book is Surya Narayan which is again Lord Vishnu.

### **Asked to stay on Baba's ship; Meaning of Gods' visions**

September 29, 2002 Sunday - Today she was shown symbolically that she is on a huge ship (of Baba) and that she was being well treated and was asked to stay. She is made to understand the importance of not judging, and evaluating.

In her dream last night she saw that she was on a huge ship and in a very large room. She wanted to take shower but did not know how and where in that room. Then came a man to assist and he drew curtains all around the room, which made it nice and private. She took the shower and then asked the man for body lotion. He called a woman who was his assistant and both of them put together a wide variety of things in a caddy and some of them had golden colored bottles etc. She asked again for lotion because her skin was feeling dry when the man had an amusing look on his face and said after all these things you will not need a body lotion. The lady asked how long you are going to be here. Shivangini replied that she was simply passing by on her way to Seattle and stopped here for a night. In response man said "Normally people who reach here stay here. Nobody comes just for a day." To which Shivangini replied "OK. I will stay".

After she woke up she meditated. In meditation she revisited many of the same temples that she had seen during her recent visit to India. She heard the word 'Aasakti'. Then she went to each of the temples in Prashanti Nilayam, Shiv Mandir outside the ashram, then came back to ashram and went up to Baba in his house. She touched his feet and merged in him and after that once again she could not see anything but she heard the word 'Proktha'. 'Aasakti' means devotedness, diligence, firmly attached to, and 'Proktha' is announced, declared.

A little later she saw a small 6" diameter black Kadai (wok) and in that she saw a big piece of tomato when Baba said "Make aloo tamatar subji" (tomato and potato curry). Later in the morning she took out the small black Kadai we have at home and started making the Aloo tamatar subji. She reached out to take some onion to add when she heard that Baba did not ask for adding any onions. She started cutting the potato and thought in her mind 'Why do I need to make this? There are enough cooked vegetables in the refrigerator' when Baba said "Because I asked you to". At this point we realized that we don't need to evaluate and judge Baba's messages and then decide whether to follow through his commands or not. There are times when our mind does not understand the hidden meaning of his commands but if we have unshakeable faith in Baba and his messages we cannot allow the mind to interfere and stop us from following through.

October 1, 2002 Tuesday - She saw in the morning meditation Lord Shiva or Lord Surya Narayan sitting on a lotus flower inside a Mandap like structure. In the afternoon meditation she saw Golden Ganesha. Later in the day she was wondering if seeing Lord Ganesha represented removal of obstacles or facing obstacles. At that time Baba asked the question "What does vision of God mean?" She understood that it is a blessing to see them so it was definitely indicating removal of obstacles.

## **Rishis at beginning of Kalpa; Fully Awake; Yajna for family**

October 2, 2002 Wednesday - In next 2 days Baba educates her on how Rishis were at the beginning of the Kalpa in Krita Yug doing Yagas and living in huts in the jungles. Caves are in mountains where Rishis do meditation. Spiritual progress is shown through visions of clear water (internal purity), milk (purity), and ghee (comes from churning the milk (sadhana) and removing impurities from butter).

In her morning meditation she saw herself at the door of a hut when she heard “This is Rishi’s Kuteer (thatched hut)”. Shivangini recollected that sometimes back in a dream she had seen herself in caves among Rishis and now she saw herself standing in front of a Kuteer. She wondered what this could mean. In response to her thought Swami said “Huts are in the forest where Rishis’ in the beginning of the Kalpa (Krita Yug) perform Yagas. The caves are in the mountains where Rishis do meditation.”

Later she saw Ghee (clarified butter) in Kalash and Baba reminded her of how she has progressed spiritually is indicated by how she had seen a Kalash filled with water first, then filled with milk, and now filled with Ghee. Clear water is symbolic of internal purity, milk is indicative of purity; Clarified butter is the result of spiritual efforts or sadhana, as a churning process, which separates out the butter and clarified butter from milk.

During the day today she interestingly came across two words ‘Aasakti’ and ‘Deva Preeti’ which sent her into contemplation. She understood from this that one needs to have Deva Preeti (love for God) and not attachment to God. Aasakti means devotedness, diligence, firmly attached to.

Late afternoon in meditation she saw water and water bank, and an animal came out of the water and started coming towards her. She realized it was a horse and it was walking on water coming in the direction towards her away from the water bank. Baba said “It emerged from water and it speeded up on the surface of water.” We understood this next day 10/3/02.

October 3, 2002 Thursday - Today in meditation Baba says emphatically that she is fully awake spiritually – one with Atman. Then He leads her to do a 3 hour long manasika puja of ‘Ashwa medha yajna’ for her Kutumb and Pariwar and yesterday’s vision of a white horse coming out of water was indicative of today’s Yajna.

In the meditation first she had the vision of a paper with Sanskrit text in black ink and she was focusing on a verse of four lines. It disappeared before she could read it. Next she saw two beautiful eyes that were shining and glowing, while she was seeing these eyes, she heard Baba saying emphatically “You are FULLY awake just like these eyes”. Fully awake refers to realization of Self or Atman.

After these visions she got up and without any thought she grabbed a book from a pile of books. Without any preceding thought she engaged in reading the verses from the book which turned out to be a three hour long Yajna procedure. She read it completely as if she was performing the real Yajna. As she completed it Baba said “For you, this will serve as performing the Ashwa Medha Yajna.” (This Yajna used to be performed by the Kings in the previous Yugas). Further He reminded her of the vision of the horse she had seen

yesterday in her meditation. He also said that this Yajna was done for your Kutumb and Pariwar. We understood that Kutumb means immediate family and Pariwar means extended family.

October 4, 2002 Friday - We were having some snacks in the living room in front of Baba. At that time Baba said “You are my hands and eyes”. Shivangini conveyed that to me saying that she is Baba’s hands and I am his eyes.

October 7, 2002 Monday - After Lunch she dozed off for a couple of minutes when she saw a vision where she saw Raeshum as a 2 yr old and she was hurting and crying for mother (Raeshum just started going to college a month back). Shivangini felt bad and said “Raeshum where ever you are, touch me” and Raeshum touched her hand. Her vision ended there.

### **How messages can be misinterpreted; Wise woman; Mantra for A**

October 8, 2002 Tuesday - Powerful learning in this experience which shows how messages received could get misinterpreted by our feelings, judgments etc.

R from Detroit wanted to do Durga Ma puja and wanted Shivangini to come and do it. About a week back S from Detroit has sent a chapter from the book she is writing for Shivangini to review. Shivangini was trying to work with them but the schedules were not matching up. Yesterday she got a call from S and she said that Baba told her that Shivangini is ‘Bhav Theetha’ and she understood that to be ‘under the influence of feelings’. Today in the morning Baba asked Shivangini to look up the meaning of ‘Bhav Theetha’ and she looked up in Sanskrit – English dictionary but could not find the word. At that time Baba said “It is my word. Look up in the dictionary you got from Prashanti Nilayam book store”. She looked up and it said ‘Beyond feelings, God like...’

October 20, 2002 Sunday - Baba calls her wise woman in meditation. In response to her confusion about what is going on spiritually Baba says she is worth applauding. He gives her the power of Pranava (AUM) to do work and the guidance that less than 20 minutes is not meditation. Today she was told that the primary reason why she is made a Guru. A. will reach to a spiritual peak by Shivangini’s Sankalp just like the way she did to Raeshum. She also understood A’s soul is ready for XXX mantra.

Today in the morning meditation Baba said “Vidus Kanya” (Wise (Jnani) woman). She asked Baba “Where am I?” (Lately she has been going through confusion of what is going on spiritually and with that in mind she asked Baba this question). Baba said “Vyakhya” (means ‘explaining fully, exposition, commentary’) and then she saw a vision of Ocean, and she saw herself deep inside of the ocean and then she rose unto the surface (this indicates the degree of immersion in God). She saw something black coming to the surface of ocean then it splashed on to a carpet and wall (indicates cleansing at very deep ideation levels). He then said “Abhivaadan, Abhinandan”. Dictionary meaning of Abhivaadan is salutation and Abhinandan is worth applauding or praising.

Little later in the meditation Baba said “Receive the power of Pranava today. Remember you said you would write to U, and do graduation for the children. This power will help you do all the good work that you want to do.”

Baba said “Don’t have ill feelings to anybody.” “Anything less than 20 minutes should never be considered as meditation, if at all you want to sit down and meditate.” Baba further explained to Shivangini that Diksha (initiation) for A is the main reason he gave Shivangini the role of a preceptor. Foremost to receive is A, meanwhile U has come along because some things changed. A is meant to get help and she has to be taken care of fully. Shivangini asked Baba “It is said in the scriptures that a Guru is one who knows the past, present, and future of the disciples and I do not know A’s past, present, and future.” Baba said “You do and you will. Pranava Shakti given today will get you there.” She knows of a mantra which could take A to the peak. She thought “Would she reach that far? I myself am unable to practice the mantra.” Baba said “Why, are you jealous?” She said “No, but I am surprised.” Baba said “She will not reach to that peak. But you with your Sankalp can make her get there just like you did for Raeshum.” Shivangini understood that A’s mantra will be always XXX based. She also understood the comment made by Swami Chidananda on Friday that Adi Shankaracharya gave Shiva Mantra to his mother when she was on her death bed but the soul did not accept it and then he gave Narayan Mantra which the soul accepted. We did not understand that at that time but now she understood by what Baba said about A. A’s soul is ready for XXX Mantra.

### **Vision of death; Source of Nectar; Vision without Veil; Seeing Saints**

October 22, 2002 - In meditation Shivangini sees her own passing away and Gyani in pajama and kurta standing next to her and tears rolling down his cheeks. Baba tells her to think about getting back the nectar that was spilled by M a few months back. Then she is shown the vision of a ‘direct’ vision of the source of the nectar.

She saw two significant things in her meditation which meant something to us. In first vision she saw a yellow colored seat with petals all attached to it like lotus flower where Shivangini was sitting. I was wearing a pajama kurta which I currently have and am sitting next to her. Next she sees the empty seat where she was sitting and I (Gyani) was standing next to it with tears rolling down my cheeks. A few days back we were talking about our own death and at that time Shivangini said “Don’t worry, you and I will pass away together.” We did not realize it at that time but it was clarifying our conversation about our death. (She passed away in Sept 2005).

A little later in her meditation she heard “What spilled, how much spilled, and how to get it back.” Then her thought went to a dream she had months back where M spilled a container filled with nectar. Then Baba said “Don’t think of what is past, think of how to get it back.”

At this time she saw another vision where she saw ocean and a pipe (she could see the threads on the pipe) coming from it and at the end of the pipe there was a tiny cover of a small dish with water overflowing from it. Right after that she heard “Pratyaskh” (Direct, perceptible, manifest) and thinking that it meant physical presence, Shivangini opened her eyes to see if Baba was physically there but she did not see him. The vision actually showed the connection to the source (God) of nectar.

October 26, 2002 Saturday - Today Shivangini with eyes open experiences the removal of veil during Brahma Muhurta time. She sees Gyani making spiritual effort (after the dream where she passed away?!) in her meditation. Baba discusses many topics with Shivangini like – Aurobindo, seeing saintly souls in vision, Baba’s birth, Baba’s father and mother etc.

In her morning meditation she saw me (Gyani) offering a Kalash (represents spiritual effort) in our mandir.

Little later she saw a man with gray hair wearing dhoti kurta and a shalla (scarf). He was dark in color and a tooth was missing. A little later she saw a woman, again dark in color, but did not know who it was.

After the meditation she opened her eyes and was looking at Lord Shiva’s picture in the mandir. It was dawn (night turning to day). She saw a strong round light little above Lord Shiva’s picture and kept looking at it. Slowly, with open eyes, she saw all the pictures in the mandir turn to white and blue light, with a shine similar to that of moon light. These pictures are in many different colors normally. As she was looking at those lights she saw them get brighter and then reduce in brightness. After a little while everything became normal when Baba said “You no longer can see it. The veil is on again.” She understood that this is related to the Brahma Muhurta and twilight.

We came down and as we were drinking tea and she was telling me about her visions, she suddenly realized the man she saw in dhoti was Baba’s father. We looked up in Chaitanya Jyothi museum book which had Baba’s mother and father’s picture and she confirmed it was Baba’s father. She was not sure who the lady she saw in her meditation was. We were talking about why she saw them in her vision. She mentioned all the other saints and achieved souls she saw in her visions previously i.e. Gayatri pariwar’s guruji and his wife, B (J’s guru), Mata Amritanandamayi etc. At that time Baba said “Oh Devi, you want to know everything!”

As I was typing these experiences, she was looking through the Chaitanya Jyothi book and read about Sri Aurobindo going into a trance and announcing the arrival of the divinity on earth referring to Baba. She thought in her mind that she never goes into trance. When Baba said “You do; you do.” “You want things to happen too quickly. And they should not, cannot; if they do, it is not good. You are progressing fine.”

She was still thinking about seeing Baba’s father and she said “Baba, what are you trying to do to me.” Baba said “I don’t try, I just do.” We realized how inadequate our words and our ways of speaking are.

Baba asked Shivangini to read the page 54 in Chaitanya Jyothi. On this page Baba’s mother recollects how when she was drawing water at the well a big ball of blue light came rolling and entered her when she fainted which resulted in Baba’s birth. Then Baba turned to the devotee who asked the question and told him that He was begotten as Pravesa and not Prasava. At this Shivangini asked the question “So the role of father (of Baba) was insignificant?” At this Baba said “How can you call that insignificant? It is an important role.” Today all this started with seeing a vision of Baba’s father and with that seemingly insignificant vision Baba has triggered and conveyed all that has transpired.

## **Mata Amritanandamayi's Bhajans; Baba comes to Bhajan**

November 8, 2002 Friday - After Shivangini prays couple of times; Baba comes to the bhajan to show his approval of what we are trying to do.

Recently our friend S asked us if he could bring his Bhajan singers group from Ammachi's center in Ann Arbor and hold a Bhajan program in our home. We readily agreed to host the Bhajans.

Bhajans were scheduled to start at 7 pm today. In all our Bhajans we set aside an empty chair near the shrine for Baba along with a pathway which is made of fabric and decorated with fresh flower petals. For today's Bhajans she had decorated the shrine with lot of red color and to match she wanted red flowers for the pathway (divider between men and women's group). As I was stepping out to pick up our daughter from Lansing (80 miles away), she asked me to pick up red carnations from a store on my way back. Since I was rushing to reach home in time for the program, I totally forgot about the red carnations. Interestingly S walked in with two flowers, they were red in color and they were carnations and were exactly what Shivangini has asked me to bring. Upon inquiring why he brought the flowers, S said that he was making the garland and these two flowers were extra so he brought them along. As Baba says, whenever we undertake selfless good work he ensures its success with perfection.

While getting ready for this program, quite a few times Shivangini prayed to Baba asking him to come to the Bhajans to show his approval.

Program was well attended. Participants were a mix of Sai devotees, others, and Ammachi's devotees who came to sing Bhajans. The entire program was excellent, singers were very talented, and accompanying instruments, sound system, and everything was perfect. Everybody thoroughly enjoyed the Bhajans. Dinner followed the Bhajans. During dinner one of Ammachi's devotees who came from Ann Arbor told Shivangini that when the fifth Bhajan was being sung, she saw a beam of light that traveled above the middle pathway that was sprinkled with red flower petals. This light upon reaching the chair took outline of Baba's form, from head to toe, and sat in the chair. Baba stayed in that chair during the duration of the fifth Bhajan. While he was sitting in the chair, she said that she had an unusual sensation of heaviness in the head and tears were rolling down her cheeks. At the end of the fifth Bhajan while he was leaving, one end of the pearl garland from one of his pictures came loose and fell with a loud sound which told her again that it was Baba. Most of us in the Bhajan heard the sound of the pearl garland coming loose on one side. The Lady related this experience of hers to all of the people who were partaking in the dinner and everyone had a great feeling that God showed his presence.

## **Divine Mother gives Siddhis (powers); Merges into mother**

November 9, 2002 Saturday - In the morning both of us together did the Morning Prayers in front of our mandir. Divine mother asked Shivangini and I to touch her feet in obeisance. When Shivangini told me to do so, I touched divine mother's feet in the picture in the shrine. Divine mother said to Shivangini "You have Ganesh siddhi and

Hanuman siddhi. Now you will have Kriya siddhi.” (Ganesh siddhi - throwing and removing obstacles; Hanuman siddhi – highest level of devotion and service, strength; Kriya siddhi – success in activities)

November 13, 2002 Wednesday - In her morning meditation she went to Puttaparthi. She went through the Ganesh gate and did her pranam (obeisance) at Ganesh mandir. Then she turned and did pranam to the snake sculptures underneath the tree. Then she went over to Lord Subramaniam temple and circumambulated very slowly. After that she went over to Gayatri temple and the door was wide open. She climbed up the stairs and through Diving Mother’s feet she entered into the figure. This experience was almost same as the one she had in the past (few years back) where she merged into Lord Shiva’s sculpture at Kasi temple in Flint, Michigan.

### **Appointed Guru today; what pleases Lord Krishna**

November 15, 2002 Friday - Shivangini is appointed as a Guru by Baba today. She is shown as a tall person in the dream walking along with Baba. Baba once said that height indicates spiritual level or evolution. She has an interactive dream.

Shivangini in her dream last night saw two men walking away from where she was. One of them was about 8 feet tall and the other man was short. In dream she felt that she was the tall man and the shorter man was Baba. She said in her mind to the tall man “if you can hear my thoughts then turn back”. As soon as she uttered it the tall man turned his head back about 90 degrees. She said in her mind “Not like that. Turn and look into my eyes”. The tall man turned and looked into her eyes. She said “Oh, he knows”. Other man said “Yes, he knows”.

In the morning meditation she saw white marble sculpture of Lord Shiva (about 18 feet tall) sitting on a mountain peak. Baba said “Now, you are that big Shiva”. She thought in turn “Yeah, right. How can I be that big Shiva?”

In the evening we sat down in front of Baba’s picture in our living room and were having a snack when Baba said “I have appointed many Gurus before and I am appointing you now. You are not the only one but you are appointed.”

November 17, 2002 Sunday - Important learning that Lord Krishna is not pleased by what you do instead he is pleased by surrender i.e. when you offer yourself and your actions to him just as he says in Gita. Baba shows that she is a knower.

Today after the morning prayers, while still at mandir, Lord Krishna said “I am very pleased with you”. Shivangini asked “What did I do to please you?” to gain more understanding of what God likes. At which Lord Krishna said “Nobody pleases me by doing.” She understood that ‘instead Lord is pleased by surrender’. She said “I don’t know when I please you or when I upset you?” Lord reminded her when she tried to block M’s coming to her house in the summer, she saw the look of anger on Shirdi Baba’s face.

In the morning while drinking tea and talking, she suddenly connected Chanakya to Y based on the way he conducted last evening’s conversation taking it through twists and

turns nicely but covering various points methodically. At this Baba said “I told you that you are a knower.” Baba also said about Siddhis and how they can distract a sadhaka from the goal, and also mentioned about the four fruits (four Yogas, on April 2, 02) that were given to her in a dream.

During these conversations Baba said to Shivangini that I (Gyani) am wise except where my attachment to money is involved. (9/07) This dovetails very well with the activities Baba got me engaged me in after Shivangini passed away so that I lose my attachment.

### **Lord Shiva says she is the chosen one; religions symbols**

November 18, 2002 Monday - Lord Shiva tells her that she is the chosen one and she must continue to do sadhana to maintain the light given to her. She is not to act like a sadhak - aspirant. What is interesting is that she used to wake up at 3-4 am in Divine Effulgent phase and now she has difficulty of waking up like other aspirants.

In the morning meditation she saw a jar (similar to the Vibhuti jar in the mandir) that was open and a finger (someone's) dipped in it and came up when Shivangini noticed that it was not Vibhuti but Chandan. A little later she saw a single red rose in a rose bush. After a little while she saw a small container which was being filled with clear water from a Kalash. She also heard in the meditation that “There is a proper way of doing it.”

After meditation she was in front of mandir when Lord Shiva spoke from the picture and asked her to sit down. She sat down and Lord Shiva said “You definitely are the chosen one. I want you to act like that in full dignity. I can rekindle your light but you will have the responsibility to maintain it. You cannot maintain it if you keep thinking of yourself same as another sadhak (aspirant). As said in the meditation there is a proper way of doing anything. If you are in the dark room and you want light, the light won't come by just crying for it. Light will come only when you turn on a switch or bring a lamp. To maintain your light you will have to wake up and meditate everyday at 5 am. How can you forget all that has been told to you?” Since all this hearing was in the thoughts, her mind added “5 or 5:30”. In response Lord Shiva said in a rather angry tone “I did not say 5:30, I said 5.” She further said “You will have to help me. I don't know how I forget, but I do.”

November 30, 2002 Saturday - Baba shows Gyani symbol of AUM which leads to discussion of the religious symbols where Baba tells us of spiritual city in Guntoor where she would see it exactly as she saw it in her vision 2 years back.

In my meditation today I saw AUM symbol and then a little later I saw the background turning greenish blue color and in there appeared about 2 inch size grayish Cross (symbol of Christianity). The four tips of the cross were glowing. As I was sharing this vision with Shivangini she got reminded of her vision almost 2 years back where she had seen the symbol of Taoism which led into a stadium which was filled with thousands of people. Interestingly the October issue of Sanathan Sarathi, which she was looking at yesterday, had the picture of Chaitanya Jyothi museum on the front page. The roofline of the museum looks very similar to the symbol of Taoism. Looking at that she thought it is



quite a coincidence that we are talking about symbols of different religions however this picture has the Taoism symbol but not the stadium that she had seen in her dream. At this point Baba said “If you go to Guntoor (A.P., India) to the spiritual city, there you will see the stadium portion of your dream.”

## **Rebirth irrespective of religion**

December 1, 2002 Sunday - In Semitic religions (Christianity, Islam) there is no rebirth concept and yet Shivangini had come across two people in this life, one a Christian and the other a Muslim, who were with her in her past lives. Baba shows how she has worked with this Christian person from work association. She saw him in dreams many times and finally in one dream Baba tells Shivangini where they left off in that life and how that same person comes into her life at work. .

She has seen D in many of her dreams since last 5 years. Always wondered why she was seeing him in her dreams. By now Swami has revealed some of the reasons to us. It seems that in one life he was a married man with family and Shivangini was a woman and they had a platonic relationship. The scene she saw was at the side of a lake where there were buildings 3-4 floors high and from one of the buildings she was being brought down on a crane. Once she reached the ground she saw D waiting and it was he who had gone through the trouble of arranging for the crane so that she could be helped. D made sure that she was safe and ok and then he said he had to go. Shivangini asked ‘when would I see you again.’ D responded that it won’t be possible for him to meet her again implying that not in this life. This made Shivangini sad but she accepted the fact that he had to take care of his family. In that life that was the last time Shivangini saw him. That is where the dream ended. Baba said “This is where you left that entity in that life and in this life you met him again in 1983 as D.”

In one other dream she saw D inside a circular skating rink all by himself. Shivangini was outside the rink and she threw a key to D which he caught but was about to throw it back to her when she stopped him saying ‘Keep it, you will need it’.

Couple of days later once again she saw D in her dream. This time he was in the same skating rink all by himself but was walking. He turned his head towards Shivangini and said “Now I am ready for the Indian World.” This is where the dream ended.

As we were talking about these dreams today Baba said “It is important information to log.”

## **Gyani washes Baba’s feet; Pitr Rin complete**

December 8, 2002 Sunday - Baba gave a powerful dream to Gyani showing how he had completed his Pitr Rin by washing Baba’s feet that helped clean the dirt off of his father’s feet (Karma?). The dream was at a higher consciousness level than dream stage.

Last night in my dream I saw myself in Puttaparthi waiting for Baba’s darshan. The place did not look anything like the Prashanti Nilayam. It almost felt like the inside of a mandir and there were only 1 –2 rows of people sitting and waiting for the Darshan. I was in the

first row at one end of the line closer to the wall of the building which looked like mandir. Next I see Baba standing next to me and I stood up with hands folded in a Namaskar posture looking at Baba. Baba was talking to someone a little farther away while I stood with my hands in Namaskar posture and kept constantly repeating to myself “Do not get misled by what Baba says or his mannerism is. Do not forget that he is God”. While I was repeating this to myself, Baba comes up to me and puts his right hand around my shoulders and gives me a gentle squeeze. I continue to stand there with my hands in Namaskar posture and said to myself that I cannot touch his feet because Baba declared a year back that he will no longer give Pad Namaskar. Baba said “Wash my feet” and I was thrilled that I could touch his feet (Baba told Shivangini a few years back when we were on our evening walk that in order for me to get Moksha all I need to do is touch his feet.). I immediately looked to my left and through the wall there was a pipe coming out with a brass faucet with rotating type knob (this is the way faucets were about 50 years back in India). I opened the knob and took water in my hands and started washing Baba’s feet gently scrubbing with one hand the front part of the feet and the other hand on the backside of the feet. For some reason I started crying profusely when the dream ended. I woke up and was surprised and happy that I saw Baba in the dream. It was still early in the morning about 4 am so I went back to sleep and I had another dream. I saw myself in a Shiva mandir although I did not see distinctly either Lord Shiva’s sculpture or Lingam. Someone was with me and I could not recollect whether it was Shivangini or my mother. I saw my father (who passed away six years back) and he came towards me from my right side as he was heading towards the center of the temple where the deity is located. I said to him that I washed the dirt off of his feet (although I washed Baba’s feet in the previous dream). There were some coins that were on the floor that I thought fell out of my pocket. I took some water and sprinkled on the coins on the floor as if sanctifying it. My father gently moved the coins aside and kept walking when the dream ended. After I woke up in the morning I told my dream to Shivangini. This reminded her of a dream she had couple of days back. In that dream she saw my father and me. Both of us were wearing black pants. I took off the black pant and walked away from them. We did not understand her dream at that time but in light of what I saw in my dream we realized that these two dreams are connected. We understood that by now the curse on my family (which Baba told us when my brother’s daughter passed away prematurely) was removed by Shivangini and now these dreams are telling us that any left over sins or vasanas of my father are washed off by me. In October 2000, when Shivangini was going through changes (can’t give the detail) my father conveyed through her to me and said “I am counting on you, I am counting on you”. At that time we did not understand what is it that we were supposed to do. In hind sight, during last year we continued our devotion to God; morning puja; Thursday Bhajans; regular meditation; performed holy festivals in our home for the benefit of the community, teaching community children about Human Values etc. In our last trip together to India Shivangini and I performed first puja of Shirdi Baba after establishing his sculpture in the village; we washed Lingams as part of doing puja in our village, Uma Maheshwaram; visited Sri Sailam; visited Sri Ganesha and Lakshmi Ma’s temples in Bombay etc. Baba also said that our ‘Pitr’ Rin and ‘Deva’ Rin were over. Some or all of this has resulted in washing away the ‘dirt’.

On Saturday morning Dec. 14 we were talking about vision and dream Shivangini had and at that time I told her that when I saw Baba in the above dream it was more at a subtle level because I did not see all the details of his physical form. At that moment Baba said to Shivangini “I can give him different word to explain what he saw but he is not ready for it yet.”

## **Hanumanji’s in every Yuga**

December 10, 2002 Tuesday - In her dream she sees Lord Rama as one God and she sees Hanumanjis’ in each Yuga. We understand through books that stringing flower garland means Karma Yoga and not much left means little bit more effort left to complete it.

In a dream last night Shivangini sees Lord Rama standing and he was surrounded in three directions by identical looking three Hanumanji’s. They all looked about 6 feet tall. All the three Hanumanji’s were facing Lord Rama.

Next she saw a totally different setting. Here she saw herself in a house where many of her relatives were coming in. Some of them gave her a hug. They were all planning to go somewhere and started getting into a bus. Shivangini noticed that some of her cousins and her brother were collecting the CDs, audiotapes of film music to take along in the bus for entertainment. At this point Shivangini said that she would prefer to stay back in the house and get things ready for conducting the puja. And said that when they come back from the trip, she will have things ready and puja could be started without delay. One of her relatives (RK and her mother) handed her a beautiful flower garland which was not strung completely yet and the thread still had the needle in it. While giving her the garland with the needle, R said ‘you can complete this garland for offering it to God’. Shivangini enquired about the unusually big and beautiful flowers in the garland. R said the name of the flowers is Champa.

Later she understood that stringing garland refers to Karma Yoga. Almost complete garland means there is little more effort in Karma Yoga to be done before it is ready for God. On April 2, 2002 Baba said that her Karma is a little weak and now it is almost complete.

Meaning of Lord Rama and Hanumanji dream is there is only one God which was shown as Lord Rama. Symbolically Hanumanji represents highest devotion and servitude to God. In every Yuga (era) there is Hanumanji although he may not have the same form in each Yuga. Three Hanumanji’s represented the three earlier Yuga’s (Krita, Thretha, and Dwapar Yug). I remember reading about John Hislop and Baba saying that after Hanumanji, Hislop did as much service to Baba.

## **Lesson in Sanskrit; Clarification on discipline and flexibility**

December 12, 2002 Thursday - Today she has a nice experience given by Baba in how to understand the messages that are cryptic and in Sanskrit.

In meditation she heard the following “I have something very old, I want you to have it’ . “ Thunga Bhadra, Anch, Vibhuti” (pause) “Ashram”.

Thunga means High, Elevated, Chief ; Bhadra means 1) Shiva, Seventh of eleven astronomical periods called Karanas 2) prosperous, auspicious, praise worthy, beautiful ; Anch means Bend, Curve, Thrill ; Vibhuti is divine glory, magnificence, power, siddhi or accomplishment, ashes ; Ashram means four periods of religious life, hermitage.

When put together it could mean one of the following: 'Lord Shiva's highest thrilling power or siddhi is the next stage of religious life' OR 'High, auspicious or praiseworthy, thrilling, divine power, in the next stage of religious life'.

As we were struggling to interpret Baba said "Vismay" which means astonishing, perplexing.

December 14, 2002 Saturday - Baba gives amazing clarification of routine, discipline, flexibility, and whims and fancies which are all important to keep in mind and not forget as we conduct ourselves through the life as a sadhak (aspirant). I have been there at these stages and this is a beautiful analogy and clarification for all sadhaks to keep in mind.

In her dream Shivangini saw her own body and she could see inside of it without actually seeing all the details of the bones, nerves, and muscle. In her body from the bottom of her back up to the top of her head she saw a Cobra with spread hood and multiple heads. She was not afraid but was uncomfortable and tried to remove it. (Fully awakened Kundalini) Later in her morning meditation Baba clarified some of the questions Shivangini had about routine, discipline, rigidity, flexibility, and whims and fancies with examples. What time one wakes up, eats, goes to sleep etc. are examples of routine. While how one conducts oneself with the do's and don'ts through the day are regulations for example not eating onion, meat, garlic etc. Discipline is routinely following the regulations. Rigidity is an extreme level of discipline and usually not desirable depending on the stage of the sadhak. Flexibility is not being rigid but has the danger of slipping into not following the discipline because of desires etc. If one never truly followed any regulation or did not follow any discipline and say they are flexible, then it is a whim and fancy and not flexibility.

## **Importance of sharing experiences**

December 20, 2002 Friday - Today Baba stresses the importance of sharing the experiences and writing down the experiences and lets us know that one can't reach God by reading books only.

She heard in the morning "Trupthi (fulfillment, satisfaction), Abhiyaan (movement, project), and Trishna (desire)" (Desire to be fulfilled by movement or project). Baba said in the evening "You two think that you can reach God by reading books." Baba was referring to Shivangini not sharing her experiences and I not writing them down lately with a discipline.

## **Spheres of Spirituality; Worldly and Godly; purpose of religion**

December 22, 2002 Sunday - Shivangini has an unusual sleep at elevated consciousness and in that sleep she hears explanations to the questions she was pondering about during

the day and gains understanding of spheres of spirituality; difference between worldly and godly; purpose of religion etc.

Last night during her sleep she must have reached a different state of consciousness which was very different than any other experience she had so far. Her eyes were closed; she was not seeing anything like in a dream; and she was fully aware of the sensation of energy vibrations going through her fingers and palms of both the hands. The vibrations were so intense in the hands that she felt discomfort. In this state she heard a series of explanations which actually were answers to many of her questions which she has pondered over during her wakeful stage in daytime. Here are the questions and the explanations:

Q. 'Before we turned religious and God-ward, we were acting and behaving like other people and that is meeting, hugging them, sharing food and eating with them, enquiring of their well being etc as expressions of love. After turning God-ward, we seem to be more concerned about the vibrations we get from people through various modes like touching, talking, eating food with them, who to meet and who not to, on what occasion to meet etc.'

A. "There is a big difference between being God-ward and interacting with people as compared to interactions which are only worldly. In the worldly interactions people are not concerned about vibrations because they have no knowledge. This interaction primarily driven by collaboration and the vibrations during these interactions cause the ups and downs, difficulties, unhappiness, desires, anger etc and again without the knowledge of what is causing it. The one who is God-ward is also subjected to the same vibrations but is aware of it. They are aware of the exposure to vibrations during interaction and are protected from the ups and downs, difficulties, desires, etc. Their motive for getting together is not collaboration but instead based on unselfish love and God-thought that act as protection and helps them go through life peacefully. Outwardly the behavior of both the God-ward and the worldly is not too different."

Another difference is the one who is in constant God-thought is pulled into the spiritual world. They continue in the material world playing the role and doing God work and outwardly they look no different.

Q 'What is the purpose of religion?'

A. To be peaceful, unselfish (love), and improved quality of this life (blissful).

Baba further said the following about big Champa flowers she had seen earlier. "Gyani is the string, and you are the needle. S is none of these." We understood from this that the garland of flowers is Karma Yoga, needle does the action of stringing, and string provides the underneath support upon which the garland comes into being.

Baba mentioned today about spiritual circles and in particular a "Big circle". There are pieces of the circle being put in place. When Shivangini asked what they meant Baba said "If I tell you what they are for, you will not get the joy of going through it." She understood the circle consists of S, R, M, R, M, etc. Being part of the circle does not mean that they all are close with each other but are still a part of a circle. S is an important part of the circle which we are linked up to last night. Baba also said "Reason it is a circle because all are **equal**."

As she was thinking about earlier interactions with S as to why they were different, Baba said “It constantly changes and does not remain same”. This emphasized the dynamic nature of life and how we tend to think, judge, and react to issues as if they are constant and permanent and this is as much applicable to spiritual journey also.

## **Divine Knowledge ends, Divine Love begins on Christmas of 2002!**

December 23, 2002 Monday - The meaning of today’s dream is connected to Dec 25 and 26 experiences.

In the evening meditation she saw two visions.

- 1) She saw south Indian looking lady skinny and tall with her hair in a knot. She was carrying a child who had three heads.
- 2) She saw herself sitting in the darshan crowd in Prashanti Nilayam, Puttaparthi. She was in the general darshan crowd sitting at the edge of the aisle about half way from the front where Baba walks down giving darshan. Baba came down slowly giving darshan. When he was at the aisle where Shivangini was sitting half way across the hall away from him, he very rapidly came down the aisle and said to Shivangini “Let’s go”. She asked “where are we going?” He did not reply but she felt that they were traveling very rapidly through a lot of distance and finally the movement stopped. Baba said “You are safe, secured. Now you can relax.” At that time she saw a side view of Baba half reclining on a swing. What did Baba secure her from, only He knows.

December 25, 2002 Wednesday - Today is Christmas day. Baba asks her to clean all the deities, Diya, and do abhisekam with milk, water, tulasi etc. just the way we do for Hindu holy festivals.

She went to mandir in the morning to do daily meditation and puja. She got prompted to bring milk. She came down and filled small container to take it upstairs when she saw Kalash and at that time she got told to bring the Kalash filled with milk. She thought of putting tulasi leaf in milk when she was told to take it separately. She was asked to take Thali (plate) and take water. She took water jug and Thali upstairs. Baba asked her to wipe clean all pictures. He then asked her to wash all the deities which she did except Hanumanji and Lord Krishna’s bigger sculpture per instructions. She put the Tulasi on Lord Krishna’s feet. Baba asked her to drink the water which she did though it was not perfectly clean water. She then did the milk abhisekam of all sculptures together and she used that milk later in the day to make sweet curd. Baba told her to bring fresh chandan (sandal wood). She took the chandan wood to the mandir and made the paste and applied it to all the sculptures and pictures. She then applied Kum Kum to all of them and then to herself. Just before going to sleep she was inspired to clean the deepam (lamp), change the oil, and put in a new wick. We noticed that the flame was steady, large, and clean looking. This is how we celebrated the Christmas of 2002.

December 26, 2002 Thursday

Divine Knowledge phase ends here and the journey in Divine Love begins!

She woke up at 5 am took shower and went to mandir and did meditation and puja. She looked at the steady flame when Baba said “You have experienced my effulgence, experienced my wisdom, and now you will experience my love.” Yesterday’s Abhisekam, cleaning, changing the oil and wick in the lamp was a milestone indicating achieving steady wisdom like the steady flame in the deepam (lamp). Baba further said in the morning “As long as you are in this body, live and eat like Devas. Anything, anything you want, have it. Live like a truly liberated.” She asked “Do I really want anything?” Baba said “Yesterday you wanted to take the children to Bangkok café and Olive Garden”. She said “That food smells bad.” “No longer will these affect you. I will take care of everything.” “Why were you not taking care of these earlier?” He said “In the knowledge phase you will not learn if I took care of everything. This is the difference between paths of knowledge and love”.

She said “Baba, you saying that I can have anything I want is dangerous. I am afraid that now I will start having all kinds of desires.” Baba assured “Once you have wisdom, then desires don’t breed.”

Baba said something about her expansion of love. She asked, “Now I would start loving everybody” thinking of many situations where we have reduced association with worldly people. Baba said “No, you will not unlearn everything. You will not go back to loving people the way you thought loving was. It will be totally desire less love (meaning no desire - good, or bad, selfish or unselfish). You will operate within the boundaries of the wisdom that has been given to you. Your expansion of love will not be in conflict with the knowledge you gained.”

We were talking in the morning about what she went through while she was on the path of knowledge. At times she was surprised at herself for speaking so bluntly. At that time Baba said that she will not feel that way on the path of love. We understood that knowledge tends to be more dry or harsh while love is soft and tender in nature.

She was thinking about the book she read on Saints of India. In that she felt that she was leaning towards Madhavacharya as stated in the book ‘while in body one goes through all the ups and downs, pleasure and pain, etc and continue to think divine does not help’ (Dvaita vs. Advaita). Baba replied to that – What is being said in all of them (Dvaita, Vishisht Advaita, Advaita) is true. It is a progression and at each stage there are limitations which are changing like the paths of yoga. There are Rishis and Saints who have exhibited lot of powers, perfection, and other qualities showing a much higher level of ability and control on nature than ordinary human beings. Then there are Avatars which manifest the highest level of perfection. This shows that this potential exists and it exists in all of us. Advaita is the ultimate stage while Dvaita and Vishisht Advaita are stages leading up to there.

Actual completion of her Divine Knowledge phase occurred with a concluding ceremony called ‘Jnana Diksha’ where a ceremony is performed and a mantra given to the disciple and this occurred on January 9, 2003.

Swami performs a miracle on March 13, 2003 where he materializes “Jnana Chakshu” (inner eye of wisdom) to indicate the same. Here is that experience:

## Jnana Chakshu

-----Original Message-----

From: Shivaangini@aol.com [mailto:Shivaangini@aol.com]

Sent: Tuesday, June 24, 2003 11:01 PM

Subject: (no subject)

God Bless Everyone!

Many of you saw the miraculous pictures that I showed other day, some of you did not get to see them closely, and some of you were not there so I am sending these scanned copies for your pleasure. Please download the pictures, feel free to share with any one who cares to witness God's miraculous play.

It was on March 13, 2003, when few hours after performing morning prayers in our home shrine, we observed that the incense that we had lit in the morning was burnt but the ashes had curled up to form a human eye at the tip of the incense. This was an incredibly impressive and unusual thing so we decided to capture it in a photograph. I took two shots from different angles, and then realized that the printed background may not show the eye very clearly so I stuck an ordinary plain piece of paper behind the burnt incense and took the third shot of the eye. Interestingly upon developing the pictures after couple of months, we not only clearly saw the eye but also few additional items, which we had not observed while snapping the photographs

Through these pictures Sri Sathya Sai Baba conveyed a message (my usual heart to heart talks) and also explained each item in the picture. The formation with the golden light (seen in picture titled 'eye 2' as just emerging and in picture 'eye 3' as fully formed circle) is a golden lingam, a symbol of cosmic creation. The picture 'eye 1' shows more clearly the eye against the clear background, also if you look carefully it has tunnel like depth to it and at the end of the tunnel you can see the circular white light. Swami called this white light the "Brahmaand"; I understood this to be the light of cosmos.

The eye represents "eye of wisdom" that is "Jnana Chakshu" simply stated it means God knowledge. Referring to my previous experiences, which we described in "Inner Experiences" book as well as in this book, Swami conveyed "you have experienced me as Effulgence that was the first phase. Second phase of your spiritual journey is marked by the Jnana (wisdom) and is symbolized through this eye. Now begins the third phase where you will experience me as Divine Love."

There are many divine miracles that we experience at personal level but many are hard to share and describe clearly in words. It appears that in His mercy he has given us this 'tangible' one. To me it truly sings the glory of the One God who we call by different names based on our different faiths.

May that One God bless us all. May all the people of all the worlds be happy. May peace be unto all. "Loka Samastha Sukhino Bhavanthu".

Download the pictures and witness His glory.

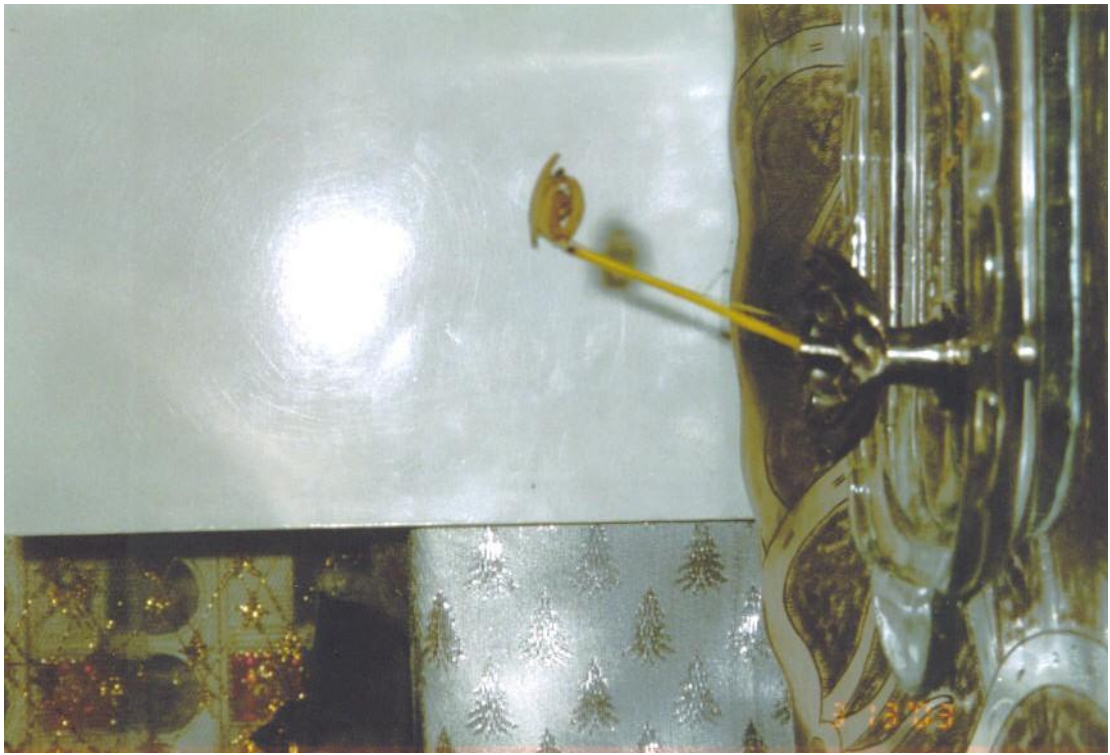
With Love,

Dolly Baile 'Shivangini'





*Three Photographs of the 'Eye of Wisdom' (Jnana Chakshu) formed on incense stick*





## Chapter

### Divine Love

On Christmas of 2002 Baba made her clean up the deities and the Diya (lamp) was lit with a nice steady flame and as she was looking at it when Baba said “You have experienced my effulgence, experienced my wisdom, and now you will experience my Love.” How symbolic that it coincides with the day of Christ, who gave the message of Love to the world. She asked Baba if she will start loving everyone when he said her love will expand. Baba replied “No, you will not unlearn everything. You will not go back to loving people the way you thought loving was. It will be totally desire less love (meaning no desire - good, or bad, selfish or unselfish). You will operate within the boundaries of the wisdom that has been given to you. Your expansion of love will not be in conflict with the knowledge you gained.”

We like to remind the reader that these phases are not black and white as to where one ends, and where the next one begins. In the beginning of Divine Knowledge chapter the experience of the three Diyas indicated that there is an overlap in these phases. Some of the beginning experiences in this phase continue to have some concluding dreams and visions pertaining to the Divine Knowledge phase like Jan 9 and March 13, 2003 experiences.

In Divine Knowledge phase her experiences continued to progress while she performed God’s work in the society. During this phase Shivangini ascended to the state of Devi as indicated by Baba when he took her to his abode Shiv Loka, the illumined city. Bhagavad Gita, chapter 3, Shloka 11 purport says Devi Devas’ are also called shining ones. Highly evolved souls are called Devas wherever they happen to be. Cosmic forces are also called Devas because of their efficient functioning. Chapter four titled Higher Journey elaborates further on what she really became.

In the Divine Love phase she is made to experience the physical and spiritual difficulties an aspirant (sadhak) goes through so that she has empathy and compassion for them. Some of the experiences are related to doing physical austerities 1) to feel how hunger, actually starvation, felt like when she was made to go without solid food for about six days so that she can have true empathy when someone is starving, 2) she went through phases of not being able to wake up to do meditation and yet Baba said in the earlier phases that she had conquered sleep. This was done for her to have empathy for folks having difficulty to follow this discipline and 3) she also went through physical pain when she took on others pain; when she had an accident which resulted in multiple fractures; and lastly when she went through severe pain of cancer as her worldly journey came to an end. As she was going through these phases she continued to work with people, help them as guided by Baba till about 15 days before her departure. We held Bhajans for her health couple of months prior to her leaving and devotees used to comment that she had such a glow on her face that it was difficult to tell she was ailing with advanced stage of cancer. Similar comments were made by everyone who came across her in US and in India during the last few months. What else did these austerities

accomplish during her earthly journey and then the heavenly journey, only Baba knows. All I can say is that all through these austerities and till the end her spirit continued to soar!

## **Experience of Sathya Narayan**

December 28, 2002 Saturday - In her dream last night she saw Lord Sathya Narayan first and then she saw AUM symbol in gold with black background and with rays coming off of it forming a circle. At the right bottom of the AUM there was a touch of red color. In another dream Raeshum (our daughter) was told that someone had died and left her a lot of money. She did not know who that person was. In 2006 I realized that it could be her own mother, Shivangini.

She woke up at 4 am and went to mandir. Without thinking about her dream of Sathya Narayan she ended up picking up a book on Lord Venkateshwar (another name for the same Lord) and did Suprabhatam, Prapatti, Mangala Shasanam (various prayers) etc.

December 29, 2002 Sunday - She heard “Chandra Kala” (1/16th of moon, woman’s name) when she was looking at Lord Krishna’s face.

## **Baba clarifies on conduct, eating out, poojas and sadhana**

December 30, 2002 Monday - In meditation she heard “72”. While doing morning puja, she heard “Sureshwar” and a little later she heard “Sureshwar” again. She then heard “Siddhyartham” (May you obtain your objective). Shivangini had a lot of guidance from Baba today on many things she was pondering about:

- How to conduct herself? Baba said like Devas. She remembered at that time the vision where she saw a celestial goddess and asked Baba “How is it possible to look like that, dress like that etc.” Baba said while in body on earth do as much as possible to carry yourself like that.
- How often to change clothes? Baba said “As often as possible. Change clothes every time after bathing. Just rinse the clothes and dry them before reuse”. Here the point to understand is that she is in a spiritual state where she needs to keep the disturbances from external vibrations to a minimum and every time she goes among people she is going to pick negative energies as a part of the spiritual law.
- Regarding eating out - Baba said that he will take care of any food effects due to eating out with children etc. But that does not mean that she starts initiating plans to eat out. He will take care because of surrender and discouraged her to start having desires/ taste (sense) gratification.
- About doing pujas and sadhana - Baba explained about how the spiritual energy flows and she is like a magnet in her spiritual sphere. Doing these practices will keep her energy level and will flow to people who come near her and will help them. If her energy level is down, the negative energy will flow to her from people she will come in contact with. In some other context Baba said that she must always engage in Sadhana (spiritual practices like meditation etc) to keep her energy level up. On Nov 18, 02 Lord Shiva said she must meditate to maintain her Light (energy).

## **Sees herself as light; another attachment broken**

January 1, 2003 Wednesday - Shivangini sees herself as pure in the form of light and hears the same in her meditation.

All day on 31st she was busy and was very tired and sleepy during the day but Baba asked Shivangini to ward off sleep. She did puja for the New Year and after the puja she went to bed at 1:30 am in the morning. As she was about to fall asleep she saw a vision. In her vision she saw flickering light that crystallized and slowly took the shape of her own face and it was a little bluish greenish shade of light. The vision was very clear, normally these kinds of visions fade away rapidly but this vision stayed on for awhile while her mind was active and thinking about it.

During the night in the dream she saw a man with a rounded beard and no mustache. She was not sure if it was herself or someone else.

In the morning meditation she heard 'Pavi thaye'. Pavi meant pure in Sanskrit dictionary.

January 6, 2003 Monday - Many years back Raeshum got from somewhere a black clay pendant which was hanging in a silver chain. During her recent clean up she had been throwing away all sorts of things and she had put this necklace also for giving away but at the last minute decided to keep many of these items for some other use. Last night in dream Shivangini saw herself wearing this black clay pendant, there was a man in white clothes who grabbed her chain and was pulling it away from her while uttering "Shani, Chandan" (meant evil omen). She was trying to hold onto the pendant and not letting it go.

Pondering over this dream today we took the pendant and threw it away in the garbage.

## **She gets Diksha, Mantra indicating Divine Knowledge is complete**

January 9, 2003 Thursday - Shivangini gets Diksha (initiation) and Mantra from Baba today indicating that her Divine Knowledge (Jnana) phase is complete. The mantra she is given is for higher spiritual entities and not for mortal beings.

Today was an important day. In meditation she saw Lord Shiva as Baba in the Puttaparthi Shiv mandir. He asked her to sit down closer to him on his right side and asked her to hold her hand out forming a cup with the right palm (like taking Prasad). Then he said "Today I am giving you Diksha" (initiation) She asked "Would you give me any mantra?" She did not get any reply. A day later she was given the mantra also. Baba said "This mantra is not given to mortal beings. It is for higher spiritual entities".

She also understood that these mantras when read out of a book and practiced do not work the same way as when initiated into it by a Guru. Mantra is energized by the Guru as it is given to the disciple and the efficacy of the mantra depends on the Shraddha (faith, earnestness) of the disciple.

Interestingly few things started happening today.

- Two women from Jehovah's Witness came to the front door and Shivangini invited them in and had interesting discussion about similarity or commonality in Hinduism and in Christianity. She told them about Baba and the book we wrote etc.
- A called yesterday and told Shivangini that he was offering her to join the Inter faith council of Midland.
- Today we forgot to unlock the outside door to our Bhajan room in the basement. Mrs. M and S came and found the door locked and went back. We opened the door at 7:25 pm and Shivangini had a feeling that some folks may have gone back. Interestingly S went home and started doing Bhajan when she got a prompting from inside to go to Shivangini's home again. She came and joined the Bhajan and partook in special Prasad Shivangini made after getting Diksha today while Mrs. M did not get a chance to get this Prasad. Interesting how Divine hand continues to show itself in our daily events!

### **Experience of Yogasth (trance); attachment to Baba**

January 11, 2003 Saturday - Baba gives her an experience of 'Yogasth' and I had the opportunity to watch it! He gives guidance on to what degree she is to share her knowledge with the devotees. In a dream audience gets blessed with Vibhuti and Shivangini's arms are covered with thin layer of Vibhuti indicating that any work she undertakes is sanctified. In another dream a slight trace of body consciousness is symbolized. It is said that in the spiritual evolution body consciousness is the last one to go.

She had three dreams last night.

- In a dream she sees herself inside a room in a home setting, and there were lot of men and women gathered for some holy celebration. Among the people she remembered seeing DA. There was conversation about Baba and God with people prior to celebration. During the celebration, Vibhuti started coming out of the ceiling like snow and started falling on the audience. It coated both arms of Shivangini with thin layer of Vibhuti.
- In the second dream Shivangini saw herself walking on the street totally nude. She was slightly conscious but continued walking. She asked someone to go get a towel from Gyani who was also on the road. The person did not show any urgency to get it and she had a resigned feeling towards the lack of urgency being shown. We understood that this is indicating a very slight trace of body consciousness which is about to go.
- In the third dream she saw S, a tall friend of hers visiting us in our home. Scenes were more about people coming to home, cooking, conversations, inconveniences and it was, in general, an impression of daytime situations we come across.

Today she had lots of conversation with Baba where he explained to her about questions she had regarding practices, what to do in some situations, etc. She was explaining to me what Baba said and we were writing it and suddenly the following burst of words came out of her and I captured it right away.

"Inner states' evolution is not in the realm of everybody's perception, the nature and timing of good and bad dreams as applicable to ordinary human beings is not same for the yogis. Yogi is being led from the duality to non-duality through the three states of existence. The Lord governs the nature and timing of Yogi's dream directly or indirectly

through the medium of Laws of Nature. Yogi should not react to the good or bad of dream state or awake state; however, with discrimination the messages and revelations should be taken as promptings and acted upon in the timeframe when they are given. It is almost impossible for anyone including the Yogi to understand all the laws which govern the timing and pattern of the occurrences in dream and awake state. This is akin to the panorama of the sky which changes color and pattern according to the Laws of Nature and no one can explain the cause of that change.”

As we were writing this Baba said to her “And you are done” referring to the state in which the above words poured out of her. The words that came out of her were neither her language nor her vocabulary and truly an experience of ‘Yogasth’ as said by Baba afterwards. We were talking about the beauty of the state of ‘Yogasth’ and how it works when Baba said to her “Be happy. We have a wonderful journey ahead.”

In regards to whether she should do Vishnu Sahasranama or Sun puja on Makara Sankranti day at S’s house Baba said the following “These are devotees and they need to progress spiritually. I want you to help them. I have given you intelligence, apply discrimination and help each person based on their need.”

Baba further said “Do not try to make them or give experiences to them similar to yours. Your goal is not to create another you. What I have created here (meaning Shivangini) can only be created by Me.” Interestingly this led us to discuss about the Devis and Devatas in the Hindu pantheon and that shed more light on it – the gradation in spiritual evolution, the infinitude.

Baba further said “You start my work. I will teach you more. I will reveal more”.

January 13, 2003 Monday - Shivangini was shown as one with Baba in meditation and very attached to him. V calls and interestingly says she thinks of Shivangini as Sri Sathya Sai Baba. P visits and asks her for blessings.

In the morning meditation, in her vision she saw 3-4 yr old Lord Krishna being held in the arms of grown up Lord Krishna and the younger Krishna was very tightly hugging the grown up Krishna.

This was rather strange vision but felt that younger Krishna was Shivangini and the older Krishna was Baba.

During the day V called Shivangini and said since Jan 1 she has been thinking of calling her to wish Happy New Year but something or other kept coming up. She said every time she thought of Shivangini she thought of her as Sri Sathya Sai Baba. Shivangini laughed it away to lighten the conversation.

Same day in the evening another friend P came to visit Shivangini. Shivangini took her in the basement to show her the new life size picture of Baba that she had not seen so far. There P bowed down to Baba’s picture and right after that turned towards Shivangini and bowed down to her saying ‘bless me’. Shivangini was taken by surprise, but she quickly pulled up P and gave her a nice hug.

All the above-mentioned incidents felt significant in the light of the fact that these things are happening soon after she got Diksha (initiation) from Lord Shiva in the meditation.

**Yajna for next phase; Knower experience; Baba’s strict standards**

January 14, 2003 Tuesday - Today was Makara Sankranti (Telugu new year day) and it was spiritually a significant day for Shivangini and another devotee of Baba. It was awesome to observe how Baba had these two devotees perform together a series of rites, rituals, prayers, food offerings, customary gift giving etc. as part of a Vedic Yajna. As it started or while doing it, nobody realized what all was getting done but at the end of the day Baba told the other devotee S, who can commune with Baba too like Shivangini, that she and Shivangini have just completed a Yajna which was necessary for starting the next phase of Shivangini's and S's spiritual journey.

January 21, 2003 Tuesday - In the dream she saw herself sitting on a toilet seat and in front of her on the floor there was 7-8 feet long yellow colored, 1 foot wide flat looking snake lying on the floor with black rib like extension on each side of its mouth. The snake was lying still and as she was staring, it slowly started moving. It came very close to Shivangini and raised its head up to her knee level. Her left hand slightly moved as if to protect herself when she heard Baba say "Don't, Don't move." Shivangini stopped her hand where it was and that in turn stilled the snake. As she was talking about the dream to me, Baba said "Stilled it for good". Even though she saw a snake and talked about a snake, but all along she had the feeling that it was a person. During the day she had interacted with a person who spoke to her unduly aggressively. After the conversation Baba made her realize that what she had seen in the dream just came to pass.

January 23, 2003 Thursday - Today in the meditation she saw herself in the Kulwant hall and she walked up to the door step of Baba's home. The door was closed and she simply kneeled down and rested her head on the door step, though the door was still closed. Soon the door opened and Baba was ready to step out and observing her there he ordered "Get up." She got up. Looking at her very carefully Baba said "I put my stamp when I am fully satisfied". He said "Turn around". She slowly turned clockwise in a full circle. The vision ended right here.

## **Surgery; Contemplation on God; Dream revelations**

January 24, 2003 Friday Shivangini's body gets an operation. Baba gives guidance to Shivangini on what to contemplate – what is God?

Last night her dream was related to body purification. In that dream she also saw something which seemed like a view of her internal organs. She saw a small U shaped piece being plugged in a very congested area of the organs. The piece did not fit though she did not see anybody doing it. Then she saw a 2 feet long cream colored tubing about ¼" in diameter which got placed in that congested area.

During lunch today while we were conversing Baba said to Shivangini out of the blue "Do you want to be a millionaire?" She said "Why do I want to become that?" Baba said "For Fun." "What am I going to do with millions?" "Do my work". Then she asked "Am I already not a millionaire?" "Oh, no. Not that kind. A real millionaire!" "Baba, are you doing it for Gyani?" Baba gave an expression which seemed like he did not want to admit



but perhaps it was for Gyani. Thinking of Raeshum and Shobun she asked “Baba, will my children get the benefit?” “I already said that they will have enough and don’t worry about them.” Then He continued saying “Most of the prophets have been paupers. Let the world see a millionaire prophet.”

Swami said to Shivangini today “Ramana Maharshi guided his pupil into the inquiry of ‘Who am I?’ Swami Vivekananda asked the question ‘Is this world real?’ I want you to ask ‘What is God?’

January 25, 2003 Saturday - Atma plays out in her dreams today many aspects of spiritual and life’s journey we are going through in a marvelous way. She had 3 dreams today and following is our interpretation of them. In the first dream Gyani drives the car into a dead end and that vehicle had to be dismantled into two to get it out. In 2006 I understood that I drove our spiritual journey together to a dead end and had to be split into two (we needed to be separated) to get it out of the dead end. How true! Second dream was about Bhav Sagar (worldly life) where Shivangini is conscious of the surroundings while Gyani is oblivious indicating that spiritually she is fully awake while Gyani was still sleeping. Dream with Mummyji relates to Mummy’s spiritual journey, starting inside path, steepness of the path, cleansing etc. Last scene relates to Shivangini traveling with people as a ‘cripple’ so that the rest of the folks could relate to her which is shown by AM talking to her.

Last night she had three dreams in the following order:

\* Shivangini and Gyani were in a car driving down a road. Along the path we come across very nice greenery and I casually kept driving. She tells me to stop because she saw a gap in the road but I drive right into it. The car is stuck in the gap and can’t go forward or backward only. In both directions there was no way out because it was ending up with dead end walls. I was trying to go reverse and Shivangini told me to go forward which I did. We still sitting in the car end up in a dead end garage where two scruffy looking men are working and the scene is of Dow Corning. I was casually talking to the two men although all of us realize that there was no way out. Then comes along a skinny man and he says that there was no way out except break the walls or break the car into two to get it out. Shivangini tells me to get moving on the dismantling of the car, which I agree to and tell the men to go ahead and dismantle it and the dream ended right there.

\* Shivangini saw all water around her and she started walking. Her feet were feeling ground underneath but only water was visible. She sees some grass and people a little distance away and yet there is all water around. In the next scene she is lying down on the water next to Gyani. Gyani was lying with his face down and his arm on her while she was lying down next to him with her face up and both of them were on water. There were people passing by and some of them are looking at them and saying that they were amazed and amused that I could sleep in the open, on the water etc? She was fully aware of the people, their comments etc but Gyani was oblivious and lying face down.

\* In the third dream Shivangini and Mummyji were there and many people who are coming and going. Shivangini sees ahead an enclosed place with a passage that is leading inside. Inside, it leads to a path which was steeply rising and there were platforms at various levels and there was greenery. At those platforms there are wells with water in them and there were people who were using that water to clean, bathe etc. Mummyji says

that it is getting dark and let us find a place where it is safe and let us go into that passage to which Shivangini replied 'what makes you think that it is safe inside the passage?'

\* Scene changed and Shivangini saw herself coming down the steps along with many other people but was limping and crawling down slowly due to one of her legs being crippled. She looked at her foot and it had a shoe and the heel of the shoe was getting caught as she was crawling down. Right after this scene she saw herself talking to AM.

January 26, 2003 Sunday - Baba through dream and visions evolves her and helps us how to understand and interpret them.

\* She saw in her vision a few days back a white double door which was closed but from the base of it she could see bright light. Today as we were talking Baba said to Shivangini "That door is about to open".

\* In the morning Baba said "Hurry" implying the guidance he has given her in the past relating to her life style. She should take care of all those things and bring it to completion in a hurry. She understood that it was important because she would be getting busy soon and will not have time to take care of those things later.

\* After showering she was in her closet to pick what clothes to wear when Baba said "I want you to get down to 14 outfits, all white, and supply of two weeks. Wear them on a rotating basis."

\* She came downstairs and when she was doing her Surya (Sun) puja she got prompted to break the coconut, which we had for last 5 days at home. She broke it and the hard shell came off but the inside was still whole and God said "This is your blessing." On the surface there was a little bit of spoiled look to it and she started cleaning it under warm water. When she almost got done scraping the spot clean, Baba said "press it with your finger" and when she did so, it made a hole. Baba said "This is how you get to the core". This meant a lot to us – non virtues stop us from getting to the core Atma, refinement happens to non virtue (cleaning) and once cleaned it turns into virtue, and that actually becomes the door to enter.

\* Baba said to Shivangini "I want you to be good at effective impromptu speaking".

January 30, 2003 Thursday - Dream reveals that things are getting corrected extraordinarily.

In her dream last night she asked me to fix something which was in a high ceiling. I thought I fixed it but when I came down she thought it was not secure in its place. Before I stepped down, that thing started falling down from the ceiling. But suddenly on its own it moved up and got anchored into the ceiling avoiding the danger.

## **Spiritual practice and powers; Jnana Diksha**

January 31, 2003 Friday - Baba says that whoever does spiritual practices gains powers. He further says that messages in meditation are spiritually related.

Today during the day P came over to ask Gyani to get a few things from India for her son's wedding. Shivangini and I were talking about how the conversation went in the

evening when Baba said to Shivangini “Whoever does spiritual practices, know that they have powers”.

On January 9 Lord Shiva in puttaparthi (Baba’s birth place) gave her Diksha which we understood at that time as beginning of the Guru Disciple process. Today we got the clarification that it actually was “Jnana Diksha” which is the completion of knowledge/wisdom phase of spiritual journey.

Baba tells Shivangini the following “Messages you get in meditation are spiritually related. It might manifest in worldly situations, matters, and instruments but I am conveying it as it relates to spirituality”.

## **She joins Devas (shining ones); Cleansing penance**

February 1, 2003 Saturday - Shivangini sees herself as sitting in a Lotus flower that is fused into a bigger lotus flower with a deity. This is another indication that she has joined the Devas. Today the understanding dawns on Shivangini about Effulgence (top of the mountain), Knowledge, and Love.

In a dream which was like a flashing vision where she saw a room about 12 x 12 feet. In the center of the room on a slightly elevated platform there was a huge lotus flower covering the entire area and there was a deity in the middle of the flower. From the big lotus there extended another relatively smaller lotus and Shivangini saw herself in the center of the smaller lotus. Both of the lotuses were fused in such a manner that one could not tell where one ended and another began.

We were downstairs talking about her dream while sipping tea and it suddenly dawned on her an understanding based on how her experiences have been progressing and what Baba said as he guided her through various stages. She has progressed and reached the goal of Effulgence (visions, Baba gave her light which will be constantly with her, saw herself on the top of a mountain and looking down to see how to come down etc). Then she went through the knowledge phase that got completed with Lord Shiva giving her “Jnana Diksha” and during this time she felt that she was missing the effulgence - visions, light etc. Few days back Baba said to her that Love phase is beginning. In her spiritual journey she reached Effulgence first, Knowledge second, and now going through the Love phase. Baba said to her to go do his work and for that purpose she is being brought down from the top of the mountain (Effulgence) into the world through Knowledge and ending with Love to do God’s work. Normally the progression is Love, Knowledge, and finally Effulgence.

As she was saying this to me Baba said to her “Devi, now when you write, it will be powerful writing”.

March 12, 2003 Wednesday - Swami makes her do Vrata (penance to cleanse) for purification and for other reasons.

Last year 40 days prior to Maha Shiv Ratri Baba got her to eat one cooked meal a day. This year again 45 days prior to Maha Shiv Ratri, she is asked to take a spoonful of Ganga Jal (Ganges water) first thing in the morning. She was also going to do one other purificatory rite for 12 days. She started that Vrata and did it for 1.5 days and gave it up

because it was very hard to do. After Maha Shiv Ratri she felt guilty of not doing the 12 day Vrata so as a penance she started it again. Yesterday was the third day of her Vrata and she was almost ready to give up again when I encouraged her to continue. For some reason Baba had not been talking to her as frequently as before but after her and my conversation on continuing the Vrata Baba said “That is why I call him YYY. I am happy that he advised you selflessly for your own good just the way Vishwamitra subjected Harishchandra to difficulties for his own good.” Further Baba advised Shivangini to do Japa so that the Vrata goes easier and to do any of the pending work like recording some tapes for Bhajan etc. He also reminded her that she should not feel his lack of presence because he is inseparable from all of us. He reminded her of the dream she had last week where she saw herself walking along with Swami in Puttaparthi very closely behind his right arm. In the same dream in the next scene she saw herself and Swami in Swami’s car ready to go to the main street from the Ganesh gate. She saw a man stepping onto the street along with a crowd of people from Ganesh gate. A group of people in the crowd seemed like they could harm this person when another group of people told them “Don’t, Don’t think of harming him. He is related to Swami and Shivangini”.

Shivangini talked to me about getting started on the book that Baba asked me to write titled “XXX”. I said to her that at this time I do not know what to write because I do not have any content at this time. Baba said to Shivangini “That is going to be a master piece and it will be the last book to be written.”

March 15, 2003 Saturday - Baba gives the reasons why she is made to go through the cleansing process.

Baba said there are 5 purposes for her 12 day Vrata. 1) Prior to Baba coming into our life we used to eat all kinds of meats including steaks. The spiritual role that Baba has given her is that of a highest cadre Brahmin (Vaishnava). Therefore as atonement she was supposed to go through this purificatory rite. 2) On January 14 Baba had told her “Dirgh Aayu” which means long life. In order for this blessing to come to pass her health problems have to be corrected. This Vrata is supposed to correct those problems also. 3) In order to feel true compassion for a hungry person one must have first hand experience of extended hunger. 4) Also this discipline will help realize that how one can survive with very little food. 5) In her role when she advises people to certain practices she will be able to make recommendations with conviction since she has under gone those practices herself.

Earlier Baba had told her that when she came back from Puttaparthi in July 2002 that ‘her upward journey has begun’. Few months later he told her that ‘this is your journey in freedom’. Today he told her that ‘now its time to come up’. She found this statement conflicting with ‘Dirgh Aayu’ questioning what coming up mean? Is it dying? Baba replied “No. It is away from the mundane life”.

March 20, 2003 Thursday - Dream shows Baba giving directions on what to buy in the market, then in the mandir giving Diksha to her in front of some women who initially do not accept her but later touch Shivangini’s feet.

Last night Shivangini saw a dream where she saw herself in a grocery shop buying vegetables. She realized that Baba was by her side and he was in white robe and He started saying some vegetables names in Telugu. He was telling her to buy those and eat them. She told Baba “Wait Baba. Let me write it down otherwise I won’t remember”. She pulled out a piece of paper and started writing them down when Baba said “This is good for your health. You should eat Amla”. She asked “For my Kidney stone?” Baba said “No, for relaxing uterus muscles”.

Scene changed. It was a mandir like setting where Baba was normally supposed to give Darshan at 7 am. For some reason He came out at 5:30 am to spend time with Shivangini and give her Diksha, specific guidance. After this he left and was going to come back at the normal Darshan time. There were about 10-12 women sitting there. Right across from them was the shrine set up. In that area there were three women facing the rest of the group. Shivangini went closer to the shrine to light up the deepam when one of those three women got upset because she herself wanted to light the deepam. The other two women gently explained to her that she should not get upset because Baba had given Shivangini the Diksha and therefore she should light the lamp. Shivangini went ahead and lit the lamp and did the Arati. However she observed that all of them were singing the Arati at their own pace and when Shivangini was still doing Arati, some of them were done and were doing pradakshina (circumambulating). Shivangini rushed through the Arati and as soon as she was done the three women and the rest of them bowed down and touched her feet. This is where the dream ended.

## **Mahat Tathwa (supreme principle) Bodh; Guna Theeta**

March 21, 2003 Friday - Baba gives an example of the difference between knowledge and experience.

During daytime Baba told the following to Shivangini and asked her to think about it. If someone does not know what sleep is and is talking to someone who just woke up from refreshing sleep. “Oh, I feel so rested and refreshed” hearing which the person asked what sleep is. Then the second person described it as lying down, close your eyes, and there is darkness and silence. Would the first person, who is awake all the time and enjoying it, be motivated to sleep?

April 4, 2003 Friday - She is ready for Mahat Tathwa Bodh (initially we understood this as Maha Tathwa but later looking up in scriptures it is Mahat Tathwa, part of Brahma Vidya. In Baba’s Sutra Vahini pg 20 it say ‘Mahat Thatwa, the supreme principle that is the cause for the being turning into becoming and the orderly behaviour of the Universe.’ Another reference describes it as ‘It is the indiscrete principle that was created first and it is the primary principle of Universal Soul, Infinite Intellect, or Divine Mind’). Baba corrects others who are in her sphere of spirituality by affecting her mind since she is the center of that sphere. Two days later we learn about Maha Thatwa Bodh.

After two years of constant presence of Baba in her life (1999) she had a vision where she had seen four fruits, three of them fully ripe and one was  $\frac{3}{4}$  yellow and  $\frac{1}{4}$  green;

green portion indicated unripe. Baba told her at that time “Now you are starting where you left off in your previous life.”

Today in the morning meditation Baba said those four fruits were indicative of her spiritual progress. And now the fourth fruit is also ripe.

Baba said “I want to give Maha Tathwa Bodh to you. But there are pests around you who have these exploiting tendencies and they need to be corrected. I am correcting them through you by affecting your state of mind which in turn has direct effect on them.” She understood that this referred to what Baba said many months back which was “You are the center of one of the spheres and you have influence on everyone within your sphere (moods and states of mind).”

As I was writing this she said to me “If my state of mind can affect others I wonder what will be the magnitude of effect when we are in the presence of Baba.” Immediately Swami responded to her thought saying “Shivangini there is a difference, you only affect but I control”.

Continuing with her morning experience - Baba gave her a vision where a bunch of (10-12) trapezoid shape dark brown wood looking pieces jumped out of a small coffin shaped box. These she understood were symbolically the pests. Right after this she saw an extremely beautiful white pearl about 1/4” in diameter and coming down from above (divine wisdom).

April 6, 2003 Sunday - Baba cures her heel pain. He gives her a dream experience so that she learns not to value or evaluate which is the Advaita principle as explained by Baba. Beautiful discussion and understanding about she being a Guna Theetha, how to get past others Gunas, how Mahatma Gandhiji could offer the other cheek etc. She also understood that she is made to earn what she got internally while she appears to the external world as if she is gifted.

Last night her eyes and the right heel were bothering her due to pain and discomfort. We went to the store and got an eye lubricating ointment and came home. As we were entering the house Baba said “Put the ointment in your eyes and go to sleep. I am taking care of your heel”. As soon as we stepped into the house, the pain in the heel was suddenly gone.

She had a dream last night where she saw Shirdi Baba dressed in orange clothing. In this dream Baba was a woman and not a man. He was sitting on a cot and the neighborhood had a look of poor and rural area. There were couple of other women with Shivangini and when they saw Baba, they got excited and all of them went and sat in front of him and had his darshan. Darshan was over and the women left and Shivangini wanted to talk to Baba because she was confused due to Baba looking like a woman, features were different and all these created some distrust in her. As soon as people left Baba lied down to sleep. Shivangini thought Baba was tired so she did not wake him up but waited. When Baba woke up she asked him “Baba, are you the one who used to talk to me?” Baba smiled as if acknowledging it. “Baba, you know that we wrote a book about it?” Baba continued to smile. “I will get you the book, Baba”. She went and brought our English Inner Experiences book and gave it to Baba. Baba smiled. He took the book and then he

got up and started walking away. Shivangini followed and she understood that Baba did not know that she was following him. In the next scene she sees Baba in an office setting where DS (employee from where she used to work) was sitting. Baba gave the book to DS. Shivangini realized that this was fraud of some kind and she sent someone to get it because we have to make some corrections in it. When the book comes back, on the back side of the book it is written “so which CULT is this”. Her attention was drawn to the word cult when the dream ended.

Impact of this dream was that Shivangini started realizing that the purpose of dreams is simply to convey a message and they should not be valued or evaluated any further. In response to this thought of hers Baba said “That is the Advaita principle that one should not get affected by the duality of life which has both good and bad.” What she understood is what Baba has been saying a while that Shivangini is Guna Ateetha (beyond Gunas). She said “Baba, now I am able to go past my Gunas. I still have difficulty of going past other peoples Gunas. How do I do that?” At this point Baba reminded her of her own words which she had used while teaching the Bhagavad Gita class to the adults. They were “when God wants to accomplish a specific result he simply utilizes the Gunas of the individual. The person acting thinks that he is doing the action and in the process feels happy or sad. His motives, thoughts, feelings, all become the basis for his future rewards or punishments. So, essentially God in the form of inspirer or motivator utilizes people with different Gunas to accomplish specific tasks and results.” Baba said “If you understand this then you will not react to peoples’ Gunas whether they harm you or help you. Because harm or help is the result and Guna is simply the tool. And it is God who wants to hand you the result.” After this she tried to go into deeper meditation by concentrating on Baba’s divine form and Baba said “I already have told you this before and I am not going to say it again and again. For Maha Tathwa Bodh, it is necessary to meditate on Nirguna Brahman, and worship the Saguna Brahman.”

For a long time now she gets visions and dreams, the subtleness of which at times she has been unable to describe. Today Baba gave her a word “Sukshma Buddhi”. She looked up the meaning in the Sanskrit dictionary and the word Sukshma meant – subtle; subtler; subtle, that which expands etc. She understood what Baba said earlier when he said “You have golden intellect”.

As I was writing this Shivangini said “that is why Gandhiji could offer the other cheek when he was slapped” as she was pondering over Baba’s words on Maha Tathwa Bodh. Suddenly she had a strange realization inside of her. Baba said “Now it is happening”. Although she was explaining as it was happening and I was writing it, yet I could not comprehend what she was going through internally. This is why it is said in scriptures that realization is an experience and words are inadequate to describe it.

Shivangini related to me what she understood from Baba in a conversation they had today. In her words ‘He took me to the highest experience and then allowed me to roll down back to where I was and now he is asking me to climb up again utilizing all the techniques that one must use if they were there and they have to climb up. This was a great blessing of Baba to me to let me have the highest experience, share that experience with others in the form of teaching that I do, and actually practice to earn the grace as if I

never had it. His purpose in that was so that I can play the role, I get what I deserve, and yet never be arrogant about achievement and undermine God's gift. Internally, I was being made to earn and get to the next stage. All the time I appear to the external world as one who has that gift. By this I never get the feeling that it was handed it to me and I did not earn it.'

As we were writing this, she looked at the time and thought to herself that it is getting late since she had to teach a class to young children at 3 pm. Baba said "Go down at 1 pm and all you need is 1 hour".

### **Prajnana Sthir (rooted in Atma)**

April 13, 2003 Sunday - Prajnana Sthir, and how the reversal of mind and Atma occurs and why good or bad is not accrued anymore.

In the morning Baba led her to information on Ravan and this was right in response to some of the questions R was asking around Ramayan. We were discussing whether to tell R that Baba said this in response, or if Baba led us to this info, or whether to call them or not. We concluded that all we can say is that Baba led us to this info but we can't say Baba said this. At this Baba spoke to Shivangini and ensured that we are thinking right. He said "Call R and I will give you what to say to her".

At this point Shivangini suddenly realized and said that "Operating in Atma is, the mind and body need to become observers and watch the Atma do the action." As soon as she said this, Baba added "That is Guna Theetha. When Atma engages in action, it uses Thamo, and Rajo Gunas to do the action and mind is a witness." Further she understood that this is not true for all of us. It is true only for realized souls who Gita refers to as Prajnana Sthir or Atma Sthir. This was such a subtle yet deep statement that clarified many things for me also. I always wondered how the actions and thoughts of the mind is when one is Prajnana Sthir or Atma Sthir. Now we understood that Atma and mind role reversal occurs in the realized soul. Normally Atma is the witness in all of us while mind takes the power of Atma and directs it based on Gunas, Vasanas, etc. As long as one is under the influence of Gunas and still have Vasanas (tendencies and buried impressions), whether they want to or not their mind will propel into action. In case of a realized soul who is Guna Theetha, it is the mind and body that become witnesses and Atma engages in action using the Gunas. It also makes sense when we read that Realized souls do not accrue good or bad consequences of actions because actions are done by the Gunas under the control of Atma and not the mind which is binding. This also explains why some of the great saints and sages in the scriptures used to exhibit anger while cursing the wrong doers.

### **Directed to do Divine Mother's and Amritanandamayi's puja**

April 18, 2003 Friday - She gets directed in meditation to do Divine Mother's puja and Ammachi's puja. Later Baba tells her it was Atma directed meditation. She gets a message to see God in everyone. Also gets important guidance on ego and that is losing ego is a result of going through a process and if let go prematurely it is harmful.



She got up in the morning and did her meditation. She heard “Pranitho” and she saw a vision of 5 coconuts, red flowers and Baba said “Do Lalitha Sahasranama”. She understood that she should worship Ammachi also. Looking up the meaning of “Pranitho” in dictionary we found it meant -offered or prescribed especially at the altar. She also heard many times in the meditation “Murali Mohan, Murali Mohan...”

As we were writing this experience Baba gave the following words to describe her meditation. “One can get mechanical in their meditation practices also. To get unstuck from that state it is necessary that one changes the place, the time, and the mode of meditation. The meditation you did this morning was to take you beyond the effects of external environment and the factor of time. This meditation was totally prompted, directed, and carried out by the Atman.” She asked “Baba was this samadhi, nirvikalpa samadhi?” Baba said “No, this was just one more experience for you, a step in preparation for your ultimate goal. And you can easily substitute role for goal.”

After the meditation she got a message through a book. Baba told her “In your spiritual journey of freedom you are at a stage where you need to practice seeing me in every being and every action. After you get refined in those practices you will be ready and I will reveal it to you that I am you and you are me.” (As we were writing this Baba reminded her of the experience where she was looking at Baba’s picture and seeing his black hair turning couple of times the same color as hers, orangish red.)

Last night we were talking with M about ego and today she was thinking about it in the morning. Baba said to her “You use the discrimination to constantly work on ego and don’t have to be too harsh with it. It is like a tadpole’s tail and if chopped off prematurely poor tadpole will die. But on its own slowly it will shed off its tail at the right time.”

Losing ego is a result and the process to get there is using discrimination.

Baba reminded her as we were writing “Don’t forget the other important thing I have told you.”

Two days back in a conversation Shobun gave a very nice modern terminology to the age-old concept of Kundalini by saying that Conscience is in everybody; it is the level of consciousness which varies. In Kundalini the same concept of varying consciousness levels is described as different psychic centers which are called Chakras. At each level of consciousness a person demonstrates certain characteristics. At lower levels of consciousness demonic behaviors, then human behavior, and at higher levels of consciousness divine or godly behavior, and at the highest level of consciousness the person becomes totally divine, one with the God and unlimited.

We went out to shop during the day and also bought 5 coconuts, walnuts for the puja and returned home at about 6 pm. Took shower and got to the shrine and set up Vaishnodevi Ma and Ammachi’s pictures for the puja. We were gathering Akshita (Baba said take fresh rice for that), and other things for the puja when Baba said “Hurry, Muhurat is approaching.” Both of us sat down and read Lalitha Sahasranama with the tape. After that we heard the secret revealed to Sage Agasthya by Sage XX.

## **Baba takes her into open Vastness; Triple Sai Avatar**

April 19, 2003 Saturday - Baba took her into vastness after removing the metallic bars that were holding her back and says she is honored. He gave guidelines on how much money to spend on his work.

In her morning meditation she saw an extra ordinary vision. She saw a step leading up to a platform which had walls on two sides. At the edge of the platform she saw herself standing with her back to the side where the steps were. In front of her there were a few criss cross metallic bars and beyond that was open space with a clear sky on a sunny day. She felt as if she was caged. As she was looking out into the space, Baba came and opened the metallic bars, picked up Shivangini and took her into the vast space and said "Puraskrut". Meaning of this word in Sanskrit dictionary is appointed as leader, honored, given a prize.

A little later she saw herself looking into a bag that was stacked up to half its height with beautifully covered wrappings (extraordinarily beautiful with soft shine colors) and neatly stacked. Baba said "Puraskrut" again.

She heard the following words - Bishta prada (Bestowing or granting wish or desire), Medhini pati (Lord of fertile land, Earth).

After meditation she went back to sleep and as she was waking up Baba said "You wanted guidelines. Here are the guidelines – the money you get per month is what you have to spend on my work".

As we were writing this Baba said "Now tell me when you are coming to see me." We were talking about this and Shivangini said she has to respect two guidelines Baba gave her – do not come to see him without any ready to publish work, and the money guideline he just gave us. Baba said "Wonderful". This money guideline Baba gave to Shivangini as a response to her confusion on what to do when U asked her to visit Augusta, GA to meet her family and the Bhajan group they just started.

April 21, 2003 Monday - Before May 14 Baba wanted us to put together three posters. One showing Unity of World Religions, and the other two we can't remember now. Instead of the pictures, Baba wanted us to have these posters which folks can read and know Baba's teachings.

April 24, 2003 Thursday - Sometime back Baba had told her that first you experienced my Effulgence, then Knowledge, and now you will experience me as Love. Today he made her understand that this can be understood in another way as experiencing the triple Sai Avatar of Shirdi Sai (Effulgence), Sathya Sai (Knowledge), and Prema Sai (Love).

## **Will be installed as Shivangini; Spiritual Sphere 14**

April 25, 2003 Friday

She visits Prashanti Nilayam and Shiv temple many times in meditation during last few days. In one vision she sees deities dissolving into nothing. In another vision she sits next to Lord Shiva's sculpture and Baba tells her that she will be installed as Shivangini in that Shiva temple. He asks her not to rely on books and memory. Since a while back he had

been calling her 14 and we did not know what it meant. Today Baba explained that there are 21 spheres and she is number 14.

Many times in her meditations she visualizes herself visiting Prashanti Nilayam and the Shiva temple in Puttaparthi. In the last 3–4 days, she saw in one of her visions the Ganesh Gate entrance of Prashanti Nilayam. As she was looking at it, the familiar setting with Ganesh idol, the tree across with the stone sculptures of the serpents, and the adjacent idol of Karthikeya all started diffusing and dissolving till there was nothing visible. In another vision she saw herself entering into the outer entrance gate of Shiva temple and then proceeded to enter the inner shrine area (Garbha Gudi) but for some reason she ran back to the outer gate. She felt that Lord Shiva called her and made her to go back. So once again she went up to the door steps of the inner shrine and again she ran back. We did not understand the meaning and found her action strange.

Today again she had the vision of Shiva temple, this time she went all the way into the temple and sat down right next to Lord Shiva's sculpture. At this point she felt Baba was telling her that just the way he was installed as Shiva in this temple, she will be installed as Shivangini. This was an overwhelming statement so, in disbelief, she asked for clarification. Baba said "You don't believe me, you are my Shakti and you will see my Shakti installed here."

After morning puja Baba gave her a message. Many times she has been unsure if she was hearing Swami or hearing from the traces of her slowly dying mind. Swami in an amusing way gave the message with this opening statement "Deva Vakya" which means God's words. Then he added "I want you to stop reading all those books. How little you have been able to retain from the books? When I give it to you, you don't have to depend on the memory. It is yours and comes out at the right time."

Sometime back Baba had told her that her number is 14. She had not completely understood the significance of this number though we had several speculations about it. Yesterday she received a 17 page long series of letters from T and J describing their experiences at Whitefield, Bangalore during April 2 – 15. In these letters there was a repeated mention of Baba telling them that he would see them on 14th. On the surface it seemed to say that Baba would give them an interview on 14th of April but for some reason Shivangini understood that Baba is saying to T and J that they will come to see Shivangini and since 14 is her number that would mean Baba seeing them on 14th. Today in response to this thought Baba told her that once in a vision he had shown her few circles in certain position and said that one of those circles is herself. Today He said "The number of your circle or sphere is 14. There are 21 such circles. Five of them are in USA. Three in India." Since the number of spheres in India was fewer, Shivangini asked "Is it because you are there?" Baba replied "No. I am not one of the 21 spheres. I am above all the spheres. And Gyani belongs to my sphere."

## **Marries Lord Shiva; highest level of Pashyanti**

April 26, 2003 Saturday - Today she has the experience of highest level of Pashyanti (cognizing at a very subtle level). In this state she has a marvelous experience of getting married to Lord Shiva and he calls her "Sowbhagyavati" (lucky woman). Following that Baba makes her walk with him through Kulwant hall at Atmic level. Later at the

transcendental level she hears “Yogasheel Mahadeva Samvedan” which means ‘Knowledge and experience of that Mahadeva who has the characteristic or nature of giving union/ merger’. This is an outstanding experience!

Today the alarm rang at 5 am and unlike other days when she would just sit in the bed and meditate, she got out of the bed right away uttering Gayatri Mantra and reached the mandir and started doing meditation.

In her vision she saw herself reaching Shiva temple in Puttaparthi. At the gate some lady stopped her and washed her feet. This was unusual so Shivangini started wondering what is happening. And what is next? At this point she recognized the general tendency of mind to anticipate. Based on her previous experience of visiting this temple, she recalled that a lady who sits inside the compound gate and sells flowers and thought perhaps next step is to get flowers for offering to the Lord. Instead of things happening per her anticipation first she heard Baba saying “Wait mind. Do not anticipate” and next came to her mind the thought of blue lotuses and once again Baba said “Mind, do not anticipate”. And then quickly appeared a garland made of unusual shaped white flowers. These flowers were fully blossomed but all the petals were curving in at the top forming a circle. Normally her visions in meditation are transcendental, today’s experience was as if she is fully awake but sitting there simply with eyes closed and experiencing things at a very very subtle level; at times it was hard to distinguish the vision from the thought (Baba just said as we were writing this “This was the highest level of Pashyanti”). So after seeing the garland of white flowers, she thought perhaps I will use this to offer it to Lord Shiva and again she was told “Do not anticipate”. So she controlled her mind and remained there with the intention of simply watching what happens next. Interestingly from there onwards everything unfolded in a slow motion giving her ample time between each step to exercise adequate mind control to not anticipate things. Next she saw herself in a saree and carrying a small amount of rice in her pallu (forming a bowl out of a corner of her saree she was wearing). Then she saw herself at the door step on inner shrine, after a little pause, she walked inside. As she walked in, there were loud sounds of ringing bells and blowing of conch. After a little pause, she sat down on the floor on the right side of Lord Shiva’s sculpture. After a little longer pause, she saw the Shiva sculpture turned to its left towards north and Shivangini walked around him and sat right across facing Lord Shiva. By this time Lord Shiva was no longer the white marble sculpture in the temple, instead it was a very tall being with celestial looks wearing garlands of flowers and there were no usual snakes associated with Lord Shiva. Between Shivangini and Lord Shiva there was a Havan Kund with burning fire. Lord Shiva looked at Shivangini and said “Sowbhagyavati” (fortunate woman). After this again there was a little pause, she heard a lot of sounds as if there were mantras being chanted but there were no people around. Next she saw both Lord Shiva and herself standing in front of each other. At this point very surprisingly Lord Shiva slapped her four five times. She was stunned and asked “What did I do?” Lord said “Aparaadh” (sin, to be at fault, transgression). She almost asked what did she do wrong, but then she refrained from asking. She thought after all she is an ordinary human and very prone to make mistakes and felt she did not need to know what she did but did not want to repeat her mistakes. So she asked the Lord “You keep me worthy of your love and not let me go astray.” At this point she saw Lord Shiva had rice filled in his huge hands and he gave all that rice to

Shivangini. Though they were inside this temple with roof but at this point she saw them under the open sky and she was herself throwing the rice up in the air and the rice was spreading far out into the open space in a slow motion. Once again the scene changed to inside the temple and Lord Shiva told her “This was the purest wedding. You wanted to be with me and I have done this for your sake”. After this Lord Shiva turned back into the sculpture and she wondered what is next? There was no response to her thought but after a little time gap, she felt that she walked out of the temple and there were people around but she did not see her own body form. From the temple, she went all the way up to Baba’s house in Prashanti Nilayam. Baba said to her “Let’s go” and he meant from his house to the Kulwant Hall. As they stepped out of the house into the Kulwant Hall, she did not realize that neither Baba’s form nor her own form was there. This experience was similar to the experience she had once before where she and Baba were enveloping the Kulwant Hall. Baba said “You have come back to the source in the purest condition”. After this there was silence and she did not realize when she transcended. She came back to the normal level of consciousness when she heard the following words “Yogasheel Mahadeva Samvedan”. We looked up the meaning of these words and it conveyed that “Knowledge and experience of that Maha Deva (Lord Shiva), who has the nature/ characteristic of giving union/ merger”.  
What a magnificent experience!

### **Maha Yogin; Lord Shiva dances and asks her to join**

April 28, 2003 Monday - In meditation she is called Maha Yogin and then she sees the vision of Lord Shiva dancing slowly and asks her to dance with him. He teaches her how to dance. Lord Shiva dancing slowly means crushing of ego and asking her to dance and teaching dance means that she will be playing the role where egos’ are crushed. Later she hears the sound made by an elephant indicating a higher consciousness level as well as heralding a beginning.

Yesterday we went for a walk in the evening. It was a clear sunny day with not a single cloud. Baba said quite a few things during our walk but none of those could be shared with others. We walked quietly for some time when suddenly she felt three water droplets fall on her forehead one after another. In surprise she looked up and then looked at me and asked if I felt any raindrops. I had not felt any and when I looked up and around there were no birds, no clouds, or any other water source. She asked Baba “I felt these droplets. Did it happen or not?” In response quickly came two more drops and one fell on her forehead and the other on her right hand. Simultaneously Baba said “You ran out of experiences which can be shared with people. So here is one.” Though she has experiences everyday but the nature of those experiences make it difficult to share.

In the early morning meditation she heard following words “Maha Maya” “Maha Yogin”. Then she had a vision of Lord Shiva dancing in slow fluid movements and he was surrounded with white effulgence. She was intensely looking at him. While continuing to dance He asked Shivangini “Come dance with me.” She got up but said hesitatingly “I don’t know how.” Lord Shiva said “I will teach you. Come”. She had no remembrance or consciousness of when this vision ended. Next she heard the words “Mudith” (glad,

rejoice in), “Vibhor” (light, beauty?), “after Amrith comes Sadachar” (after ‘nectar’ comes ‘beneficial habits’). She does not remember exactly when during her meditation she heard sound made by an elephant. She opened her eyes to figure out where that sound was coming from.

In the spiritual role that Baba has cut out for her, she comes across a variety of people. In one instance she was dealing with people who Baba speaks overall very highly of, but twice he had called the same individual wicked. This caused a lot of confusion in our mind and we were discussing it during our walk. With Baba’s help we finally understood how we are to conduct ourselves in this and other similar situations. Baba taught us “Do not take any initiative, no plans, and no strategies to protect your self from the potential harm. Swami will take care of everything. Just witness whatever happens”.

### **Shiva tells her to be informal; golden intellect; Jivan Muktha**

May 4, 2003 Sunday - She sees herself as a steady flame and then sees golden elephant indicating golden intellect. Spiritual journey does not stop at being a Jivan Muktha but continues to evolve. Lord Shiva tells Shivangini to be informal with him.

Today in her sleep she had a vision of about 2” tall yellowish flame. The flame was exceptionally steady. Even though she was asleep but her mind was alert and she said to herself “Wow, what a steady flame?” Right then she noticed that underneath the flame there was a picture of Baba’s feet. Little later she saw an outline of a photo frame and as she approached to see what was inside the frame, she saw the formation of Lord Krishna’s picture as she was looking at it. Again, a little later she saw a golden elephant 4-5” in size.

During the day we were discussing and in the conversation she said that she can be referred to as a Saint. At which Baba said “No. You are that”. We understood a lot from this – Baba told us that Shivangini was a Jivan Muktha about 4-5 years back. Since then she has been evolving, further refinement, upward journey etc. And in today’s dream it was shown that she has evolved to an extremely steady flame which has revealed to us that there continues to be further evolution after being a Jivan Muktha.

In her meditation she went to Shiva temple in Puttaparthi and bowed down to Lord Shiva’s sculpture. As she bowed down, Lord Shiva laughed and told her instead of formally bowing to him she should talk to him freely and intimately.

### **Divine mother reveals energy aspect; Definition of Love**

May 5, 2003 Monday - Divine mother reveals understanding and asks it be not written in a book. Mother says “deserving you are but ready you are not”.

Today in the meditation she asked Baba “Why can’t I stay in the higher levels of consciousness all the time? Why do I keep dropping down to lower conscious levels?” In response Divine Mother corrected Shivangini’s understanding about the Energy aspect of the Divinity. Mother said “I will tell you the correct interpretation but on one condition

that you will not write any of this in a book.” Shivangini asked “Do I tell this to Gyani at all or not?” Mother said “Yes”. Divine mother explained the energy aspect. Shivangini asked “Am I not deserving?” Mother said “Deserving you are but ready you are not. You are almost there.”

May 7, 2003 Wednesday - At a superficial level – a positive response towards the attraction felt for others is called love. But when you say to someone that I love you, you must mean that you do not hate, dislike, or prejudiced against the person and you have sympathy, understanding, and unadulterated selfless liking. You also must mean that you will not allow anything to interfere and diminish your sympathy and understanding towards the person. Above all this, you must be willing to sacrifice your personal interest in favor of the interest of the other person. If you feel this way about a person then only you must say I love you otherwise this is a meaningless expression.

### **Her role is to crush egos’; spiritual bird flying high; coaching**

May 9, 2003 Friday - Swami says her role is to keep crushing egos’ which is told to her through dreams – merging in Nataraja, Lord Shiva asked her to dance with him, merging in Baba and walking through the darshan lines. Baba is 23 and she is 14 – and He asked her to think about it. As I am writing this book in 2007 I do not know the relationship between 14 and 23, and what does 23 stand for.

Today R was coming over to talk spiritual matters but without any specific thing to talk about. Shivangini did not want to get into general social conversation and at the same time she did not want to pre decide the topics of conversation to allow Swami’s will to take place without any interference of her mind. Couple of hours before R’s arrival she ended up picking a book which conveyed to her the following message. ‘Silence is the best language. In silence you accept God’s presence the most, this is the language which shows most respect, one should speak only when needed, speak softly and sweetly, don’t try to explain me to her because your understanding of me is also limited, there is no need to compare each others spiritual progress because you are on one road with same goal but are at different milestones or stages on that road. My treatment may be different but my love towards all of you is the same. So help her with sincere Prema.’

In the evening after R left, we went for a walk when Shivangini related to me a portion of her conversation with R where Shivangini could have commented to R which would have hurt her ego. Shivangini said that she did not make those ego hurting comments because it is not her job to keep crushing people’s ego. Right at that point Baba said “Yes, It is. You are forgetting the dream where you merged in Nataraja and he asked you to dance and destroy the egos.” As she told me about this dream I added saying “Recently you had another dream where Lord Shiva was dancing and he asked you to dance but you said you do not know how.” Shivangini said “Oh yeah, that is right. I had two dreams where I got asked to dance and destroy egos”. At this point Baba said “Not twice, you have been told thrice.” Then Baba reminded her about the third time, when she merged into Baba in Puttaparthi and then Baba asked her to walk with Him through the darshan lines in Kulwant Hall.

Today in her conversation with R, Shivangini mentioned J and T's interview with Baba where Baba had mentioned number 14 to them. However Shivangini did not elaborate on the significance of '14'. During our walk she told Swami that "I myself do not understand completely why you called me number '14'. How could I have told to R?" In response Swami said "I am 23 and you are 14. Now think about it".

T related some of her experiences today on the phone. She saw in her meditation a Cross on her own forehead. Shivangini said that seeing Cross on the forehead signifies the annihilation of ego.

May 10, 2003 Saturday - In her meditation Baba said "Basement will not be needed." In 2004 all the children classes got stopped and in 2005 she left her mortal coil.

May 11, 2003 Sunday - Dream shows that Shivangini is coaching younger people on their spiritual journey. In meditation sees Lord Krishna in Shiva temple. She sees the spiritual bird flying high.

In the dream she saw the inside of a multi storey apartment building. There were two storey apartments at each floor of the building. There were stairs on one side going from one floor to the next all the way to the top. She understood in the dream itself that this was symbolically showing spiritual journey. There were few younger people entering one of the apartments with the desire of reaching to the top by climbing up the stairs inside the apartment. Shivangini told them "The stairs inside the apartment goes only up to next level and then stops. If you take the stairs outside the apartment, you will ultimately reach the top."

In meditation she saw in a vision that she is at Puttaparthi Shiva temple. When she entered in there and reached up to the inner part of the temple she saw a sculpture of Lord Krishna in a standing position instead of the usual Lord Shiva's sculpture in a sitting posture indicating the oneness of God.

In meditation she had another vision where she saw a bird very high up in the sky. It was a clear sky and yet there was a small white cloud between the bird and the sky which gave her a feel for the height. She understood that this is the same bird that Baba had implanted in her October 2000.

A called in the morning because of mother's day and they ended up talking excessively. Raeshum and Shobun brought Bagels from Big Apple Bagels and they had garlic in them. She spoke to R and they decided to meet at 5:30 pm. In the afternoon we were talking about how Baba got Shivangini to eat Bagels which got her pumped. At that time Baba said "And I got A to call you" referring to the excessive talk they had. R came over and discussed their personal things in the afternoon.

### **Seen one with Baba; types of Mukthi; Knower dreams**

May 12, 2003 Monday - Blue light comes out of Shivangini's left eye and falls on a spot on U's Janam patri (astrological interpretation of the day a person is born) which in turn



leads U to share her dream. In U's dream Shivangini's voice on the phone turns into Baba's voice.

Shivangini received U's Janam Patri in the mail. Later that evening U called and while they were on the phone Shivangini was leafing through the Janam Patri when suddenly a beam of blue light hit upon a spot on one of the pages. This light actually came out of her own left eye. She mentioned to U what has just happened. They both tried to figure out what it meant. In that attempt the conversation lead to a dream U had the same day in the morning.

In her dream U was talking to Shivangini on the phone. Shivangini asked a question, U replied and after that suddenly Shivangini's voice turned into Baba's voice. In a very powerful voice Baba was uttering mantras in Sanskrit. This gave a feeling to U as if Baba was changing his forms and showing her his cosmic identity. It was a little bit scary feeling but suddenly the phone got disconnected. Still in her dream, U tried to redial Shivangini but before she could connect and at that time the door bell of her house rang. At the front door there was a lady standing with a dog that belonged to next-door neighbors. The lady was wearing Indian saree and U understood that she is next-door neighbor's maid, although in reality the neighbor does not have a maid. U opened the door and the lady asked for a cup of Atta (flour). This leads us to think that as U was trying to connect to Shivangini, she was distracted away.

May 13, 2003 Tuesday - Today Baba reveals her state of Mukthi (freedom from birth and death cycles) as well as other types that can be attained.

She heard 'Prapulla Prabhakar' which means fully expanded Sun.

Few days back Baba said "Up until now you were Sadrushya, now you are Sameepya also." Sadrushya means one who understands the will of the Lord; Sameepya means all that one sees as the glory of the Lord.

Today Baba said "Sadrushya comes with Jnana and Sameepya comes with devotion. Salokya and Saroopya are higher". Salokya is to dwell in the presence of the Lord no matter where one is located. Saroopya means always existing with the Lord, always witnessing the glory of Lord, and becoming suffused with God consciousness. Sahujya is the total loss of individual identity and merger (oneness) with God.

May 14, 2003 Wednesday - Dream reveals that some people were coming to the class because of convenience.

In the dream she saw a room in midst of a golf course. People dropped by to attend Shivangini's class. They came in because of the location and had free time to kill. She was surprised at the large attendance. They were 18 people all together. She was not prepared to teach. She told them about what she will teach next time, however, she was unsure if all these people will come again next time. She saw herself preparing food (chhole). Some of these people started leaving while food was still being made. Based on all this she concluded that they were neither interested in what she had to teach or the food that she was offering. The people were there because of convenience of location and free time to kill. This is a symbolic dream indicating that those who were coming to the

classes were leaving prematurely because they were not ready to learn the knowledge or wisdom she could share with them.

May 19, 2003 Monday - She sees a dream difficult to interpret but later it connected to the visions of a friend R who called and let her know of their previous day's vision. This is a Knower experience of what her friend saw and also connects to some events that happened end of 2005 and 2006.

Last night she had a strange dream. In the dream she saw a woman about 10-11 feet tall. Shivangini thought of her to be some kind of Goddess. She saw this Goddess flying over the streets and holding a child in her right arm. Shivangini was indoors and saw this scene from there. Shivangini had the desire to be with the Goddess who kept flying with the child and smilingly looked at her. Next, while still indoors, she saw herself sitting near a door looking outside. This time the outside scene was all snow. Through the snow she could see two very large feet sticking out as if the previously seen Goddess was lying down underneath the snow with only feet visible. The feet had attractive shiny green light look. While she was staring at the feet, they slowly moved towards her and she touched those feet reverentially.

Today her friend R called and told her about the visions she had yesterday. Interestingly in one of her visions she saw herself in the arms of Hanumanji as a child and they were flying together.

In the past Shivangini had difficulty in believing some of the things she heard from this friend. Looks like through this dream and R's vision Baba helped overcome her doubts.

### **Aparoksh (Direct Knowledge); I is about to go; operating as Atma**

May 24, 2003 Saturday - In her meditation Baba said to Shivangini 'Aparoksh' and then He said it again. I was still in bed in the morning when she came to me and asked if I knew what 'Aparoksh' meant. Interestingly last night I picked up Aparokshanubhuti by Adi Shankaracharya from our library and read part of it before I went to sleep. 'Aparoksh' means Atman Direct visible perception. 6/6/03 Baba clarifies it as 'Direct Knowledge'. In Guru disciple book (pg 120) describes it as the state of intuitive experience.

May 26, 2003 Monday - Baba says again that she will go to Deva Loka. A nice birthday present for Shivangini as she turns 50 today!

In her meditation in the morning Baba said "The film of I will be defogged".

In the afternoon P called from India to wish her birthday. P told her that lately whenever she does Bhajan she sees an image of Shivangini in white fusing with Mira bai's (Lord Krishna's saintly devotee) image. This happened to her a few times.

We went for a walk in the evening. At that time Baba said "The I is about to go. You can relax and perform." "Many great Rishi's in the past could not do what you have done." This gave her the courage to not have a holding back approach in her dealings with people regardless of likes, dislikes, or feelings towards the individual involved.

Little later while we were still walking Baba said “Before going to Deva Loka they do glorious work. What would you like to do?”

May 29, 2003 Thursday - In one dream she gets the experience of being able to ‘see’ without eyesight. Atma does not need the senses to perceive and the dream is indicating that she is at that or getting to that stage.

Last night she had two dreams. In one dream she saw herself in a grocery store around the produce area. She saw herself picking up a small eggplant. Right after that she was unable to find the smaller eggplants in the same basket although she could still see different size eggplants. She told herself “there are no more small egg plants”. At this point a friend (AD) who was standing right next to her pointed out that there were many smaller eggplants in the basket. Shivangini looked again and could see them this time but while she was looking at it her vision started fading. She turned to look at other items on the shelf and realized that she lost her eyesight and no longer could see anything. She exclaimed “I have gone blind!” Then she proceeded down the aisle and was able to pick up all that she needed without seeing anything. In amazement she said “Good that I had eye sight before and know where things were so that, now, I can find them without the vision”. On the surface it felt like a negative or bad dream but a few days later she got led to a book where this was explained as follows: Mind sees through the eye while Atma does not need the aid of the senses. This dream is consistent with what Baba had already told her on May 26 that the film of I will be defogged, and the I is about to go implying that she would be operating at the Atma level and not the mind and senses level.

May 30, 2003 Friday - U has a dream that indicates the same thing as above i.e. operating in the state of Atma.

U called and shared her dream with Shivangini. In her dream Shivangini was invited to U’s parents’ house in India where U’s mother, brothers, and U were waiting for her. Shivangini’s cousin M was also there. Shivangini arrived there and took a seat. Right after that entered a cow into the room. Cow was holding kumkum in her hands. She went to each of the people in the room and the cow applied kumkum on their foreheads one by one. On U’s forehead she applied the kumkum three times. After this the cow came up to Shivangini but she did not apply kumkum on her forehead instead she sat down on the floor in front of her. Then Shivangini got up and applied kumkum on cow’s forehead. The dream ended there.

Cow represents Jivatma and Kumkum indicates worldly activities, and prosperity.

June 3, 2003 Tuesday - Baba said “The north bound operation begins now”. In Hindu pantheon Northward journey is associated with the higher realms of Devas.

### **Krishna and Baba are one; Sees Al Hajrul Aswad; Jnana Vs Raja Yoga**

June 4, 2003 Wednesday - In the morning after meditation she went up to the mandir to do morning puja. She noticed that there was a small black speck on the left cheek of Lord

Krishna's ivory sculpture. It was looking like a nice beauty spot just like Baba has on his left cheek. At that time Baba said "There is no difference between Krishna and I".

June 6, 2003 Friday - First dream is a remarkable dream bearing testimony to Shivangini's experiences, her being a Muslim many centuries back, and seeing Kaba and another holy stone. None of us including herself knew what she saw till we met with a Muslim couple and she described the stone she saw to them. They brought a book and showed her the picture of a stone she could possibly be referring to. It was a view of the stone taken from above and looked flat. At that time Shivangini said what she saw looks like the stone they showed except it was convexing upward in the middle. The Muslim friends who had been to Mecca said that the stone in the book is actually convexing up in the middle and since it is a view from above, it makes it look flat and that sacred stone is called Al Hajrul Aswad.

She had two different dreams. One dream was related to one of her past lives. The scenes she saw were from a Muslim family life. There were lot of scenes around Mecca, Kaba stone, and another holy stone next to it. Just before the dream ended Shivangini saw herself sitting among lot of people and about 20 feet across from them there were another set of people, all women. Among them there were a mother and a daughter. The daughter was M however she did not look like she looks in this life. For some reason Shivangini was sad, and she noticed that M was also sad and was crying and wiping her tears in a way that it is not noticed by other people.

In another dream she saw Swami V sitting across a long table. There were a lot of women also sitting at the table. These women had asked Shivangini to sing and explain something pertinent to the program. Once the program started they changed the plan without any communication to Shivangini. They started singing and expected Shivangini to explain after every line the meaning of what they sang and yet they did not pause between singing to allow that. Shivangini was not bothered by any of this and decided to offer the explanation at the end of their singing but at the end they seemed unhappy and complaining about Shivangini not coming through according to the plan.

Though she saw these dreams but after waking up her thoughts were totally unrelated to the dreams. Her thoughts were around starting an interfaith religious group focused on meeting regularly and conducting a worship and awareness session on a rotating basis for each of the participating faiths. She also thought of calling R and letting her know of her dream about M.

Later in the day, Shivangini was made to understand the following in her communion with Baba:

- Jnana should elevate Bhakti and Bhakti should elevate Jnana.
- True meaning of 'Aparoksh' is direct knowledge.
- Between the Jnana Yoga and Raja Yoga, Jnana Yoga is more assured way to attaining the ultimate. Raja Yoga has both external and internal disciplines where as Jnana Yoga is all internal.

**Sanskrit words; her role; Guna Theeta**

June 7, 2003 Saturday - Baba said these words when we went for a walk in the afternoon. 'Paripakva' (quite ripe, perfect, fully developed), 'Deha, Dehasya, Dehi' (Body, Jivi? Atma), 'Parishad' – council.

While conversing about many of the experiences, understanding, she made a comment that she did not do anything about her thought she had regarding forming a group of people from different religions, understanding, practicing those faiths. As we were talking about this Baba said "Prophets start a new movement. Unity of religions is the movement you will start. It is not interfaith but unity." "Now, does that make you feel good?" Baba was referring to the feeling she had where she did not want to become a priest and she was concerned that Baba was referring to that as her work as a prophet. Baba further said "Do the work silently. No need to be secretive about it but do it silently. Gyani will help you."

June 21, 2003 - Baba says she is Gunatheeta but need to play the role hence need to operate with the Gunas. Shivangini gets a realization of the overall view of her experiences. She is also told not to take Baba's words written in books and messages to be applying to her since they are intended for general public.

\* Baba said 'Normally an individual seeking spiritual growth has to be trained into subduing his mind. In your case the spiritual entity is Guna Theetha but it has to be trained to operate in association with the Gunas while upholding the ideal for which it has been created'.

\* As we were writing this Shivangini suddenly realized what Baba has been doing to her. She explained it to me that Baba has quickly got her to reach the goal of Self-realization very quickly (a matter of year or so). Then he brought her back to beginning and making her grow through the process step by step so that she understood the journey and the process. Now he is bringing her back so that she will start operating in the world to perform the role Baba is asking her to do. As she was saying it, Shivangini felt Baba smiling like a father does towards a child when the child comes to the right conclusion on its own.

\* While I was writing the above Shivangini was led to read "Dynamic Dharma for integrated living" written by Pal Dhall based on Baba's teachings. In that book Baba was answering a question and defined what is Dharma and Pseudo-Dharma. It clearly states that when we do not follow religious and other customs due to convenience then it is not Dharma but Pseudo Dharma. This led us into a discussion on if we did the right thing in not going to P's wedding today in Detroit, which is an important religious and social occasion. Then we started talking about what she heard in the morning today in meditation when Baba said "Wherever you go you must be treated as greatest Sage", and this made us think in the lines of not going to places where she does not get treated like that. We were not getting clarity between the two and Baba said at that time "What I said in the morning is for Shivangini, and what you are reading is for others" indicating that the reading is for her in order to help others.

\* Baba further said to her "You do not know the difference between Sannyasi and a Sage! Sages were householders and were a part of society". This was in response to her thoughts about removing herself from people and society.

## **Meets a devotee MO who has communion with Baba also**

July 3, 2003 Thursday - We understood today that MO has communion with Baba too. Through her Baba gave some messages which were in synch with some of the things Baba had been telling Shivangini. We are going ahead and including this here although some of the statements made by her are way beyond our imagination.

Yesterday at 4:23 PM phone rang, it was MO at the other end. In her sweet voice she started out with "How are you dear?" Then she explained the reason for her call was that this morning Swami had given her a message to be given to Dolly. MO had written down the message on a piece of paper but when she called she could not find that small piece of paper but called anyhow. She said that Shivangini's soul has been coming to her a lot in her awake state as well as in her dreams. Upon this Shivangini asked "How do I come to you and what do I say?" MO said "I don't see your form. It is your soul. You just let me know how much you love me." While this conversation is going on she said "Swami is giving the message again for you and saying I can give you the message on the phone". Shivangini grabbed a piece of scrap paper and started writing the message. MO started conveying Swami's message as being told to her. Swami's message for Shivangini was "Dolly my beloved. Feel my presence now; I am counting on you for great work that is in need to be done. Think of me always as one with you, one with your form, so that you can acquire oneness easily than ever before. There is something else I must tell you, you are facing a challenge right now but it has to be this way. So when you look to me as your Lord, I will solve and will save you." After this message there was a little more conversation between the two. MO asked her if she has been drinking the Lingam water that she gave. Once again she went over the right way of taking the Lingam water. Shivangini asked her "Why do you drink Lingam water?" She replied "It gives you good vibrations, it frees you of disease." After this Shivangini asked her "How did you find out about me?" She replied "It is a long story. I will tell you some other time. Right now I must go." Shivangini asked "I don't understand. Baba talks to me directly, why is he giving messages through you?" In response she said "I know some other people have said this too that Swami has heart to heart connection with everyone. He does not give messages through other people. I am telling you the truth, you see how it feels to your heart and if it does not feel right you can discard it." After this they ended the conversation by exchange of "God bless", "I love you" etc.

Though she said she was calling from a public telephone from Meijers or outside Meijers but Shivangini very clearly was hearing in the background Gayatri mantra being loudly chanted in the voice of Swami.

After this call Shivangini got busy with some housework. About 6 pm she did Adithya Hridayam prayer and as soon as she got done praying the phone rang, and again it was MO at the other end. Shivangini said "Twice in a day!" MO also laughed and said "Felt like singing Bhajans tonight and calling to ask if I could come over and sing Bhajans at your home". Shivangini said in surprise "Tonight? We have Bhajans on Thursday and you can come tomorrow." She said "No, not tomorrow. I am leaving the area tonight and going to Ann Arbor." Shivangini was all alone and based on previous two Thursday's experiences with MO; she was unsure whether inviting or not inviting is the right thing to do speaking from a spiritual sense. Sensing her reluctance MO says "If it is too short a

notice or if you have some other plans we don't have to." "Yes, I do have plans with my husband. When exactly do you want to? What time do you have in mind?" "Anytime. Does not matter. Whenever." "If it gets too late, how would you go to Ann Arbor tonight?" "It does not matter. It will be all right. I was going to go eat now. If you want to think about it, I can call you about it in 15 – 20 minutes". "OK. Call me back in 15 – 20 mts and I will check with my husband." As soon as Shivangini hung up the phone, she sat in front of Swami's picture in the living room and asked "What do you want me to do, Baba? Gyani is not expected home till 8 – 8:30pm. If for some reason if he gets further delayed, is it the right thing to let the stranger come in." She waited for Swami's reply, there was no response although her mind debated all the pro's and con's. One side of her really wanted her to come and to make a nice meal for her and if possible and appropriate she wanted her to give some money but did not know how. While she debated all this, phone rang again and she told MO "It won't work out tonight. Maybe we will do it some other time." After that Shivangini asked her "You gave me the message from Swami. You said that Swami wants me to do some work. Do you know what work was He referring to?" She said "I don't know. But if you want me to ask him, I can." Shivangini said "Please ask". Whenever MO talked to Swami, she always used the same respectful approach beginning with a specific prayer. She made the prayer, Swami responded "My daughter of light. Feel and know in your heart of hearts, in your mind and soul that this is your Bhagwan saying. I trust you know exactly what work needs to be done. It shall come about in new age of ages. Be patient. What dreams you had will come to pass. Now hold onto your hat. I love you very much. I will see you to your highest potential. You will be a Christ like being." In response Shivangini laughed and said "Christ like?!" MO also laughed with her and said "I don't know. But that is what He is saying". Shivangini was taken by the whole incident but more so by the reference to "Christ like being" because Baba has told her earlier many times that she will be a prophet, and Shivangini and I have never shared this information with anybody, not even our children. Not only that, we always have doubted about what we have heard and what it meant. In fact in the past, she looked up the definition of prophet trying to understand if there could be some other meaning besides what we associated it to be.

They further had conversation where Shivangini asked her if she ever went to Puttaparthi. MO said yes she was there in October 2001. She also shared the experience she had in Puttaparthi while sitting next to the Sarva Dharma Stupa in front of Swami's house. Shivangini asked if she had an interview with Baba to which she replied that Baba told her that she did not need an interview because he talks to her all the time.

Shivangini further asked "Does Baba talk to you all the time?" "Yes. I live in the Lord. I am one with him. I told you how I do it. Every morning I do my prayers and ask him that Lord please speak through me, think through me, and act through me. Let my all thoughts, words, and actions be yours. Then I chant Lord's name all day long. I see his form one with me." Shivangini said "Baba talks to me also. Not like he does with you. In my case he reveals whatever and whenever he wants to. I don't ask and He replies." As we were writing this Baba said to Shivangini "if you ask I will reply but you chose not to ask questions. If you read your Inner Experiences book you will find that I told you up till now it was ok not to ask questions but now you should ask questions."

Shivangini continued her conversation with MO and asked "How did you find out about me?" "For couple of years I have been asking the original president about Sai Center in

Michigan (Midland). This time they said that yours is not official yet but a small center is there and they gave me your phone number and address.” Shivangini asked “Tell me about yourself. Besides your parents do you have family of your own?” “Yeah. I have two brothers. They live down south but we are not close. Some are children of light and some are not. The ones who are not, they don’t like to receive the light. Dear I got to go eat now.” “Do you like Indian food?” “Oh yeah. I like Indian food but not spicy. I used to go to Sai retreats they have in Chicago.” “How do you support yourself?” “I don’t. Lord takes care of my needs.” “If we can be of any help, please let us know.” “When I am in the area next time, I will drop in.” She further said “You are a beautiful soul. Stay in the Lord. God bless you. I love you.”

After hanging up the phone Shivangini shed tears profusely thinking that this world is not trustworthy else she would have her over for dinner. She also thought that if Gyani was home she would have asked MO to come over.

Interestingly I (Gyani) was driving back from Boston and managed to reach midland by 6 pm (while their last conversation was still going on). Instead of coming home straight I stopped to get the car washed, an unusual effort on my part after driving twelve straight hours and knowing that next day was a vacation day and I could easily get it washed. As I came out of the car wash I noticed that the Celica antenna was gone, again this was unusual for me to notice since I never thought about it in all the previous car washes I ever got done. I stopped by the car wash office, complained, wrote a damage report etc. and reached home exactly right after she hung up. This felt like divine was timing it perfectly!

### **Mixed experience – aspirant vs. Self Realized**

July 15, 2003 Tuesday - She has an interesting mix of a dream like a spiritual aspirant who is just coming into Baba’s fold and meditational visions like a Self Realized.

Last night in the dream she saw 1) some ashram like setting where Baba comes to give darshan but it was not a familiar ashram 2) Shivangini was seated in the very first row along with only 3-4 people 3) Instead of Baba coming out she went inside. There were about 10-12 men there. Soon after she reached everybody stepped out. At this point she felt she took a shower and was about to wear clothes when she heard the footsteps of all those people who had gone out were now coming back. She felt nervous but she got dressed in time. Then Shivangini stepped out of that area along with other people. From a 10 feet distance they all saw Baba sitting on the floor and there were garlands of flowers around his neck. None of the people went near Baba.

Scene changed and Shivangini saw herself sitting in an unusual and unfamiliar type of vehicle along with four five men. Vehicle was moving. She asked where they were going. One of the men replied “Anywhere you want to go, this vehicle will take you.” Shivangini said “I need to go to Midland”. He said “No problem. I am going to Saginaw.” Shivangini was extremely surprised at the coincidence of finding someone from Saginaw. The vehicle traveled a little distance and then suddenly she realized that she was the only one in the vehicle and she could see the backs of all those men as they were running away.



This morning in the meditation Baba asked her to come to Puttaparthi. She reached the Ganesh gate and walked up to Lord Ganesha's temple, bowed down. Next she went up to the snake sculptures under the tree and as she bowed down, one of the snakes gently touched her head with its hood and said "Never be afraid of me." Next she went up to Karthikeya swami's temple. When she bowed down there, she felt that Lord Karthikeya took his sharp spear and pierced it into her body. She did not feel any pain or see any blood. She looked up once to see what was happening and did not get any negative feeling from Karthikeya swami. And he continued to push the spear into her and she felt that it was going somewhere deep into her. Though this sounds gory, but the whole experience felt pretty positive to her. She could not tell whether that spear was left in or was ever pulled out from her body. After a little while she got up and circumambulated Lord Karthikeya three times. This experience felt that it is indicative of the trace level of body consciousness being destroyed.

Then she walked towards the back side of Prashanti Nilayam and bowed down at Lord Krishna's idol which is on the way. In fact she spent quite a bit of time with Lord Krishna but did not remember the detail of the conversation. Then she came around to Gayatri mother's temple. When she reached there and bowed down to Divine Mother, she said "I am the Janani (mother) who gave birth to you. What are your concerns?" Shivangini did not express any concerns but kept looking and admiring Divine mother's feet. After a while she walked fast over to Baba's house near Poornachandra hall. Baba came up to the door and both of them started walking together into the house. She turned around to touch Baba's feet when Baba said "No need to touch my feet. Just walk with me." Baba was going to walk her through his house and get her familiar with his house. This is where her vision ended.

## **Sadhana important for maintaining spiritual energy**

July 19, 2003 Saturday - Baba gave a good understanding of how sadhana is important in maintaining spiritual energy. He helped us in how to interpret some parts of dreams.

In the meditation Shivangini went straight to Shiva mandir in Puttaparthi. She was still outside on the street in front of the temple gate when she saw a figure in white clothes standing inside the shrine (on the same spot where Lord Shiva's sculpture is normally), and this figure stretched its right arm and gently tugged Shivangini's left arm and in a very pleasant welcoming tone said "Come." She found it interesting that the arm stretched from inner shrine all the way up to her penetrating through two walls.

Little later in meditation she heard the following words '21', 'Janak', 'Dattatreya', 'Urdhava Sath-path-a-charya'. Little later she heard 'Nuta kartrena namah'. Urdhava means 'one who is above' and Sath-path-a-charya means 'one who follows the conduct of Truth'.

Shivangini and I went for a walk in the afternoon on rail trail at about 4 pm. Baba started talking to her. She was pleasantly surprised because for quite sometime now even when she badly wanted to talk to Baba he would say "Talking is between two. You and I are

one. There are no two, so who talks to who.” Now when Baba talked, Shivangini asked “You are talking. Has something changed? Are we no longer one?” Baba replied “You were having lot of difficulty handling the oneness. That is why I am guiding and coaching again.” She asked “Now who is talking to who?” Swami said “Your Anthakarana (mind, ego, intellect complex) is asking the questions and I am answering.” She said “But I thought you implanted a divine entity in me and the old Anthakarana is already gone. Then, how come this divine entity is acting like a normal Anthakarana?” Swami explained “In your case the divine entity was implanted in a grown up body. But in all beings the entity is implanted in mother’s womb. Just the way all those who are in duality are deluded without sadhana, similarly you have fallen back due to lack of sadhana. When you transmit energy to others it gets replenished with your sadhana, but when you don’t do sadhana then the fields of energy (Koshas/ Maya) envelop you again and you fall back from oneness (Sthita Prajna) to duality.” Further Baba said “Lately you were unable to do sadhana because I wanted you to have this experience so that you can help others as you play your role”. Shivangini got reminded of the vision she had a few months back where she saw herself lying straight on the bed, and inside her own body saw a lighted human figure which turned on its side as if it was going to sleep. She recollected that since that time she had a great difficulty in doing sadhana in spite of wanting to do it. Shivangini said “Day after tomorrow R is coming so I would go through energy drain again”. Baba said “No. She has been doing more sadhana than you are. You must have a strong conviction that no MO or anyone else can even touch you.” Shivangini and I started discussing as to how do the levels of energy and sadhana work. I hypothesized based on what Baba said that perhaps nobody is sitting down and monitoring every move, there must be governing laws. Such as - when the level of energy acquired due to sadhana is greater than the level of energy in the energy fields then it allows one to penetrate through the energy fields and reach the Sthita Prajna state and stay there. Similarly when the level of energy of sadhana drops below the level of energy in the energy fields, then one drops down from oneness to duality. To this Baba responded to Shivangini “He is right. That is the mechanism. However in your case, I do monitor the slightest move you make.” Shivangini got reminded how this morning in meditation she heard a word which few minutes later showed up in a prayer that is not part of her daily routine. This way she was foretold in the meditation that she will be doing something other than her routine prayer.

During this walk Baba also educated us on one aspect which we had been confused for a long time. He explained why certain people have appeared to Shivangini in her dreams in animal forms but not as humans. Every animal has an intrinsic quality for example a dog has the quality of faithfulness and loyalty. Snake on the other hand has the nature of biting and hurting with its venom. So when we see a dog but think of it to be a person it simply means that person has dog like loyalty.

Up until now Baba had told Shivangini that he speaks and acts through her. However he does not think through her all the time so that the inner coaching can go on. Today Baba said “Know that I will be acting, speaking and thinking through you. You and I are one. You must act and behave accordingly.” Shivangini asked “Will people believe me?”

Baba said “When people ask you whether it is Baba saying or you saying, Go ahead and say I (Shivangini) am saying, knowing inside that it is all Me.”

### **Celestial Lord Shiva clears her concerns; different light sources**

July 22, 2003 Tuesday - Today in the meditation she first went to Uma Maheshwaram temple and bowed down to Sri Ganesha, Divine Mother, and the Shiva Lingam. Then she went to Puttaparthi. There, first she went to Baba’s house, she saw a man (not Baba) who gave her a feeling that she does not want to be attached to Baba form. So she turned around and went to Shiva temple. Inside the temple she saw the same form of Lord Shiva whom she got married to in her meditation on April 26, 2003. This celestial form (huge in size, very attractive) Lord Shiva was sitting in the same spot where normally Lord Shiva’s sculpture is located. He asked Shivangini to sit on his right and said “What concerns you?” She replied “I am confused. I have lot of doubts. I don’t know what to do. I need help.” Lord said “There is nothing to do. Remember I gave you the nectar to drink which makes you capable of doing. When I present an opportunity that is when you do. When you have doubt or confusion, you come here.” She stayed there for a little more time and she does not recollect where it ended. A little later she heard “That is..., N”. It was on March 24, 2002 in her meditation when Lord Shiva made her drink the nectar from his bronze Kamandal which He referred to in the conversation above.

July 23, 2003 Wednesday - Baba explained the difference between Prakanti, Param Jyothi, and Prakash and something relating to ‘Aparoksh’.

Sanskrit dictionary on Baba’s words gives the following meaning – 1) Prakash – luminosity, effulgence, manifestation; 2) Prakanti – glory of spiritual effulgence, bright spiritual illumination, higher illumination; 3) Param Jyothi – super effulgence of the highest revelation, the one supreme effulgence, universal luminosity i.e. God, the highest splendor of effulgence.

### **Atma revelations in worldly dreams; Muslim in last life; Baba’s humor**

July 24, 2003 Thursday - Today and tomorrows dream are connected and our understanding is at the end of tomorrow’s dream.

She had a strange dream. She was inside an area which looked like an enclosed space of some huge transportation truck. There was a lot of clutter of clothes including little bit spilled water on the floor. There was a man working amongst all this clutter. He was talking to her while continuing to do his work. Shivangini was asking him many questions. Suddenly a lady, who was tall and of big build appeared on the scene. The man asked the lady to take care of Shivangini and told Shivangini to go with her. They both left together and the scene changed to a scientific laboratory. There were six to seven working spaces and each had an identical set of desiccators and other glass laboratory equipment. Lady asked her to take a seat and as Shivangini approached one of the seats, she pointed at a specific seat and asked her to take that. Next Shivangini saw a very unfamiliar 1.5 foot tall animal and right next to it on the floor there was another animal identical in looks but this one was just a face without a body and lifeless. The lady picked

up this flat lifeless face from the floor and with her mouth blew air on its face. The animal face became alive and though still without a body. Shivangini showed amazement at this. In response the Lady said I have done this and the lab experiments in 1919. In surprise Shivangini said “You were alive in 1919 also?” She just smiled and the dream ended there.

July 25, 2003 Friday - In the dream Shivangini saw a 6’ wide and a very long red quilt which was slowly rolling up by itself. Shivangini understood that this quilt was being used to write some things step wise which will later be presented by her at her workplace in order to get a different job position. She saw the quilt almost completely rolled up but the presentation of it never took place and instead a Lady came and told her “You got a job”. Shivangini asked “What is this job?” She replied “A testing job in the laboratory”. Shivangini said “Would I be exposed to ammonia?” Lady said “No. Don’t worry”. Shivangini wanted to find out more details but the Lady kept telling her “Don’t worry. Have no concerns.” Again Shivangini asked “What would I be testing?” She replied “It is cancer research”. After this conversation she saw the quilt got compressed into a small bundle and put into a bag to be given to Salvation Army.

Next she saw a divine figure on a wall and saw herself being washed in a pit like area. While she was being washed, a friend came over and wanted to join her in the pit. Reluctantly Shivangini let her come in and when she came in she did not join her in getting washed instead she sat on a raised platform. Shivangini told her “You are Narayani, you are Narayani”. While she said this, she could spot some areas on her friend’s body which were soiled and needed washing. After this Shivangini shifted her gaze on to the divine figure on the wall.

Both yesterdays and today’s dreams interestingly had scientific lab as the common theme. It impresses us to no end to experience God’s creative ways to convey the messages. These dreams revealed the following to us: 1) the red color indicates Rajas, 2) Quilt indicates an optional covering, 3) Scientific lab is a place where experiments/ discoveries occur, 4) Cancer research indicates effort to discover a cure for a deadly disease, 5) Quilt not being used to get the intended job reinforces the saying ‘man proposes, God disposes’, 6) Quilt compression and putting in a bag to salvation army means that efforts we put in some areas which we value so much, at the end become valueless things to be left behind.

Insight we received on these two dreams makes us realize that in Shivangini’s case at this stage there are no dreams or other experiences that can be called trivial. They all convey messages though at times appear strange, bizarre and not so holy.

\* She understood that truck with litter as the world and Man in the first dream as Baba. Shivangini was asking him many questions just like she does when she talks to Baba. This Man in the dream asked her to go with the tall (size indicates clout) lady (Divine mother/ Prakriti?).

\* The Lady gave her a specific job and what work to do.

\* Lady showed that she could breathe life into dead and did things like this way back also.

\* Shivangini was looking at God and being washed indicating purification. Her friend sitting on a platform indicated that person was above but soil on her body showed she needs washing too but did not know it.

After writing these, we were discussing the upcoming spiritual events in the community - Krishna Janmashtami at A's, Havan at S's, and a Pravachan coming on TV at R's. We were talking about how God's play occurs and at that time Shivangini said "God is using their and my Gunas to get a result". Baba said to her "You have no Guna". Baba meant that she is Guna Theetha. A little later Baba said "There is no ego. It is truly the I".

July 31, 2003 Thursday - Shivangini was a Muslim in her last life. As Baba said, since she has no ego and other impurities it is Atma revealing but manifesting it in worldly situations. Reader gets to enjoy Baba's humor!

Last night in the dream Shivangini saw C and a few other people. C asked the people "Who was a Muslim in their last life?" Shivangini half raised her hand but no one in the crowd noticed it so she put her hand down. Then C said "Dolly was a Muslim in her last life and she lived in Goa at that time". We understood that Atma is revealing to Shivangini her past life.

Today at noon we were eating lunch and Shivangini was eating rice and yogurt when Baba said "This is my gift to you (referring to yogurt and rice)". Shivangini said "Baba, Everything is your gift. You give so many things. What is the big deal about yogurt and rice?" Before she got reply from Baba, Shivangini told me what Baba said to her and also stated what she said in response. I told her that you are not phrasing the question right. You should ask Baba, what is so specific about yogurt and rice that makes it a gift. Before she phrased the question Baba responded to her "I don't want his question. I want your question." Then she rephrased her question "Ok. Tell me what is the big deal about rice and yogurt. And what is so specific about it to call it a gift?" Baba jokingly said "Oh no. You can't trick me into answering his question." Both of us burst out laughing. After this Baba said something else in the afternoon, which was as funny, and we could not remember what it was. He said, "You can't even remember what I said and you want me to keep talking to you". Shivangini said "Swami, Give me good memory." Baba replied, "If I give you good memory then you will say you have good memory and so keep talking to me".

### **Shivangini heals A's ailment in her meditation**

August 1, 2003 Friday - During last couple of years Shivangini met this lady, P, few times. Recently, on May 1st 2003 when Shivangini was invited to A's house to perform Sai puja, P was one of the attendees. During the conversation P showed Shivangini the back of her hands which were in very bad condition due to some kind of sickness. The skin of her hands was full of boils. Besides the hands P talked about her other health problems but she was happy to have the opportunity to attend this puja. After the puja, next day morning during meditation Shivangini saw P's infected hand in her vision. She saw only the hand which came towards her and without any reluctance she kissed the hand. From this vision she understood that now P's hand sickness will get cured.

On May 2nd during the day M called and talked about previous day's puja and specifically mentioned that after the puja P said to people that the puja was so good that she felt as if she was in heaven. Shivangini said "That is quite a comment. I don't know what it was but this morning I saw her infected hand in my meditation and kissed it. And understood from Baba that now her hand will be cured." Further Shivangini told her cousin not to tell this vision of hers to anyone.

A month later one day P called Shivangini to discuss personal matters with the desire to get spiritual advice. During the conversation she said that her hand was now totally healed but she wanted to talk about some other issues. Shivangini said "I am glad your hand is cured. There is something relating to how it got cured and to know that why don't you call Manju right after we get done talking, she will tell you." P did not understand exactly why Shivangini asked her to call M but she did follow her suggestion. On the phone P told M that Shivangini said you will tell me something regarding how my hand healed. First M confirmed that Shivangini indeed said that, and then she revealed the vision where Shivangini kissed P's hand.

Today on August 1st P called and indicated that her son, who is visiting home from Budapest, Hungary where he is going to medical school, is interested in meeting Shivangini today. They could reach Midland within next few hours. It was a very short notice but Shivangini had very clear internal signals from Swami that they should be allowed to come and must be treated nicely and appropriately. So Shivangini quickly adjusted her other activities to honour the guests.

They came over around 3:30pm. The young man's name is A. Shivangini right away liked A. and for some reason felt strong love for him. He said that he was not a very religious person and neither did he know much about Baba. However, he had been to a couple of Sai Bhajans with his parents. He then related two experiences he had in the recent months. A month or so back he went to take his US medical SMLE exams in Budapest, which was 2 hrs away from where he lived. That morning he prayed to Baba in his apartment and interestingly before he left, he unusually stuck a Sai triple avatar photograph in his pocket. When he reached the exam hall with all of his papers, he found that he was missing his exam ID. He was shocked. People conducting the exam told him that if he could tell them his CIN number they would let him take the exam without the actual ID. He frantically called his cleaning lady to look for it in his apartment but she could not find it. In desperation, he then called his parents in Detroit and woke them up at 2 am in the morning. They frantically tried finding it on the computer but their computer was broke. His father while searching, opened the drawer of his night stand inadvertently and found on a single piece of paper with A's name and his CIN number on it. This was a pleasant but stunning surprise for A. It allowed him to take the exam.

Second incident was that he applied to a well known medical school in New York to do his final year so that it allows him to get into a US medical practice easily. To A's surprise they asked him to come for an interview. He immediately changed the route of his trip to visit his parents in Detroit and stopped in NY for the interview. When he got off the flight and went into town, the first thing that hit him was a sign which said Sai Center with Baba's picture. He stayed in NY for a couple of days and took the interview. The medical school gave him an admission approval letter right after the interview. This

was a very pleasant surprise for him because it is very unusual to get an approval on the spot.

After we heard his experiences, we all went downstairs to Baba's shrine in our basement. We sat down and were talking where Shivangini was answering many of his questions. We sat in a semi circle and were talking, when I saw, not once but three times, the shape of a heart about 9" in size appear on the carpet. It was like as if it is carved right into the carpet.

A little later A said he is seeking help on how to decide on the many choices he is facing regarding where to go to college (NY Vs Budapest), which branch of medicine he should pursue etc. Shivangini asked him to close his eyes and sit in front of Baba's picture and the answer would come from within his own self. As A. closed his eyes to seek guidance, all the four of us sat there with our eyes closed also. When Shivangini closed her eyes she saw the outline of A. as white light indicating that this young man was full of purity and sathwa (goodness). After a short time, he opened his eyes and came near where we sat down and said that he still did not get his answer. Shivangini told him to give it some time for it will come from within.

### **Jivan Mukthas in the world; tests, difficulties are opportunities**

August 2, 2003 Saturday - Today's discussion was about number of Jivan Mukthas in the world. Swami says how many and educates me (Gyani) on how the mind continues to play the game of evaluating, and judging.

We went for a walk in the afternoon and we were discussing about number of Jivan Mukthas in body form at this time in the world. I said there are quite a few when Shivangini said "No, not many". I said my guess is about 100. She replied after thinking a minute "You are right. It could be around there". Baba said "Shivangini, there are XX." We both were surprised because we were thinking that there could be more due to all the holy sages and Gurus in India. Baba said "Why do you need to know? Is it because he (Gyani) likes to count?" Shivangini and I laughed because she keeps kidding me saying that I like to count money and what Baba said was a pun on that. I tried explaining to Shivangini that the reason I was asking is to know how to behave with all the Swamis we are coming across like Swami C, Swami S, Ammachi, and Swami GS etc. But we were confused about people who come as Baba's army. Shivangini said after a slight pause that Ammachi is a Jivan Muktha and actually she is much more than that. At this time Baba said "It is a clever attempt of mind to try to place Swamijis above or below so that he can judge them. Nobody can assess the spiritual status of others, nobody except God". This point hit home very well with us. Even in spiritual world we have a tendency to judge people so that we can adjust our behavior based on our judgment and the mind (ego) plays this game very subtly.

August 3, 2003 Sunday - Swami says tests, difficulties are opportunities given by God to improve ourselves. This is easy to say but hard to practice.

We went for a walk this evening and we were talking about the recent experience about MO, previous experiences with R, and others. Shivangini started analyzing the

experience with M and started looking at it in the light of Baba putting us through tests. My (Gyani) test in the interaction with MO was about attachment to money and Shivangini said that I (Gyani) passed the test when Baba said to Shivangini “You did too.” As we continued this conversation about what tests we failed and passed, Baba educated us that we need to look at all situations that we are subjected to as opportunities given by God to improve ourselves.

In the evening R was to leave to Detroit for her summer job and she was planning on leaving at about 7 pm. We came back from walk about 6 pm and she was on the phone with her friend. She indicated she was planning on leaving by 7:30 pm. Actually by the time she gathered everything and left it was close to 8 pm. As she got into the car and was driving off, Shivangini said to Baba “I don’t know how she is going to become a doctor, when she can’t even manage time. She might become one if you wish, but there are no signs to indicate that at this time. Please do what you think is best Baba and bless them.” Baba said “Bring her to Puttaparthi and I will fill her with different air”. Shivangini said “Baba, I don’t know what you mean by filling her with air. But please don’t make her fat because she is working hard to lose weight.” Baba replied “Oh, so I have to keep her skinny also.” Divine humor made us burst into laughter.

### **Leela (play); Baba as vast space; sees past present and future of Gyani**

August 20, 2003 Wednesday - A pleasant Leela of Lord Krishna occurs on Krishna Janmashtami day.

Today was Sri Krishna Janmashtami (birth of Lord Krishna), Shivangini spent about 7 hours stitching new clothes for Sri Krishna’s sculpture, bathing the deity, changing the clothes, and put on new ornaments. As she was almost done, Lord Krishna said “You bathed me, you made new clothes for me, but you don’t offer me food anymore.” During the decoration of Lord Krishna an interesting episode (Leela) took place. There was a bindi on the forehead of the sculpture which was rather big and as she removed it for bathing the deity, the bindi got lost and could not be found. So when she put the new clothes she put a new bindi on the sculpture. However she kept looking for it and next day Lord Krishna led her to where it was nicely hidden. Further, Sri Krishna guided her to put that bindi on a better fitting and much larger picture of Sri Radha Krishna in the shrine.

August 21, 2003 Thursday - Last night in her dream she saw herself performing a miracle. There was something flat, round shape, about 2 inches in diameter sitting on a ledge. She grabbed a corner of this flat object with her forefinger and thumb and there appeared a small red pepper. Next she saw Baba performing the same miracle on an identical object but the pepper that was produced was of green color. She did not see the people but some voice said “Oh, you can do exactly what Baba did”. Shivangini responded “But, look. I am so limited and Baba is that”. As she pointed to Baba while saying this, Baba was no longer in human form but appeared as huge vast space. In the morning meditation she had a strange vision where she saw in a clear plastic bag full of red and green peppers mixed up. She wondered what she was seeing and she received the response from Swami “This is how we are one”.



At 4 – 5 pm Shivangini was lying down when she had a vision of Swami's face made of light.

MO came to evening Bhajan today. Last we had heard from her was on Sunday July 20th when she left lingam water for Gyani. Today she asked for a packet of Vibhuti and Shivangini gave her one.

August 24, 2003 Sunday - In the meditation Shivangini had three different visions and all three of them were about Gyani. 1) She saw a white door frame of US standard size and then she saw me (Gyani) as very tall man dressed in white clothes bending his head down and crossed the door; 2) She saw me again but this time I looked exactly the way I do now and was wearing a pant and a shirt. Then she saw me walking towards a white wall as if I could not see the wall. After I hit the wall I just stood there without any reaction; 3) she saw an L shaped staircase which was leading up to a window through which sunlight was pouring in. She saw me only 4 –5 steps away from reaching the top of the stairs. We understood that these visions were indicating the past, present, and future of Gyani's spiritual journey.

### **Baba tells how he manages the world; charity training**

August 28, 2003 Thursday - Last night in the dream she felt as if she stayed in a Hotel with our family. When she was checking out of the room she left \$4 behind as tip. Next she saw herself walking in a hallway and the cleaning lady in the hotel started talking to her in a very friendly way. In response to Shivangini's questions she said "People do make mess but some leave good tip. In one room I got \$100 and in another room, though room was not messy, I got only \$4". Shivangini felt bad for leaving only \$4. Dream ended there. After waking up she forgot all about the dream but in the meditation she got reminded of the dream and heard "Daan Shisht Pradaay". We looked up the meaning and it meant 'Charity training given'.

We went for a walk before evening Bhajans and were discussing once again How God is above Time and Space. We were discussing how God can see the past, present, and future and knowing that how he controls the events and takes action. Baba said "I can see and control when I want. But I recline with my eyes closed and I let the laws of Nature take care of it." Both of us were amused when we heard this because God is limitless in his capabilities and he created laws which run this whole Nature.

For today's Bhajan, only MO and A showed up. MO sang few Hindi Bhajans and one English Bhajan. Wording of the English Bhajan felt as if Baba was consoling Shivangini through that Bhajan and asking her not to cry for God. In the past MO always gently declined doing Arati after Bhajans. Therefore today Shivangini did not even ask her to come forward for the Arati. I don't know what prompted MO but on her own she came forward and lovingly joined when Shivangini was performing the Arati. Her facial expression at that time was exceptionally love filled. Today for prasad Shivangini had cut up a melon. A. and MO took prasad for taking home and MO casually said "I will not eat this tonight. I will eat it tomorrow." When she was leaving, she said I don't know when I will leave this area indicating that she may not come for Bhajans. Hearing this Shivangini said "In that case I would like to have a picture with you." MO said "Sure, I have a camera in my car". We took few pictures with our and her camera.

## **Mo gives Baba's message; getting rid of her followers**

August 29, 2003 Friday - In the morning while brushing her teeth, she recalled yesterday's minutest details of what MO had said, how she said it, her expressions, etc. Suddenly she realized that it was none other than Baba who was acting through her. Though her comments and expressions could be taken as very normal and appropriate, but her each move revealed her knowledge about Shivangini's practices, feelings etc. Hard to describe it in words but the kind of realization Shivangini had, it made her cry with the feeling that it was Baba's love that she felt yesterday through MO. And in comparison, she found her own love for MO was not as strong. Shivangini felt that if MO comes again she would treat her with more love.

Lo and behold at 2:30 pm, MO showed up at our door saying that she forgot her camera last night in our basement. We took her into basement looking for the camera when Baba said to MO that He has the camera. We came upstairs and sat in our living room.

Shivangini offered her orange juice to drink. Looking at Baba's picture in the living room she asked Baba "If you have my camera, then why I am here" Baba replied "For messages". Baba gave messages through her for both of us.

Message for Shivangini: "I love you. Feel my love. I am strengthening a blessing far more than you realize; a blessing of my inner power with you. In the future you would see my form one with you 7-10 times more than what you are doing now. You will know the real doer is not yourself but me the Lord. I am strengthening the way, truth, and the light and you are entering into my presence more and more. Differentiate the thoughts which are yours which actually are mine, from those thoughts which are unreal and negative. There is a great planet entering right now into your realm. Its effect will be strong and negative if you don't keep your Lord's bright shining light throughout. I will see this light below as if a great being is shining .... brought its beams and my presence one with ....."

On September 13 communion Baba confirms this blessing which also indicated that MO has direct connection to Baba

September 10, 2003 Wednesday - She sees some people following out of faith while one of them is driven by selfishness. In this dream Baba shows that he is getting rid of her followers.

In a dream she saw herself in a very small room along with few women who were covered in an Indian sari but not wearing any blouses. They looked like people belonging to Rajasthan. Shivangini left the room with those 3-4 women, she was leading the way and a lot of people were following her. She walked through a desert and reached a place where there was a platform 3-4 steps high. When they reached the bottom of the platform, Shivangini asked those women to go ahead but she herself turned back to go home. The women continued forward. She turned back and started running fast and saw dogs instead of human beings had been following her. At the tail end of the dogs, there was a tiny cat. She passed all of them when Baba said "You are being brought back home". Later Baba said that this was the mechanism he used to rid of all the followers. People as dogs represent those who have faith while the one as a cat represents as one who is following for selfish purpose.

## **Helps R spiritually**

September 11, 2003 Thursday - Last night she saw a huge hall about 20 feet by 50 feet. There was a large shrine on one side of the hall and on the opposite side there was a small shrine with a table in front of it. There was a red plate on the table which contained small sized desserts in them and the plate was not full. On the opposite side in front of the big shrine there were many huge plates filled with many deserts being offered to God. All around the hall there was a 4 feet wide and 6 inches high platform (ledge) against the wall. There was a man who looked like a priest wearing a Dhoti waist down and waist up he was wearing only janevu (holy thread).

R was in front of the small shrine and was doing Arati mechanically and she was talking about what was not right with the set up etc. when Shivangini told her to do the Arati with concentration and devotion. After the Arati the priest asked Shivangini to bring the red plate with prasad from the table where R was doing Arati and distribute it to all the attendees. Shivangini asked R to pass on the plate and when she tried to hand it to the priest he said "Distribute it to the people". Shivangini asked him to bless it by touching it first. The priest lovingly smiled at Shivangini, touched the plate and handed it back for distribution.

## **Consummation of Karma Yoga; I mostly wiped out; worldly dream**

September 13, 2003 Saturday - She is reaching the consummation of Karma Yoga and her 'I' is mostly wiped out. On April 18, 2003 Baba compared the 'I' to tadpole's tail and it needs to fall off naturally as a result of discrimination process. C. Rajagoplachari says in Sri Ramakrishna Upanishad that when 'I' ripens and falls off then the devotee becomes a Jivan Muktha. On July 13, 2004 Baba says she is a Jivan Muktha.

During our evening walk Baba started talking to Shivangini like old times. He said "You have reached the consummation of Karma Yoga". This meant that the 'I' has been wiped out and total detachment has been achieved. Baba further said "There could be a trace of 'I' but he (Gyani) is there to help you". Baba said "As MO said I was strengthening your way, and a blessing". He further said that for that phase all the conversations are in duality and that is why he was not talking to her. But now He said He will again talk as much and as long as she wants. However her need to talk would not be that much. Two days later on Monday Baba said to Shivangini "Towards life, your outlook should be that of a witness and see it as ups and downs rather than good and bad."

September 26, 2003 Friday - Last night in her dream she saw a conveyor belt and a normal large envelope into which one boy and girl (miniatures) were stuffed. There were 5 white pills inside, three small ones on the boy's side and two large pills on the side of the girl in the envelope. These pills were to knock them out so that a medical procedure could be performed on them. There was a lady who stuffed them in the envelope and put them on the conveyor belt to travel somewhere to get the procedure done. The boy was totally knocked out but the girl was not and there was one pill still left behind which indicated that some small level of procedure was still left to be done on the girl.

Shivangini understood that the girl was herself and the boy was Gyani and there is some correction being done on us.

After meditation, she went in front of the mandir and ended up picking up a prayer book and opened a page and it was all mantras for asking pardon (kshama) from divine mother.

Baba spoke to her at length and explained many things to her. Baba said “What you (both of us) are about to get is beyond all imaginations.”

Baba said the following as guides to our understanding “Freedom from Gods if you do not have any wants.”

“One can get over the duality of likes and dislikes if one has strong faith in God.” In response to her question about how things are going with R and herself.

September 26 to October 4, 2003 was Nava Ratri. See the section on Veda Purusha Gyana Saptaha Yajna which describes what Swami got us to do.

### **Calls her a Devi; clears her questions; dream like an aspirant**

October 9, 2003 Thursday - Her dream last night is similar to what a sadhak gets when one is on the spiritual journey i.e. being pulled in many directions with internal and external events, desires etc. This dream is better understood with Oct 12 experience.

In the early morning hours Shivangini had a dream. She saw herself sitting in an airplane. She was sitting in the very front row, in a middle seat and there was a person sitting on each side. On the adjacent rows she could see a Sikh family and some other Caucasian families and then she saw one white male wearing a light blue shirt and khakis get up from his seat and facing the rest of the passengers he started talking about some spiritual matters. Shivangini said to herself that how nice he is taking a lead role but doing it so humbly, and here she knows all that he is talking but not making any effort to contribute and talk. Next she realized that from the seat where she was sitting she had a very clear view of the outside of the airplane (as if it was the front seat of a car where one can see the outdoor clearly). Looking outside she realized that the plane had descended and was very low to the ground among the trees. The trees, ground, and the buildings were all beautiful and were covered with pure white snow. First she admired the scenery and then realized that the plane had descended and right in front of the plane at a 10 feet distance there were two men standing holding a large ball like bomb in their hands and ready to bomb the airplane. Right at that moment she heard a voice saying ‘take off, take off, otherwise these men will attack’. The voice said you have three seconds and it counted 1 2 3 but at the count of three the plane still did not take off. Shivangini felt that she was starting to slip forward in her seat so she put on her seat belt. She did not know what happened afterwards.

Scene changed and she found herself all alone. She was not sure if she was alive or dead. She got a prompting to go enquire. She went up to a person sitting behind a desk and asked him if she (Dolly) was alive or dead. That person went inside and returned with a slate upon which it was written ‘lived’ and said to Shivangini that she and ‘trench’

survived. She was told that there were 550 people and only two survived. Shivangini felt bad that all of them were gone and started crying.

October 11, 2003 Saturday - Baba says a new batch of people are coming to her and he says again that she is a Devi (semi divine). Baba clarifies and guides on different questions she had in her mind. Some of them are real eye openers like our tendency to think of people as black and white while there is a whole lot of gray which exists out there. Our likes and dislikes cloud our ability to see through some of these gray areas.

We went on a walk and when we were returning Baba said "Get ready. New batch is coming." In the evening when we were having snacks Baba said many things out of which we are capturing a few key ones here.

"He (Gyani) is not doing any Tapas, He is just giving you company."

"You say swami talk to me and when I talk to you, you say is it my mind or is it swami?"

"Have firm faith that you cannot do anything if I don't will it."

She asked "Swami, please tell me quickly what is the dress code" "White and only white. Yellow, peach, and orange when I allow". ('allow' meant she should take sanction).

Swami said "Do you think R is bad, do you know how much damage these two (X, Y) caused you". "They are playing you." "Are they, Swami?" "Why don't you believe me?"

"Swami, they are the ones getting these visions etc." "Baba has to do certain things at certain times for certain people. You cannot take them to be positive etc because that is your interpretation." "This is why I did not want you to go to that function today" (we understood that this communion and clarification needed to occur). "All is my play, my work. Just do it. Don't worry."

"Swami, what is the difference between Rishi and Devata?"

"You are no Rishi. You can't even wake up in time to do meditation. You are Devi because I made you so" (Yet during the Divine Effulgence and Divine Knowledge phase she would wake up during Brahma Muhurta time (3 -5 am) compulsively and without fail). "Rishis' are knowers of Brahman."

"Gods are different than Devis' and Devatas' who are celestial beings and are semi divine." This is what Shivangini is and that too because Baba has willed it so.

"Varun, Agni, Surya, Vayu, Lakshmi, Saraswati etc. are Gods".

As we were writing Baba said in Hindi "Kitne mithe mithe episodes' hain" (how sweet these episodes are!)

## **Lord Shiva's pooja; worldly dream with spiritual message**

October 12, 2003 Sunday - In the morning in her meditation she saw Lord Shiva and she did his puja and applied chandan to him but did not offer a garland to him and she realized that in her meditation.

In the morning CS called and said she will come see us in about ½ hr. Last Friday A and his mother (who we met for the first time) came over for lunch.

We started connecting what Baba said about new batch, 550 people were all gone and only Shivangini and trench (not visible path) were left behind.

October 16, 2003 Thursday - She has a worldly dream which is mixed with spiritual messages and worldly content. I wrote my interpretation of her dream based on what I know as of today, August of 2006.

In the dream first she saw P, V, Gyani, and herself inside a room. After some conversation Shivangini and I are leaving and asked them to join us. They say you go we will come. I still continue to talk to them with a book in my hand and the front cover had clear and bright picture of Lord Shiva in a meditative posture. Shivangini felt the urgency to move, called me again but I still did not move. She left. (This part of the dream is quite interesting which might be indicating the readiness of P, V to go on spiritual path.)

She saw herself entering from the street into a set of doors leading to a long passage inside a building. It was all dark inside. She crossed the passageway and reached to the other end which opened on to a street. (This is indicating internal path versus the external)

At this point the scene changed. She saw many women and she also saw V with her though V never crossed the indoor passage with her. (Indicates V getting on to the spiritual path)

Again the scene changed back to the street where she exited from the passageway. Here she saw many people behind a partition and one of them was SD. Though she was dressed in very simple white cotton clothes, they were talking about her saying 'look, how fancy her clothing is'. (In spite of simplicity she is getting noticed)

Suddenly it was dusk and she was all alone on the street. At a little distance she saw a man and feared being out there in the dark all by herself. To be safe she turned back and entered the passageway when she saw that same man inside. At this point she was in a dilemma whether to go back onto the street or go into the passageway. She was debating which path is safer and this is where the dream ended. (Dusk and all alone might indicate the end of worldly journey and the man she was afraid of is there no matter which path she took)

October 21, 2003 Tuesday On this day we went down to VL and A's home to do Baba's puja. Shivangini gave a small talk and then we went over to S's home upon her insistence. When Shivangini was there she was wondering why she was there. She said to Baba "Did you really wanted me here?" Baba said "Yes. Don't you see I am bringing you back into the loop"?

### **M follows her blindly; Ability to separate Real from unreal**

October 24, 2003 Friday Dream indicates M is following her in spiritual practices and at times blindly.

She had a dream last night and was in a garden and lawn setting. First she saw a snake on the ground on her right side and as she was looking at it, the snake turned away from her and changed its form into a turkey type bird (harmful to harmless). Its body was made of some yellowish mass but not opaque and as she was watching, its body blended into the air and the whole form totally disappeared. Then, she turned to her left and saw M

standing next to her. In front of her at a short distance there was a wall which was 20 feet wide, and rising straight up into the air about 50 feet high. There were no means to get to the top of the wall. Next she saw herself standing on the top of the wall and noticed that M also managed to reach to the top of the wall and standing right behind her. In the center of the wall there was a small shrine (about 3 feet in size) inside of which there was a 6-7 inch high sculpture of Lord Krishna. Next to Lord Krishna there was supposed to be a sculpture of Sri Radha but it was so small that she could not even locate it in all the clothing. Between herself and the shrine she saw that same snake again and it was lying down flat on the floor. She got scared of the snake and jumped off the wall while thinking “would I die or make it down safely?” To her surprise she landed gently on her feet and saw that M also jumped off the wall. Shivangini said to herself “Would M survive (since M is jumping off such a high wall)?” Amazingly she also landed safely but not as smooth as Shivangini. At this point Shivangini thought to herself “I was afraid of the snake up there. There could be snakes down here on the grass also. Now my Krishna is left up in the shrine and I will not leave this place without Krishna.” This is where her dream ended.

In the evening we were having a snack and writing the experiences. Shivangini said “Baba it will make me feel contented if you gave darshan”. Baba said “At this stage if I give you darshan, that will be like going backwards” (in spiritual progress). We were eating moodi with mustard oil in it. As Shivangini was taking more moodi, Baba said “you don’t need that as much as that one (mustard oil)”. “Why don’t I just take that” “You could but it wont taste good”. Shivangini said to me “It (mustard oil) will make our voices rough” Baba said “It will expand”. Shivangini said to me that mustard will make voice expand but honey will make it smooth. Then she said “Swami, I hope all this is true” “Yes, Yes. It is all true.” After a little later, Shivangini said “Baba, I am too full and can’t eat anymore” “Its ok; its ok. Just a little bit more. It is going to take care of all that; that wants to live in you”. “What is that, Swami?” “Don’t ask me now. Ask me tomorrow.” Shivangini said “Baba, make me your very own”.

October 25, 2003 Saturday U’s dream indicates that Shivangini has the ability to separate the Real from the unreal using spiritual power.

U from out of town called to wish Happy Diwali and also conveyed a dream she had about Shivangini. In her dream she saw Gyani, Shivangini, and Raeshum visit her home unexpectedly. Shivangini had taken with her two life size figurines. One was of Lord Ganesha wrapped up in white cloth and the other was a dummy figure made of straw. Shivangini asked the people present there to sit down so that they could chant some mantras. She led the chanting of mantras and when she finished the dummy figure fell apart into individual pieces of straw. Ganesha (intellect that shines due to Atman) figurine was left to be worshipped the next day.

## **Immersed in God thought**

October 26, 2003 Sunday - Dream reveals that in our family we are praying occasionally while she is continuously immersed in God thought. Her devotion has sanctified the shrine as indicated by the covering of Vibhuti. Baba continues to move her beyond his form.

She had a dream last night where she saw herself in a small house that had a small room as shrine. On the back wall of the shrine there were two small pictures of the deities. She saw herself worshipping. There were other family members in the house who would come to the shrine for a short time and then go on to attend to other business while Shivangini continued to worship at the shrine. She saw the outer and inner walls of the shrine covered with patches of thin layer of Vibhuti which looked like patches of dust. However at one spot, there was a big patch of thick layer of Vibhuti. Shivangini took a fistful of this Vibhuti and ate it to make sure it was Vibhuti. She noticed that the pictures in the shrine were not of any deities but looked like some caricatures which were neither human nor Gods. At that time the family members showed up and she drew their attention to the Vibhuti. All of them bowed down to the pictures and Shivangini was surprised and asked them what they saw in the pictures. They replied that it is a nice picture of Sri Sathya Sai Baba. Shivangini said to herself "How come they are seeing Baba, and I don't". As she said this she observed that Baba's face slowly started appearing on the picture and the caricatures faded away.

### **Sthita Prajna; Sound in existence; Nirvikalpa Samadhi?**

November 8, 2003 Saturday - Baba gives a remarkable experience of a continuum of awareness and no forms, no beings etc. She hears bells tolling in that awareness symbolizing that there is sound in existence (not necessarily the ear based sound we relate to). Baba reminds her that she is 'Sthita Prajna' (rooted in God consciousness).

In the morning meditation she first saw a 2" high steady flame. Then she heard from far away Baba saying "Sai Ram is there to help." She could tell it was distinctly Baba's voice because the way he pronounced help. While she heard this sentence, at the same time she experienced in a strange way that there was nothing else that existed (no beings, neither she nor Baba, nothing) but some kind of continuum of awareness (Nirvikalpa Samadhi?)

Next she heard "Shiv, Shiv, Shiv, Shiv" which she realized as the description given to the experience she was having of the continuum of existence awareness. The name Shiv took her mind to the Shiv temple in Puttaparthi but there also she did not see anything; no building; no sculpture; no people; but an awareness that the temple bell is tolling vigorously and continually and she received the understanding that "there is sound in existence."

For the last three days she is constantly being reminded by Baba in different ways that she is "Sthita Prajna". She also heard the word "Pari Poorna" which we knew the literal meaning of, however today she realized the purpose why she heard this word. On May 6, 2003 Divine Mother had told her that "Deserving you are, but ready you are not". This statement was made about her experiencing the cosmic oneness. The word 'pari poorna'



was in this regard and telling her that now she is ready. The word 'pari poorna' in a way was a foretelling of the experience described above.

## **Lord Krishna calls her Vidyut, Shashi Bindu, Sadrushya, Mohini**

November 22, 2003 Saturday - Lord Krishna's conversation and the dream reveal that people are getting glimpses of divinity through Shivangini. For normal people to receive benefit, Divinity needs to be encased in name, form, and Gunas so that it is useful to them. A way to get past peoples Gunas is mentioned.

She had a dream last night where she saw a large hall with people interested in Baba's darshan. She and I both were there among people and we were most interested in darshan. In the crowd there was a man, who stood out and was wearing white clothes. Someone pointed towards this man saying he is Baba. Shivangini said "That is not Baba". As she said these words she observed that within that hall there was a small booth with glass walls. Inside the booth she could see Baba's side profile and little bit of his orange robe. While seeing she thought to herself that Baba is encased there.

In the morning meditation Shivangini was thinking about Lord Krishna's sculpture in Lansing temple (she was there yesterday). In our previous visit the same sculpture had said to her that 'I am thinking what to do with you?' So this morning she asked the Lord in her heart "Please tell me what you decided about me?" In response Sri Krishna said "I will tell you if you sit down". In surprise she said "I am already sitting down." Lord said "Not physically." "Oh, what do you mean?" Sri Krishna said "You are Vidyut (electricity). You are Shash Bindu (epithet of Vishnu). Now you are Gagan Sadrushya (vast vision) and Mohini (charming). You have to be encased like I am encased in human body (at this point she recalled the dream scene of Baba being encased in the glass booth). If you come in direct contact with electricity you get electrocuted. If people need to receive the benefit from you, the electricity has to be converted into useful appliances. For that purpose it has to be encased. You will have to reveal who you are but you have to be encased. In the dream the man in white clothes is you and they are getting glimpses of God through you."

Baba gave following response to Shivangini's question. We get to see the Guna of the people first in interaction and it is hard to go past the Guna and see the one divinity in all. We try to see one God in all the avatars although each of them came in different form, different name, and different attributes. Same way we should be able to see the inner divinity in all the human beings in spite of their Gunas.

One of our friends D passed away on Tuesday Nov 18. She saw following visions in last couple of days after Nov 18. A man in white clothes was lying on the bed but there was no head attached to his body. In another vision she saw the same man, same white clothes, but the body appeared straight and big. And he was on a slide (like in parks) but his entire body was fitting on the slide. Later we understood that it was not a slide but a coffin. The purpose of this revelation was to make Shivangini realize how God operates. This incident is for a greater good of awakening those who are sleeping towards God.

## **Adithya Hridayam (Sun God worship); Oneness; Jnana, Bhakti, service**

November 26, 2003 Wednesday - She has a Knower experience today that plays out on Saturday.

In the morning when she opened her eyes she saw a person in white on a Jhoola reaching all the way up to the ceiling of the room. She could not figure out if it was Shirdi Baba or someone else because the form disappeared before she could make out.

In meditation Baba said “Hayagrivaya Namaha” (obeisance to a form of Lord Vishnu) and “Adithya Hridayam Prasad” (Adithya Hridayam is Sun God prayers). Also Sun God is called Surya Narayan which refers to Lord Vishnu also. This is foreknowledge of what is going to occur tomorrow.

November 29, 2003 Saturday - She continues to progress to oneness and Baba tells her how to distinguish oneness. Other people seeing Shivangini in their dreams in a holy way is indicating that she and Swami are one. Baba advises that at her spiritual stage she is to move to worshipping Sun as God.

Last night in her meditation she heard “Lam destroyed” (Lam means inclination to delight, sport etc).

About 2 weeks back Baba said “Dine, Shop, Travel, and Save” regarding our upcoming trip to India. We thought many different things about “save” i.e. Raeshum will be saved, Shivangini will be saved from the negative dreams she was having, saving money etc. Today Baba said referring to what he said about ‘save’, “Think. You will be saving lives”. This highlighted our limited way of thinking. We need to think about expansion and go beyond ‘me and mine’.

At lunch Baba said “Only thing you need to remember is that you had those experiences and those were genuine.”

Other people were seeing Shivangini in their dreams. Seeing God in dreams can be said holy and happens upon God’s will. Thinking about the most recent incident where V saw Shivangini in her dream, she said to herself and to me that she does not understand why people see her in their dreams. Baba said “Why, do you not believe that you and I are one?” Shivangini said “Sometimes, Swami. But not all the time. How would I know when it is oneness, Swami?” Baba said “When there is no agenda”.

This was an indicator on how to distinguish the thoughts.

A little later Baba said “Panchang (astrology) says, Shivangini and Gyani are going to come to Puttaparthi and they are going to have a great time.” Since our family of four is going to visit Swami in two weeks, Shivangini said “How about Raeshum and Shobun? Are they not going to have good time?” Baba said “Yes they will, but they will not know that”

“Choose Sun as God.” This was in response to Shivangini’s question of “Baba, what should I do for sadhana?” She understood she is not to worship any other name or form and this is applicable for her at this stage now. Last Wednesday 26th she heard in

meditation “Adithya Hridayam Prasad” and it let her know ahead of time about this conversation today with Baba.

November 30, 2003 Sunday - Baba explains what does Jnana, Bhakti, selfless service do to an individual. He also explains the difference between Yogis and Devas.

Shivangini had a good communion with Baba on many subjects. She was saying to Baba that she does not feel as much devotion as she used to feel when singing Bhajans. Once you know that the various deities are various principles and that the Bhajans continue to humanize them. Baba talked to her for a while explaining the following: Bhajans are for cultivating devotion (Bhakti). This in turn leads to cultivation of virtues. Similarly self less service leads to cultivating virtues and devotion. Devotion and Service also leads to cultivation of virtues. Devotion in turn leads to Jnana (Wisdom). Once one has Jnana it is hard to relate to the aspects of God the same way as a Bhakta does. Jnana in turn leads to self less service.

Yogis and Devas are different. Yogi is bound by disciplines, Yama (virtues) and Niyama (penances, disciplines), while Devas are not. Devas continue their journey in freedom. Devas do not have to follow the rules that a spiritual aspirant follows. They are a rule in themselves i.e. Agni burns anyone who comes in contact with it, gives heat etc. and this is done consistently as a dharma, as a rule.

### **She meets Baba’s standards; Unrecognized; Shirdi Baba gives nectar**

December 3, 2003 Wednesday - Dream shows the people around her not able to receive the precious jewel (knowledge or understanding) she had to give but instead they are happy with something which is of little value. I always get amazed at how little people knew about who she was and what she had to give.

Last night in a dream she saw R sitting on a chair and holding a notebook and writing something in it. In the same room in a corner there was a glass showcase, like the one in jewelry stores. Inside the showcase there was one ornament that consisted of a brilliant reddish jewel mounted on peach colored oval shaped base. Shivangini unlocked the showcase and pulled out the ornament with the intention of giving it to R since its color matched her outfit. When Shivangini reached closer to R, R started hiding what she was writing and said “Don’t read.” Shivangini said “I am not reading but I already know what is written in there.” At that point quite a few people showed up in the room and at the same time numerous pieces of the peach colored base appeared but none of them had the jewel mounted on them. People started admiring and grabbing those oval shaped peach bases. R also admired the bases and took some. Shivangini witnessed this and said to herself “I was going to give such precious jewel but they all are happy with the useless peach colored bases.”

December 6, 2003 Saturday - On Jan 23, 2003 Baba said to Shivangini that he will put his stamp when he is satisfied. Today he said that he is accepting her whole heartedly! Now in Aug 2006 I think that Baba asking her to join him is a call to her to leave this body and join him at higher consciousness levels.

In the morning meditation Baba said “I accept you whole heartedly.”  
In the evening while having snacks and tea Baba said “Come join me.” As we were wondering what Baba was referring to, He said “It is a real call”.

December 7, 2003 Sunday - Shirdi Baba in his celestial form gives her a hug and asks her to drink the water (nectar?) coming down.

Last night she had a dream about Shirdi Baba. The dream started out with a scene where there was a stage, and on the stage there were three women who were facing away from Shivangini. All the three were dressed alike in white, red, and gold outfit. The one in the center was 7-8’ tall, the other two women were almost half her size. They performed a brief but very beautiful dance. After they left the stage the scene changed and she saw Shirdi Baba in an indoor scene. It was an unfamiliar but nice setting, and seemed not from this world. Baba did not look like the way he does from his pictures instead he was a very tall man (8-9’ tall) in white clothes. First he was in the midst of large crowd seated on the floor. Next He moved to an adjacent room and sat at a large dining table. Shivangini saw herself very close to him but was not seated at the table. Baba got up from the chair and came towards Shivangini. When he came near she looked at him and expressed her desire to touch his feet. Very politely He said “No. Don’t touch my feet. It can hurt you. You can give me a hug.” Shivangini hugged him and once again realized how huge he was compared to her. Next she saw a 5-6” diameter cylindrical stream of water coming down (just like it does from a shower head) from somewhere. Pointing to the water Baba said to Shivangini “Take it.” She went closer to the water, opened her mouth and took a few gulps.

### **Divine timing; Flowers bloom in a motion - Realization**

February 7, 2004 - Only Baba and Shivangini know what notions were overcome today. When Shivangini was coming from India her flight got delayed as it reached Amsterdam and she missed a connecting flight and had to stay overnight. She packed her vanity in the checked in luggage and hence did not have it with her. She said at that time that she did not have the Chap Stick to apply to her dry lips. Baba materialized a brand new chap stick for her. I am not sure what else happened but the delay in Amsterdam looks like helped Shivangini spiritually.

While we were talking in the evening, Baba said “the delay in Amsterdam allowed shift of scale and helped you overcome the notions”. Baba explained further when Shivangini asked him. Unfortunately this was not captured and all of us missed an opportunity to learn more.

As we were talking Baba said to go ahead and advertise the kid’s beds, guest bedroom furniture, and our mattresses at Dow Corning for selling them.

February 11, 2004 Wednesday - She gets foretold as to which picture of Lord Shiva she was to use on Maha Shiv Ratri day. She sees flowers blooming with a motion that was

highlighted and hears “conversion full”. In scriptures blooming of flowers with a motion is indicative of opening of Chakras, Realization. This experience connects to her experience on Feb 14, 03.

In the meditation on Feb. 9, she heard the word “Mr. Khanna” and couple of other words. We could not make out what Mr. Khanna was referring to. We were getting ready for Shiv Ratri and were trying to decide which picture of Lord Shiva to be put on the wall. During recent visit to Puttaparthi Shivangini had purchased several pictures for this occasion. At the bottom on each picture there was the name of the artist. All the pictures were made by the same artist. But there was one picture that had artist’s name as J. B. Khanna. This made us understand the divine guidance as to which picture to use for Maha Shiv Ratri.

In today’s meditation she saw a 3’ tall plant which had flowers and the blooming of the flowers was highlighted with a motion. She then heard “conversion full”.

She heard “Poorvak samadhi” in meditation but did not know the exact date. Poorvak means previous, preceded by or accompanied by. Samadhi is transcending to higher state of consciousness where mind and senses are absent and in presence of super consciousness.

### **Sees Lord Shiva – Sakshaatkar; realizing Baba as Brahman**

February 12, 2004 Thursday She sees Lord Shiva with her eyes open – Sakshaatkar!

In a dream Shivangini saw herself in a house where snakes were crawling all over the house. She was telling me to watch our step so that we don’t step on them. Next she saw a long straight jet black snake that rapidly moved across her body. She realized that she was neither harmed nor was she afraid. Her mind was totally alert while this happened and very mindfully she opened her eyes to put an end to the dream. Since she was still lying in bed, she saw the ceiling of the room. On the ceiling she saw an image of Lord Shiva standing with trident in his right hand and there was a bull behind him as if Lord Shiva just got down from the bull and stood there with the trident in his hand. To verify what she was seeing is real, she closed her eyes and opened again and the image was still there. Then slowly the image dissolved away.

February 14, 2004 Saturday - Today is a magnificent day for Shivangini. She sees a vision of a single white rose and sees its petals opening into a blooming stage. She saw flowers opening into blooming position which were highlighted three days back. Today Baba explains that she is realizing Baba as Brahman!

In the morning she saw a vision of a single rose that was white in color and she saw the petals opening just like when it blooms. As we were writing this she said that she was shown blooming flower twice in a row and did not know what it was conveying. Just then Baba said “You are realizing me as Brahman and I want you to know that.”

This further connects to March 1, 2004 vision.

Baba said a few things about me (Gyani) to Shivangini which she related it to me in the morning while we were drinking tea.

\* Garuda Rao interaction is positioning me for Sai work after certain time. That is the purpose of Garuda Rao knowing me. (Interestingly Garuda Rao was instrumental in helping me set up Shivangini Foundation in March, 2006. This foundation has started work right away on its first project of building Shirdi Sai and Sathya Sai temple in Achampet, Mahboob Nagar Dist, AP, India!)

\* He (Gyani) is very good in due diligence, managing things well. Dharma and discipline he does very well. That is, all these he does because of who he has been.

\* People will learn Dharma from him.

### **Both of us on Dhyana Marg; future separation; how God operates**

February 19, 2004 Thursday - Shivangini said today that she wanted both of us to go on Dhyana Marg and in my meditation I get the confirmation symbolically as a vision. I also get to know the future.

On Thursday night Feb. 19 (day after Maha Shiv Ratri), we did Arati and then Visarjan of the Lingam in the evening (Baba said that is the proper way to doing it instead of just Visarjan). As we were cleaning up afterwards Shivangini made a comment that she would like both of us (her and me) to go on Dhyana Marg.

Later in the evening in my meditation I saw the flame of a Diya. A little later after few other visions I saw two Diya flames, one partially behind the other and very close to each other and burning steadily in a bizarre way. Normally when two flames are that close they would join into one but not in the vision I have seen. I thought of the comment Shivangini made last night about both of us going on the Dhyana path.

A little later in the meditation I heard "All alone" and then "Gyani". I was surprised to hear that and did not quite know what it meant.

I went to work on Friday and after I came back from work I told her about these visions. At that time Shivangini said she had been going through a strong feeling to join God and wanted that to be soon meaning she did not see any interest in living. Both of my visions were connected to Shivangini's comments and thoughts.

February 28, 2004 Friday - About X Baba said "Rakshasi pravritti." Shivangini asked Baba "Why did X come?" referring to X coming to Bhajans yesterday. Baba said "To lift you up".

The reason for sharing this experience is to make the reader understand that even people who are on god path have lower tendencies. And, how God uses those same lower tendencies for producing positive results (uplifting)!

### **Merges into Baba; how to understand guidance; Oneness; Guru Seva**

March 1, 2004 Monday - Before she sat down for meditation she felt that the picture (Baba's hand holding Lingam) in the shrine said "Come." During meditation she saw

about 3 inch black Lingam with a touch of green. This Lingam was in the air and it gently rotated once allowing her to notice it clearly.

Lingam is a representation of the formless God and seeing it in this manner is consistent with Baba saying that she is realizing Him as Brahman.

March 3, 2004 Wednesday - Baba gives insight about how to understand his guidance. Today we get another indication that she is joining Him.

Today early in the morning during shower she had a clear long conversation with Baba. Baba gave her more insight into how to understand his guidance and messages more clearly. He gave the example of hot tea dropping on Gyani's clothes in Puttaparthi and preventing us from meeting T& J. From that incident we rightly concluded that our meeting them was not meant to be but we did not make any attempt to ask Swami if he simply did not want us to meet them at that time or ever in the future. He wanted us to not just talk and write about the experiences but act on it in full faith.

He told her that there was no need to hold Bhajans on Thursdays; classes on Sundays; and instead engage in all the work he asked us to do in the past i.e. writing books. Shivangini she felt that Baba is saying to her "see you in August". There were few plans in the works where she planned to visit and perform some pujas etc. in people's homes. She asked Baba if she was to drop those plans also to which he replied "I already have told you to be willing to travel".

- Baba said "I did not tell you about R being XXX and G being YYY just to hook them on to the spiritual path. It is the truth. I revealed that information to you."

She saw Baba at a very subtle level in white robe. Baba said "Hold my hand". She stretched out her hand but could not see Baba's hand. Then she saw her right side of her arm touching Baba's left side. Then she saw Baba's body start circling rapidly and her right side getting stretched and diffusing with his rapidly circling body.

March 5, 2004 Friday - Brahmanubhuti removes darkness and allows intelligence and Atman to shine and does not create anything new. Baba said in our case writing books is Guru Seva (Service to Guru by the disciple). He is controlling her thoughts words and actions.

Shivangini heard - "Anthem Kala" (Last part of whole, Baba explains this on March 9), "Devi Daan" (charity of Devi, semi divine being)

At about 9 am she thought about V and the puja she was going to perform today. She felt sorry for her because Mrs. S and S are not going to be there and how is she going to perform the puja. She thought that she could call them and if they have a speaker phone she could talk to them about Baba's teachings. Baba said "Resist the temptation". She asked "Is this a temptation?" and Baba replied "Yes".

Shivangini and I were talking when she said "We don't know we have the XXX, and we don't know when we use them. We are just puppets". I said "Just because we don't know about those does not make us puppets. It is just that we are understanding how divinity works". Then Baba said "Just the way when Sun rises darkness disappears, nothing new

gets created. Similarly Brahmanubhuti removes the darkness and allows the intelligence and the Atman to shine though nothing new gets created.”

Baba gave directions about the next book on how and what to structure it around. Then he said “Now you are on the roll, don’t let any desires come in the way.” “Resist all temptations. That is Anthim Kala.”

This is not the ultimate either. So far we were writing almost like data gathering, now is the time to compile it. Baba says “Like Vyasa”.

“Now begins the Guru Seva”.

Shivangini was reflecting on how she was more friendly to people and how she used to keep up with relationships before she started her spiritual journey. She said, now she has broken her relationship with M, R, etc. She further said Baba says Love all, Serve all and here she is who does not have the love she used to have. Baba said “Oh no. You have it and I am saving it for some other time”.

### **State of her spiritual journey**

March 6, 2004 Saturday - In meditation she sees a vision that symbolically shows the state of her spiritual journey.

In her meditation she saw herself sitting and meditating inside an airplane (indicative of fast spiritual journey), which was filled with golden light (wisdom, and divinity). She did not see other people but had a feeling that, perhaps there were a few others in the plane. Normally to land the plane has to descend onto the runway, but in her vision she saw the plane climb up to a height and landed (indicating upward journey). While it was landing, she heard a voice announcing that the plane has reached its destination and you can smell a particular odor in the air.

March 7, 2004 Sunday - The symbolism in her dreams is explained by Baba on March 9. She sees herself waiting for the arrival of 5-6 people before her journey at the higher level begins.

Last night she had a dream in which she had this feeling that something went wrong with her hands. She saw the little finger on her left palm shortening and when she looked at it the nail on the finger had receded into the flesh. This looked like it just happened. Right hand last two fingers were shorter as if they had been chopped off and were healed.

As we were talking we realized that the last finger represents Tamas and the finger next to it represents Rajas. Her right hand Tamas and Rajas reduction has happened a while back while the left hand Tamas is reducing now.

Her dream continued but the scene changed. She saw herself at an elevated spot where there was a building like structure and she was overlooking from the balcony of that structure. She saw shallow water below where she was and there were steps leading down to it. This water was connected to a vast amount of water that looked like a sea. She saw people going through the shallow water in an unfamiliar looking water vehicle onto the



connected sea. She was by herself standing there alone and thinking. After a little while she saw 3-4 people who have walked up to the platform or balcony she was standing on, and she thought that these people have returned back from the sea. There was an Indian looking man among them and after seeing him she thought that she knew him. Scene changed and she along with 5-6 other people started walking on a white looking wide road which gave the feeling that it was at a elevated height like on the top of a rock or a hill.

### **Baba explains dreams and visions; Enlightenment in 3 months; receives 1/16<sup>th</sup> of Baba's power**

March 9, 2004 Tuesday - Today's conversations between Baba and Shivangini are very significant spiritually. Baba explained many of the recent dreams and visions and says he expanded her role beyond what was in the plan two years back (March 30, 2002). Baba gives very nice examples about divine vibrations in holy places, invocation of deities, ability to absorb vibrations and retain them and how it relates to purity and sadhana. He explained the reason for stray thoughts she gets due to lack of sadhana which would have warded them off.

Baba said to Shivangini "Great work you have planned. Go ahead and do it." We did not capture anything further on this so only Shivangini and Baba know the details. He explained about Anthim Kala that she heard a few days back as to how each Kala has 16 points (not sure). Aggregate of the Kalas is a measure of some kind of power (whole). He reminded her how he has given her 1/16th of his power. In other words, power is coming from the Kalas and the day she heard Anthim Kala indicated that he is giving her 1/16th of his power (right then or sometime soon). He reminded her of the dream where she had seen pages of a book (March 30, 2002). One page was bigger and the adjacent page was smaller in size. He had said then that she had shrunk her role. Reminding her of that dream He said that He is expanding her role and it will be even bigger than what was shown at that time with the bigger page. He said "that will make you very happy." He explained the recent dreams she had. The dream where she saw herself in an aircraft like vehicle approaching a landing at a height and it was about to land there. There was also golden light there and there was a mention of peculiar odor in the atmosphere. This dream actually showed symbolically the state of her spiritual journey. Regarding the dream she had on March 7, 2004 where she was alone standing on a height and watching people go into the water. Baba said she was made to wait there till others arrived. Once those 3-4 people arrived then they started walking on the white road. Though they will be marching independently but they had to walk simultaneously. "I really like to know who those men were." Baba said "You will over the course of next 3 months. You will have full enlightenment. I will use the same mechanism to let you know who the Tibetan and Indian man was." Last night she had worshipped downstairs for 1 hour before going to bed. This morning again she was able to wake up in time to do 5 am meditation. In the shower she was doing Japa which she had not done in a long time. She was asking Baba "This is nice, How come?" We did not record what Baba said.

In response to her question whether she should have mandir downstairs Baba said “Go ahead, clean it, and consecrate it.” She said “Why Baba? I just got all that carpets steam cleaned.” “If you want to establish mandir then there are different rules.”

Baba said “Wherever God is invoked, the place gets charged. With every visit to the temple, person walks out with some power. The power does not last too long because the retention of the power is in proportion to the amount of sadhana done by the person.” For example a saint will retain the power for months while a thief will have it for minutes only.

“Inner ability to absorb the vibrations depends on their sadhana, purity and other factors.”

Baba explained that the reason she was hearing stray thoughts of other people because her sadhana was low. Her inner instrument was refined with quite a bit of ability to absorb and there was not enough sadhana to ward off other people’s stray thoughts.

March 11, 2004 Thursday - She heard in her meditation today (Vyomanath Parigraha) ‘Heavenly Wisdom’ as a foretelling of upcoming enlightenment mentioned by Baba. Vyoman – sky, heaven, atmosphere; Parigraha – accepting, collecting, seizing, wisdom, wealth;

### **Guna Theeta; Quarantine till Sept; Equal treatment in Advaita**

March 12, 2004 Friday - Baba gives the explanation two days later on March 14 of the very interesting dreams she had today. Swami shows his Omniscience.

On Thursday night she was reading a book in which she read about how Atharvan had Sakshaatkar (live vision) of Lord Ganesha. When she read it, she understood that Atharvan was describing the experience of Brahman. Then she was confused why is that Lord Ganesha is portrayed in Puranas as one of the deities and not as Brahman.

During the night she saw a holy and very interesting dream. She saw in the sky a 5’ high Lord Ganesha idol in a sitting posture. On his right side, adjacent to his head, there was a whitish cloud. Next to the cloud there was a Sun. Interestingly, that sun was surrounded by other suns forming a circle around it and all suns were of the same size and luster as the center one. She could not see the complete circle of the Suns because some of them were behind the whitish cloud and behind the body of Lord Ganesha. After seeing this scene in the sky, she asked Raeshum, Gyani, and Shobun if they saw the scene she was seeing. Raeshum and Gyani acknowledged seeing Lord Ganesha and probably Sun too but only one sun. Shobun brushed off the question and never really acknowledged seeing anything. Although she felt in the dream that perhaps Shobun is the only other person who saw exactly what she saw.

The scene changed again and she saw a crowd of people out in the open. Large groups of people (grouped by the colors and types of clothing) were moving towards an ancient looking huge (horizontally spread out) building structure that did not have ceiling but only the walls, and one large black wooden door leading to the interior of the building. People dressed in white were the very first ones waiting to enter the gate and behind them there were many other groups. Shivangini saw herself in the first group who were dressed in white although she was not in white. Since she was not in white clothes, she wondered if she would be allowed to enter with the first group or not. The door opened, people

started moving in and nobody stopped her from entering. Soon she saw herself ahead of the crowd. Next she saw a road that was at a higher level than the structure where the entire crowd was. She along with four to five people got onto this road and she could hear their conversation but did not see them. They walked a short distance and saw a roadblock, which was a cage like structure spanning the entire width of the road. The people who were walking with Shivangini tried to open one corner of the cage and put their hand inside to feel out what was in there. Shivangini sensed danger in doing so and somehow she knew that inside the cage there was water, and a huge white horse like animal that was as big as the cage. She turned back and traveled a little distance and came across a tall vertical wall obstructing the road and by then it was a little dark. She did not see herself climbing the vertical wall but she found herself at a spot very close to the top hanging onto the lowest of the three poorly constructed metallic bars. At that time a man's voice said, "We should do a better job of constructing so that people can cross over the bars easily". In response Shivangini said "The construction is for the future but what do I do now?" Without waiting for his response she said to herself 'I am not going all the way back, instead let me take the risk of falling while trying to cross over'. Then she saw herself stretch one of her legs, swung it out and brought it up to the top. She succeeded in crossing the bars and reaching safely to the top. Dream ended there.

Today in the evening we were having a snack and conversing when Baba suddenly says "Hurry up" She asked "what is it Baba?" "You and I have a meeting" Then in a minute Baba said "You have exactly three minutes". She asked "Baba, do I sit down and meditate" (for the meeting).

He said "Don't be silly" "Kalyani, your reality and my reality is beyond all this." "Don't get deluded by all these shades. There is only one God and he is omnipresent"

Amazingly in three minutes from the moment Baba said, I heard the garage door open. I immediately told Shivangini "Shobun is here". This is indeed a shock since this is the first time after about 3 years that he came home around 9 pm after he left to go to spend time with his friends. He usually shows up after 11pm.

March 14, 2004 Sunday - The insight received today from Baba about the last three dreams she had was very interesting, very helpful and clarified many things. Baba blessing both of us from far away is symbolic of how he is growing us from afar.

We learned that the March 12th dream was a symbolic summary of her spiritual journey after the initial enlightenment. The cage like obstacle on the elevated path was symbolically representing the occult powers. The few other people who were accompanying her on this path put their hands into the cage meanwhile she turned away and traveled on the other path. The vertical wall obstacle which had three bars near the top were symbolically representing the steepest climb in order to achieve the Guna Theetha state i.e. to go past the three characteristics (Gunas) of: 1) ignorance based desires and inactions (Tamas), 2) passion based desires and over activity (Rajas), and 3) knowledge based pious desires and related actions (Sathwa). In the dream where she saw Lord Ganesha, Suns and Sri Ganesha blocking part of the Suns by his body, we learned that Lord Ganesha was allowing the Suns to shine on her path initially and it was Him who was blocking a portion of the Suns to create darkness later when she was climbing

up the wall. In other words Sri Ganesha posed the obstacles and helped her overcome the obstacles.

The dream she had on March 6th and 7th indicated that very recently she has gone past the last of the three Gunas'. The wounded finger combined with Baba's statement that it will be three months before she will see the full effect of going beyond the Gunas' is the reason why He told her to quarantine herself till September.

In her meditation today she had a vision of Puttaparthi and she saw herself taking Raeshum and made her bow down to Lord Ganesha first, to the Nagas' (Serpent figurines), to Lord Subramaniam, and to Divine Mother. Then she started looking for Baba but could not find Him, so she asked someone where Baba was. Suddenly Baba appeared in His seat on the veranda in Prashanti Nilayam. Shivangini took Raeshum and got her to bow down to Baba and asked Baba for blessings. Baba blessed her very nicely. Then she took Shobun who bowed down to Baba with devotion and Baba blessed him also. Shivangini said "How about blessing Gyani and I?" Baba said "Not here." Later she saw herself and Gyani sitting among the audience for Baba's darshan. Baba blessed each of us from far while he was giving darshan to the audience at Prashanti Nilayam. This is also symbolic of how Baba is growing both of us without much visibility among the people at Prashanti Nilayam.

March 16, 2004 Tuesday - Baba said he treats everybody equal. "Baba, You don't let someone touch your feet while some others are allowed to touch your feet." Baba said "Even when he treats them different, it is not based on his like and dislike towards the person but it is based on what is best for the individual. In Dvaita you cannot do that (treat them equal) because you still have likes and dislikes. Only when you are in Advaita you can treat them equal because you do not see any difference."

### **Mata Amritanandamayi tests her and approves**

March 17, 2004 Wednesday - Last night in the dream she saw herself and few other people who were asking her to apply Vibhuti tilak on their foreheads. She did that and told one of the men that "I need a tilak too." Right after that a man whispered in her left ear "You yourself are Baba and this is why these people are asking you to apply tilak." He implied that she did not need the tilak on her own forehead.

March 18, 2004 Thursday - Ammachi comes in her dream and indicates based on her actions that she is proceeding on the right path to increased God awareness and not getting bogged down by obstacles. We realized very pleasantly that Jnanis' (ascended masters) assist each other and not affected by who is high and who is low. It is the rest of us who do evaluations and judging.

In her dream last night she saw a few people sitting on the floor. P, V, Gyani, Shivangini were among them. She was sitting at the end and next to her a lot of things were spread out on the floor. At this point she saw Ammachi walk in and came near her but seeing the things on the floor Ammachi hesitated. Shivangini quickly made the gesture of cleaning the floor and requested Ammachi to sit near her. But Ammachi walked across and sat among other group of people. Shivangini got up and went up to Ammachi and sat right

next to her in a way that their shoulders were practically touching. People noticed and commented on their closeness. Ammachi started conversing with her. During the conversation, Ammachi grabbed the pendant Shivangini was wearing and looking at it she said “Baba. Jantar Mantar! Who gave it to you? Throw it away.” Shivangini looked at the pendant and noticed that it was a long pendant with segments to it. At the top it had a round crystal, in the middle it was a rectangular piece of gold with some unpleasant pattern, and at the bottom it had Baba’s face in gold. She threw away the pendant along with the gold chain. Next she saw herself come up to Gyani, who by this time was standing on the second floor of this area described above, and told him what happened while pointing to the pendant on the floor below. She said “I threw away the pendant but that gold chain was given to me by Mom.” Gyani did not have strong reaction to anything she described but wanted to know the details so that he can evaluate and assess. Scene changed and Shivangini saw Ammachi again, this time she had her palms joined together and she told Shivangini in an apologetic tone “Since you are on a journey, Humko aana padtha hai” implying that she had to do what she did.

Later when I was praying at the mandir and was doing “Sai eeshwaraya vidmahe” (Sai Gayatri mantra) when the meaning of her dream dawned on me. After completing my prayers I relayed it to her the meaning of her dream as I understood. I explained that the meaning of Ammachi saying Baba and jantar mantar referred to Siddhis<sup>7</sup>/ miracles and Shivangini throwing the pendant along with the chain indicated that she willingly let go of the occult powers. Since she did this, Ammachi came back and let her know apologetically that since she is on the journey she had to subject Shivangini to this test. The details of this dream were remarkable. In the dream it was already shown symbolically e.g. 1) The initial scene was at the ground level but after throwing away the chain and pendant when she came up to me, she saw me on the higher floor – this meant that Gyani will evaluate, assess, and understand the meaning of the dream from higher source (at mandir) and convey it to her 2) the gold chain was indicative of the bondage caused by Sathwa Guna and her comment that the chain was given to her by her mother also was amazingly accurate since her mother always taught her the Sathwic qualities. As trivial as this may sound the throwing away of the Sathwic bondage (gold chain) is so consistent with the other dreams and experiences that Baba had given her recently around going past Sathwa (last Guna to cross ).

Next she saw a totally different dream where there were two women and a child inside our present home. It seemed that Shivangini and I (Gyani) had just walked into the house and these two women were describing to us that in our absence some people had walked through our house, and were very impressed by its decoration, furniture etc. and they commented that we (Shivangini and I) must be very rich to have this kind of house. Shivangini was surprised at this comment and she said to me (Gyani) that they must be very poor to consider us so rich. The two women further said that the people who walked through the house were getting impressed even with those shoes in the closet. Shivangini was amused by these comments. I understand this dream is showing the spiritual attraction power one gets as one becomes spiritually aware and not necessarily due to worldly riches.

## **Baba explains good, evil; He is monarch of time; her time is ending**

March 20, 2004 Saturday - Baba gives her bunch of thoughts and she was able to recognize that Baba is engaging her with mental thoughts purposely.

Today she heard the following: “Nasdaq” (stock market), “S.”, “It’s a new key” (today you get a new key), “You have come to me”, “You have recognized the diamond and you have the jewel”, “What are we going to eat?”

She said “You want to eat? I know you are pulling me and engaging me in mental dialogue. Why are you doing it?” He said “Stay in this state of mind (for couple of months so that you can do the work.) and I will take care of you.”

March 27, 2004 Saturday - Baba explains the good and evil in the world and how to ward off evil. He educates us further on people and Gunas and how to avoid bumpy rides in life. There was a lot of conversation and a lot to learn from Baba’s words as well as enjoying His loving humor. Baba reminds her again that her end is near and yet I was oblivious to this worldly calamity (although my heart knows spiritually it is the right thing).

Yesterday Baba called her “Door Darshi” (far sighted).

In the morning today Shivangini and I were talking about the letter from MO, the very odd looking picture, and last night’s discussion we had. As we were evaluating and analyzing yesterday’s events and what to do with the stuff MO sent us, Baba gave very nice guidance about good and evil. He said the following to Shivangini:

There was and is good and evil. At the time of creation good and evil was there. There were the three Gunas – Tamas, Rajas, and Sathwa. Soul is given the intellect and free will to pick the right choice. Whenever the choice ended up with imbalance of these three Gunas, there was evil. In Shivangini’s case, she has a treasure of Self-realization. This attracts many cats and dogs who want to take that treasure from her. She cannot act and live saying that everything that comes to us is God’s will and so keep your doors open to let anyone walk in. You need to use your discrimination and ward off evil. God ultimately controls the outcomes but the ride will be bumpy if discrimination is not exercised. One does not need to hate or have ill will towards others who have evil in them; but one needs to make an effort to stay away from the evil. Regarding MO, Baba said that she thinks that there is some good that is going to come from you and hence she keeps coming to you although only good that is going to come is from God. She can do neither harm nor good to Shivangini.

Baba also said about co-mingling logic of different situations although it does not apply (we understood this to be like using one-ness logic while working with variety of people where all of us are still in duality governed by the Gunas). Baba said Shivangini is given golden intellect to know and understand people and situations which is to be used for the above purpose of warding off evil instead of evaluating with mind where we end up co-mingling logic and staying confused and inconsistent in our actions.

In the evening when we were having snacks, Baba said “I am developing your head. When you go out in people, they like heart. But in order to be effective it needs head also.

There is a big difference. If all heart, it won't appeal to all people and it won't be effective."

Baba said – S. is the truth and all that we know about this person is true. He gave example of Truth as foundation and Dharma as structure.

Following is in Shivangini's words about what she heard from Baba:

'It makes me very happy to see XXX and S's Putri (daughter) working together in his reign when he is the monarch of this time....'

'He did not tell me (Shivangini) once to quit all this.' (referring to XXX) 'Come see, it is constructed, the place where we will give lectures.' I believe Baba said this but do not know the place he was referring to. There is quite a revelation in these statements but unfortunately we did not record any further.

"Baba, please verify. Do something that whatever I am hearing is true." Baba said "Didn't I tell you that I will open the doors when time is right. You have a friend, don't forget and he will be always be there for you". Shivangini said this friend was S. "He has come back, though he does not understand, but he has seen it all. He is very near his end. Don't try to protect him. Know that he will be fine. Kalyani, he is a great soul. He is your brother forever." She said "Baba, I said that he will live for 7 years and it is not 7 years yet". Baba said "Didn't you say that M's mother will live for 4 years, and she lived only 1 year. You take it lightly when you say it." She said "Baba, Kshama Kar Dena" (forgive me).

Swami said in the evening when we were having snacks "Eat, Drink, and be merry. Departure time is near." "Who's departure time, Swami?" "Yours. You are the one who wants to come to me."

"Just be happy. Don't you realize I am talking to you? You are my dear ones". She asked "Are we your Dear Ones?" Baba replied "Very, very dear ones". "Didn't I proclaim you as my best? You are my best." He was referring to the dream of Shivangini where on the banner it said "You are the best".

"Always serve him (Gyani). That is your Dharma." She asked "Baba, I thought I am exempted from Dharma." Baba replied "I have exempted you from a lot but not this one." She asked "Why not?" Baba said "Because, he is my dear one."

Baba said "He is love personified" in reference to S. I said S must be very selfless. Baba said "No, no, no. He is divine".

She was eating a snack and said "Who makes this snack, it is so sweet?" Baba said "Are they sweeter than my words?" Both of us laughed at Baba's humor.

"Let people go sideways and you hang onto him." I think Baba said this in regard to S. Referring to Baba she said "I love him. I truly love him." Baba said "I know. If it was not for your love, you would not be where you are."

She was eating an Indian made snack and liking it. She said "If I go to India, I can afford to eat a snack like this everyday, can't I?" I said "Sure" since that snack only cost Rs. 7. Then she said "I will get to see Baba everyday." To this Baba said "as an after thought" referring to her liking to eat the snack as the first thought and seeing Baba as the after thought. Both of us burst out laughing.

## **Baba's humor; Dharma vs. Sadhana; Others spiritual state;**

March 28, 2004 Sunday - It is impossible to know the true spiritual nature of the individuals. What feels good and pleasant on the surface is not necessarily good for us. This is like Sreyas (spiritually good) and Preyas (worldly good). Preyas tends to be pleasant, convenient, and feels good while Sreyas does not.

Today Shivangini had many conversations with Baba, and some of them very witty. In the afternoon while drinking tea we were talking about R and talking about how difficult it has been in either working or helping this individual. At this time Baba said humorously "When the cases are very difficult senior surgeon takes over like R and R. Junior can have U, R, to deal with etc."

Little later Baba said "If you knew the true (spiritual) nature of R, you would run away with fear. And if you knew the nature of other R, you would only hug and kiss this person." Again Baba said it one more time that the true nature of the second R is divine although on the surface it does not seem so.

After we finished drinking tea, we both of us started towards the den from kitchen to continue writing. Baba said to Shivangini "You write 10 pages before you call him (Gyani) to help". She came to the den and opened the manuscript on the computer and pulled up the chair and took a deep breath. Baba said "Ok, Charge!" Both of us burst out laughing.

Baba said "Chapters 6-10 are the gist, work on them" "Right, but which one should I start with?" "Start with woman's Dharma. You don't like my definition of Woman's Dharma, go ahead and develop your own". Both of us laughed again. This is in reference to earlier in the day Shivangini modified Baba's quotation on Householder Dharma because it had 'He' and not they (meaning either of the genders can be head of a household in today's world).

March 30, 2004 Tuesday - Baba makes a humorous comment. Baba says that he received our offering of the effort we put into writing the book on Dharma.

After Realization how Guru Nanakji in exclamation said "Vahe Guru", today Shivangini said "Wonderful, Wonderful" thinking about the marvelous way Baba is growing her. In response Baba said laughingly "This is Realization in Kali Yug!! Instead say Namoh, Namoh".

Today is Sri Ram Navami. We have been working hard trying to write the Dharma book so that we could offer to God today. We are 60 pages into the book about 50% done. This morning Baba said "I already have received your offering." She wondered as to what Baba was referring to.

Suddenly Baba's statement about "Rama is Dharma" flashed in front of her and she was led to the last sentence which said "To become good yourself and unfold the goodness in others". After this Baba said that what we wrote so far is 'becoming good' and a number of things she has done which Baba called 'unfolding the goodness in others'. He gave two examples; her conversation last night to help a couple who were having difficulties in



their relationship; her reminder to Raeshum to do namasmaran on Ram Navami day. Baba further said that he has received Gyani's offering also which was unselfish assistance in typing the above book.

April 1, 2004 - Swami differentiates between Dharma and Sadhana which is a very important guidance to all of us who took birth as humans. I quoted what Swami said here many, many times to people to stress the importance of sadhana versus Dharma. Baba explains marvelously and humorously what has changed in Shivangini since the time she worked at Dow Corning.

Baba said to Shivangini today "As long as body is given it is Dharma, no matter who they are, they have an obligation (Dharma) to connect to God and not to go astray. Amount of Sadhana he (Gyani) does is for maintenance (i.e. Dharma) and not a striving sadhaka who has to do a lot more. If he goes astray, then he will have to take 17 more lives." You will not believe what this one sober sentence did to me!!

Shivangini said to Swami "Everyone feels like they are fools. What should I do with this feeling?" Baba said "They look the same to me." Shivangini and I laughed at Baba's choice of words. Baba then said nicely "As long as you don't have vanity ..."

During lunch we were eating together and while eating she was conversing with Baba at the same time. Suddenly she burst out laughing and then told me what went on. She said to Baba that 'when she was in marketing, and stewardship jobs etc at Dow Corning, was he the one controlling all the things happening then'. Baba said in Shivangini's words 'Yes, he is the one controlling it like the way he is doing it now; he is managing and bringing in correction in all.' Then she asked "Baba, what is the difference, now?" Baba said "No difference except now you have joined the management team." I could not help but burst out laughing because this is the common business terminology we keep using. Baba said it beautifully in business terminology that she has joined the God's team (spiritual management team consisting of ascended masters) and is doing God's work by unfolding the goodness in others

### **Death of her mind; blesses her mother with prosperity forever**

April 4, 2004 Sunday - She sees two separate visions today and both were connected. In the first vision she sees the death of someone or something covered with a cloth and on a wooden base but floating in the air. In the second vision she sees AUM symbol with the elephant trunk like extension was missing. AUM represents, among other things, the three states namely Gross (body, awake state), Subtle (mind, dream state), and Causal (causal, deep sleep state). In her case these visions are showing that her mind has died. This is consistent with earlier indicators of Sthita Prajna.

In her meditation she saw on a piece of paper the word 'bad'. In next vision she saw a dead body on a flat bed like wooden base up in the air. It had a bundle of something which was totally covered with a cloth and had flowers on top of it. The whole scene gave her the feeling of a dead body being carried for cremation.

Next vision: She saw Baba up to his waist line. He was wearing orange robe and on top of the robe right in the middle of his chest area in reddish color the symbol AUM was written. This AUM was missing the elephant's trunk like portion of the symbol and had the other two parts (3 and the last half moon with dot).

April 5, 2004 Monday - Although she continues to see dreams but these no longer are a result of mind related activity like desires or impressions. They are Atman relating a message to her. First dream is indicating that we did not give enough worldly gifts to meet the expectations of the people. In the second dream she blessed her mother forever (life after life) with prosperity.

Last night in her dream Shivangini saw herself in a house full of people which appeared like a gathering for wedding. She was assigned to apply tilak on people's forehead as they came in and also hand them a small red colored ticket which they will need for travel after they left that place. Shivangini had a variety of chandan, vibhuti, kumkum, akshita to apply on peoples' foreheads which she did. She was unable to give the ticket to each person because all the tickets turned into a shredded paste like pulp that she could see in big round plate. Next she saw herself among some of those ladies and she told one of them that "I would like to give gifts, which relative should be given the gift?" Before that lady could reply the other women in the room started counting the names of the relatives who should be given the sarees, one of the ladies said "we like light colored sarees". Shivangini realized her mistake and told them "I have only one light colored saree and total I have three sarees to give away." Next she thought to herself that there is no way she could meet the expectations of these people with the gifts she had to give away.

Next she saw that she moved away from the ladies above and she was in a relatively empty room which had few chairs here and there, a Havan Kund in the center. She could recognize one of her maternal aunts, Pushpa Masiji. Then she saw her own mother come and sit in front of her on the carpeted floor and asked Shivangini to apply the tilak on her forehead also. Shivangini reached into the bag which contained chandan, vibhuti etc. and first she applied chandan on her mother's forehead then she was going to apply the second tilak when her mom told her that "do not put kumkum on me (as a reminder that she is a widow and does not wear kumkum tilak)." Actually Shivangini totally forgotten about it but nodded her head and applied vibhuti instead of kumkum. While doing so, she told her mother "I bless you, you will be prosperous forever." Then she repeated "forever" trying to make her mother understand that the blessing was not just for this life but forever.

Next she was surrounded by few more people in the same room and told the people there that I want to sing "Allah, Allah". They all were surprised and one of her aunts made the comment "you will sing Allah while doing havan?" Then Pushpa Masiji said supportingly "it is ok, Shirdi Baba also used to sing Allah, Allah."

### **Penetrates Ananda Maya Kosha; Krishna calls her his glow**

April 11, 2004 Sunday - Some of the messages from Swami indicated that something will happen in the three months following Maha Shiv Ratri (Feb 18, 2004). Lots of things

happened which when viewed with the worldly perspective have not necessarily felt right or good. In fact it has been an interesting mixture which one can call sometimes very good to very bad and at times unusual. For example, one day Swami advised her to stop all spiritual activities that she was involved in such as holding Thursday Bhajans in our house, teaching spirituality to children, adult study circle, and celebration of all holy festivals. Her initial reaction to this command was that perhaps she misunderstood his direction because how could God ask anyone to stop doing good activities. Regardless she obeyed. Besides this, she was also told to disengage herself from worldly interactions till September. This presented a dilemma, because there were some prior commitments where she had to visit people or people were going to visit her, on top of this, there are people who call her regularly to discuss spiritual matters, and then there are calls from friends and relatives. She asked Baba how to deal with this scenario. Regarding visiting people his general advice was not to do it at this point in time, regarding answering phone calls He advised not to do it as a practice but when somebody needs to be contacted, she will be prompted accordingly. She followed these guidelines and soon faced a new dilemma of people leaving messages on the answering machine and she was unable to maintain even the courtesy of returning the calls. Apparently this was her test as to how ready she was for the next spiritual stage of inward dive. Today she has the remarkable experience of penetrating the 'Ananda Maya Kosha' (last sheath) to reach to Atman.

Day before yesterday (April 9) the incense she lit in our shrine, it burned in a way that the burnt ashes were facing the north direction (typically it has been facing south), and after the incense was completely burnt the ashes stayed attached to the bottom unburned wooden stick portion and formed the shape of waning moon. The ashes pointing northward she perceived as the auspicious northward journey which is described in the scriptures as 'Uttar-yana'.

Yesterday we made plans to visit our daughter in Lansing. Before she woke up she had a brief dream relating to a friend in town. In the dream Shivangini saw herself and S standing on the stairs and Shivangini gave her a packet of Besan (lentil flour). Next they both were in a pantry like room which was filled with lot of uncooked Indian grocery items. S told Shivangini that she should give more food to people. Shivangini looked at the packet of Besan she had already given her, and said "You can keep that and I can give more, do you want this bag of rice?" S replied "People wont eat that, why don't you give them something cooked." Shivangini said "Ok, I can make Kheer and give that to people, would that be ok?" She said "Yes". This dream made her think about giving charity and that thought led to another thought that she is going to East Lansing today perhaps she can visit the Bharatiya Temple there and give some charity to the priest. Then, suddenly she remembered that this year after Shiv Ratri we have not been able to visit temple and the usual charity to be given after the Shiv Ratri rite is still pending. So she thought of few items that we could take to the temple. She proposed those items to me; we debated back and forth about Rice, Dal, clothes etc., and finally decided to give cash and a Dhoti and a Shalla (traditional Indian outfit for males) that she had purchased this time from Puttaparthi.

Our main purpose for going to East Lansing was to take our daughter and her friends out for lunch to celebrate her birthday. So our going to temple was contingent upon time availability at least that is what we thought.

Once the three of us, including Shobun, reached Raeshum's apartment and were climbing the stairs to her apartment when Baba said "Cycle is complete. Now she is new Raeshum." We knocked on her door and went inside when we found out that she was not quite ready and one of her friends had not arrived yet. In other words we had time to go to temple. So three of us took off and went to the temple. There were not many people in the temple, we had the opportunity to comfortably sit down and talk to the priest.

Shivangini asked the priest about what is customary to give to conclude the pending Shiv Ratri rite. Priest said that "because this giving is related to Lord Shiva, it should be white clothes and whatever else you want to do." This is where we observed the handiwork of the Divine, the white Dhoti and Shalla met the need very adequately. When we sat down to worship and make the offerings of clothes etc. we observed that the Shiva lingam that was installed in the temple was draped with exactly the same white Dhoti, Shalla that we had brought for offering. Even the colors of the Zari borders on both of them matched perfectly.

This concluding Shiv Ratri rite was called Udyapan by the priest and was performed with proper Vedic mantras.

As trivial as all these coincidences may appear, a close scrutiny reveals that not even a minutest step or decision taken by us was truly a product of our mind and intellect. Everything was ordained by the Divine. We simply acted as puppets yet thought that we were making all the decisions. Even Shobun joining us to the temple instead of hanging out with his sister in her apartment was also little surprising but it happened. It was Shivangini's desire that we perform some religious rite for Shobun before he leaves home for college in August 2004. So during this visit a formal worship for Shobun also got done and he received the blessings as desired by us.

We don't know the significance of 'Udyapan' of the Shiv Ratri rite but we observed that yesterday, after almost 2 years, Shivangini was allowed to partake the restaurant food that even had garlic and onion. This year after Shiv Ratri, a lot of apples were left over from the Prasad that we have been consuming everyday and, coincidentally, yesterday we finished the last two apples. It seemed as if even the finishing of the Prasad was also related to the 'Udyapan' ceremony.

This morning meditation turned out to be so very different from the past.

She said that it felt like she went into very deep within her heart space and not far out in the external space. She heard some words "Gyan mayi, Agyan mayi". She tried to clarify if it was "Gyan mayi, Agyan mayi or is it Gyan Mayi Vigyan mayi". She was told that it was "Gyan Mayi, Agyan Mayi". She thought to herself 'oh, that is not so good'. Next she heard the words "Chakra-varti" and then "Kilmal (or kilmil)". She asked in meditation what kil-mil was but did not get an answer

Next she saw a single gate like door made of metallic bars. In the right middle edge of the gate, it was locked with a 2-3" lock, and was hanging on the gate with a metallic chain. While she was looking at it, the lock opened, the chain allowed the gate to open about a

foot wide and someone said “Come in”. Baba told her that now she is penetrating the ‘Anand Maya’-sheath of bliss.

After she was done with her meditation she closed her eyes and did concluding prayers and lifted her head up after bowing down and instead of opening her eyes she continued to do meditation again. Baba said “There is no end to meditation.” She understood that like existence, meditation is also infinite so there is no end to it.

May 21, 2004 Friday - Today Shivangini was looking at Lord Krishna’s picture in the family room when Baba said “You are my glow. You are my ornament.”

### **Baba gives her a Mantra; works out her Mom’s vrittis;**

May 23, 2004 Sunday - Today Baba gives her a boon and elaborates on Gyani’s role. He told her that Shivangini worked out her Mom’s Vrittis (tendencies).

Yesterday Baba conveyed the following “You have been filled with Amrith. I give you the boon and the blessing that anybody who thinks of you or looks at you will think of God. And it applies to all religions.” Baba then gave a mantra to Shivangini and said “You do this mantra constantly for 21 days and you meet all my requirements.” It gave the understanding to Shivangini that this is the last of the requirements and she will meet Baba’s expectations.

Baba educated us that Shivangini took on her mom’s vrittis and worked them out by now and freed Mummyji from them. She took these on during her most recent visit Dec – Jan 2003 to India.

Shivangini asked if she takes on something, would it take lives for her to work it out. To this Baba replied “No. Taking it on is related to form and it won’t go beyond that form. It could but it won’t.” The person who loses their vritti may take lives to work it out while the one who took it on can work it out in months and that is the benefit and good to others. Shivangini then asked a very important question if she would take it on from anyone she comes into contact with. Baba said “No. You take it on only when you have a desire to do good to others.” We were reminded that Shivangini has been praying that her mom’s suffering be relieved for a while.

In the morning meditation first thing she heard was “Narak Vasi”. She felt negative but she continued with her meditation. We looked up in dictionary the meaning of ‘Narak’ and it has many meanings – without happiness ... torture ... pain ... death etc. Later on we understood the purpose of giving this word to her was to educate her on different states of mind or different states of existence which are defined as being in ‘Narak’. In fact in the Sanskrit dictionary there were about 20 different categories defined for the states of mind that belonged to the word ‘Narak’.

A little later in the meditation she heard “You live in Vyasa”. As we were writing it Baba said to Shivangini “You tell me Shivangini, what this means?” She asked “I tell you?!” Baba said “Yes. Just interpret it.” Shivangini thought through and said “Vyasa is a generic name for one who simplifies and teaches the scriptures and God’s messages. Right Swami?” Baba said “It is right but not complete.” I (Gyani) said “Vyasa writes

too.” Baba responded immediately “Yeah!! That’s it.” We were further talking about Vyasa that he was called Veda Vyasa and he also wrote Puranas etc. “You produce your Puranas. And speed is important.” “And if you can’t deliver this book on Dharma by August, you failed”. Baba then laughs and says “I won’t let you fail because that is my Sankalp.”

Shivangini relayed to me what Baba was telling her about me.

“Your role is very important. It is a support role and not front line role.” Shivangini asked Baba “Should I say very significant?” Baba said “No. You should say large in scope.”

Baba further said “What he (Gyani) heard in the meditation today applies here.”

Indicating that I need to work on letting go of that attachment and play the support role well i.e. not drive my agenda of rituals, desire to engage in consecration etc. (Gyani heard in meditation today “have attachment to Dikshana” and had to look up the meaning of the word ‘Dikshana’ in dictionary which is rituals, desire to engage in consecration etc.)

### **Baba asks her to live with him Yuga to Yuga eternally; Simple but profound sacrifice**

June 4, 2004 Friday - Personally I think this is the most profound statement made by Shivangini with huge implications for herself. This is the kind of sacrifice only a realized soul (Guru) can do for their disciple (me in this case). The conversation seems very simple but I know what has transpired at the soul level.

Baba said to Shivangini “You are ready but he (Gyani) is not ready. You will be proceeding alone.” Shivangini without even pausing to think replied to Baba “I am not proceeding without him.” Baba said “Hmmm...” Swami had an expression which was adult like and serious (but not upset).

A few days later she heard Baba say “He (Gyani) continues to hone same skills.”

Shivangini asked what does Gyani need to do and Baba replied that I needed to have fluency.

June 11, 2004 Friday - Today is a marvelous day! Swami gives her a blessing and a boon of living with him from Yuga to Yuga eternally. Based on Shivangini’s desire (June 4) Baba had already started expediting Gyani’s spiritual awareness.

In the evening MO came and rang the bell. When no one opened the door she came around the garage side and knocked on the door to the basement. I heard it and I came out and spoke to her. She wanted to meet Shivangini. I told her that Shivangini was home but not in a condition to meet anyone. I further told her that we had to go to the commencement in another hour and that we were getting ready. She said she had a message from Baba for Shivangini “Dear Shivangini, you be with me. You live in me. If you do that, you will get bliss. You live in me.” We talked about a few other things and then she said she wanted some vibhuti. I told her that we normally don’t stock vibhuti and wondered loudly how MO gets her vibhuti on an ongoing basis if it has to come from India. I told her I could hunt and look to see if I could scrounge a packet but told her that in future I may not be able to give. She went ahead and asked me to look for anything we could spare. I went into the house and got a packet of Vibhuti and gave it to her. I asked

her if she needed any money and she said she was low and could use some. I gave her \$20. She said she may not see us again and might try to call to talk to Shivangini. I replied that I won't promise that Shivangini will answer.

Later in the night Baba gave the following message. "Kalyani. Devi. Live with me Yuga after Yuga, eternally. That is my blessing and boon. I will give you the power and the boons to carry on the work for which you are created. Narayani today was a blessing. He (Gyani) has advanced. Let him flourish. He is there a simple, reckoning, fluid, capable, noble, XXXX to support and work on the My mission." When she wrote 'the mission' I said that Sai Avatar mission is different than Ram Avatar mission, and Krishna Avatar mission. As I was saying this, Baba said to her "My" mission.

Little later Baba stressed the importance of not lying and I can't remember the exact context.

We were discussing about going to Augusta, Georgia by driving and how long will it take. We were planning on staying there July 1, 2, 3 and return on July 4. During those three days Shivangini may have to give three pravachans (discourses). At this Baba said "I want you to fly. Do you not have enough money?" I said aloud to Shivangini "Namoh, Namoh Baba. You gave us so much, way more than we need for flying." Baba reminded us of what he had said earlier "History shows that prophets have been poor. I want to portray you as rich prophets."

### **Sees Dissolution; experiences formless; role of prophet**

June 14, 2004 Monday - She experiences marvelous dreams and visions over the last 21 days which are linked and seems to lead up to today's dream of seeing Dissolution and experiencing Brahman.

Maybe around 10 days back when one afternoon Shivangini was very tired and decided to take a nap. She had not fallen asleep yet but the eyes were closed when she saw a flickering light inside her heart which slowly took the form of a man in orange robe just like Baba with His body facing away from her. Then the body along with face turned so that she could see and realized that the head was without any facial features and hair, which felt strange but did not generate any fear.

On May 20 while doing morning prayers a mantra flashed in her mind and at the same time she heard "It will meet my requirements if you do this constantly for 21 days." She started doing the mantra. Mantra had a mix of Avatar's names including Sai Avatar. After completing the mantra for 21 days, yesterday in the evening she did Sai Gayatri "Prematmanaya Vidmahe, Hiranya Garbhaya Dhee mahi, Tanno Sathyah prachodayat". Above dream and today's mantra seem to be linked showing that she is going beyond name and form and experiencing that in her spiritual heart.

Not sure how all the above events are linked but last night she had an interesting dream which suggests that there may be a sequential link of the above mentioned events. In the dream she saw herself in a big structure at the shore of a huge body (sea or ocean) of

calm water. As she was looking out and walking towards the water she saw lot of people coming out of the water and wanting to take shelter in her ship (structure). Shivangini saw a huge wave was coming right behind them and they all were seeking shelter because of that. Shivangini recognized Krishna Masiji (her aunt), and her deceased husband in that crowd of people. Looking at this scene Shivangini said “Destruction is inevitable, there is no point going out into the water, lets go inside.” Along with many people behind her she started climbing stairs that were very wide (about 20 feet). Though she recognized the seriousness of the situation but to make it light she was cracking jokes and said “This must be a delighter for the people who love to exercise, because they will be exercising just before their end.” After climbing the stairs the spot they reached, water also reached to that point. There were another set of wide stairs that were going further up. And where she was standing she could see couple of people at the top of stairs rolling down the stairs due to the force of water that was pushing them down. Where Shivangini was standing along with some other people, right above their head the ceiling was made of unfinished iron bars and once again she said loudly “Destruction is inevitable. Before the end I want God.” She waved her hands in the air as if opening a book and then she saw a black stone figurine of Kali Ma who was holding a small weapon in her left hand. Shivangini said “This is the goddess of death. I want God”. Again she waved her hands in the air as if opening the book and this time she saw something that she could not relate to, or identify. Dream ended there.

This morning she uttered a mantra in an unusual way under internal guidance and when she was done with it Baba said “This mantra describes the creation and dissolution. The dream you saw last night is the vision of the mantra showing the dissolution phase.”

In the evening we went for a walk and were discussing the dream and what Baba said about the mantra. We understood that in the dream when she wanted to see God before the end, what she saw was actually Brahman and this is why she could not recognize or relate, or identify. I remembered what Baba said to her earlier about her being with Him Yuga to Yuga which meant that she will be with God in every Yuga and the crowds of people coming into her structure from the ocean explains her role of helping people through Bhavsagar (ocean of life).

June 26, 2004 Friday - This day was my father’s Shraddh day (death anniversary per lunar calendar). We called Flint Shiv mandir and made arrangements with the priest to do it at noon. Although priest did not specify any special cooking for the Shraddh, Shivangini made kaju pakodi and payasam for offering in Shraddh. After we completed the rites we went into the mandir and bowed down to the deities. As we were doing that, Sri Ram spoke to Shivangini from the picture and said ‘Ati Prasanna’ (very pleased) at the mind level.

June 27, 2004 Sunday - Baba mentions her role as prophet again.

Today while Shivangini was talking to J on the telephone said to her that we have written about 500 pages full of experiences already. I heard it and after she hung up I said “For next time remember that it is about 300 pages and not 500 pages.” At that time Baba said



to Shivangini “Tell him. His role is not to raise another Harishchandra. Task is more difficult. It is to bring forth a prophet.”

July 9, 2004 Friday - Baba says that her cleansing is complete.

She heard today in the morning “Evil no longer will be allowed to enter here.” In the afternoon she read ‘Life is a game, Play it’ by Joy Thomas and in that she came across the experience of Joy that was of cosmic oneness.

“She has Brahmanubhuti and you are a Jivan Muktha.” As we were discussing the differences between the two and trying to clarify our understanding, Baba said “Your cleansing is complete.”

### **Dream shows how she would leave her body; she is ready**

July 24, 2004 Saturday - The dream she had recently is indicating how she would leave her body. I can relate very well to the disgusting scene which got her out of the house since I was tending her cancer wound, along with the hospice. It was symbolically showing her physical condition before passing away. The vehicle and the huge human figure relate to the experience I had on Sept 3 2005 with in an hour after she passed away.

In Shivangini’s words:

I had a dream (date?) where I saw the indoors of a home which were filled with some reddish muddy looking water and in the water there were some reddish color 1 inch size bugs. Because of this repulsive sight I stepped out of the home onto the street. On that road at a little distance from where I was, there was something on two wheels which gave a feeling of it being a two seater vehicle. Then next to the vehicle suddenly appeared a giant human figure, blackish in color. This giant person from that distance reached out and grabbed me from the shoulders and placed me inside the vehicle. He had an expression of frustration on his face, and I had the feeling that he is taking me away from that home. I turned back and saw that the door of that home was closed. It also gave me the feeling that the scene inside the house was the mechanism used to get me out of the house so that I could be taken away.

Baba said to her about coming to Puttaparthi in August, 2004 “Now you are ready. Come and get what is your right.”

Yesterday evening regarding her question about responding to C’s message, where she wanted to come and visit us since she was in town, Baba said “What does your heart say?” She started thinking so that she could reply to him but even before she reached too far in her thought process, Baba kept interrupting and saying “No, not that. But what does your heart say?”. In other words he did not want her to analyze in a normal intelligent way but regardless of any concern for good or bad or right or wrong he wanted her to come up with a heart-based response.

Today she heard “Organs of knowledge...Organs of Reactions.” “We will not fair well in intelligence”.

## **Free will at play; Spiritual Journey – now and in future**

July 25, 2004 Sunday

For the first time we actually saw how free will is allowed to play itself, how my Guna was used to stop it, how outcome still was the same no matter which choice Shivangini took. This was a powerful learning for both of us.

Today in meditation she had a very subtle vision of Baba extending his arm and very quickly pulling her inside a house as if protecting her.

Later in the day few things happened around one of our acquaintance C's unexpected visit to midland. We were made to realize that above experiences were somehow related to C and our interaction. This was all around C's call about wanting to see Shivangini on Sunday. How it did not work out during the day, and later in the evening Shivangini picked up her call and how we were going to go and give a book gift to A. At the end of the evening we ended up not going there but instead took their address and we were going to mail the book to them.

Next day in the morning as she was getting out of bed after meditation, Baba said "Vipadha Kati". Dictionary meaning of Vipadha Kati is escaped calamity. This was in reference to the happenings around C's visit yesterday.

July 29, 2004 Thursday - She has two very interesting dreams around journey in a bus flying in the air which means short term spiritual journey at a high speed. Both of these dreams portray her spiritual journey – one in this life and the second one in future with Baba.

In her dream she saw herself in a bus that had men, women, and children. Interestingly this bus was not on the ground, instead it was flying like an airplane and from the bus she could see the aerial view below consisting of ocean, vegetation, couple of narrow roads. She saw the view and then she sat relaxed with her eyes closed. Next when she opened her eyes, the journey was over and she said to herself that, 'we went through so many difficulties and managed through everything, and reached safely'.

Next she saw another bus which was also in the air, this bus was filled with men only but the bus was waiting for her. She boarded on the bus and took the only vacant seat, at the very end of the bus. She looked down and again saw the same aerial view which she had seen from the previous bus and felt that the journey is difficult. So she expressed her concern to the driver who was way in the front and she was at the extreme left hand corner of the bus in the back, incidentally it was a right hand drive vehicle. She told the driver that if there is any difficulty how would I draw your attention since you are in the front so far away from me. The driver made her realize that she already had his attention and was talking to him across the same distance and he said, "You can talk to me just the way we are talking right now".

## **Serious accident; Northwest is her region**

August 1, 2004 Sunday - In the morning when she woke up she saw on the wall of the room, which was facing her, something written all over in Hindi or Sanskrit language with black ink and fairly big size font. On this wall there was also a picture of Sri Sathya Sai Baba. The writing was around the picture but not on it and the writing wrapped on to the adjacent wall. As we were writing this down Baba said, "See, it is North West", it was in reference to the two walls on which she saw the writing. We understood what he meant because in the past He had told her that she is given the northwest region to work in.

August 5, 2004 Thursday - She meets with an accident resulting in concussion, fractured bones etc.

X came in the morning. Shivangini gave her Vibhuti and mantra for Y for unknown ailment he has where he gets seizures or fainting spells.

Today in the evening about 6:30 pm while we were walking on the rail trail a bicyclist came from behind and hit Shivangini at a high speed and she fell forward on the pavement resulting in lots of bleeding, multiple fracture on the nose, big bump on the forehead, and severely bruised ribs and muscles. She ended up in the Emergency and had to stay there for 3 hours.

## **Installed in Shiv Mandir; Baba enveloping world; Conduct in spiritual world**

August 12, 2004 Thursday

She has remarkable experiences today in spite of the aches and bruises she has from the accident. In meditation she is installed in Shiv Mandir, enters into spiritual world, will experience Baba as Cosmic Consciousness, and she is taught how to conduct herself and walk with Baba in the spiritual world.

In her morning meditation she had the following visions today:

- \* She had a vision of Shiva temple in Puttaparthi and there she saw a stretched out palm and part of the hand and heard "Remember I said you will be installed here. Today I am installing you here."
- \* She saw a canister lid being opened and she heard "This means enter the spiritual world!" (after leaving the body?)
- \* Baba reminded her of a past experience where she was up in the air with Baba and looking down on the Prashanti Nilayam. She saw it all empty with no people and understood that the view was that of Atma. At that time she asked Baba "Is this how you see everything and everywhere?" To which Baba replied "Later". He reminded her of this experience and said, "Now on, you will experience Me enveloping the whole world".
- \* Baba showed two steps in slow up and down movement and said "Stagger. When I put My foot down you lift your foot up, and when I lift, you put it down." This is symbolizing that she is being taught how to conduct herself (and walk with Baba) in the spiritual world.

## **Shiv Parvati; golden intellect; Baba gives her rice**

September xx, 2004

Shivangini was in Puttaparthi from August 25 till September 27. She had many experiences and met varieties of people over there.

\* She was sitting in token line for darshan and was wearing a peachish orange saree.

While sitting there she had a vision exactly of how she was sitting there and then she saw rice being poured into her lap. (Baba gave her what is her right as He said on July 24, 04)

\* Next day while sitting in the token line she saw a vision of a 2-year-old boy and a hand that sprinkled rice on the boy's head. (Is this Shivangini in the spiritual world?)

\* On September 18, 2004 (Vinayak Chaturthi) while waiting in the token lines for Swami's darshan in Prashanti Nilayam Shivangini had a vision of golden Ganesha about 3" high coming towards her rapidly. It was a subtle vision but very clear. Golden Ganesha is indicative of golden intellect.

\* Next day, September 19, 2004, again in the darshan line while meditating she saw Shiv Parvati. It was a subtle vision and she saw them alive, not as sculpture or picture.

\* She met many people from different countries and got to know them well – Italy, Germany, England etc.

## **Nirgunopasana; detachment from children; spiritual treasure**

October 1, 2004 Friday - In her meditation today she saw a lady sitting who felt like Baba to her. Shivangini was wearing white and she was moving around that lady. She was making an effort to touch her feet but just could not. Later Shivangini felt like lying down and putting her head in the lap of that Lady but just could not. A little later she saw Lord Krishna who was in a lying down posture and was laughing. Shivangini felt that the laugh felt to her as if Lord Krishna was laughing at her attempt to get closer to the Lady and touching her feet while doing Nirgunopasana.

October 2, 2004 Saturday - Both of us get a strong lesson on the need to work as Sai team and detachment with children.

During daytime when we were talking, Baba gave the following message to Shivangini. "I have given you the power of speech and to Gyani the power to write. You no longer want to talk and want to become a saint and as a result he no longer is writing. You both think that you can advance your spiritual growth with your own efforts instead of the path that I have laid out for you. Work as Sai team. He can understand but he is a fool." She asked how he is a fool. Baba continued "He thinks but does not act? You act but don't think. Often you can't understand because you are a young soul and that's why I have given him to you. Work as Sai team." Baba further continued and said in regards to our concern for the children "I have told you that your children are being taken care of. But you don't trust that and want to take care of them yourself." Baba said about attachment "Whenever you interact with people do it with love and affection. Planning when to interact, and how to interact is due to attachment."

October 3, 2004 Sunday - Today we get another opportunity for detachment with children.

Today we did our morning meditation together after a very long time. In her meditation she heard “Fatima Abdullah, Don’t make mistake again”.

Little later she understood that she should talk to children and establish some rules of communication etc.

In my meditation I heard “I agree”. Little later I heard “Enjoy the moment”.

After the meditation she and I talked about what she heard regarding children. Shivangini wanted to lay down some rules to children regarding communication. I spoke up and said that it will not help laying down the rules and it will only make them go farther away from us. Since Swami has already said that he is taking care of them then why get concerned. Little later Shivangini realized that her first message about not making a mistake is related to the discussion we had about children.

October 9, 2004 Saturday - Baba says that together we have accumulated a treasure (Spiritual?) and I am willing to share it with Shivangini. When I heard it I was surprised because there was nothing that I would not share with her, but based on what Swami said there got to be something in my Chitta (part of mind that stores up tendencies, sub conscious desires, memories etc) indicating that. Good thing is at least I improved to the point of sharing. In 2007 I feel this dream is indicating the spiritual treasure that is being shared in this book.

In her dream she saw an indoor scene where there were people coming and going. She saw herself sitting at a table with a bottle in her hand which supposedly was an alcoholic beverage. On the bottle it was written ‘Cordell’. There were a couple of people who stopped and asked her where she got such a nice and precious drink? Shivangini replied “I don’t know. But if you want a sip you can try.” The man was surprised that she would be willing to give a sip from such a precious drink and said “No, no. It is ok” implying that it is so precious and she should not be sharing it. Next she saw Gyani who gave her a tiny something the size of a button along with a letter which she took it with her and gave the letter and the tiny something to a person. That person in exchange gave her \$52,000. Then she was back in the spacious indoor scene. She saw Gyani walking toward her. Gyani took her aside and made her sit at another table and he placed on the table a light pink beige colored thing which was about 9” wide, 21” long, and 6” high in the middle tapering to 2” at the edges. It was almost like a convex piece of some kind. Referring to that piece he said “You take this”. She asked “What is it? What am I going to do with it?” He replied “This is money. Remember how you could get \$52,000 from a tiny piece I gave your earlier. From this you can get a lot more.” She kept saying “I don’t want it. You keep it.” Then he repeated “No you take it. If you take it, it is same as me keeping it.”

At about 11 am we were writing down the dream and regarding the convex thing, blob or little mountain of something pinkish that she saw in her dream, Baba explained it as follows “There is a difference between money, wealth, and treasure. Treasures are inexhaustible. What you saw in the dream was a treasure that you (Gyani and Shivangini)

have accumulated. In the dream Gyani giving the treasure to you means now he is willing to share.”

In the morning meditation she had a vision of two stones vigorously rubbing against each other and she could hear the sound.

### **Jivan Muktha; Mother blesses her with Moksha (liberation)**

October 14, 2004 Thursday - In morning meditation today she was thinking about doing puja for Navratri. To this thought Baba said “Shubh, Laabh, Aashirwad” (auspicious, beneficial, and blessings).

We started doing the Navratri from today onwards and today’s puja proceeded uneventfully. On Friday the 15th after the puja we did Ma’s Arati when Divine mother spoke to Shivangini. Shivangini said “Are you blessing me?” Mother said “I already blessed you.” Shivangini asked “What was your blessing?” Mother said “with Moksha”. Baba started saying a few things but she could not remember all of it. Baba said “You can go and add your name to the list of people who are Jivan Mukthas”. (She read in an e mail where someone asked a question about Jivan Mukthas and someone else replied giving 5 names.) We were about to get up when Baba said “Do meditation for 10 minutes” which we did.

### **Realization of Mantra; Helps 9 people in Navratri; Karma Yoga complete; Prashmani;**

October 16, 2004 Saturday - She has the realization of the mantra ‘Om Sai Ram’ in her meditation. Lord Shiva clarifies her doubts. Her Navratri prayers help 9 people. Her Karma Yoga is complete. Baba tells what her role is one where she gives peace and destroys egos.

In Shivangini’s words:

In the meditation I had a realization of the Mantra ‘Om Sai Ram’. This understanding was not same as theoretically knowing the literal meaning of those words. Literal meaning of these words I had known for years. But this was a realization (or call it a revelation) of the meaning of Mantra from within. In the past I had the meaning of few other mantras’ revealed to me in this same fashion. Now I understand what scriptures mean when they say ‘the meaning of mantra was revealed’.

Little later in the meditation she wished for Baba’s darshan like she used to have during her trip in Puttaparthi. Almost as if in response to her wish she saw herself in Prashanti Nilayam entering from Ganesh gate. She went up to Ganesh mandir and briefly bowed down from a distance then turned around and from a distance bowed to the snake deities. Then again from a distance she bowed down to Lord Subramaniam’s sculpture and said to him “I don’t know why but I really like you.” Then she wanted to go for Baba’s darshan but Baba said to her in her heart “First go to Gayatri mandir.” She went to Gayatri mandir, and stepped inside the Mandir. As she was looking at Mother, she saw Her first in green color saree and all matching ornaments; then she saw Her in yellow

saree and gold/ red ornaments; and then in red saree. Shivangini asked her “Why did you give me two conches?” (this question was a reference to the two conches she had found in front of the Gayatri mandir during her trip to Puttaparthi last month.) Mother replied “I will tell you later.”

Then instantly she saw herself inside the Shiva temple which is about a few kilometers away from Prashanti Nilayam. She sat at the feet of Lord Shiva, felt very close, and she asked Him “Why have you turned into a sculpture, why are you not alive like you used to be?” He replied “I already have given you Amrith (nectar of immortality).” She further asked “What you gave me before and I distributed it indiscriminately to people, was that a mistake?” (This was a reference to a past experience where in this same temple Lord Shiva married her and gave her hands full of something that looked like rice grains. And she had seen herself throwing it up in the air.) To this question Lord Shiva replied “No” meaning it was not a mistake. Again instantly, she saw herself sitting in the Kulwant hall waiting for Baba’s darshan. Very soon Baba arrived in the golf cart and looking at her he said “Come”. Upon this command she instantly was inside the cart. Up until this point in all the previous scenes she could see herself in the scene. But this time she no longer could see her body in the scene. She knew she was in the golf cart with Baba but she could not tell where she was i.e. at His feet, or sitting on the seat etc.

This kind of experience where she lost her bodily existence totally has happened the second time. This is a repeated reminder from Baba that she is one with Him.

After this experience her meditation continued little longer where she transcended and had a vision of 9-10 sprouted plants about 4-5” in height, held together at the base in a jute covering protecting the roots. She was told that these plants symbolize different individuals and are being given in response to her prayers. (This year she has undertaken the Navratri rituals for the welfare of 5 individuals and today is the third day of the Navratri.) Further she was told that she is being given not the seeds but the sprouted plants and now it is her responsibility to plant them correctly. She was also told that they will flourish. She was praying for 5 people but this bunch had 9 or 10 plants.

Many months back she had a vision in meditation where she saw a huge garland of white flowers which was being strung but not completed. Today she saw the same huge white garland that is complete with both ends joined (completed garland of flowers – Karma Yoga complete).

Many interesting things happened today which helped us understand the way God guides and works through us.

Shobun and Shivangini had a three-hour chat and discussed about different things including the rituals and where Shivangini is in her spiritual state. He posed many thought provoking questions including going to S’s home for Navratri puja. This discussion made Shivangini decide to go to S’s home today and while still talking to Shobun she started making ‘makhane Kheer’ (although she never made makhane Kheer (lotus seed pudding) before and did not know why she picked that for today) to take to the puja. She did not think of making the Kheer if we were doing Navratri in our home and instead was going to offer honeyed nuts. Shivangini felt very good about the discussion she had with Shobun.

She sat down and was talking to me after Shobun went out when small amount of milk boiled over. She and I discussed about going to S’s home and then went through

discussing on what is the reason we would not go to others homes for the puja. Finally we decided not to go to S's home. At this time Baba said to her "You tend to become the character while enacting a role in a play."

She understood that the saplings she was given to plant correctly, one of them got planted today by her discussion with Shobun. We suddenly realized that it was all a play and God is making it happen. Little later she was looking for Lakshmi Sahasranama (1008 names) for today's puja. She was lead to a Hindi havan paddathi (procedure for ritualistic fire) book and in that she found what she was looking for. The book also mentioned what to offer to each of the Goddesses (Lakshmi, Saraswati, and Durga). As she was reading it she found that makhane are to be offered (along with other things) to Goddess Lakshmi. This stunned both of us as to a seemingly random act of making Makhane Kheer, was not random indeed. Later as we were getting ready for the Puja at 7:30 I was shaving and getting ready to take a shower before Puja. At that time Baba reminded her "Look at him. He is going to take shower for puja and you are not even changing your clothes." Then she decided to change clothes. I suggested her to take hot shower so that we are fresh and keep warm too while doing the puja. After shower as she was getting ready to wear sari, Baba directed her to wear green sari with gold border, matching jewelry of emerald and diamond. After she got ready, we both of us suddenly connected it to her vision in the morning about Divine mother wearing green sari and matching jewelry. As we recollected the events of the day, it was both stunning and gave a deep feeling of understanding at how closely God has directed the happenings today.

\* Baba said "My talking to you is as much a blessing as me not talking to you." This is in response to her frustration at the reduced communication from Swami recently.

\* Baba said "Your mind is wiped. I have taken it." (a requirement for Jivan Muktha)

\* Baba said "You wanted to know about your role. It can be described in one word 'Prashmani' (Prasham – peace, destruction; Prashmani - one who gives peace and destroys egos).

\* One of the reasons for her accident on Aug 5 is to correct her understanding about Purusha and Prakriti, Brahma-upasana versus Ishwara-upasana. Baba also said to Shivangini "You must write all the reasons why the accident happened."

## **Food effect on dreams; Gyani's progress; lost desire in rituals**

October 17, 2004 Sunday - Baba taught us again about the impact of late night eating on dreams one gets.

She heard in her meditation "Poorna, Poorne". A little later she heard it again (Poorn – complete, Poornaa – 15th Kala). Last night we ate late around 9 pm and ate plenty of makhane Kheer with nuts. In the morning meditation she had lot of visions and as she made an attempt to understand them she was told by Baba that it was all due to late night eating and not to waste time trying to understand them.

At the end of the meditation she was shown something written in large letters and it read 'ISHULA'. (Ishu – Arrow)



October 21, 2004 Thursday - Earlier on June 4 Shivangini said she will not proceed unless Gyani goes with her and since then Baba has been speeding up my progress. Baba said yesterday about me "He will do good work". Shivangini asked "What will he do?" Baba said "You will be pleased."

October 22, 2004 Friday - In the morning she woke up to a dream where she saw herself cooking meat on the pan and then she ate a piece of it. She woke up perturbed. Today is the end of Navratri and we did not record what this particular dream conveyed. I am connecting this to the intense feeling she had during Visarjan on Oct 23, Saturday.

After we completed the 9th day of Navratri, Baba said to Shivangini "You have completed 25 years of sadhana." (Although in this life she did only 7-8 years of Sadhana).

Baba said "R, few children, and some other adults have already been dispatched in a bus and they will catch the plane" referring to the spiritual journey of these people. These were the 9 sprouted plants that she saw in her meditation on 16th. He said further that Shankh (conch) symbolizes Naad (sound) and it is prelude to creation (Two Shankh that were given to her at Divine mother's temple in Puttaparthi - one perfect and the other is little bit broken). One is Gyani and the slightly imperfect one is female. He said further that marrying God means delivering. At this time we do not know who the other Shankh is.

October 23, 2004 Saturday - Yesterday we went to Bharatiya temple in Lansing at about 4 pm and found out that they are not open till 5 pm. It was continuously pouring rain all day today. We went to Meijers, bought some essential things for Raeshum. Then we went over to the temple again at 5:20 pm. There was an engagement puja being done in the mandir and we could not go up to the altar. This is highly unusual going to mandir and not being able to see up close or go near the deities. We left couple of flowers and a pomegranate fruit in front of Durga ma's picture. We came back home and did Arati and Visarjan of the Durga Ma's picture we worshipped for the Navratri. While doing Visarjan she came over with an intense feeling of sudden lack of interest in rituals and pujas. This I think was the goal of the Navratri puja we were allowed to do.

October 24, 2004 Sunday - She realized today that "if you don't become selfless and have the willingness to serve, it defeats the purpose of all religious activities like Bhajan, meditation, pujas."

### **Dream about Self; rid of baggage; works out M's tendencies**

November 2, 2004 Tuesday - She has a very interesting dream where she sees the lower and upper self of one of our children and the upper self is giving directions on how to meet up after death meaning how to attain Liberation. I seem to be following the instructions (the path) but not accurately and Shivangini tells me so. Hopefully Baba and Shivangini would lead me to the right path now that she is not present in her body form.

In Last night's dream she saw the loft of our home where there were three children two boys and a girl though only the boys were visible. These boys were twins and supposedly our children and they were only 3-4 yrs in age. The boys were brilliant, and one of them had very pleasant demeanor. The happy looking boy drew Lord Shiva's picture and few other techniques on a white foam board and told us that if we follow these techniques we can all meet up after we die. Gyani started quickly cutting up the foam following his instructions though not doing accurately. Shivangini said to Gyani that he was not doing exactly the way the boy explained. At this time Gyani and Shivangini were in the bedroom and the boy was in the loft and Gyani said to Shivangini "Why don't you call and clarify how to do it correctly?" Shivangini said "But I don't know his name". It was actually at this point she found out that they were her sons. She said "How can they be my sons when I don't even know their names". In response the explanation came that both boys are essentially same, one is the appearance and another is the real Self.

In the same dream, the scene changed and she saw her aunt S for whose well being she has been praying lately. In the dream she saw S hungry and wanted food. Due to Shivangini's prayer S's spiritual hunger is awakened and she is ready for spirituality. We do not know how and when this would come about.

November 6, 2004 Saturday - In her spiritual journey as it speeds up, Baba helps her in getting rid of her baggage – burdens, vrittis, attachments and gives her three jewels (On Nov 13 we understood that these jewels are Siddhis) because of her successful completion of Baba's tests. She works out M's tendencies. Later in the day Lord Krishna shows his omnipresence and omniscience.

Last night she had two separate dreams.

1) She saw herself getting off a train on to the platform. In this train the luggage was not inside the train with the passengers but was on the outside and could be accessed from the platform. This luggage holder had a vertical door running the full height of the train. Someone opened this door and took out 5 big pieces of luggage and the porters picked it up and started walking while she was still looking through the rest of the luggage to see if anymore of her baggage is left there. Then she turned around and saw that by this time the porters had already walked a distance and actually were crossing a bridge to go across the rail tracks. She understood that now she was supposed to go on a jet, so she asked where those porters were going. In response she heard the voice 'don't worry about it, it is gone'. Next she saw herself in front of a small counter where a man was standing and had trays full of jewelry. He asked Shivangini "Which jewelry belongs to you?" She said without looking at jewelry "Three rings." Then he brought the trays closer to her for picking out her rings. When she looked at the jewelry she recognized lot more jewelry that belongs to her than the three rings. She pointed those to the man, but the man said you already said that you had only three rings so just take your three rings. In order not to sound dishonest and look greedy, she let go of everything and picked the three rings. One of the three rings after her picking changed its looks. She brought it to the man's attention that this is not the ring she owned. Man said "It's ok. Now this one is yours". This is where the dream ended.

2) The next dream was about M and herself. There were details not worth describing but the gist of the dream was that Shivangini was made to take on the Vrittis (tendencies) of M to expedite her cleansing process. In the dream Shivangini saw herself at the tail end of this cleansing process (symbolically it was shown as ready to take the shower) and M appeared in very clean and fresh looking light blue color clothing and eating a banana (symbolically shown as clean and enjoying the fruit of merits). She seemed totally unaware of the fact that Shivangini was working out her Vrittis.

We came home after shopping and were drinking tea. At this time Baba said to Shivangini “You can thank me for getting rid of your luggage” referring to the dream and the luggage she lost.

We were getting ready to empty the water from Raeshum’s waterbed. I was looking for the plastic threaded cap for the water outlet of the waterbed. I took it to the store and left it in the car. So I went there looking for it. It was not there and I searched all over the car – trunk, back seat, etc. When I was doing this, Shivangini was at the mandir looking at the deities. She said in her mind that she needs to beautify the mandir. At this time Lord Krishna spoke to her and said “What he (Gyani) is searching for is in the house and not in the garage.” Then Lord further said “You have not called my devotee yet. She (P.) is waiting.” Shivangini came down the stairs and looked for it on the kitchen counter and then on the washer dryer where she found it. Then she opened the garage door looking for me, and at that time I concluded that it was not in the car and was starting to head back into the house. She told me that she found it and also related to me what Lord Krishna said.

In the evening we were eating our fruit and milk dinner when Baba said to Shivangini “So Kalyani, you have passed the test.” Shivangini asked “Did I really pass the test, Baba?” Baba replied “Yes. That is why you were given the three jewels.” This giving jewels relates to the dream that she had last night.

November 7, 2004 Sunday - Today she had two dreams again but I am not writing the details because they are lengthy.

In the first dream she was helping Raeshum move from worldly life/ living towards more virtuous and spiritual life/ living. There were obstacles but she was helping Raeshum overcome those obstacles.

In the second dream she sees herself among the devotees of Baba and she is giving them prasad (sanctified food offering) she obtained although they do not quite seem to understand the value of that prasad.

### **Reaches freedom; Senses tamed by Buddhi (intellect)**

November 10, 2004 Wednesday - Baba says Gyani is the one who is to write and that is his Sankalp. He also reminds her of what he said back in 1997. She reaches freedom!

So far Baba has communicated in different ways that we must write, but it was only this morning while taking shower Baba clarified to Shivangini that the writing needs to be done by Gyani and not by her. He said “When you were having experiences in 97, 98, I said it is for you to realize and for Gyani to summarize. Now you are being told by different people that your writing is not up to par.” She got quickly reminded of three four different instances in the recent past where she received criticism or polite rejection of her written material. She asked Swami “Is Gyani’s writing better than mine?” Swami said “That is not the point. I want Gyani to write. You have health problem which interferes with writing. If you write about your own experiences, it will be perceived as vanity. But if he writes, the impact will be different. Does he not show more interest and diligence in writing than you do? Even if you do the writing, it should be under his name. Whatever got written so far would not have been possible if he did not write. He came to give a boost to the young soul and writing is a part of that.” Further Baba said “the book you gave to Trust for approval would have been approved if Gyani’s name was also included as an author.”

Today in meditation she heard in a very soft voice “freedom, freedom.”

During the day she opened a book written by Joy Thomas for receiving a message from Swami. What she got was the definition of ‘witnessing attitude of a self realized soul’. It said that ‘witnessing attitude’ means being ‘non intrusive, non demanding, and non hoping’. This definition was very helpful to us at this stage as we have been trying to practice the witnessing attitude at different fronts including raising children.

November 11, 2004 Thursday - She saw in a dream which later was explained in a book that the senses are completely tamed by her Buddhi, intellect. Today she gave healing energy to a friend’s companion and later Baba told her the downside of doing it although he is protecting her.

In the dream she saw a courtyard which felt like it was right in her inner space. She had a similar kind of vision in the past also where she saw a scene inside a tunnel that was described to her as the cavity in her heart. Similarly in this dream also it felt a courtyard inside a tunnel, in other words a courtyard in an indoor setting. She saw a knight with a protective shield on his face, a lance in his left hand, and riding a galloping horse. This knight was actually getting out of the tunnel but Shivangini was standing right in his path. Since the path was narrow, she did not know if she would need to fight him or not, so that the knight could leave. By the time the knight reached where Shivangini was standing, she realized she was up in the air and the knight (soldier) left without even noticing her. She felt that the knight was leaving victorious.

About 4-5 months back in a vision she had seen a man sitting on an animal and pulling the reins on the animal and leaning back. This vision was also a lighted view in her inner space.

It seemed like the man was taming the animal and in last night’s dream that man succeeded in taming that animal and rode it out of her inner space. We understood that this animal was a specific fear that Shivangini had where she was constantly afraid of her spiritual well being and had not surrendered to Baba for its protection. (This was our interpretation at the time it happened).

On Saturday Dec 25, 2004 Swami helped in understanding this dream more accurately through one of his books which has his quote as follows:  
“The Vedas and Sastras provide illumination to guide the steps of man but, to the blind, it is always dark, however bright the illumination; for those who have lost faith, faltering along, stumbling and falling, is the only course. The Vedas and Sastras point out the means of securing the secret of lasting joy; but, man is attempting to earn shadowy joys, fleeting pleasures, pleasures fraught with the evil and harm. He is trying to draw water with a pot full of holes. The sense leaks out the joy he draws. They are wild untutored servants who dictate their master, the mind. The mind has to be brought under your grip; then the servants will fall at your feet. The mind is the monarch; the senses or Indriyas are the soldiers; the soldiers are now ruling the king; the soldiers are now ruling the king, because he lends his ears to them and not to Buddhi, Intelligence, who is the prime minister. Let Buddhi take charge; in a moment, the senses will be forced back into camp and the mind can save itself. The Atma is the Sun in the firmament of the Heart. Now, the light of the Sun is obstructed by the thick clouds of Vishaya-Vasana (desire of sense objects and objective pleasure); let the strong wind of Paschaa-thaap (repentance and resolution) scatter the clouds, so that the Atma may shine forth brilliantly.”

During the day a friend came with a companion to visit Shivangini from Detroit. While talking to them and hearing about companion’s problems, Shivangini felt energy surging through her hands. She noticed it but ignored. Little later it happened again with increased vigor. Knowing what it normally means, she asked Baba “Why? Do you want me to heal her?” She did not receive any reply and continued talking to them. After a few minutes, the surge of energy happened again and simultaneously the words came out of her mouth “X, come here.” She placed her hands on the companion’s head, one palm on her forehead and the fingers of the other hand on the top of her head on the soft spot. She could feel the current going from her hand to companion’s head and after a couple of minutes she let her go. She asked the companion if she felt anything and the companion replied “Towards the end I could feel throbbing on the top of my head.”

After they both left, Baba educated us through several means that the downside of treating the companion was much greater than the contaminations from food, touch, clothing etc. He made us realize that without His protection she could not have survived so far. So we must have faith and surrender, not worry about contaminations etc and the overall spiritual well being.

### **Baba creates her in future; impending death**

November 13, 2004 Saturday - Shivangini sees Divine mother charging ahead with the weapon in her raised hand (indicating her physical death in next 10 months?). Then she sees Baba ‘about to create’ like he does on Shiv Ratri and asks her to focus on Shiva aspect although all Gods are one. She did not want the Siddhis but Baba says this is the right time for her to have them and asks her to be patient. This is my intuition (Aug 2006) which says that Baba is creating her into the future and only he knows what that is going to be. I gave my understanding of this in Chapter 4 Higher Journey.

For quite some time now though she was meditating but it was not same as it used to be in her first two to three years. This morning she said it felt different because she woke up due to a vision of Divine Mother on the tiger with a weapon in her raised right hand and charging ahead. It felt that Divine Mother on the tiger was right next to her bed where she was sleeping. The impact of this vision was that she immediately got up and started her meditation. She was able to transcend very quickly. Her first transcendental vision was of Baba's left side view with a glass of water in his hand and drinking from it. This vision was subtle and felt Baba was at some far distance. There was a little time gap before she saw again Baba drinking water but this time He was very close that she could see the actual water going into his mouth. The water was exceptionally crystal clear with some kind of shine to it as if it was mixed with light. This made her question what is the meaning of what she was seeing. The answer came from within that Baba drinks water in this manner before producing Lingam on Maha Shiv Ratri. Baba confirmed saying "Yes, I am about to create." Further through a variety of visions of Lord Shiva and Baba, and the word "Sathya Narayan" that she heard, she got told that they all are one but at this stage she needs to have patience and focus on Shiva aspect. A little later she thought that Riddhis' and Siddhis' are hindrance in spiritual journey and said to Baba "You gave me those jewels. I don't want these Riddhi Siddhis'. Please take it back and give it to me when the time is right." Baba replied "This is the right time" and He did not take them back. Somewhere towards the end of her meditation she saw a 1 inch diameter light flashed twice on some vertical surface closer to the floor. At the very end of the meditation she felt the touch of Baba's hand on her right cheek, gently caressing, and he said "Be patient." She understood that the two tiny conches she found in front of Gayatri mandir in Puttapparathi, the two flying kisses that Baba gave her on the last day of her four week stay at Puttapparathi, and today's visions are all related.

As we were writing this she looked at Baba's picture. Baba said "I am here." "Were you gone, why?" "It had to be that way".  
"Make Upma" "Upma, are you going to eat?" Baba said "You brought Lord Rama out yesterday. Offer it there and eat."

Baba said "You have been tested." "What?" She was reminded that she took the medication last whole week which reduced the pain, and then when she stopped taking it the pain increased significantly and yet she did not resort to taking the medicine.

### **Freedom, oneness; concluding ceremony; Gyani turned into light**

November 14, 2004 Sunday - Shivangini and Baba turn Gyani into a ball of light. Yesterday Baba was about to create and the two visions she sees today indicate the same. She does Abhisekam to Baba's feet as concluding ceremony. Baba says she is in freedom and oneness.

In meditation she saw Gyani in white outfit and then turn into a 4-5" ball of mainly white light with a touch of some other colors. As we were writing this, Baba said to Shivangini "You have turned him into a ball of light." She said "Baba, you turned him into light".

Baba replied “OK. But you and I are one” (white is sathwic (goodness), light indicates knowledge).

Continuing with her meditation, she saw from the top a copper vessel 4” high (Kalash) and was totally empty. This scene followed by a vision of another 9” high Kalash in white metal. From this Kalash gushed out a thick stream of oil or melted ghee giving (result of churning process – spiritual sadhana) a feeling that the vessel was so full that it could not be contained in there any more. Later Baba indicates that He was the bigger vessel and she the smaller vessel.

Next, she had a vision of an incense stick that was mostly burned and it had a flame on the tip instead of ashes or a red tip. After a short gap she saw another incense stick that was burned about 70% but this also had a flame on its tip. From this flame emerged another flame, separated, and was hanging in the air (creation in the higher realms but leaving the present (body) which is about to be consumed rapidly).

After a little gap, she saw Baba’s feet and very lovingly she washed his feet with Panchamrith items namely milk, yogurt, honey, sugar, and clarified butter. She did the washing with each item separately and sequentially. At the end she washed the feet with clean water and with an exceptionally soft cloth, pat dried them. In her mind she thought that now she will bow down and do ‘Pad Namaskar’ but the scene ended before she had the chance to do Pad Namaskar. She concluded her meditation at this point.

Later as we were writing these visions, she picked up an excerpt from Swami Ramakrishnananda’s book ‘The soul of man’. It explains how one advances to Anhata (heart) chakra and does lot of service to others driven by love. But later when the wisdom grows, and his soul is in direct communication with God then he has found out his true home at last. As she read this she said to Baba “I feel that I am at this stage Baba. But how does one feel at this stage.” Baba said in freedom and oneness.

## **Scriptures can enlighten or delude; exhausting the mind; inner dialogue**

November 15, 2004 Monday - Today Baba teaches about how Shastras (scriptures) can either enlighten or delude us; the more we use our mind and intellect, the more hurdles are presented till mind and intellect gets exhausted and Shivangini got subjected to it today. Baba teaches her a secret on how to stop inner dialogue or thoughts (except for accomplished Yogis most of us are engaged in these inner thoughts). He then asks her to go with him on higher journey in a Jet (exclusive and private fast vehicle). At this time she is about 9 months away from leaving her physical body.

In the morning meditation she heard “Best effort is no effort.”

Shivangini read in a book what Baba wrote stating the visions seen in meditation are the fancy of the mind. She was asking him “Why do you say that Baba? You know that many things that have happened to me are not the fancy of my mind at all. I can’t think of a knight in my heart and riding out etc”. In reply Baba said the following:

\* Even Shastras can delude us. They serve both the purposes – enlightening or deluding.  
\* If our body drops dead, it does not mean much to God. Same way if we use our mind, intellect, and ego too much, he can exhaust us. He can keep throwing more at the mind, intellect, and ego till it is exhausted since they do not mean much to God. Shivangini said “Baba that is mean that you don’t even care about what happens to us.” Swami said “No,

it is not. You are making yourselves suffer by the way you think, how much you think. I am helping by exhausting that very cause which makes you suffer.”

\* After this Swami taught Shivangini a secret of the Devas by which to stop the inner dialogue totally. It was amazingly simple thing to do. Shivangini said “Why did you not tell this to me earlier?” Baba said “It feels simple now because you have gone through other things earlier.”

Today after we moved out the furniture from the basement into garage, we were exhausted. Shivangini was in the basement looking at the pictures of Lord Rama and Lord Krishna thinking about how to decorate them tastefully. She realized that nothing was matching with the rest of the décor which she had recently done. This made her feel frustrated and she said “I don’t want to do this any more. I am exhausted.” Baba replied ‘that is exactly what he wanted.’ She said “I don’t know how I ended up buying all these pictures of different Gods. I always criticized people who kept pictures of Gods in their living rooms. And I ended up doing exactly the same thing myself. I don’t know what came upon me and I did all this. Now when I have God in my heart, seeing his picture everywhere does not mean anything.” In response Baba said “Well, you have learned your religion well. Now you come with me for higher journey.” As he said this, Shivangini understood that He is referring to the same Jet that he mentioned in a dream few days back. Shivangini asked “Baba, Why do you keep calling it a Jet and not a plane?” He said “Jet is private” meaning it is for few people and not for many like in commercial planes. As I was writing this “You see how private it is” referring to the three - Him, Shivangini, and Gyani.

## **Sees Pralay (dissolution) connected to Tsunami of Dec 26, 04**

November 17, 2004 Wednesday - Today she has a dream where she symbolically saw Pralay (dissolution) and people getting wiped out. Scriptures indicate Pralay as a water deluge that wipes out the whole creation. Later we understood that this dream was indicative of the upcoming Tsunami also.

In a dream she saw herself and had the feeling that the family was with her however she did not see anybody in particular. In an outdoor setting she was sitting with family and few other people. Ahead of them they could see thousands of people seated on the ground. All of them were attending some kind of program but all she could see was just the thousands of people only. After a while she suddenly realized that some kind of dissolution (Pralay) took place and all those people seated ahead of her disappeared. Though she never saw the actual dissolution (Pralay) occurring. She was surprised that she, her family, and handful of other people survived. She turned her head and looked back and could see a group of 40-50 people in white clothes sitting on the ground. The place where they were sitting looked like the ruins of a building, as if something hit the building during dissolution (Pralay) but none of those people got hurt. She felt unsafe and thought that we were next to go. So she thought of going and joining those people so that she and her family could be safe. Before she could move she heard a voice saying “Don’t go anywhere. You are safe here. Shortly Baba will come from the side road and will pick



all of you up” (she understood that all included she, her family, and few others sitting nearby but not the 40-50 people in white).

This dream ties with the Dec 26 04 Tsunami and what Baba said to her on Jan 2, 05. On Jan 2 in the meditation she had a vision of a crystal jar which was upside down in the space and some black paste like stuff was falling down from it. Next she heard “something terrible happened”, pause “millions of you are coming to Me”. She was made to think about the Tsunami that occurred recently.

### **Enters and exists in Lord Shiva; Vastness, oneness, alone;**

November 18, 2004 Thursday - She sees herself enter into Lord Shiva and exist in him. Baba emphasizes the oneness in getting her ready for her higher journey. This dream is consistent with the rest of them indicating that she is to be created in future.

At 4 am in the morning she had a dream where she saw two snakes one in yellow color and another black. She walked past the yellow one and then she thought she could do the same thing to avoid the black snake. But the black snake turned around and slowly started moving towards her. This scared her a little bit and she woke herself up. She felt good that she woke up in time to do meditation. During the meditation she saw herself enter Lord Shiva’s body, and it was a strange feeling that she was realizing the existence inside him. She said “I want ...” Baba said “Who is this I?” She said “I want a hug” but there was no way she could do that from inside of Lord Shiva.

November 19, 2004 Friday - In her dream last night she has an experience of Oneness, Vastness and ends by being all by herself. She understood after the dream that the man who comes out with her was Gyani and he goes back into the unit of Baba leaving Shivangini behind. This again foretells the upcoming separation between us in 10 months.

Last night in meditation I (Gyani) saw couple of visions – a very pin pointed stream of light came from Baba’s feet came and hit me in my face, later saw the flame of the Diya in our mandir. A little later I saw four numbers 6627 and as I was seeing it those numbers changed to 6624 (this adds up to 18).

Interestingly this morning Shivangini also saw some numbers in her vision that adds up to 18. On a page she saw some typed up information and at the bottom of the page it was written @3627. We do not know the meaning of this at this time.

Shivangini had a dream last night which started with a group of people getting off a train on a platform which was inside a cave. There was a little passage and people walked on that, in the hope of getting out of the cave but they all had to return as there was no outlet. Few people took out some tools and started chiseling the wall of the cave to make an opening to go outside. Shivangini did not want to wait for them till the outlet was chiseled. So she took off with one man and a woman and somehow managed to go out of the cave. Outside the cave it was all a flat uniform land with beige earth tone and it was saturated with water. There were no paths, passages, plants, trees, or any other structure. It gave the feeling as if it was washed over and flattened by water. In spite of the

uniformity she could perceive demarcations in the ground giving the appearance of 6-7 different units. Three of them walked a little distance and feeling unsafe turned back towards the cave where they had just come out of. While returning, the man stopped at one of the units and wanted to check it out though Shivangini told him not to do that because nothing will be safe except their own unit. The man still went ahead, entered the unit, and right behind him the entrance closed up. Shivangini proceeded towards the unit where they came out of and noticed that the opening to the unit was now very small, there was a wooden stick in that small opening and it was rapidly closing up. As she was looking, it closed up completely. Shivangini saw herself all alone in that vast open space. The woman who was with her was gone and the dream ended.

A new dream started where she was telling a woman all about the previous dream while they both walked together. As she was describing the dream, there were some little instances or events taking place around them. Shivangini used these events to draw the analogy in explaining her previous dream.

### **Brahmanubhuti; higher journey begins in Advaita (oneness)**

November 20, 2004 Saturday - She finally gets to touch Baba's feet, she prostrates, holds on to his feet and feels the softness of the touch – smooth as silk and soft as cotton. In the past Baba said feeling that softness is Brahmanubhuti (Sept 30, 01). Then Baba's feet rise up in the air but she continues to hold on to his feet. This dream indicates that she has surrendered (prostration) to Baba (holding on to his feet) and starts upward journey (up in the air) while experiencing the oneness (Brahmanubhuti).

This morning she woke up due to a lovely dream of Baba. She saw the inside of a room which had a square inner shrine. Inside the shrine there was an idol though she could not tell the details, but it was made out of stone and orange color to it. Right next to the idol embedded 3-4' inside, there was a wall about 4' high that had a flat counter top. On the counter top there was a 1.5' tall black stone Lingam. She saw Gyani worshipping that idol and then he was about to leave when he noticed that Baba was standing next to the Lingam. Gyani went closer so that he could bow down to Baba but Baba was facing the Lingam and His back was towards Gyani. So Gyani turned and started to leave the room. As soon as Gyani took a step in the opposite direction, Baba turned around and had His hands up as if He was going to pick up Gyani if he was going to bow down. Shivangini was watching all this and looked at Baba and with her eyes she asked for permission to touch his feet and she understood that Baba had no objection to this. She touched his feet and felt very happy that finally she was getting to do this. As she touched the feet she was thinking that people talk about how soft Baba's hand and feet are, so she tried to feel the softness of His feet. While doing this she felt a little embarrassed but did not want to let go of His feet. She did a complete prostration with hands stretched out in front of her while still holding onto His feet. At this point she felt that Baba's feet started lifting up in the air. Baba was standing against the wall and his feet were 2' above the ground while Shivangini was still holding onto His feet. Because she was prostrating and had her face towards the floor she wondered if Baba's feet would land on her back. But nothing happened while His feet stayed afloat in the air. She grabbed His left foot with one hand

on the top and the other gently caressing the sole of His foot. She continued to feel that exceptional softness of His feet. This is where the dream ended.

November 24 – 27, 2004 Thursday - Here are some more experiences indicating the above interpretation of her dream.

\* Baba said “the true higher journey begins in Advaita, prior to that it can only be called a dabbling in religion and spirituality.”

\* In a vision during meditation she saw herself in a white robe and had exact same hair as Baba’s (Oneness).

\* In a dream she saw a year old baby girl who had her face covered with five six layers of paper that had world map drawn on each of them. The girl was acting as if she suffocated due to those papers on her face and she was saying “I am too little, I am too little.” Shivangini rushed to help and peeled each of those papers from her face but after removing the last layer she saw only a fuzz of brownish color and no longer a baby girl. (Baba referred Shivangini as a young soul on Oct 2, 04 and at other times. Removing covering refers to penetrating Koshas (sheaths of lower consciousness) and once one reaches Atman, it has no form.)

### **Death; atoning for others sins - prophet**

November 30, 2004 Tuesday - Last night she had a nightmare. She saw herself lying on a concrete floor at the edge of a large body of water. She had her heels hanging out and barely touching the water. She noticed the fin of a yellow color shark rapidly coming towards her. When it reached near her, the shark opened its mouth and grabbed her left heel and gently pulled it. It let go of the foot without causing any harm. Then it swam back to the same spot from where it started. It turned around and this time with twice the speed it came towards her and after reaching her it again grabbed her left foot and squeezed it in her mouth. Out of fear Shivangini screamed “Baba” and the shark let go of her foot. Right at this point she opened her eyes because she wanted the dream to stop. After opening her eyes what she saw on the ceiling of the bedroom was scarier than the dream she had. It was the face of a man with long grey hair coming up to his shoulders in bunches and looked as if they were never combed. This man had thick dark lips, his mouth partially open, and had only one tooth. He did not have the eyes of a normal live person but instead there were two holes like in a skeleton. Shivangini found that sight repulsive and closed her eyes hoping that sight will go away but within few seconds when she opened her eyes again this man was still there. This time Shivangini boldly kept looking at him and then it slowly faded away.

In hindsight the above dream very clearly and accurately foretold her bodily death and will be per divine plan. In Bhagavad Gita chapter on Vibhuti Yoga the Lord says that among the fish He is the Shark. This shark comes and grabs her left side first and then lets it go. It then comes back with increased speed and grabs it even harder and she sees the scary view indicating how bad her open cancer wound turned out before she passed away. Her lymph node in the neck and underarm on the left side of her body grew into 1/3” size and were getting painful as of November 27, 2004. She got biopsy done on Dec.

15 and they found it was cancer. It was diagnosed as non small Squamous cell, poorly differentiated, unknown primary, and in metastasis condition. Doctors said there is no cure and the average survival rate was about 6 – 9 months. I took her to Puttaparthi in March of 2004 and we stayed there for 3 weeks. Many, many people gave Baba materialized Vibhuti but the divine plan was for her to leave this body and go on the higher journey. I continued to record our experiences till the last day in the hope that she will get cured and they would be useful for understanding Bhagwan's leelas. She left her mortal coil on September 3, 2005.

On September 14, 2001 Baba asked her to go through great suffering to accomplish Baba's task or mission. She agreed to go through it as long as he was with her and gives her strength to go through the pain. Baba asked me, through her, to be a witness to that pact.

She did go through a great suffering but bore it very well. On August 5, 2005 people commented positively at the glow on her face which was already 9 months since cancer started and 25 days before she passed away. I did not understand why she went through the body pain since Baba said many times in the past that He took the burden of her Karma. Following is an excerpt from Sai Sparshan that could explain why her body suffered – 'In His famous letter to His elder brother on 25th May 1947, Baba Himself observed, "This is the lot of the Mahatmas everywhere at all times!" Suffering silently and joyfully to atone for the sins of others is an important hallmark of any prophet.' As the reader can recall Baba had called Shivangini a prophet many times in the last 6 years. Only He knows whose sins she took on to atone.

I choose to stop writing the experiences at the end of November 2004 because every time I made the effort to read the Cancer experiences for including in the book I would go into uncontrollable spell of shedding tears profusely. After the second attempt with similar results, I understood that Bhagwan wants me to stop here.

Om Sai Ram!



*Shivangini's Samadhi in the cemetery in Midland, MI, USA*





## Chapter 4

### Higher Journey

After Shivangini left her mortal coil on September 3, 2005, I was left wondering if the end of her journey was to reach the goal of merging in the Lord or was there more to it? I remembered many experiences over the last 6 years where Baba said that she will be doing a lot more good to others to a lot higher degree than what actually got done. This made me reread the experiences and I could catch the glimpses here and there that there is more to it than she reaching the goal of merger without individual identity. It was finally on September 3 2006 (exactly 1 year after her leaving the body) and I was at Sai retreat in Chicago when events started unfolding. In the evening Ted Henry did a video interview of Dr. Art Jumsai, in the building I was staying at the retreat. After the interview as we were dispersing, something made me ask Ted to lend me the book he was reading (Autobiography of a Yogi by Paramhansa Yogananda). I never read this book before, although we have a copy at home, and hence I opened it randomly and glanced at a chapter and then I flipped over to Chapter 43 Resurrection of Sri Yukteshwar and right away got glued to it. I kept reading it half way through the night. That is when the incomplete feeling I had started taking shape and finally resulted in this chapter called Higher Journey. Interesting are the ways of divine and how that propels us to do certain things at a certain time to bring forth a result!

There is an underlying theme in her experiences and Baba's messages which clearly indicate that she was being prepared for a higher spiritual journey. It will become clear as I present the pertinent experiences in a chronological order that are already recorded in the prior 3 chapters.

Shivangini was made a Jivan Muktha which means being liberated while still in the body. A Jivan Muktha does not acquire any more consequences of actions (Karma) which are the cause and bondage for birth and death cycle. Baba made her a Jivan Muktha in a progressive way as indicated by the experiences listed below.

On Feb 25, 1998 Maha Shiv Ratri day

On this day in the morning she meditated and had a vision where she saw from the top an ocean below and she could see herself walking back and forth on the shore. Baba said "You will be treading the path on the shore, you will not yet merge in the ocean and you will also not get into the material world. Be willing to be a tree who does not taste its own fruit."

(Scriptures give the analogy of ocean for formless God – here it indicates no merger yet)

May 25, 1998 Monday in meditation Baba said "Let me reveal this to you. Due to the sadhana you are doing and the path you are on, *you will reach your goal fast.*"

On June 19, 1998 Friday Baba said to Shivangini "*You are going to be one of those rare souls who would be a Jivan Muktha.* People are awed at your good fortune. This is nothing and it is just a start. What you are going to get will be lot more than this. You will reach pure bliss." (At this time Baba is revealing the future '*going to be*').

On June 15, 2002 Saturday Baba told her that *Jivan Muktha has all the resources of the universe at their finger tips. Baba said that 'today you will experience how that works.'* (She was given the experience of how the will of a Jivan Muktha plays out).

On May 4, 2003 Sunday she said that she can be referred to as a Saint. At which *Baba said "No. You are that"*. She understood that He was referring to her being a Jivan Muktha and more.

July 9, 2004 Friday In the afternoon she read 'Life is a game, Play it' by Joy Thomas and in that she came across the experience of Joy that was of cosmic oneness. At that time *Baba said "She has Brahma Anubhuti and you are a Jivan Muktha."* (By 2003/4 Baba had made her a Jivan Muktha)

On Friday October 15, 2004 after the puja we did Ma's Arati when Divine mother spoke to Shivangini. *Shivangini said "Are you blessing me?" Mother said "I already blessed you." Shivangini asked "What was your blessing?" Mother said "with Moksha (liberation)". Then Baba said "You can go and add your name to the list of people who are Jivan Mukthas"*. (Shivangini came across an e mail where they were saying that there are 5 Jivan Mukthas and they also listed the names. Baba in the above comment was referring to that list)

All these experiences bear ample testimony that she was made a Jivan Muktha which means she has escaped the birth and death cycle due to Karmic consequence. According to the scriptures these kinds of souls could still take birth to assist the divine in their mission and work. If they do, they are referred to as the ones with 'Karana Janma' meaning 'purposeful birth' and not 'Karma Janma' (birth due to consequence of actions).

Baba called her Shivangini as she started her journey with Lord Shiva back in 1997. During divine knowledge phase he called her Kalyani. Later he called her Devayani as she was doing Vishnu Bhakti. After that he called her Devi and said she joined the Devi Devatas (semi divine beings, demi gods).

I picked out those experiences from the last 3 chapters which are indicative of a higher journey and a bigger role Shivangini has yet to play. Please read on.

On March 7, 1998 Baba said to her "In 7 years from now would you really like to leave this body and join me?" *His words were join me and not merge in me.*

On Feb. 10, 2000 *she gets invited to Deva Nagari (abode of demi gods) and all the Devas bless her at super causal level.* This meant that she will be joining them.

On Oct. 8, 2000 Baba shows a new born bird and says that it is her *born in the spiritual world.*

On Oct. 14, 2000 Baba said the following “*I have converted you into a gigantic wave which I will throw back at people that will envelope many and turn into a second even bigger wave which will appear to others as a mini-ocean*” (She will be a second even bigger wave the size of a mini ocean! It was also conveyed that this ‘will’ occur in the future).

February 3, 2001 Saturday In her dream and wakeful state she saw many individual lights. Then she saw a large round shape of fragmented light like many lights that came together with seams in between them. This light stayed allowing her to examine it. As she was looking, it slowly started opening up in the center and she could see that it was deep inside and blue in color. As I was writing this in the morning and were wondering what it meant, Baba said to Shivangini “*That was the spiritual gateway to Devas*”. (Earlier she was invited to Deva Nagari and today the spiritual gateway to Devas opens up for her)

Feb. 6, 2001 Baba said to her in meditation “*Whatever I have told you, just watch, all of it will come true including you being a prophet. You will have the ultimate experience.*” (Baba said many times earlier also that she will be a prophet. Her role as a prophet is in future and it connects to the statement on June 27, 2004 listed below)

September 16, 2001 Sunday as she sat down to meditate, Baba said “Transcend”. She asked how but Baba did not reply. In meditation she saw a rocking cradle from the side and it was draped with a cloth. Cradle and cloth were shiny (like a source of light) with white and gold touch to it.

Little later she saw a widely spread city filled with structures which looked like mandirs (Gopurams) with a big mandir at a height in the center. All these mandirs had a bright shine like a source giving out light. When she realized what she was seeing the scene started to fade (typically what happens when we transcend and come out of it as soon as mind cognizes it). She concentrated and the receding scene held in place and then got clearer again. Then the scene started getting closer and she could see more clearly the beauty of the place. Then the scene faded away. Baba called it “*Illumined city, and the cradle was sent from the illumined city*”.

(June 20, 2002 experience and the end of this chapter have further elaboration on the illumined city which is Shiv Loka, the causal cosmos. Cradle sent for her indicates that she is being born in that Loka – first the gateway opens and then a cradle is sent indicating birth)

May 17, 2002 Baba said “*Maha Yajna Sampoornam (Great penance is complete)*. This is equivalent to 1000 Ashwa Medha Yajnas (Each of this Yajna is a Vedic ritual usually done by Kings a few times in their life). *Travel with me, now your upward journey begins.*” The upward journey Baba said refers to a dream she had couple of years back where Baba had shown her walking on a rectangular path and once she reached the spot where she had started from she took off vertically up into the sky, *not in the human form, but as a band of colors (i.e. not in the gross body but something subtler like colors – light waves or electromagnetic energy)*.



On June 19, 2002 In her morning meditation Shivangini went to Puttaparthi entering it through Ganesh gate. She went up to Sri Ganesha temple, bowed down, and then turned around and went up to the tree across Ganesh temple. Underneath the tree there are a variety of snake figurines and she bowed down there and then moved to the adjacent temple of Sri Subramaniam. She was still standing in front of the Lord Subramaniam temple when she saw Swami walking towards her. He was coming from the direction of his house. There was absolutely no one around. Baba came up to her and extended his hand asking her to hold his hand and said *“You have been wandering. Now, come with me to my abode.”* *Baba reveals next days what his abode is.*

On June 20, 2002 in meditation Baba said *“It is a great honor that I myself am taking you to my abode”*. Shivangini asked *“What is your abode, Baba? You mean Prashanti Nilayam”*. Baba said *“No. I am taking you to Shiva Loka, illumined city. The gates are now opened for you. This happens to only Devas and you are Devi.”* He further said that she has the ability to throw or lift the veil on others (doing God’s work). (After that day He continued to call her Devi at many occasions. Bhagavad Gita, chapter 3, Verse 11 purport says Devi Devas’ are also called shining ones. Highly evolved souls are called Devas wherever they happen to be. Cosmic forces are also called Devatas because of their efficient functioning like Fire. Devas journey in freedom and do not have to follow any rules like a spiritual aspirant does. They are a rule in themselves.)

On September 13, 2002 Friday Swami said *“As you know about M going to Mahar Lok, You going to Tapar Lok, S is already in Sathya Lok. S as Sathya simply witnesses, you as Dharma has no choice but to engage in action.”* *(Tapar Lok is one of the worlds in Shiv Lok, Baba’s abode)*

May 26, 2003 Monday

In her meditation in the morning Baba said *“The film of I will be defogged”*. We went for a walk in the evening. At that time Baba said *“The I is about to go. You can relax and perform.”* *“Many great Rishi’s in the past could not do what you have done.”* This gave her the courage to not have a holding back approach in her dealings with people regardless of likes, dislikes, or feelings towards the individual involved. Little later while we were still walking Baba said *“Before going to Deva Loka they do glorious work. What would you like to do?”*

December 6, 2003 in the morning meditation Baba said *“I accept you whole heartedly.”* *“Come join me.”* As we were wondering what Baba referred to, He said *“It is a real call”*. *(Baba continues to say join (not merge) in him)*

March 6, 2004 Saturday in her meditation she saw herself sitting and meditating inside an airplane (indicative of fast spiritual journey), which was filled with golden light (Wisdom, Divinity). Normally to land, the plane has to descend onto the runway but in her vision she saw the plane *climb up to a height and landed* *(This indicates higher consciousness levels i.e. higher spiritual journey)*

On March 9, 2004 Tuesday Baba reminded her of the dream where she had seen pages of a book (March 30, 2002). One page was bigger and the adjacent page was smaller in size. He had said then that she had shrunk her role. Reminding her of that dream He said that *He is expanding her role and it will be even bigger* than what was shown at that time with the bigger page. He said “that will make you very happy.” *(A clear indication that her role got even bigger than what was planned at the time her spiritual journey started. Two years back it shrunk because of the hurdles she was going through. But now He is showing that she progressed and that her role is even bigger than the original plan! As He said this it was only 15 months to her leaving her body, indicating that this will take place after that)*

June 11, 2004 Friday Baba said “***Kalyani. Devi, live with me Yuga after Yuga, eternally. That is my blessing and boon. I will give you the power and the boons to carry on the work for which you are created.***”

*(This is the most potent statement made by Baba which triggered me to reexamine and reach to the conclusion that her true higher spiritual journey began after she left her body and she is at the higher consciousness levels).*

June 27, 2004 Sunday Baba said to Shivangini “Tell him. His role is not to raise another Harishchandra. ***Task is more difficult. It is to bring forth a prophet.***”

*(This is just about a year before she left her body. Starting December she literally was ailing and suffering from cancer. This bringing forth a prophet definitely indicates that it is in the future after her physical death.)*

On August 1, 2004 Sunday Baba said, “*See, it is North West*”, it was in reference to the two walls on which she saw the writing. We understood what he meant because in the past He had told her that she is given the northwest region to work in. (Baba had said this repeatedly over the years. I recall hearing Northwest for last 6-7 years and we understood at that time that it was the reason why we were made to move to USA because her work is going to be in Europe and America continents).

August 12, 2004 Thursday In her morning meditation she saw a canister lid being opened and she heard “***This means enter the spiritual world!***” *(Canister lid being opened (physical body) – enter the spiritual world -- astral/ causal world.)*

Baba showed two steps in slow up and down movement and said “Stagger. When I put My foot down you lift your foot up, and when I lift, you put it down.”

*This is symbolizing that she is being taught how to conduct herself (and walk with Baba) in the spiritual world.*

November 10, 2004 Wednesday Today in meditation she heard in a very soft voice “freedom, freedom.” *(This connects to earlier comment about Devi Devata journey in freedom!)*

November 15, 2004 Monday Swami taught Shivangini *a secret of the Devas by which to stop the inner dialogue totally.* It was amazingly simple thing to do. Shivangini said

“Why did you not tell this to me earlier?” Baba said “It feels simple now because you have gone through other things earlier.”

Later responding to her understanding of God Baba said “Well, you have learned your religion well. ***Now you come with me for higher journey.***”

*(This is only 10 months before her leaving the body and the higher journey has not begun yet which clearly indicates that it is to start after she leaves her mortal coil).*

November 24 – 27, 2004 Thursday Baba said “***the true higher journey begins in Advaita, prior to that it can only be called a dabbling in religion and spirituality.***”

*(This is a profound statement indicating there are higher consciousness levels of existence after one escapes the birth and death cycle. This also indicates that identity less merging in the divine happens only after one attains true oneness, Advaita. I remembered what Swami Vivekananda said in his lectures that ‘true religion begins after Self-Realization’. And here we are most of us struggling to get to Self Realization!)*

Scriptures say the soul is encased in three bodies – physical (Sthula), astral (Sookshma), and causal (Kaaran) and they are progressively subtler. All these are experienced in the human form during awake state, dream state, and deep sleep state and these consciousness levels are called Viswa, Tejais, and Prajna. It is also said that cause of the bondage of the soul to these bodies is desire. These desires vary and are of many kinds belonging to the above states or bodies. In the physical body the desires are based on Ego and Senses, while in the astral stage it is subtle and are fulfilled as condensed thoughts and dreams. At the causal body it is at trace levels (ideas) and fulfilled by perception only.

A person can change as many gross physical bodies in which they take temporary residence, as the number of times they pare their nails. But the astral or subtle body cannot be changed since it lasts and persists. This too dissolves but after a long, long time. Causal body after redeeming trace causal Karma commingles with the Eternal without any loss of individuality, although there are conflicting scriptural opinions around this. This is called Sahujya mukthi (merger liberation).

At the time of death the individualized soul (Jivi) takes four different paths based on the merit or demerit they have earned according to the laws of Rebirth (Karma). 1) Those who have committed vilest sins go to the gloom drenched lower astral cosmos and then take rebirth as moths or biting creatures like gnats and mosquitoes to fulfill the consequence of their Karma. 2) All humans who have performed their daily obligatory duties and worshipped Gods, following the scriptural rules with a view to enjoying the fruits of their meritorious actions go on Pitr Yana, the Way of the fathers or the southern path. These souls go to astral world where they enjoy the results of their meritorious actions and live there for many years based on the laws of Karma and then are reborn as ordinary mortals again. 3) Those fortunate ones who while living on Earth worship the God with whole-souled devotion, meditating on their identity with God, proceed after death to astral heavens or to causal cosmos (Brahma Loka) and it is called Deva yana or the way of the Gods (Northern Path) and is characterized by luminous stages like Sun, Lightning etc. These enlightened ones have escaped the birth and death cycle. They get to

enjoy the luminous world, uninterrupted peace, blessedness and without any of the limitations of the other planes of existence. They also take part in the cosmic life (this is where we see a lot of the saints and sages penetrating the veil and coming back into the physical world to assist others in working out their Karma and lead them on to the higher planes of existence). They dwell meditating and absorbed in the contemplation of the God and at the end of the cycle of time they get absorbed in the formless and attribute less God. This is also called progressive liberation (Krama Mukthi). There are another set of humans who also come by the way of Gods (Northern Path) to the astral/ causal world but return back to the physical world after their merits are exhausted. These are the people who have done 100 Ashwa Medha Yajnas (great penances) and have lived according to scriptural injunctions as monks (Brahmacharis'). 4) Then there are those exalted souls who after earning the grace of God received the highest in their spiritual awareness and become one with the God. These souls reach the causal cosmos or merge in God directly without having to go through the astral world. If they wished, they can and at times do make a choice (Sankalp) of coming back to assist others in their Godward journey and help/ guide them in working out their Karma.

In case of Shivangini as shown in her meditation on August 12, 2004 where a canister lid was opened indicating that her soul sprung loose from her physical body and escaped the birth and death cycle. She was also told that she was a rare soul who was a Jivan Muktha. Baba made her a Devi and that she will be journeying in freedom. The greater freedom is associated to the higher planets of the astral world (astral heavens like Hiranya Loka) and with the entire Causal world.

On June 20, 2002 Baba said he was taking her to his abode which is Shiva Loka, the illumined city. Scriptures say the following about Shiv Loka: it is the abode of Lord Shiva and of 330 million gods (demi gods, semi divine beings), myriad Rishis (saints and sages), and other beings who have attained freedom from the bondage. The causal plane, also called Karana Loka, existing deep within the Antar Loka (subtle or astral plane) at a higher level of vibration, it is a world of super consciousness and extremely refined energy. It is the plane of creativity and intuition, the quantum level of the universe, where souls exist in self-effulgent bodies made of actinic particles of light. It is here that (the one) God and gods (330 million demi gods mentioned above) move and lovingly guide the evolution of all the worlds and shed their ever-flowing grace. Its vibratory rate is that of the vishuddha (throat), ajna (forehead) and sahasrahara (top of the head) chakras and those above. Scriptures offer several other cosmological perspectives, most importantly the seven upper Lokas (worlds) and seven lower Lokas (worlds) which make up the total Universe, called Brahmaand. The seven upper worlds are Bhu (physical world), Bhuvar, Svarg, Mahar, Janar, Tapar and Sathya and these are at a vibratory rate corresponding to the seven chakras (consciousness centers) along our spine. The second, third, and fourth belong to the subtle or astral plane. The highest three Lokas comprise the causal plane which are also called Shiva Loka.

In Shiv Loka (causal cosmos) she has reached the Tapar Lok (one of the three worlds) as indicated by the following experiences.

On February 8, 2000 Tuesday She had a dream where she saw a man lying down on a white cot. She came up to him and whispered in his ear “Can I stay with you *forever*?” He said “OK”. Baba later indicated to her that the man on the white cot was a Brahma Rishi (Sage who has knowledge of Brahman) and her dream meant that she will be joining and be one among the Rishis’ (great saints and sages who normally reside in Tapar Lok and assist in cosmic governance).

On June 29, 2002 Baba said he is showing her the path and she sees in her dream that she comes out of a tunnel and chooses to be with the group of Rishis instead of the Yogis. On September 13, 2002 Baba revealed to Shivangini that she is going to Tapar Lok while some of the devotees we know were going to Mahar and Sathya Lok. Tapar Lok is the Lok of Rishis, Sages and gods. It also helped us understand the vision she had where Shivangini was sitting in the audience of about 20 people in front of Lord Shiva when the Lord called her over. One time Baba said Rishi’s and Sages were well versed in Dharma and used to assist the ancient Kings and folks in following it. It also connected to Baba’s army who come with him, usually are Rishis and Sages, because upholding Dharma is usually one of the Avataric missions as stated in Bhagavad Gita.

Although, the scriptures say that the ones who are Jivan Mukthas are one with Atman and merge into the formless God (Brahman) at the time of death. Yet based on what all Baba said about her coming back as a second huge wave that is like a mini ocean; that she will be a prophet; Northwest is her region; go on a higher journey with Baba; learning how to conduct herself in the spiritual world; true higher journey begins in Advaita (this is when one can truly see oneness in all and assist them in their journey with love). All these indicate that it may not be the merger where she loses her identity. Instead all the experiences above show that she has reached the Tapar Lok in the causal cosmos which is Shiv Loka, the illumined city, and the abode of Sri Sathya Sai Baba as stated by him. Since Baba asked her to travel with him Yuga after Yuga eternally and he will give her the power and boons to carry on the work for which she is created, I have a strong conviction that she is out there to fulfill what Baba planned for her. I truly hope that she will assist all of us in our spiritual journey along with other saints, sages, and demi gods who all are doing that attribute less formless God (Brahman)’s work and expanding themselves in the casual cosmos and astral heavens to realize their fullest potential.

After she passed away on September ’05, many people have been telling me about their dreams and visions where they are seeing her and all of those were spiritual in nature. I personally have seen her in my dreams and visions about once a week for the last ~ two years. There are some who were not even close to her but have seen her in their dreams and visions being carried by Hanumanji who represents highest level of service and devotion to Lord Rama (Avatar like Baba). This is another indicator which says that she has great work ahead of her doing the service of the Lord in shepherding us along in our devotion for the Divine.

It is said that these beings from the highest worlds have the abilities to penetrate the veil and enter the physical world we live in and they can be seen or appear to us upon their choice. I have received physical touch from Shivangini two times so far since she passed

away – once while I was awake, and once in a dream where I distinctly felt her touch. These were brief encounters lasting a fraction of a minute each and yet they gave me an inner strength to deal with the loss and continue my earnest journey towards that formless Brahman and the formful God, Baba.

Om Sai Ram.

## Chapter 5

### Virtues and Purity

When Shivangini used to interact with devotees of God who were engaged in some level of spiritual practices, quite often they used to ask her ‘what does it take to establish communion with God like you did?’ In her talks she also used to mention to the audience that each of them has the inherent ability to connect to God the way she did and that she was not special. This raises the question of what does one need to do or acquire so that one gains the ability to communicate with the Divine. In spite of being so close to her and her experiences, I used to wonder about it too like others did.

After assimilating a lot of Baba’s teachings, her experiences, and the effort of writing this book taught me that first and foremost one needs God’s grace and then individual exertion i.e. one’s effort. This brings up the next question of how does one get God’s grace? There are three things that are needed for God’s grace and they are “Purity, Purity, and Purity.” I know most of the devotees who are making an effort in the spiritual area, already know this. For the benefit of those who would like to review it again, I have given a short synopsis of what I learned mostly from Shivangini and her experiences and supplemented with readings from books, and Baba’s discourses.

All of us know that there are good qualities that one must develop and there are bad qualities one must remove. The good qualities are Detachment, No Desires, Truth, Sacrifice, Love, Selflessness, Compassion, Peace, Non Violence etc. The bad qualities are Lust or Desire, Anger, Attachment, Greed, Pride, Envy, and Violence. Now what are Virtues? Shivangini explained it at the Sai Center in Cleveland on August 14, 2004 as follows. All of us know the above good and bad qualities mentally whether we have the ability to practice them or not. When one of us is suddenly confronted with a situation where one is subjected to Anger or Greed, one could react in three possible ways 1) express the raw feeling outwardly, 2) the feeling arises but one uses their discrimination to control that feeling from expressing outwards completely or in a limited fashion, and 3) the natural disposition of the individual is not to feel that emotion of Anger or Greed at all. The individual who is in the third category is termed as one who has internalized the above good qualities i.e. Virtuous. This internalization of good qualities is called Virtue. Virtue expresses itself outwardly as Mercy, Love (selfless), and Detachment. When one develops these Virtues then one is said to have Purity in their Thoughts, Words, and Actions which is also known as Dharma.

How does one eliminate bad qualities and develop virtues? There is no quick solution to it. First thing is realizing the shortcoming and accepting it. Second is to use discrimination i.e. one must make constant effort to watch for situations, eliminate where they can, and contemplate afterwards on their reactions. These need to be done at thought, word, and action levels. A lot of times we are able to control our outward behavior of words and actions but internally our mind continues to feel that emotion. Natural progression is to practice at action level first, then word level, and lastly the thought level. When we are able to gain control at all the three levels, then we are

Virtuous. In this manner we must pay constant attention to our habits, reactions, and traits of character.

There are some external practices which will help us get on this path and make progress. A few of these are: Swami's 'Ceiling on Desires' (limiting it to legitimate and minimal desires) program; doing selfless service (Seva) that would slowly breed detachment, love, compassion etc; purity of food since it plays significant role in our physical and mental processes. Food, here, refers to any intake through our senses and we must be vigilant on all fronts. If we partake good, nourishing, wholesome food (Sathwic) and watch or commit violence, or hear foul language or gossip, it does not help in reducing the mental agitations one is subjected to.

In summary, we need to make the effort on both fronts 1) internal effort, using discrimination, and contemplation 2) external effort of practicing the right behaviors. Soon one realizes that they are getting virtuous and they are practicing spirituality whether they know it or not.

Lord says that when we take one step toward him, he will take 10 steps towards us. As soon as we start making the above effort and engage in spiritual practices (devotion, meditation, service), we will start seeing the play of the divine hand helping us silently and most of the time unseen. Slowly our internal faculty of sensing when the divine hand is helping us gets sharpened and, as it does, we would start seeing more and more the presence of God. This internal faculty continues to get sharpened more and more as we continue the effort and our purity level keeps going up and up. Before long we will realize that this internal faculty has started tuning into God in the thought forms in our meditation. Lo and behold, one realizes that one has earned God's grace and developed the ability to commune with the Divine.

Above knowledge and understanding is helpful but nothing like examples or experiences to make one understand the fine points. And to do that, I have picked out those experiences of Shivangini where Baba emphasized the need for purity in variety of ways.

In February, 1998 on Maha Shiv Ratri Baba asked her to go to Shiv temple in Flint, Michigan and spend the night there meditating and doing Japa. In the Flint temple this holy occasion is celebrated in a big way with quite a few people visiting the temple that evening and the night. As she sat at a spot in the mandir she saw many people come with lots of offerings. At that time Baba said to Shivangini "Look at all the people. How much Bhakti they have and had over the years compared to where your Bhakti was (referring to the effort they put in, and money they spend on the offerings). What did you do to deserve what you are getting?"

On May 9, 1998 Saturday Baba said "I have brought you in contact with A., S., and G. (well versed in scriptures), so that you get a feel for how much more they know (spiritual knowledge) compare to you do. Why do you deserve what you are getting? There is only one difference. They are all Bhaktas (referring to Feb 98 conversations above) or scholars more than you are but the *level of purity* you have at the core level is what puts you in the deservedness. You are blessed and they are not."



On April 9, 1998 Thursday Baba said to Shivangini “This was a full cycle you have gone through. There is another cycle (6-7 years) ahead of you. Your sadhana is important though I have taken the burden of your karma. You have learned lot of lessons and now keep working on the *virtues*.”

Important point one needs to understand is one does not need to be 100% virtuous to obtain Grace. After getting the Grace the evolution continues on all fronts including Virtues as indicated in the experience below.

On Feb. 25, 1998 Maha Shiv Ratri day she spent all night in the Shiv temple in Flint, MI meditating and contemplating while elaborate pujas were going on all night. After she came back home in the morning she meditated before going to sleep when Baba said the following “You need to continue your sadhana. Self inquiry and contemplation are the ways to fully develop *virtuous* qualities. Examine yourself and you will find that out of the 17 *virtues* you have been able to follow only 14. You need to master the remaining 3 *virtues*.”

April 18, 1998 Saturday She asked while touching feet of Gods “How am I coming along on my virtues?” As she touched Shirdi Baba’s feet He said “Come to Shirdi and offer me those 17 *virtues*. You have it”.

April 25, 1998 Saturday

In the vision of Shirdi Baba a while back she also saw the feet of Sathya Sai Baba walking away from her. Later Baba revealed the significance of those feet walking away from her in that dream or vision. It was connected to the *virtues* and till she develops those 17 *virtues* she does not get to see Sri Sathya Sai Baba.

April 26, 1998 Sunday

Each devotee will have their own different individualized experiences but the process of experiencing, learning, and reaching the goal will be common.

Think of this as a process. First is having the *right virtues* which result in the *purity* of the mind, heart and soul. Once that is acquired then the person gets into further understanding and may be some Bhakti and devotion, rituals sometimes create that feeling or make that feeling stronger. Once you reach that path of Bhakti and devotion and understanding to a high level then comes the Jnana Yoga. These experiences are taking her from *purity* to Bhakti to Jnana.

May 1, 1998 Friday

In the morning puja she touched Hanumanji’s feet and it did not light up like it normally does as she closes her eyes. She said to herself what happened today. Then she touched his feet again and closed her eyes and it just lit up. She then asked Baba if this is something in the sculpture or is it something in her which made it do that. Baba said “Go. Sit down and I will explain”.

Baba said “When you want something badly, it comes to pass does not it?” “Yes” “What is it that makes it happen? If everything is God, it is not that stone which lights up. It is the indwelling God in you. If you want something and if you are *pure* enough, it can make it happen.”

May 10, 1998 Sunday

Baba said to Shivangini “Lead a *virtuous* life. Do not have desires. Do not seek but if you get it, enjoy it and don’t reject it. Enjoy life.” She said “That is the way I was leading the life before I started doing sadhana.” Baba reminded her as to how big her ego was. He said “When did you take the time to be grateful, think about God compared to where you are at now. The path of a spiritual aspirant is so different from a householder.” She understood that she was a good house holder and not a spiritual aspirant earlier. (*Ego is lack of virtue*)

May 16, 1998 Saturday

Baba said to her when they were talking about mantras and realization, “These mantras are the procedures to get to the principle but the pre requisite is still the *purity and the virtuous character*.”

February 11, 2000 Friday

Baba told Shivangini “Ask pardon from all the Devas in the Devanagari”. She did that and bowed to all of them together. Baba said “Ask the Devas what is the right conduct and performance for a Devanagari”. She understood that *the right conduct is purity of thoughts, words and actions. Performance is the synchronization of the words, thoughts and deeds*.

February 6, 2001 Tuesday

Today we gained a great appreciation of how clean one’s thoughts need to be to get to higher spiritual experiences. In her dream she has an experience of current flowing through her and as she wakes up that current flow continues signifying that her awareness was uninterrupted as she crossed the dream to wake stage; and that it is the current of the Atma that is in all of us. She sat down to meditate and the current continued. Little later she thought about a person in a certain way and the current flow stopped and she started perspiring profusely. This experience showed how *impurity* in thought affects this flow of current and it is for this reason that everyone does not experience it; only Rishis’ and Saints’ experience it.

One important point to note in this last experience is that *purity and virtues* are even more important for someone whose spiritual awareness is increasing. Usually by doing sadhana (spiritual practice) one starts developing sixth sense and also some capabilities or powers (Siddhis). If their *purity and virtues* are short, these powers can be inadvertently misused causing harm to others and that in turn brings negative consequences upon themselves. We actually knew one person who was a great devotee of God and exercised their desire unknowingly (they meant well) but was interfering with another devotee’s progress and at that time Baba said that the first person has limited their ‘Gati’ (destiny).

Om Sai Ram.

## Chapter 6

### 911 Incident

On September 11, 2001 a series of coordinated terrorist suicide attacks were conducted upon the United States predominantly targeting the civilians. Two aircraft crashed into the World Trade Center (WTC) one plane each into WTC 1 and WTC 2. A third plane was crashed into the Pentagon in Washington, DC. A fourth plane crashed into a field in Pennsylvania. The first plane attack occurred at 8:46 am, the second at 9:02 am, the third at 9:37 am and the fourth at 10:03 am. There were 2973 total fatalities out of which 2602 died in the WTC and the rest in Pentagon and the flight travelers. Original estimate for WTC deaths was somewhere around 3500+.

Shivangini was shown a dream the night before that day and early in the morning 9/11 Baba hinted at the impending calamity.

September 11, 2001 Tuesday

Shivangini had the following dream in the night of September 10<sup>th</sup>. She was standing waiting to go inside for Baba's darshan. It seemed like she was outside of Prashanti Nilayam on the road. Shivangini then saw herself inside the hall where people were waiting to see Baba. She went up to an elderly lady who was sitting in the first line and asked if it is ok to sit next to her.

Next she saw herself in a room still waiting to see Baba. However the room looked like a waiting area in an airport. She saw in that room all men and they were Caucasian. She saw LC calling NW's name and going after him. She thought in her heart that if he showed as much interest for God he would have attained Mukthi (liberation). She also saw many men hurrying and among them there was one in bandages in a wheel chair who she recognized as TM. All these names mentioned here are people from our work whom Shivangini had not seen in the last 7-8 months. The scene there was like that of a hospital (yet this was in the airport waiting area) but with lot of commotion of people moving about, wheel chairs with patients in bandages, intravenous stands being moved with wheel chairs etc.

At that time she heard Baba saying "11<sup>th</sup> is an important date". The dream ended there.

As we woke up in the morning Baba again said 11<sup>th</sup> is an important date and she told me that Baba is saying 11<sup>th</sup> is an important date and asked me what it meant. I did not know what 11<sup>th</sup> stood for. She told children about this dream at the breakfast table at 7:00 am as they were getting ready to go to school. Shobun walked up to the calendar on the wall and commented that today is 11<sup>th</sup> which we did not realize it till then. I made a comment that we will know something at work today regarding our jobs in the light of all the layoffs that are going on at work. I reached to work before 8 am and about an hour later I saw a lot of my colleagues standing around and watching the internet on monitors. When I approached them they told me that there was a terrorist attack on the World Trade Center building in New York where they crashed a hijacked plane into the WTC (The first plane was hijacked at about 8 am and it crashed into WTC at 8:45 am. In the next 1

hour 3 other planes were crashed into WTC and the Pentagon). I immediately called and told Shivangini about this grave incident and the message she had about '11<sup>th</sup> is an important date'. It was a huge tragedy which will be remembered in the history. During the day Baba said to Shivangini "The people who died, most of them had forgotten God".

September 23, 2001 Sunday

Two days back she and I were discussing the Sept 11 WTC attack that occurred in New York. In response to some of our questions Baba said "Ask me I will tell you". After this conversation a day passed by and she still had not asked Baba. Last night again we were discussing the related issues when I told her "Baba said 'you can ask me and I will tell you', why don't you meditate and ask him".

So this morning in her meditation she asked "Baba, What is happening in the world and why?" Baba immediately responded "There are 11,000 causes and 800 effects for this incident (for the WTC attack) which your mind cannot comprehend. You can comprehend all that instantly when you transcend."

Then she asked "OK Baba, Tell me something which I can understand". Baba said "I will tell you the 5 top causes – Adharma (unrighteousness, injustice), Aneeti (bad policy), Avishwas (distrust), Arogya (Health), and Adhipatyam (over lordship)".

Interestingly in the conversations around 9/11 with Baba, there never was any mention about who did wrong or who was in the right. If one examines the causes mentioned above one realizes that it could be one or some or all of the groups involved that could have perpetrated the above causes. Only thing I understood from this is that it is a manifestation of complex interwoven actions and consequences - 11,000 causes and 800 effects - committed over a period of time by many people or organizations or governments.

On December 6, 1999 Baba indicated the following to Shivangini through a book. "They will also then realize that there exists in social order such complicated problems which no institution, no government, no amount of wealth, no man, no power can solve. These can only be resolved by spiritual power." This pretty much sums up the current state of the world situation and the difficulties in correcting them. It points to the shortage of virtues, and values at the individual, family, community, and national levels.

December 26, 2001 Wednesday

In a dream last night Baba asked her to narrate the story to people who were sitting around her in a room. She supposedly knew about this story, in her dream, where 2400 people were wiped out by Baba in half-an hour.

Later in the conversations we understood that this was a dream related to 911 incident which Shivangini knew about.

March 3, 2002 Sunday

Baba asked her to remember and get 'Chandogya Upanishad' from the Swami Vivekananda Monastery which we did.

Baba said "Read it carefully. It explains the Cause". She understood this to be referring to the Cause as in 11,000 causes for 9/11 incident.

I am not sure if she ever read the Chandogya Upanishad to find the Cause and if she did I do not remember her telling it to me or recoding it anywhere.

Om Sai Ram.

## Chapter 7

### Veda Purusha Jnana Saptaha Yajna

September 26, 2003 Friday

Baba spoke to her at length and explained many things to her. Baba said “What you (both of us) are about to get is beyond all imaginations.”

From September 26 to October 4, 2003 was Navratri (Nine nights leading up to Dussera day, and this is the day when Lord Rama became victorious by demolishing the Rakshasas (demons)). Prior to Navratri we watched for couple of days tapes on Ramayan by Murari Babu given to us by a friend. Few days prior to watching these tapes, I had a dream where I saw Hanumanji in white/blond hair on a hill kneeled down on his right knee and doing Namaskar (obeisance) to Surya Bhagwan (Sun God) in the sky. This dream was very distinct unlike my normal dreams which I usually don't remember. Interestingly when we started watching the tapes on Ramayan we found they were actually tapes on Hanuman Chalisa. Since I do Surya Namaskar very regularly, I have been seeing clear daylight visions of Sun and his effulgence in my meditation. We understood that this dream depicted what I have been seeing in my meditation.

As we got close to Navratri, Shivangini started firming the plan to do Veda Purusha Jnana Saptaha Yajna due to some internal motivation. We ended up bringing all the ingredients, accessories, Havan Kund and bricks to construct the Yajna Mandap. Baba helped us collect all the ingredients and accessories necessary to do the Yajna. Shivangini pulled together all the tapes and the Navratri DVD from Prashanti Nilayam, and went through it to find the proper mantras that need to be uttered and their pronunciation. We started the Yajna on Monday the September 29 in our home and did it by ourselves with the assistance of DVD, and Vashishthi Yajna paddathi (procedure) book. We completed the Yajna on Sunday the Dussera day, October 5. Many interesting experiences occurred during that time. We did this Yajna by waking up early in the morning so that I could still make it to work afterwards.

\* Shirdi Baba's sculpture was established as Pradhan Devata (primary deity). On the first day as he was being established Shivangini felt anger.

\* On second day both Shivangini and I burned our fingers while doing the Yajna. She still felt the anger she had the first day.

\* On second night Shivangini saw Lord Shiva in her dream and he was looking at her from the corner of his right eye.

\* Third morning after waking up I was still in the bed when I had a vision. I saw Lord Ganesha's face first and then saw two palms that were as big as his face and were in a blessing posture. I saw the right palm move back and forth giving blessing. This felt positive.

\* After Yajna on the third day we did Baba's Arati. There was a picture of Baba where his hands were joined as if clapping and Shivangini's eye fell on that picture when Baba said “Bravo”. Today the fire burned very well and Baba said “This is how the fire needs to be when you give oblations into it”. Overall he was guiding us all through the Yajna.

\* During the days we were doing Yajna, in my evening meditations I was seeing both the Sun and the sky and Yajna fire in visions.

\* On Dussera day we did the final day of Yajna “poorna ahuti” (concluding oblations). Later we took gifts that needed to be given to Brahmins and gave one set of gifts in Bharatiya temple in Troy. Our experience there was not positive. Then we went over to Lansing. We were not sure if we were going to reach on time because they would close the mandir at 9 pm. We went to Raeshum’s apartment, picked her up and went to mandir by exactly 9 pm. Mandir door was closed when I reached up to the door. A lady came to the door and opened it. She was pujari’s wife and the pujari came out also and both of them welcomed us with lot of love. They helped us to light the lamp, which we took with us as gift, and did Arati to Lord Rama on Dussera day. We left the lit lamp in front of Lord Rama’s sculpture. We found the pujari’s last name to be Bharadwaj and he belonged to the same Gotra as Baba. Overall it was a wonderful positive experience quite contrary to the one we had in Troy temple. Shivangini went up to the car and got the peridot pendant in 14 kt gold chain and gave it as a gift to pujari’s wife along with the money, rice, dal etc.

Overall it was a positive experience that we went through although Shivangini did not tell me what exactly made her do this Yajna.

Om Sai Ram.

## Chapter 8

### Humorous God

Many devotees who are close to Baba and had many interviews with him mention that He has a great sense of humor. Although Shivangini or I never got close to Baba and never had any interviews to experience His humor in his physical proximity. But we did have an opportunity to experience His humor in the conversations Shivangini used to have with him at the mind level. There is a lighter side to Baba which is not visible to many and we felt that if we include that here they would have an opportunity to enjoy it and get to know Baba further.

March 20, 1998 Friday

In meditation she started seeing a variety of colors come and go – blue, green, red, etc with some interesting designs. Suddenly Baba talked and said “You think it is all light effect (we used to think that it is due to staring into light that gives those effects). It is not, it is all real. You want to see the reality of it.” Suddenly in the beautiful light green background an orange color hand appeared in a blessing posture. The hand then changed into an outline of Baba. She uttered ‘Oh my god’ and continued to look at it fascinatingly. Baba then said “*Well the show is over. Go back to work.*” Of course Baba’s words made her smile.

April 3, 1998 Friday

Lately Shivangini has been asking Baba when she would get to see him and he would reply soon. When she tried to clarify He would say that he is not time and space bound. She got reminded of how Baba helped yesterday as she was writing the letter to J. In that context she said “Baba, give me memory. I keep forgetting important things” Baba said “What I am giving you is much more than the memory. You don’t need memory. *Soon* you will be clairsentient (ability to sense energy and sensations not present, a quality known to be needed by healers and spiritual advisors).” She said “Baba I don’t like this *soon* business. You said I will be seeing you *soon* and it has not happened so far. When I ask you when is *soon* you say that you are not time and space bound. I don’t like this *soon.*” Baba laughed and then replied “It will be *soon.*” Baba’s play on the word *soon* was quite amusing.

May 31, 1998 Sunday

Swami used to call her Shivangini earlier (97 – 3/98) while she was doing Shiva Bhakti. Since He moved her to Vishnu Bhakti he started calling her Deva yani (mother of King Yadu, founder of Yadu clan in which Lord Krishna was born). Since Shivangini was not familiar with the mythological names she was having difficulty in pronouncing it. In the shower today Baba told her that “You don’t like this name, do you. Go talk to Gyani and ask him how to pronounce the name. You don’t pronounce the name right. You make it sound like Divaani (crazy woman!)”. She came out and asked me about the pronunciation. I told her it is Deva Yani and not Divyani but could not contain myself from laughing at how Baba phrased it.



This was sometime in 2002 or 2003. Baba was advising us to buy another car but we already had three cars and were not sure why would we need the fourth and parking would be difficult since we have a 3 car garage. One of the cars was Toyota Celica 2 door sports car with very low bucket seats. A few days after He asked us to buy, Shivangini and I drove up to the mall in Toyota. I was getting out of the car and since it was quite low, I put my left hand on the edge of the car and pushed myself out of it. Shivangini who was standing there burst out laughing. She then tells me that as I was pushing myself out of the car Baba said to her “*Isn't he too old for this car?*”

February 3, 2001 Saturday

We sat in front of Baba's picture in our living room and were chatting and having snacks. Shivangini loved to eat Nachos with sharp cheddar cheese and Jalapeno peppers. As she was eating the Nachos she said to me “Baba gave me what I needed”. At that time Baba interjected in a sweet voice “I gave you what you liked and not what you needed (implying that she loved to eat and not that she needed it)”. She laughed and told me what He said and I cracked up at the timeliness of the interjection. I also appreciated the fine distinction Baba made between like and need.

July 22, 2001 Sunday

After we ate lunch I was sitting in the kitchen and writing down all her morning experiences. Shivangini was looking at the silver puja samagri (items) we got this time from Hyderabad. In her thoughts she said “This samagri needs a lingam and I did not get one. Why get an ordinary lingam? Baba I would like you to materialize a lingam for me.” Baba said “I will not give you that.” Her eyes then rolled to Lord Ganesha and Sri Krishna silver idols and in her thoughts she said “Baba, Then what will you give me” Baba replied “I will give you what you need. You are my unique disciple and I have infinite ways to give you what you need.”

As she said this to me I started entering this into the computer when Baba laughed and said to her “*If you keep telling him all this, he will get tired of writing*”. I laughed at that too.

On Nov 21, 2001 When Shivangini was at our mandir doing puja Durga ma said “I bless you with success in everything you do.” She asked “Just me? How about Gyani, Raeshum and Shobun?” *Divine mother laughed* and said “*There are no group blessings. Everyone on this path has to earn their own*”. Although it was funny but what a profound statement!

February 26, 2002 Tuesday

She had a dream which very nicely depicted the current condition of some of the people around us and what they are going through. As she was telling me this Shivangini said “I love the way Baba explains to us (referring to the dream)”. To which *Baba nicely said* “*Thank you*”. We laughed and felt that God presence like this is an absolute delight.

June 20, 2002 Thursday

Shivangini used to say to Swami that he is partial to Telugu people because so many of them are around him. Today when we were driving Baba says to Shivangini “You

accused me of being partial to Telugu people. You are more compatible with their temperament. Since you accused, I gave you XXX people to work with (Shivangini used to say that XXX people are difficult to work with)." Shivangini lovingly touched the picture of Baba in our car when Baba said "*Still love me?*" Both of us were delighted by the light loving tone in which Baba spoke.

July 31, 2003 Thursday

Today at noon we were eating lunch and Shivangini was eating rice and yogurt when Baba said "This is my gift to you (referring to yogurt and rice)". Shivangini said "Baba, Everything is your gift. You give so many things. What is the big deal about yogurt and rice?" Before she got a reply from Baba, Shivangini told me what Baba said to her and in turn what she said to Him. I told her that you are not phrasing the question right. You should ask Baba, what is so specific about yogurt and rice to make it a gift. Before she phrased this question Baba responded to her "*I don't want his question. I want your question.*" Then she rephrased her question "Ok. Tell me what is the big deal about rice and yogurt. And what is so specific about it to call it a gift?" *Baba jokingly said "Oh no. You can't trick me into answering his question."* This made both of us laugh in delight. After this Baba said something else in the afternoon, which was as funny, and we could not remember what it was when He said, "*You can't even remember what I said and you want me to keep talking to you*". Shivangini said "*Swami, Give me good memory.*" Baba replied, "*If I give you good memory then you will say you have good memory and so keep talking to me*".

August 3, 2003 Sunday

Shivangini was thinking about Raeshum and saying to Baba that she was not sure how Raeshum will manage to become what she wants to be. Baba said at that time "Bring her to Puttaparthi and *I will fill her with different air*". Shivangini said "*Baba, I don't know what you mean by filling her with air. But please don't make her fat because she is working hard to lose weight.*" Baba replied "*Oh. So I have to keep her skinny also.*" Both of us laughed at Divine humor.

October 11, 2003 Saturday

In the evening when we were having snacks Baba said many things out of which we are capturing a few key ones here.

Baba said "Get ready. New batch is coming."

"You say swami talk to me and when I talk to you, you say is it my mind or is it swami"

"Have firm faith that you cannot do anything if I don't will it.

"All is my play, my work. Just do it. Don't worry."

"What is the difference between Rishi and Devata?" she asked.

"You are no Rishi. You can't even wake up in time to do meditation. You are Devi because I made you so". "Rishis' are knowers of Brahman."

"Gods are different than Devis' and Devatas' who are celestial beings and are semi divine." This is what Shivangini is and that too because Baba has willed it so.

"Varun, Agni, Surya, Vayu, Lakshmi, Saraswati etc. are Gods".

As we were writing this Baba said in Hindi very sweetly "*Kitne mithe mithe episodes' hain*" (how sweet are these episodes!). Swami's words were sweeter than that.

March 27, 2004 Saturday

In the evening we were having snacks when Baba said "Eat, Drink, and be merry. Departure time is near." She asked "Who's departure time, Swami?" "Yours, you are the one who wants to come to me. Just be happy. Don't you realize I am talking to you? You are my Dear ones". She asked "Are we your Dear Ones?" He said "Very, very Dear ones".

"Didn't I proclaim you as my best? You are my best." He was referring to the dream of Shivangini where on the banner it said "You are the best".

She was eating a snack and said "Who makes this snack, it is so sweet?" *Baba said "Are they sweeter than my words?"* Both of us laughed at Baba's humor.

She was eating an Indian made snack and liking it. She said "*If I go to India, I can afford to eat a snack like this everyday, cant I?*" I said "*Sure*" since that snack only cost Rs. 7. Then she said "*I will get to see Baba everyday.*" Of course Baba responded and said "*as an after thought*". We both laughed.

March 28, 2004 Sunday

Today Shivangini has been having many conversations with Baba, and some of them very witty. In the afternoon while drinking tea we were talking about X and talking about how difficult it has been in either working or helping this individual. At this time Baba said humorously "*When the cases are very difficult senior surgeon (referring to Baba) takes over like X and Y (referring to another difficult person). Junior (Shivangini) can have U, R to deal with.*"

We both laughed at his analogy with surgery.

After we finished drinking tea, both of us started going towards the den from kitchen to continue writing the book on Dharma. Baba said to Shivangini "You write 10 pages before you call him (Gyani) to help". *She came to the den and opened the manuscript on the computer and pulled up the chair and took a deep breath. Baba said "Ok, Charge!" Both of us burst out laughing.*

(*Shivangini did not like what Baba said in Dharma Vahini where head of the household is referred to as Man while in today's world it could be either. She and I had this conversation earlier and Baba being omnipresent knew that and referred to it in the below conversation.*)

Baba said "*Chapters 6-10 are the gist, work on them*" "*Right, but which one should I start with?*" He said very sweetly "*Start with woman's Dharma. You don't like my definition of Woman's Dharma, go ahead and develop your own*". Both of us laughed again.

March 30, 2004 Tuesday

Today is Sri Ram Navami. We have been working hard trying to write the Dharma book so that we could offer to God today. This morning Baba said "I already have received your offering." Further He said that what we wrote so far is 'becoming good' and a number of things she has done which Baba called 'unfolding the goodness in others'.

*After Realization how Guru Nanakji in exclamation said “Vahe Guru, Vahe Guru”, today Shivangini said as she thought about her experiences “Wonderful, Wonderful”. In response Baba said laughingly “This is Realization in Kali Yug. Instead, say Namoh, Namoh”. Both of us laughed.*

April 1, 2004 Thursday

I came home from work to eat lunch. While we were eating together she was conversing with Baba internally. *Suddenly she burst out laughing.* I looked at her and then she related the whole conversation to me.

She said to Baba that when she was at Dow Corning in Tech Service, Marketing, and Stewardship jobs, *Was He the one controlling all the things that were happening then? Baba said “Yes, I was the one controlling it like the way I am doing it now; I am managing and bringing in correction in all.” Then she asked “Baba, What is the difference now?” Baba said “No difference except now you have joined the management team.” I burst out laughing.*

I was amazed at the choice of words and the subtle nuance in what He said about the difference between then and now as He is using her to ‘unfold the goodness in others’. All realized souls (true Gurus) who help others in bringing change/ correction are a part of God’s spiritual management team.

Om Sai Ram.

## Chapter 9

### Food Guidance

Baba gave guidance on many things as she was going through the spiritual journey. We have put together the food guidance she received over the years. Please bear in mind that it was being given to Shivangini based on her spiritual stage as she was journeying. Quite a bit of the guidance is general and can be used by all whether they are aspirants or not.

February 3, 2002 Sunday

At lunchtime we were talking about the food we were eating – rice, dal, yogurt etc. Shivangini said that now a days she feels that food is nurturing her unlike when one eats just for taste. It has been a month or so since when she has been eating one meal a day and only fruits and milk at night upon Baba's directions. This started as a penance Baba asked her to do before Maha Shiv Ratri. To her comment Baba said "Fools are those who won't take advantage of it". She then said to me what Baba told her further "Wheat is more likely to cause allergies than rice". I just heard it and nodded. At that time Baba told her "Ask him to write this". I went to the den and got the PC and started typing. Then she said this must be some sort of discipline. At that Baba said "This is a higher level of discipline than practiced by many who claim to be Sannyasis" (referring to fruit and milk for dinner).

After this advice I started eating rice daily because I had springtime allergies (sneezing, watery and itchy eyes, runny nose) that used to bother me for a month in April/ May for last 5-6 years. It has been four years now and I go through the spring with mild symptoms for a week or so. In last spring I had to take only two tablets of Claritin to get me through all of spring.

Baba's advise on the one meal she was eating was to eat it during the day morning or around noon and not later. Eat normal sathwic food. No cooked food in the evening, only warm milk and fruits before 7 pm.

On Oct 19 2002 Baba said to Shivangini "If you eat uncooked food for 10 days your spiritual progress will improve by 10 fold". He meant no cooked food at all.

Baba mentioned that fruits have an internal healing capability. On Dec. 11, 2004 He said that Dates (khajoor) have healing capability also.

He advised her to avoid eating salt and sweet together i.e. eating desserts after the meal. He said that it interferes with the digestion of the food. In the evening when she takes milk and fruit, avoid eating any foods with salt. It was ok to have dessert at that time. But in general Swami used to tell her to avoid desserts.

She was going through some medical testing and treatment where she was getting exposed to radiation back in 2002 or so. After she came back from the testing Swami asked her to eat spinach and oranges everyday to reduce the free radicals. Radiation causes free radicals that in turn lead to memory loss.

Most of the Sai devotees already know about the refined white sugar that needs to be avoided and instead substitute with brown sugar.

Baba said one time that coconut is good for us and the benefits of the coconut will be discovered by the world in 22<sup>nd</sup> century. The fat molecules in coconut are smaller than other fats and don't deposit as easily.

Earlier whenever we cooked rice we used to drain the starch because of the calories and subsequent overweight issues we were watching for many years. Sometime in 98 or so, Swami advised us not to drain the starch from the rice because that starch increases the metabolism. Since then we never drained the starch and never had to worry about the weight problem.

One day we were eating fruit with milk, yogurt and honey when Baba said "If you can afford it, use honey instead of sugar." Among the fruits He said Papaya was very good for her.

On May 18 Shivangini found her weight has gone up and we were talking about what caused it when Baba said that the onions cause weight increase. She realized that she added onion to Dal, etc yesterday after a long time.

We came across in "Swami Vivekananda's complete works" reference to impact of foods. There are three types of faults in food – 1) Jati Dosh - impurity due to the type i.e. like garlic, onion; 2) Nimitta Dosh - impurities due to proximity – lack of hygiene, open to atmosphere, dirt/ dust etc. 3) Ashraya Dosh – Vibrations picked up by food from people during handling, cooking, exposure (like buffets), etc. Baba mentioned on Oct 19 when Shivangini asked in this context "Onion makes you hungry and increases weight, Garlic is a stimulant". (enhances passions and Rajas)

If one thinks about it, this statement is very consistent with the one above where Baba said about uncooked food. If they are well cleaned before eating they have only Jati Dosh (impurity due to type of food) and not the other two.

One day in March 2003 we were eating 'Aavakaya' (mango) pickle and I said to Shivangini that it could use more 'Aavalu' (mustard seeds). At that time Baba said that mustard is good for heart.

Baba told to Shivangini that 'Amla' (dried mango) is good for memory. He asked Shivangini to eat it for relaxing the uterus muscles. We were surprised because she did not know if there was any problem to start out with.

On Sept 13, 2002 Saturday we were eating 'moodi' (puffed rice snack) with mustard oil in it. While we were eating Shivangini said that this is like Americans eating bread with olive oil. I said "Did Baba say anything about mustard oil?" Baba replied to Shivangini that "This is good. It keeps the blood thin". At another time He mentioned that it is good for sinus and related issues, and good for blood clotting problems in the brain area.

On Oct 24, 2003 Baba mentioned that eating mustard oil will make the voice rough and expand, while eating honey will make the voice smooth. This is a very useful guidance for Bhajan singers.

Oct 10, 2003 Saturday we went for a walk in the afternoon after lunch and started talking about eating betel leaves. At that time Baba said to Shivangini “Eat betel leaves. It’s good for you”. Many of the devotees remember that Baba as a youth used to eat ‘Paan’ made from betel leaves and so did Shirdi Baba.

For people who are into intense spiritual practices here is some advice that would be useful which Baba gave on Feb 23, 1998. He said “Always cook the food at medium heat. As a Sannyasin (renunciate) you should not eat food cooked at high heat. Food impacts at subtle (astral) and causal level. How you would see and feel things will be greatly impacted.”

Om Sai Ram.

## Chapter 10

### Maha Shiv Ratri

Since Baba came into our life, that is about nine years now, celebrating the holy festivals has become a part of our life and among them Maha Shiva Ratri has taken a very unique and special place. Every year without fail just before Maha Shiva Ratri Shivangini gets dreams and visions relating to Shiva Lingam, and Lord Shiva.

Also each Maha Shiv Ratri has been different from the view point of Shivangini's spiritual evolution as well as how it was celebrated. Maha Shiv Ratri of 1997 was not very eventful externally because her spiritual journey just began starting with miracles in January of 1997 which were baffling to her and she has not associated them with Swami yet.

On Feb 23, 1998 Baba said the following "Last Shiv Ratri (1997) one of the chakras (centers of consciousness along the spine) knot was loosened which allowed all the spiritual progress that has been made. Outsiders could not tell what was happening with you."

On Feb 25, 1998 Maha Shiv Ratri day

On this day in the morning she meditated and had a vision where she saw from the top an ocean below and she could see herself walking back and forth on the shore. Baba said "You will be treading the path on the shore, you will not yet merge in the ocean and you will also not get into the material world. Be willing to be a tree who does not taste its own fruit."

She spent all night at the Shiv temple in Flint, MI meditating and contemplating while elaborate pujas were going on.

We did not record the happenings of Maha Shiv Ratri on 1999, and 2000. This was the period we were going through where she did not feel like sharing her experiences and I was busy with work related travel and did not record whatever I heard from her.

February 22, 2001 Wednesday Maha Shiv Ratri

Shivangini conducted the Maha Shiv Ratri at our home starting Wednesday evening till Thursday morning 7 am. There were a lot of people who came in the night but left after a few hours. I was not present since I was traveling on work. There were 14 people who stayed all night. They had Bhajan singing, praying, and meditation all night. Early morning at Brahma Muhurta time she got all of them to do 21 omkaras and then meditation. Different people had experiences which were divine in nature.

- Shivangini was planning to do Yajna at 4 am on Shiv Ratri night. R and P were uncomfortable about S coming over and doing the Yajna. Shivangini ended up contacting Shiva temple pujari (priest) to ask him about doing the Yajna at that time. Pujari said that only kind of Yajna that can be done that night is Shiva Lingam Pratishtha (establish). He also indicated that Abhisekam done that night is to be done by male members per Vedic injunctions. So she ended up canceling Yajna and Abhisekam. On Friday Baba asked her to read Mundaka Upanishad. There she read



about the Yajna done improperly can ruin the future in seven worlds for the person doing it. Those who participate in it are also affected.

- A came from Detroit and stayed all night for Shiv Ratri. Shivangini arranged the chanting and the ceremony for Shiv Ratri to be done in the basement. When A came and saw the door in the basement which leads into the utilities room, she told Shivangini that in her dream couple of days prior she saw greenish color Shiva sitting and meditating in a room with a door just like the one she saw in our house.
- R saw a light during the meditation in the early morning Thursday. Then she saw it changing and formed into two peaks. From behind the peaks she saw sun's rays just like at the time of sunrise.
- R during meditation saw for the first time a round light which moved from right to left and then from left to right.
- Many people who were there expressed that they felt very peaceful.
- Shivangini during her meditation, in the night of Shiv Ratri, heard the following from Baba "I give you the boon. You will be the seer". We understood that Seer is the one who can see the past, present and the future.

March 12, 2002 Maha Shiv Ratri

This is written in Shivangini's words except the last paragraph which I wrote on Oct, 2006.

Couple of years back in a dream I saw myself in Somnath temple where they have one of the 12 famous Jyothir Lingams (she had never been to Somnath). Last year a week before Maha Shiva Ratri I saw a small room that had a huge Shiva Lingam which filled the entire room all the way up to the ceiling. This year about two months before Shiva Ratri, in a dream, I saw Swami standing on a path near a river. Then suddenly on the path in front of Him there started appearing some black stone like objects from the ground. They must have been 15-20 in number. Initially I could not tell what they were. So I asked Baba "What are these and where are they coming from?" Baba replied "They are Shiva Lingams and they are coming from Mrityu Loka." Hearing the word Mrityu (death) generated a little fear in me but the dream ended there. Next morning during my meditation I asked Baba "Why did I see these Shiva Lingams which are coming from Mrityu Loka?" Swami explained "There is no need to be afraid of the Mrityu Loka because it simply refers to the place where you all live in. That is the place which has birth and death."

On January 25, 2002 Baba said in my meditation "Gear up for Kalyan Mandap for Shiva Ratri. You two will do Shiva Parvati Vivaha this Shiva Ratri."

A week later, after this dream, I had a vision during meditation of a 14-15" tall black Shiva Lingam. Right in the center of this Lingam in orange color it was written number one. Further through some books I received the inspiration from Baba to have a big Shiv Lingam for the Shiva Ratri occasion and do the traditional worship of that Lingam for the spiritual growth of all attendees. Baba also said that to conduct such worship it was necessary that the person conducting the worship go through several purificatory rites and austerities for at least 45 days prior to the puja. In fact He did make me go through all those procedures. One of the austerities for example was to eat only one cooked meal and that too during the day and in the evening only fruit and milk before 6 pm.

For some reason I was all pumped up to celebrate the Shiva Ratri in the grand style that Baba has been prompting me for. In addition to having a Shiva Lingam he had been telling me to create a Kalyan Mandap for the Lingam. In fact it took us a while to figure out what he exactly meant by the Kalyan Mandap. Now, the question was where to get the Shiva Lingam from and how to make the Kalyan Mandap.

Incidentally during the summer of 2001 I was led by Baba to read the Puranas, I found several of the Puranas in the Vivekananda Vedanta Monastery Library in Ganges Michigan, I brought those home and I used to read them randomly. After these two dream and the vision Baba led me to the Shiv Purana and Linga Purana which had all the details of importance of Shiva Ratri rite, how to do Lingam Abhisekam with accompanying Mantras from Rig Veda and Krishna Yajur Veda, what food offerings to make during the worship, and what to give in charity, etc. All these guidelines were helpful in the preparation of the Shiva Ratri celebration but the key question still was where to get the Lingam from and how to create Kalyan Mandap.

In one of the volumes of the Shiv Puranas I came across a man who in devotion to Lord Shiva had built a Lingam out of Clay and this had gotten him some boons and blessings from Lord Shiva. This story gave me the idea that perhaps we can make the Shiv Lingam out of clay so I ran up to the local craft shop, got the clay; looking at one of the Jyothir Lingam pictures tried making the base of the Lingam. I worked hard on it and thought we made some progress but next day morning found out that after drying the clay shriveled up and developed cracks. Baba laughed and said “That is no Lingam. It is just a toy. How will you do Abhisekam with this toy?”

We then decided to build it from concrete and went to Lumber store and were asking the employee over there on how to build it. At that time a man who was waiting to speak to the store employee overheard our conversation and volunteered to make it out of the concrete. We ran home, brought a picture to him to look at it and told him the approximate dimensions we needed. He took the information and the concrete and three days before Maha Shiv Ratri day got the base for the Lingam made from concrete. We got it coated with black paint. We then went over to a craft store and brought a Lingam shaped glass container and filled it with totally black material which resulted in a beautiful looking Lingam for the Shiv Ratri day.

We had a large turn out of people and they stayed for the first Abhisekam at 9 pm and all of them had an opportunity to put Panchamrith (mix of five liquids) on the Lingam that day. About 20 people stayed up all night doing Bhajans, 1008 names of Lord Shiva, Rudram, and Purusha Suktham etc. every 3 hours till morning 6 am. Then we did Suprabhatam and partook in the Prasad to break the fast.

March 1, 2003 Maha Shiv Ratri

This year also we did not record what happened on this day. Only thing we recorded was that 45 days prior to this holy occasion Baba made Shivangini go through a purificatory rite of taking a spoonful of Ganga Jal (Ganges water) everyday in the morning. She celebrated it at home just like she did in 2002 using the same base but different size Lingam and the turn out was as good as 2002.

February 18, 2004 Maha Shiv Ratri

In the meditation on Feb. 9, she heard the word “Mr. Khanna” and couple of other words. We could not make out what Mr. Khanna was referring to. We were getting ready for Shiv Ratri and were trying to decide which picture of Lord Shiva to be put on the wall. During recent visit to Puttaparthi she purchased several pictures for this occasion. At the bottom on each picture there was the name of the artist. All the pictures were made by the same artist. But there was one picture that had artist name as J. B. Khanna. This finally made us understand the divine guidance regarding which picture to use for Maha Shiv Ratri.

We again performed the Maha Shiv Ratri on Feb 18 like we did in 2002 and 2003 with a very wide participation from the local community and some from far away distances. We again had about 20+ people staying up all night and doing Abhisekam, Bhajans, Sri Rudram etc. every 3 hrs till 6 am.

On Thursday night Feb. 19 (day after Maha Shiv Ratri), we did Arati and then Visarjan of the Lingam in the evening (Baba said that is the proper way to doing it instead of just Visarjan). As we were cleaning up afterwards Shivangini made a comment that she would like both of us (her and me) to go on Dhyana Marg.

Later in the evening in my meditation I saw the flame of a Diya. A little later after few other visions I saw two Diya flames, one partially behind the other and very close to each other in a bizarre way. Normally when two flames are that close they would join into one but not in the vision I have seen. I thought of the comment Shivangini made last night about both of us going on the Dhyana path. A little later in the meditation I heard “All alone” and then “Gyani”. I was surprised to hear that and did not quite know what it meant.

I went to work on Friday and after I came back from work I told her about these visions. At that time Shivangini said she has been going through a strong feeling to join God and wanted that to be soon meaning she did not see any interest in living. Both of my visions were connected to Shivangini’s thoughts and comments and also indicated her impending departure from this world in 2005.

March 8, 2005 Maha Shiv Ratri day

During this time she was ailing with cancer. On this particular day I had a work related meeting out of town and went there after she said it was ok, although it was very concerning to me as to how she will manage.

Here is what she went through as she related to me after I returned.

She was lying down in the family room in front of the fireplace. She was thinking that she has not started the Maha Shiv Ratri like she used to do and may be Baba is not happy with her. At that time Baba drew her attention to his picture above the mantle that shows him up to his waist with his right hand raised in a posture of ‘what’s happening’. His left shoulder is visible in the picture but not the arm and the hand. As she was looking at the picture her attention was drawn to the middle of his chest and there she could see the left hand in a blessing posture is visible. We have been looking at this picture for years now but never saw his left hand in there and we are convinced that it was not there before. Even till today we can see the outline of Baba’s left hand in the picture.

Maha Shiv Ratri day's experience:

In the morning she prepared Kheer and milk cake for the Maha Shiv Ratri offering to God. During the day she was low on energy and was moving around slowly but one by one she cleaned things in upstairs and downstairs shrines. At about 7 pm she was thinking about where to do Puja when Baba asked her to do it at upstairs shrine. At about this time she started having strong kidney pain. At that time she looked at Baba's picture and said you don't want me to do any puja today. Baba said "lie down". She lied down in the family room for 15 minutes or so. She gathered her energy and she got up. She then divided the Naivedyam offering into two portions, took the bigger portion upstairs and the rest to the downstairs shrine. She had been doing Abhisekam of Sri Ganesha for the last 7 days and I had told her to conclude it on Shiv Ratri. Since she did not get time in the morning, she thought she would start Shiv Ratri puja with Sri Ganesha abhisekam. In spite of all her efforts Baba did not let her do Ganesha abhisekam today. At one point she said to herself "Ok, I won't do the proper abhisekam but at least let me offer this honey." As she picked up the bottle of honey she heard a very loud sound as if something heavy dropped. She stopped what she was doing and took that to be a strong signal to not to do it. She went all around inside the house trying to see what dropped but did not find any. Then she came back to the shrine then asked Baba "If you want me to do any puja or anything, please guide me and take over." At that time Baba prompted her to immediately light the lamp and start "Om Namah Shivaya" CD in Baba's own voice. The CD was 50 mts long and she sat there and chanted along with Baba the "Om Namah Shivaya" mantra. After the CD was over Baba asked her to play it twice again downstairs. Then He asked her to go upstairs in the bedroom, lie down in the bed and keep playing this CD all night. Few times while chanting with the CD she fell asleep but just a minute or two before the CD reached its end she was up and ready to get it started again. Essentially all night she was hearing Baba's voice and chanting the same mantra. Around 3:30 – 4 am the chanting stopped and she was not prompted to start again. At that time she had a dream like vision. She saw Baba in white. He was alone with her in that scene and was talking to her like she was closely related to Him. Baba held her left forefinger in His hand and with the other hand He materialized a golden band made of thin wire and slipped onto her finger. Then He took out the band as if it was done to size her finger. He then materialized a flat disk 2 inches in diameter. The disk had mostly shiny plastic golden look to it and at the outer edge of the disk it blended into shiny blue color. The disk was about ¼ inch thick and there were three star shapes cut into it. The stars were outlined with an actual golden trim. Shivangini asked Baba and He said "This is being prepared for you and it will draw lot of attention." After this He materialized another ring for her right hand ring finger. This ring was made of silver and on its surface there was a beautiful carving of Baba's face up to his shoulders. In this vision Baba was talking to her about lots of stuff though she did not remember anything. In the morning when she woke up Baba asked her "How was Shiv Ratri?" She thought to herself about chanting the mantra all night when Swami said "No. You had lot of interactions with Swami." This reminded her of the dream like vision.

In 2006 I got told by a devotee, who has communion with Baba just like Shivangini did, that Baba had told her to tell me that I should do Maha Shiv Ratri on Feb. 26, 06 for

Shivangini but not do the Abhisekam. I actually was suffering from back ache at that time (I had a slipped disk but did not know it) and was wondering how would I do it. Yet God gave me the courage and all the stuff needed to do the puja was already at home, so I went ahead and celebrated in her honor. There were about 35 people for the Maha Shiv Ratri till 10 pm. Two of us stayed up all night doing Bhajans, 1008 names etc. every 3 hrs till 6 am and ended it with Suprabhatam. I was amazed that I could sit on the floor all through the night which in itself is a miracle. At the time of writing this I cannot sit on the floor for more than 30 minutes.

Om Sai Ram.

*Shiv Ratri 2003*





*Shiv Ratri of 2004 (Shiv Parvati Vivaha (wedding))*



## Chapter 11

### Miracles

Miracle word comes from Latin word miraculum which means a wonder, marvel. English dictionary meanings of miracle are 1) an extraordinary event manifesting divine intervention in human affairs, 2) an extremely outstanding or unusual event, thing, or accomplishment, 3) extraordinary and astonishing happening that is attributed to the presence and action of an ultimate or divine power.

Since 1997 when we started recognizing the presence of Baba in our lives, all her experiences would qualify as miracles based on the above definition. The dreams, visions, meditation experiences, communion, guidance from the divine, progression of events, transformation of Shivangini and her extended family, revelations, knowing others future, experiencing mantras, omnipresence of the Lord in her daily activities, etc. were all extraordinary and astonishing that can only be attributed to the divine intervention.

Hence I tried to limit this chapter to only those unusual events that can be cognized by our physical senses or more tangible which were experienced by at least one other person besides Shivangini. This way there was a verification process of what she experienced and I am sure this will appeal to most of us who are scientifically minded. Also I have limited the listing of these to those unusual events that occurred after Shiv Ratri of 1998 (Feb 23) because the ones earlier are included in the 'Inner Experiences' book. Again these are not a complete list because we did not record many of them during 1999 through 2000.

On May 13, 1998 in the evening when we were in the den writing the book (Inner experiences) our son Shobun was around and he was looking through the book shelf when he happened to see three books on the shelf – Krishna Vol I, II, and Isopanishad. Krishna books were published in 1982 but were crisp new. We never purchased or received them as gifts. Interesting that the Sri Isopanishad had a picture of Lord Vishnu inside of it and only a few days back she told Baba that she never saw Vishnu's picture before. On May 18 Baba tells her that he materialized them. We still have these three books and we have read them too.

May 13, 2001 Sunday

Baba's promptings and our efforts turned the Hindu religion class into a full fledged Havan ceremony followed with a meal for all the attendees. Havan turned out extremely well with proper invocation of gods; children enthusiastically performed the oblations into the fire while the Gayatri Pariwar volunteers uttered the Vedic mantras with English explanations.

That evening upon Baba's prompt both of us stayed in the basement where the Havan was performed and slept there on sleeping bags.

First experience occurred right after switching the lights off to go to sleep when both of us observed strange flickering of the candle light which was left lit in front of the deities

at the time of Havan. I commented perhaps the flame is about to extinguish and hence the flicker. But it did not extinguish and changed to normal steady light. After that we fell asleep. In the middle of the night I woke up hearing Shivangini saying “Wow, look at this!” and saw candle light was burning bright and whole basement (about 30’x40’) was lit up with it.

Normally candles of this type burn for about 2 hrs. But this one burned till next day about 2 pm which was an astounding 24 hours.

During the night when we slept there Shivangini saw lot of bright dream like visions. In one of them she saw Baba standing and pouring some white powder from his hand into clay Diya (lamp). This was the reason why the lamp burned twelve times longer than normal.

September 1, 2001 Saturday

We went for a walk in the evening and when we came back to the car Shivangini noticed a footprint on the very corner of the front windshield of the car. It was a partial footprint without the heel. She showed it to me and I was not sure how it could appear there in that corner and what it meant. So we forgot about it. On Sunday Baba said to Shivangini that he was surprised that we did not get amazed at how it could have appeared at that corner of the car windshield and also we did not write down that experience. It was not only her but I saw it too.

September 11, 2001 Tuesday

Shivangini sees a dream in the night where she sees a chaotic scene in a place that was like airport waiting area and a hospital emergency room. Baba said in the dream “11<sup>th</sup> is a date to remember” and dream ends. She tells that to me as we wake up at 6 am. At breakfast table at 7:10 am she tells it to Shobun our son and who walks up to the calendar and says today is September 11. On that fateful day the four planes involved in the terrorist attacks did not leave the ground yet at 7 am. The first plane crashed into WTC at 8:45 am.

This episode shows Omnipresence and Omniscience (when Baba said about the causes and effects) to which three of us were witnesses – Shivangini, Shobun, and I. Another miracle by all definitions!



September 12, 2002 Thursday

Shivangini found a small cochina shell (in Hindi language it is called Kaudi, which is sometimes used as dice in playing Parcheesi in India) in our basement. Initially she wondered where it could have come from, she never figured out but for some reason she did not throw it away and put it in a corner. Today her attention was drawn to that cochina shell and at that time Baba said “This is from Lord Shiva”. She was led to pick up the shell and take it closer to Lord Shiva’s picture on the wall. To her amazement she noticed that in the picture Lord Shiva was indeed wearing a bracelet and dangling ear rings which were made of exactly same type of cochina shells as she had found. The cochina shells in the picture were strung in thread which must have required each shell to have a hole for the string to pass through. Interestingly the sea shell she found also had a tiny hole as if it was originally strung but fell off the string.

I remembered this experience distinctly because when she gave me the cochina shell I took it closer to the bracelet Lord Shiva was wearing and made the comment that this also has a hole in it just like the ones in the bracelet.

This experience is very similar to a series of experiences she had four years back where she had received two pearls (one small cream color, and 1 large black pearl), four diamonds (three same size and one smaller) from a necklace and a ring worn by Lord Krishna in a picture in our shrine. We still have all these and the picture of Lord Krishna has these stones missing.

January 11, 2003 Saturday

Today she had lots of conversation with Baba where he explained to her about questions she had regarding practices, what to do in some situations, etc. She was explaining to me what Baba said and we were writing it and suddenly the following burst of words came out of her and I captured it right away.

“Inner states’ evolution is not in the realm of everybody’s perception, the nature and timing of good and bad dreams as applicable to ordinary human beings is not same for the yogis. Yogi is being led from the duality to non-duality through the three states of existence. The Lord governs the nature and timing of Yogi’s dream directly or indirectly through the medium of Laws of Nature. Yogi should not react to the good or bad of dream state or awake state; however, with discrimination the messages and revelations should be taken as promptings and acted upon in the timeframe when they are given. It is almost impossible for anyone including the Yogi to understand all the laws which govern the timing and pattern of the occurrences in dream and awake state. This is akin to the panorama of the sky which changes color and pattern according to the Laws of Nature and no one can explain the cause of that change.”

As we were writing this Baba said to her “And you are done” referring to the state in which the above words poured out of her. The words that came out of her were neither her language nor her vocabulary and truly an experience of ‘Yogasth’ (state in which Atma speaks) as said by Baba afterwards. I was a witness to this burst of these words!

On March 13, 2003

The incense stick in the shrine burned and the ash instead of falling to the ground kept curling up and when the stick was all burned, it formed into a remarkable human eye. We

took pictures of it. While taking pictures we saw another phenomenon that appeared in the pictures. It was the formation of a Lingam and the visual image of light of cosmos (Brahmaand). These pictures are included in the book at the end of the Chapter 2 Divine Knowledge. Swami called this Jnana Chakshu (eye of wisdom) marking the completion of her Divine Knowledge phase. A wonderful miracle indeed!

April 28, 2003 Monday

Yesterday we went for a walk in the evening. It was a clear sunny day with not a single cloud. Baba said quite a few things during our walk but none of those could be shared with others. We walked quietly for some time when suddenly she felt three water droplets fall on her forehead one after another. In surprise she looked up and then looked at me and asked if I felt any raindrops. I had not felt any and when I looked up and around there were no birds, no clouds, or any other water source. She asked Baba "I felt these droplets. Did it happen or not?" In response quickly came two more drops and one fell on her forehead and the other on her right hand. Simultaneously Baba said "You ran out of experiences which can be shared with people. So here is one." She stopped me and showed those droplets and I saw them. We could not explain where they could have come from.

June 6, 2003 Friday

First dream is a remarkable dream bearing testimony to Shivangini's experiences, her being a Muslim many centuries back, and seeing Kaba and another holy stone. None of us including her knew what she saw till we met with a Muslim couple and she described to them the stone she saw. They brought out a book and showed her the picture of the stone she could possibly be referring to. It was a top view of the stone taken from above and it looked flat. At that time Shivangini said what she saw looks like the stone they showed except it was convexing upward in the middle. The Muslim friends who had been to Mecca said that the stone in the book is actually convexing up in the middle; the reason it looks flat is because the picture is a top view; and that this holy stone is called Al Hajrul Aswad.

There were six of us at that time and as soon as this was realized everyone was stunned into silence for a minute. Then some of them got up and hugged each other in delight at this miracle.

February 7, 2004

When Shivangini was coming from India her flight got delayed as it reached Amsterdam and she missed a connecting flight. She packed her vanity in the checked in luggage and hence did not have it with her. She said at that time that she did not have the Chap Stick to apply to her dry lips. Baba materialized a brand new chap stick for her that appeared near the top in her purse. She showed it to me when she reached home and it was an ordinary chap stick made in US which normally one does not find in Amsterdam. She kept it for a long time and used it.

November 6, 2004 Saturday

We were getting ready to empty the water from Raeshum's waterbed. I was looking for the plastic threaded cap for the water outlet of the waterbed. I took it to the store and

thought I left it in the car. So I went there looking for it. It was not there and I was searching all over the car – trunk, back seat, etc. When I was doing this, Shivangini was at the mandir looking at the deities. She said in her mind that she needs to beautify the mandir. At this time Lord Krishna spoke to her and said “What he (Gyani) is searching for is in the house and not in the garage.” Shivangini came down the stairs and looked for it on the kitchen counter and then on the washer dryer where she found it. Then she opened the garage door looking for me, and at that time I concluded that it was not in the car and was starting to head back into the house. She told me that she found it and also related to me what Lord Krishna said upstairs at the mandir.

May 21, 2005 Saturday

This is about 2-3 years back. We replaced our microwave and convection oven because the microwave of the previous combined oven broke. This is the second time we had to replace it in last 12 years which is a little more frequent than normal. About 6 months after we put in the second new one the lever door for opening the microwave stopped working. It did not work for almost 10 days (luckily we had a back up microwave in the basement). Shivangini was a little annoyed that it broke again and prayed to Swami to fix it. A day or two later when she tried the microwave door the lever started working. It is still working after about 5 years now.

Due to her cancer sickness she has been sleeping in the guest bedroom at the ground level for the last few months. After her tumor ruptured and started oozing fluids continuously it became hard to keep the bedding clean. Today we thought that we can go for a quick shopping for new set of bed sheets and bathroom accessories. After lunch we decided to step out and before leaving, Shivangini put the dirty linen from the bed into the washer and got it started so that it gets done when we are out shopping. But as soon as we started the washer the water started leaking immediately from the bottom of the washer. I stopped the washer right away and started mopping up the water in a bucket (1 gal water spilled). So we dropped the idea of leaving the house to shop for bedding.

Shivangini was a little perturbed at the incident that Swami has no mercy on us. As such we were going through so much and He added one more problem. In response to her thought Swami said “I have fixed your microwave so many times in the past. If I can do that, can I not break this (washer)?” Shivangini said “Baba, are we not impressed enough with your powers that you have to keep showing. We did not need this problem right now.” He did not say anything further. At this time we both concluded that whatever Swami’s reasons, by breaking this washer He definitely stopped our going out of the house and shopping. I made few phone calls relating to the repair shops and took appointment while she rested but once I got done she started feeling very sick and devoid of energy to step out. She asked me since she is not feeling well why don’t I go alone and get at least one set of bedding. Right at that minute we heard a loud sound from somewhere and we both independently concluded that this was Swami trying to stop even my stepping out of the house.

Within an hour or so her health condition got so bad that she was shaking like a leaf with chills. Her temperature was 103. After consulting doctors I took her to Emergency where they ran several tests and concluded that she should be hospitalized. By now we

understood why Swami was repeatedly stopping us from stepping out of the house. Not only that, before her condition got worse Swami prompted her to read the entire Vishnu Sahasranama, do Gayatri chanting, and just before we stepped out to go to the Hospital she sipped the holy Ganges water. As she bowed down to Baba's picture before leaving home Baba said "Divine beings will come tonight." We did not know what that meant. On May 23, 2005 Monday the repair person came to fix the washer and I was with him. He filled the washer with water, emptied it, ran it on spin cycle etc but could not find the water leak. I was stunned too but remembered what Swami said regarding the water leak when it occurred. I put a full load of clothes and ran the washer through wash and spin cycles and did not have any water leak. I asked the repair man to not replace any parts because I wanted to see if it is going to start leaking in a day or two. As I finish writing this book 2.5 years later, the clothes washer is still working fine without any water leaks.

Om Sai Ram.

