



# "श्री विष्णु विद्या"

परम पद में विश्राम



**Sacred Circle**

**4-5-6th April 2025**

**Venue- Maa Umiya Dham, Bhandara Road, Nagpur**



## Preface



My name is Rajesh Mallya, a 53-year-old resident of Mumbai. I currently serve as the Director of Operations for a leading global fintech company. For over three and a half years, I have been actively involved with the Sacred Circle Group, regularly participating in their meditation and healing sessions.

Gradually my life has undergone a profound transformation. I've not only gained divine knowledge that enriches my soul but have also experienced significant personal growth. Challenges no longer feel overwhelming; my approach to them has shifted dramatically, allowing me to respond with clarity and grace. My connection to divine energy has deepened, bringing a sense of peace and fulfillment. This newfound strength has enabled me to savor every moment of my journey, turning life into a beautiful and joyous experience.

The first in-person Shivr of Sacred Circle was held during 4th -6th April 2025 at Maa Umiya Dham, Nagpur. It was for learning and experiencing a high level sadhana called " Shri Vishnu Vidhya ". I participated in the said Shivr. The divine experience I had cannot be expressed in words. **The experience was beyond words, touching every heart with an indescribable beauty. It Can't be expressed or explained.** Each participant surely felt the essence of Sat Chit Ananda—pure consciousness, divine grace, and boundless joy. It was a moment of profound happiness, leaving many moved to tears of bliss. Truly, a memory that will resonate forever.

During the Shivr, our revered Sir, through his boundless compassion, imparted invaluable wisdom, to awaken us, to prepare us to achieve Sayujya Mukti. **I diligently tried to capture the same, though I know in my heart that I can't ever capture the full depth of his teachings.** I have not only captured the points which Sir has covered during this Shivr but also few points which I gathered from him during earlier online classes and have presented in this booklet. **I sincerely apologize for any errors in my notes. I truly appreciate your understanding and patience.** In this booklet, I have strategically highlighted select text and sentences using background color, not just for emphasis, but to guide the reader's attention toward key emotions, experiences, and moments of significance.

The experiences of the various participants were also included at the end, not only to provide a glimpse of what was covered during the shivr but also to share the firsthand insights felt by the attendees. Each experience is divine, transformative, exceptional, and powerful, filled with abundant blessings and divine bliss. **Special thanks Raipure-Sir and Lina-Didi for allowing me to share this with all fellow Sacred Circle members who attended the Nagpur Shivr.**

I bow in deep reverence and heartfelt gratitude to Raipure-Sir and Lina-Didi for their unwavering dedication and selfless efforts in conducting these transformative sessions week after week over the years. Their commitment has illuminated the lives of people from all walks of life, spreading wisdom, positivity, and enlightenment. Their guidance has truly been a beacon of hope and growth for countless individuals.



**Infinite gratitude and heartfelt Pranams to Raipure-Sir and Lina-Didi for creating a sacred space that allowed such divine unfolding to occur.**







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## OUR MENTORS



**Main Mentors of Sacred Circle are Mrs Lina Raipure and Mr Diwakar Raipure.**

Mr Diwakar Raipure is M. Tech. from IIT - Madras, Chennai and Mrs Lina is M. Sc. from Institute of Science, Nagpur.

Both mentors have vast & rich experience in the field of healing and meditation. They have undergone a large number of spiritual trainings from the facilitators and Gurus in India and abroad.

They have practiced more than 100 modalities, studied various scientific principles and spiritual methods for the last 28 years and have developed their own techniques which are very effective and easy to learn.

They had their own awakening by the grace of their spiritual master.



**Special Gift from Sacred Circle to Each Participant  
who attended the Session.**







## GRATITUDE & PRANAMS

Before capturing the various topics of Shivr I want to express Gratitude & Pranam's to God, Guru's, Holy Masters and Special Divine Soul Kshitij.

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Date: 04/04/2025

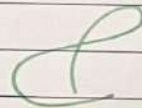
Pranam to Lord Dattatreya. Pranam  
to all the Gurus, Holy Masters.

Remembering the divine soul Kshitij  
on his birthday today.

It is because of this Sacred Soul  
that we all united and connected  
to Sacred Circle, and this blessed  
shibir has taken form.

Heart felt Gratitude

Gratitude



More Gratitude.

We bow in reverence and gratitude to  
Raipur Sir & Lina didi for selflessly  
conducting sessions week after week  
and enlightening people from all walks  
of life.





## BRIEF ABOUT SHIVIR



In spirituality, four stages of liberation are understood: **Salokya Mukti**, **Samipya Mukti**, **Sarupya Mukti**, and **Sayujya Mukti**. These are also mentioned in our Upanishads, particularly in the **Srimad Bhagavatam** and the **Chandogya Upanishad**. The saint from Maharashtra, **Sant Dnyaneshwar**, also said, "Standing at the door of God even for a moment grants all four liberations." This means that even standing at God's door for a moment can grant all four types of liberation. However, going to God's door does not simply mean visiting a temple, as millions of people visit temples but are not liberated.

Therefore, to teach how to reach God's door and to understand and experience these four types of liberation, a three-day camp was organized by **Sacred Circle** in Nagpur from April 4-6, 2025. This camp was called **Shri Vishnu Vidya Shivir** and was held at **Maa Umiya Dham** in Pardi. Practitioners from all over India and even from Bahrain attended this camp.

On the eve of the camp, that is, on the evening of April 3rd, in the meditation hall, the invocation and installation of Lord Shiva, Vishnu, Buddha, Jesus, the Saptarishi, Ascended Masters, Galactic Beings, saints, yogis, and other divine powers were performed.

### Topics covered During the Shivir

- Purification at the levels of the body, mind, and soul.
- Balancing of the air element (thoughts) and water element (emotions).
- Chakra balancing.







- Blessings from Blue Avians Galactic Beings.
- Understanding the Supreme Being: Kinetic and potential energy. Kinetic power, Gods, Supreme Being as potential energy.
- Description of the supreme state.
- The role of the ten avatars of Vishnu.
- Removing subconscious blocks for spiritual development (Jimmy Mack's method).
- Self-realization, expansion of one's soul, and feeling.
- Pranic tube connection to the Great Central Sun.
- Cerebrospinal fluid, Amrit.
- Kundalini awakening.
- DNA activation.
- How to generate the Theta state at will.
- Arrival of Paradsinga Mata Sati Anusuya, her chief disciple, and Saint Patiwali Aai at the camp on April 4, 2025.
- How to generate scalar waves.
- The four liberations: Salokya, Samipya, Sarupya, Sayujya Mukti.
- The mystery of the Vishnu statue in Undavalli cave.
- Two-point method for healing and energetic connection.
- Entanglement in quantum physics and its role in spirituality.
- Sudarshan Chakra power.
- How to pierce the Rudra Granthi and why it is necessary.
- Vishnu Jyoti in the body for protection and blissful feeling.
- Sayujya with Lord Vishnu.
- Theory of enlightenment and the effect of Earth's gravity on enlightenment.
- Experiencing divine light in union with the Supreme Being.
- Experiencing divine emptiness in the Supreme Being.

In the evenings, there were bhajans and kirtans, and practitioners danced to the songs. The camp was very successful, and many people were moved to tears with gratitude and were emotionally overwhelmed.





## SHRI VISHNU VIDYA

### Attaining Param Pad– Moksha - Ultimate state.

Initially we all ( Souls - Atma ) were with god ( Paramatma ) but we came here to experience the Earth but then, we completely forgotten where we actually belong and struck in the cycle of Karma and re-birth. Earth is best Place to Evolve but it also has the duality and if we don't manage our selves then we will not be able to come out of the viscous cycle of birth, death & rebirth.

Difficulties in life motivate people to get into spirituality. Normally man puts efforts to get Happiness, Comfort, Joy but we slip. We came to earth to enjoy but we forgotten our original form. Several saints tried to remind us but we still don't take that seriously.

One of the Divine soul **Sanat Kumara** came from Venus around many years ago to assist in spiritual evolution of early humanity. Sanat Kumara is a profound figure in spiritual lore, revered across various traditions (even mentioned in Bible as Ancient of Day) for his divine mission to uplift humanity. His story is one of immense compassion and selfless service, as he descended to Earth during a time of spiritual crisis to guide souls back to the path of enlightenment. Sanat Kumara is a fascinating figure in spiritual traditions, often associated with Shambala, a mystical and sacred land. According to esoteric teachings, Sanat Kumara is considered a highly evolved being who came to Earth to guide humanity during its spiritual evolution. Shambala is believed to be his spiritual seat, a place of immense wisdom and enlightenment.

Shambala is often described as a hidden realm, sometimes linked to the Gobi Desert, and is said to be accessible only to advanced spiritual initiates. It serves as a centre of divine energy and guidance, connecting the physical and spiritual worlds. Sanat Kumara is revered as the Lord of Shambala, embodying wisdom and compassion, and is thought to work with other spiritual beings to uplift humanity.

According to ancient accounts, Sanat Kumara hailed from the planet Venus, a realm of advanced spiritual beings. When Earth faced the threat of dissolution due to the loss of higher consciousness among its inhabitants, Sanat Kumara stepped forward. **The Cosmic Council**, which oversees the balance of the universe, had decreed that Earth could no longer sustain itself spiritually. However, Sanat Kumara, moved by deep love and compassion, pleaded for the opportunity to save the planet. His request was granted, and he, along with 144,000 enlightened souls, embarked on a mission to reignite the divine spark within humanity.

Sanat Kumara's teachings emphasize the importance of inner transformation, self-realization, and the cultivation of virtues such as love, compassion, and humility. He reminds us that the journey to enlightenment begins within, through meditation, selfless service, and unwavering faith in the divine.

His story serves as a timeless reminder of the power of divine intervention and the boundless potential of the human spirit to rise above challenges. Sanat Kumara's legacy continues to inspire seekers on their spiritual journey, guiding them toward the ultimate goal of liberation and union with the divine.

**Now is the suitable / favorable time for us to meditate and reach higher Dimensions. Lots and lots of people are getting in there. We all are fortunate to have taken birth in this time period more suitable to reach the higher dimensions than earlier time and hence let us utilize the advantage what we have.**







Kalpavriksha gives us what we want. Like that, we get what we want when we attain higher Dimensions. Our efforts should be to go even beyond 5<sup>th</sup> Dimension to the Ultimate State which is Attaining Param Pad.

### Param Pad Mein Vishram: The Ultimate Resting Place of the Soul –

Our endeavor is to attain the Ultimate State and reside there.

God is

1. **Omnipotent:** This means that God is all-powerful. God has unlimited power and can do anything that is possible.
2. **Omniscient:** This refers to God being all-knowing. God has complete knowledge of everything, including past, present, and future events.
3. **Omnipresent:** This means that God is present everywhere at the same time. There is no place where God is not present.
4. **Omnibenevolent:** This quality means that God is all-good or infinitely good. God is perfectly good and is the source of all goodness.

The phrase "Param Pad Mein Vishram" embodies the soul's ultimate journey towards divine bliss and eternal peace. It speaks of resting in the infinite, transcendental state where worldly illusions dissolve, and the soul reunites with its true essence—the divine presence. This state signifies liberation from the cycle of birth and death, known as Moksha, and the attainment of supreme tranquility.

In the spiritual sense, "Param Pad" is not a physical location but a sacred state of being. It is the realization of oneness with eternal consciousness, where ego, desires, and attachments vanish. The soul, free from the shackles of material existence, surrenders to the divine light, merging seamlessly with the cosmic truth.

The path to "Param Pad" is illuminated by spiritual practices like meditation, selfless service, and unwavering faith in the higher power. By silencing the mind and seeking inner stillness, one can experience glimpses of this divine rest. The process requires surrender—not out of weakness, but as an act of ultimate strength and trust in the divine will.

"Param Pad Mein Vishram" encourages us to embrace detachment and love. It teaches that eternal bliss is not found in possessions or achievements but in humility, inner purity, and communion with the divine. It is a call to rise above worldly conflicts and live in harmony with the universe's sacred rhythm.

In essence, resting in "Param Pad" is the soul's homecoming—an eternal embrace of love, light, and infinite peace.

At the end of Shivar after learning Sri Vishnu Vidya we experienced Ultimate State which is Param Pad. First, we learnt how to go to Vishnu Lok, then how to go near Lord Vishnu and how to look like him and at the end how one can merge with the Supreme Being, losing one's separate identity i.e achieving Sayujya Mukti.





## BLESSINGS FROM BLUE AVIANS GALACTIC BEINGS



### Upper Body resembles Bird & Lower Body of the Man

In a spiritual context, "Blue Avians" refer to a type of celestial being, often associated with high-dimensional consciousness and peace. They are believed to be advanced, peaceful, and deeply connected to spirit, frequently depicted as birds or avian-like beings. Blue Avians are also described as star seeds, meaning they are believed to have originated from other worlds and come to Earth to help humanity evolve.

Here's a more detailed look at the characteristics and beliefs surrounding Blue Avians:

- **Higher Dimensional Beings:** Blue Avians are often portrayed as having origins in higher dimensions and frequencies.
- **Peaceful and Empathic:** They are known for their peaceful nature and strong empathy for others, which can make it difficult for them to cope with the intense emotions of the physical world.
- **Sensitive and Intuitive:** Blue Avians are believed to be highly sensitive and intuitive, with strong psychic abilities and the capacity for telepathic communication.
- **Learning and Understanding:** Their primary goal is often seen as learning and understanding the universe, with the ultimate aim of bringing peace and balance.
- **Star seeds:** They are considered star seeds, meaning they have a past life or origin in another world, often referred to as a galaxy or star system.
- **Galactic Guardians:** Some beliefs associate Blue Avians with the role of galactic guardians, helping to protect and guide humanity on its path.
- **Advanced Technology:** Blue Avians are often portrayed as having access to advanced technology and information in the form of light waves.

In essence, Blue Avians are a fascinating and symbolic concept that has been embraced in spiritual and artistic circles, representing higher consciousness, peace, and the potential for connection with the wider cosmos.





- They help us for Healing, Personal Development, Chakra Balance, Spiritual Help
- Telepathy, Oneness,
- Helping Human beings for several Yugas.
- Help us to go to 12<sup>th</sup> Dimensions.
- Help to world Peace.
- They communicate and help other galaxies.

**Blue Avian Meditation:** - Perform Pillars of Light Meditation and invoke Devine Being, Blue Avians, Galactic Beings and feel their presence and energies and take the Blessings from Blue Avians Galactic Beings.

## UNDERSTANDING THE SUPREME BEING: KINETIC AND POTENTIAL ENERGY.

Kinetic power, Gods, Supreme Being as potential energy.

Energy exists in many forms, but two fundamental types are:

1. **Kinetic Energy:** This is the energy of motion. Any object that is moving has kinetic energy. For example, a moving car, a flowing river, or a spinning wheel all possess kinetic energy.
2. **Potential Energy:** This is the energy stored in an object due to its position or state. For instance, a rock at the top of a hill has gravitational potential energy because of its elevated position. Similarly, a compressed spring has elastic potential energy. Understanding the Supreme Being as potential energy.

Now, applying this analogy to spiritual concepts:

1. **Gods and Supreme Being as potential energy:** The Supreme Being (Paramatma) can be seen as the ultimate source of potential energy. This divine energy is omnipresent, infinite, and holds the potential for all creation and existence. It's like the rock at the top of the hill, holding immense power and possibility.
2. **Kinetic power:** When this divine potential energy manifests in the universe, it becomes kinetic energy. This is the active, dynamic force that drives creation, sustains life, and governs the laws of nature. Gods and divine beings can be seen as expressions of this kinetic energy, actively participating in the unfolding of the cosmos.

## SCIENCE IS VIGYAN MEANS VISHESH GYANA THROUGH THAT ALSO ONE CAN EXPERIENCE PARAMATMA.

- Devotion is one of the Key aspects to connect to god.
- Dissolve in devotion of God.
- During this time the Bhajan called Jo Bhaje Hari Ko sada was Played. – You Tube link has been shared [https://youtu.be/dmfMXOz\\_RYo](https://youtu.be/dmfMXOz_RYo)
- Awareness in every action with devotion to Hari and don't think of anything else then you will be in constant touch of God.
- Do Pillars of Light Meditation and call Blue Avians and take their help.





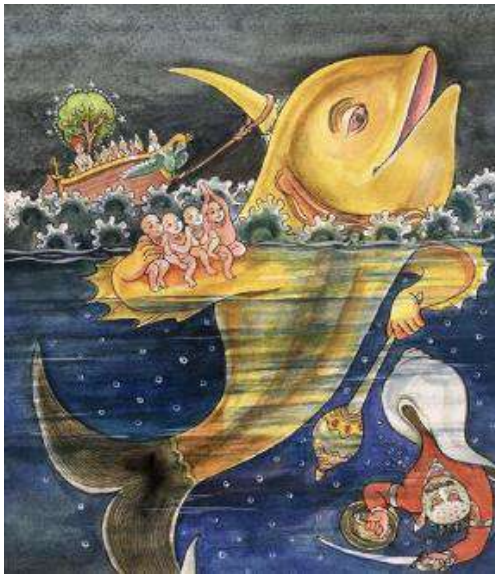


## THE TEN AVATARS OF LORD VISHNU: THE STORY OF DIVINE PROTECTION.

In Hinduism, Lord Vishnu holds a special place as an important aspect of the Trimurti. Vishnu is considered the preserver god, who incarnates in various forms to protect dharma (righteousness).

Through his ten avatars, Vishnu has destroyed evil in every era and re-established dharma. These avatars symbolize the evolution of mankind and the preservation of nature. They inspire us to walk the path of compassion, justice, and truth.

**Matsya Avatar -Through this avatar, the Vedas, which had been lost in the deluge, were retrieved and preserved.**



The story of Matsya Avatar, the first incarnation of Lord Vishnu, is a fascinating tale from Hindu mythology. It is said that Lord Vishnu took the form of a fish (Matsya) to save the world from a great deluge. The narrative begins with King Manu, a pious ruler, who finds a small fish in his hands while performing his morning prayers. The fish pleads for protection, fearing larger predators. Manu, moved by compassion, places the fish in a vessel. However, the fish grows rapidly, outgrowing every container, until it is finally released into the ocean. At this point, the fish reveals its divine identity as Lord Vishnu and warns Manu of an impending flood that will submerge the world.

Lord Vishnu instructs Manu to build a large boat and take with him the seeds of all life forms, along with the seven sages (Saptarishis). When the flood arrives, Matsya appears and guides the boat to safety, ensuring the continuity of life and the preservation of

knowledge. In this incarnation, Vishnu not only saved mankind from destruction but also paved the way for the development of a new civilization through the preservation of Vedic knowledge.

Similar instance is mention in Bible , Atlantis The story of Atlantis, the legendary lost city, originates from the ancient Greek philosopher Plato's dialogues, *Timaeus* and *Critias*. According to Plato, Atlantis was a powerful and advanced civilization located "beyond the Pillars of Hercules" (modern-day Strait of Gibraltar). It was said to be a utopian society with incredible wealth, advanced technology, and a strong naval empire. However, the Atlanteans became greedy and corrupt, losing favor with the gods. As punishment, the gods sent catastrophic earthquakes and floods, causing Atlantis to sink into the ocean in a single day and night.

Noah Ark - The story of Noah's Ark is a well-known biblical tale of saving species from a flood. Found in the Book of Genesis, it narrates how God instructed Noah to build an ark to preserve life during a catastrophic flood meant to cleanse the earth of wickedness. Noah was tasked with gathering pairs of every animal species, along with his family, to ensure the survival of life. The ark served as a refuge during the 40 days and nights of rain. After the floodwaters receded, the ark came to rest on Mount Ararat, and Noah released a dove, which returned with an olive leaf, signalling the end of the deluge. This story symbolizes faith, obedience, and divine mercy, with the rainbow as a sign of God's promise never to flood the earth again





**Kurma Avatar – The Kurma avatar helped maintain balance between the gods and demons during the distribution of the nectar and assisted in the just and fair distribution of Amrit (took Mohini Avtar).**



The Kurma Avatar is the second incarnation of Lord Vishnu in Hindu mythology, symbolizing stability and support. This avatar is central to the story of the **Samudra Manthan**, or the churning of the cosmic ocean. In this tale, the Devas (gods) and Asuras (demons) collaborated to churn the ocean to obtain **Amrita**, the nectar of immortality.

They used Mount Mandara as the churning rod and Vasuki, the serpent king, as the rope. However, the mountain began to sink into the ocean due to its immense weight. To prevent

chaos, Lord Vishnu took the form of a giant tortoise, Kurma, and supported the mountain on his back, ensuring the churning could continue. The churning produced various treasures, including Lakshmi, the goddess of fortune, and the deadly poison Halahala, which Lord Shiva consumed to save the universe. Finally, the nectar of immortality emerged, restoring balance and order. This avatar emphasizes the importance of patience, resilience, and divine intervention in overcoming challenges. The tortoise form symbolizes endurance and the ability to bear immense pressure while maintaining stability. In this form, he blessed the gods with immortality and maintained the balance of divine energies.

**Varah Avtar – The boar form symbolizes determination and the ability to overcome obstacles, no matter how daunting**



The Varaha Avatar is the third incarnation of Lord Vishnu, symbolizing strength and the restoration of balance. In this form, Vishnu took the shape of a mighty boar to rescue the Earth, personified as Bhudevi, from the depths of the cosmic ocean.

The story begins with the demon Hiranyaksha, who dragged the Earth into the ocean, disrupting cosmic harmony. To save the planet, Vishnu manifested as Varaha, a colossal boar with immense power. He dove into the ocean, fought Hiranyaksha in a fierce battle that lasted a thousand years, and ultimately defeated him. Using his tusks, Varaha lifted the Earth from the ocean and restored her to her rightful place in the universe.

Galaxy has 170 trillion liter water outside earth. This avatar teaches us that protecting nature and the environment is our duty.







## Narasimha Avtar- This avatar symbolizes the omnipresence of the divine and the protection of devotees who uphold dharma



The Narasimha Avatar is the fourth incarnation of Lord Vishnu, embodying divine protection and the triumph of good over evil. In this form, Vishnu manifested as a half-man, half-lion to save his devotee Prahlada and restore cosmic order.

The story begins with Hiranyakashipu, a powerful demon king who obtained a boon from Lord Brahma, making him seemingly invincible. He could not be killed by man or beast, inside or outside, during day or night, on land or in the sky, or by any weapon. Emboldened by this boon, Hiranyakashipu declared himself God and persecuted those who worshipped Vishnu, including his own son, Prahlada.

Prahlada, despite his father's wrath, remained steadfast in his devotion to Vishnu. When Hiranyakashipu's atrocities reached their peak, Vishnu intervened. He appeared as Narasimha, a form that defied the conditions of the boon—neither fully man nor beast. At twilight (neither day nor night), on the threshold of a courtyard (neither inside nor outside), Vishnu placed Hiranyakashipu on his lap (neither on land nor in the sky) and used his claws (not a weapon) to kill him. It highlights the creative ways in which divine intervention can overcome even the most formidable obstacles. This incarnation shows that God will go beyond any limitations to protect his devotees and punish evil.

## Ahobilum Temple in Andra Pradesh



Ahobilam is a cluster of temples located in the mountain ranges of the Eastern Ghats in the Ahobilam village, Kurnool district, Andhra Pradesh. The temple complex has nine shrines to Lord Nrisimha located around a 5 KM circle, and there is also a temple for Prahaladavarada Varadhan in the foothills of the mountain. It is the only place where all the nine forms of Lord Narasimha Swamy are worshipped.

**Ahobilam** is a sacred site in the Nallamala Hills, known as the holy abode of Lord Narasimha, an incarnation of Lord Vishnu in man-lion form. Legend has it that this is where Lord Narasimha

killed Hiranyakasipu and saved Prahalada. The initial temples were built by Chalukyas in the 8th century, but most of the current structures were rebuilt by Vijayanagara kings around the 15th century. However, in 1578, the Mughal army caused significant damage to these temples.

The temple complex houses nine shrines, each dedicated to a unique form of Lord Narasimha. These forms represent various aspects of the deity, from his fierce and protective nature to his tranquil and meditative state

1. Jwala Narasimha – Fiercest form, where the Lord appears at the moment of slaying Hiranyakashipu.
2. Ahobila Narasimha – The main deity, Ugra Narasimha, residing in the upper Ahobilam.

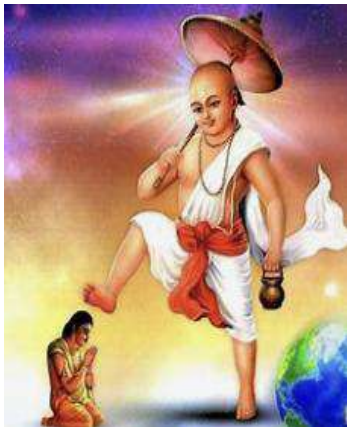






3. Malola Narasimha – The most benevolent form, seated with Lakshmi Devi.
4. Kroda Narasimha – Boar-faced aspect symbolizing Varaha-Narasimha.
5. Karanja Narasimha – Lord under a Karanja tree, holding a bow (rare).
6. Bhargava Narasimha – Worshipped by Sage Bhargava.
7. Yogananda Narasimha – Lord in a meditative posture, who taught yoga to Prahlada.
8. Chatravata Narasimha – Surrounded by banyan trees, fond of music.
9. Pavana Narasimha – The most peaceful and accessible form, known to purify sins.

**Vaman Avatar - This avatar underscores the themes of humility, devotion, and the importance of balance in the universe.**



The Vamana Avatar is the fifth incarnation of Lord Vishnu, symbolizing humility and the restoration of cosmic balance. In this form, Vishnu appeared as a dwarf Brahmin to subdue the pride of the Asura king Mahabali and reclaim the three worlds for the Devas. Mahabali, though a benevolent and just ruler, had grown immensely powerful, threatening the balance of power between the Devas and Asuras. To address this, Vishnu incarnated as Vamana, a diminutive Brahmin boy, during a grand yajna (sacrifice) conducted by Mahabali. True to his generous nature, Mahabali promised to grant Vamana any wish.

Vamana humbly requested three paces of land, measured by his own feet. Mahabali agreed, despite warnings from his guru, Shukracharya, about Vamana's divine nature. As soon as the promise was made, Vamana expanded to a colossal size. With his first step, he covered the Earth; with his second, he spanned the heavens. For the third step, Mahabali offered his own head, demonstrating his humility and devotion. Impressed by Mahabali's virtue, Vishnu granted him a boon to rule the netherworld and visit his people once a year, celebrated as the festival of Onam in Kerala.

**Parshuram Avatar - Symbolizing justice, discipline, and the protection of dharma.**



The Parashurama Avatar is the sixth incarnation of Lord Vishnu, symbolizing justice, discipline, and the protection of dharma. Parashurama, meaning "Rama with an axe," is depicted as a Brahmin warrior, combining the wisdom of a sage with the valor of a Kshatriya. Born to Sage Jamadagni and Renuka, Parashurama's life was marked by his unwavering devotion to his parents and his fierce sense of justice. The most famous legend associated with him involves the tyrannical king Kartavirya Arjuna, who coveted the divine cow Kamadhenu owned by Jamadagni. When the king forcibly took the cow and later killed Jamadagni, Parashurama vowed to avenge his father's death.

In his rage, Parashurama waged a campaign against the Kshatriyas, who had become corrupt and oppressive. He is said to have rid the Earth of Kshatriyas 21 times, restoring balance and dharma. Despite his warrior-like actions, Parashurama is also known for his humility and devotion to Lord Shiva, from whom he received his divine axe. Parashurama is considered one of the Chiranjivis (immortals) and is believed to reappear as the mentor of Lord Vishnu's final avatar, Kalki, at the end of the Kali Yuga.





**Ram Avtar- Symbolizing Duty, Justice, Ideal or Model, dedication to Duty, never deviate from the promise.**



Lord Rama embodies the ideals of virtue, honour, and duty (dharma). Born as the prince of Ayodhya, he was the eldest son of King Dasharatha and Queen Kaushalya. Rama, along with his wife Sita and brother Lakshmana, was exiled to the forest for 14 years due to a promise Dasharatha made to his wife Kaikeyi. Sita was abducted by the demon king Ravana, leading to an epic quest to rescue her. With the help of Hanuman, Sugriva, and the Vanara army, Rama defeated Ravana in a climactic battle. After fulfilling his exile, Rama returned triumphantly to Ayodhya and was crowned king, marking the festival of **Diwali**. The story is not only an adventure but also a spiritual journey, teaching timeless values of loyalty, love, and justice.

**Krishna Avtar – Symbolizing how one can lead life with calmness & happiness and still accomplish all the Goals of life which are full of obstacles.**



The **Krishna Avatar**, the eighth incarnation of Lord Vishnu, is one of the most celebrated and enchanting narratives in Hindu mythology. Lord Vishnu took the form of Krishna during the Dwapara Yuga to restore dharma (righteousness) and eliminate evil forces, particularly the tyrannical King Kansa. Krishna was born in a prison in Mathura to Devaki and Vasudeva. To protect him from Kansa, Vasudeva secretly carried the newborn across the Yamuna River to Gokul, where he was raised by Nanda and Yashoda. Krishna's childhood is filled with delightful tales, such as his playful theft of butter, the defeat of demons like Putana and Kaliya, and the lifting of Govardhan Hill to protect villagers from torrential rains. As a young man, Krishna returned to Mathura, defeated Kansa, and liberated his parents. He then established the city of Dwarka. Krishna played a pivotal role in the Mahabharata, serving as Arjuna's charioteer and delivering the profound teachings of the Bhagavad Gita, emphasizing karma, devotion, and wisdom. Krishna's life is a blend of divine miracles, philosophical teachings, and human-like charm, making him a beloved figure across cultures.

**Buddha Avtar – This avatar emphasised individual towards Ahimsa & Karuna**



The **Buddha Avatar** is considered the ninth incarnation of Lord Vishnu in Hindu tradition. This avatar is unique because it represents a shift from the traditional warrior-like avatars to one of peace and enlightenment. Lord Vishnu incarnated as Buddha to guide people away from animal sacrifices and to promote non-violence, compassion, and spiritual awakening. This was a response to the misuse of Vedic rituals during that time. Born as Prince Siddhartha Gautama in Lumbini (modern-day Nepal), he was the son of King Śuddhodana and Queen Maya. Despite living a life of luxury, Siddhartha was deeply moved by the suffering he witnessed in the world. This led him to renounce his royal life in search of truth and enlightenment. After years of meditation and ascetic practices, Siddhartha attained enlightenment under the Bodhi tree in Bodh Gaya, becoming the Buddha, or "The Enlightened One." The Buddha's teachings, known as the Dharma, emphasize the Four Noble Truths and the Eightfold Path, guiding individuals toward liberation from suffering and the cycle of rebirth.

The **\*\*Eightfold Path\*\*** is a fundamental teaching in Buddhism, guiding individuals toward liberation from suffering and achieving enlightenment. It is divided into three categories: wisdom, ethical conduct, and mental discipline.







### Wisdom (Prajna)

1. **\*\*Right View\*\***: Understanding the nature of reality and the Four Noble Truths.
2. **\*\*Right Intention\*\***: Cultivating thoughts of kindness, renunciation, and harmlessness.

### Ethical Conduct (Sila)

3. **\*\*Right Speech\*\***: Speaking truthfully and avoiding harmful language.
4. **\*\*Right Action\*\***: Acting ethically and refraining from harming others.
5. **\*\*Right Livelihood\*\***: Choosing a profession that does not cause harm or exploit others.

### Mental Discipline (Samadhi)

6. **\*\*Right Effort\*\***: Striving to develop wholesome qualities and eliminate unwholesome ones.
7. **\*\*Right Mindfulness\*\***: Maintaining awareness of body, feelings, mind, and phenomena.
8. **\*\*Right Samadhi\*\***: Practicing meditation to achieve samadhi

The Eightfold Path is often represented by the **\*\*Dharma Wheel\*\***, symbolizing the interconnectedness of these practices. Each aspect supports the others, creating a holistic approach to spiritual growth.

**Kalki Avtar- Represents hope and the promise of a brighter future, reminding humanity to uphold righteousness even in challenging times.**



The **Kalki Avatar** is the prophesied tenth and final incarnation of Lord Vishnu, destined to appear at the end of the **Kali Yuga**, the current age of darkness and moral decline. Kalki's arrival is foretold to restore dharma (righteousness) and end adharma (unrighteousness). He will cleanse the world of evil and reset the cosmic cycle, ushering in the **Satya Yuga**, the age of truth and virtue. Kalki is often depicted as a fierce warrior riding a majestic white horse named **Devadatta** and wielding a blazing sword. His divine presence symbolizes justice and renewal.

According to scriptures, Kalki will be born in the village of **Shambhala** to Vishnuyashas and Sumati. His arrival is said to mark the culmination of Kali Yuga's chaos. Kalki will vanquish evil forces, including corrupt rulers and immoral beings, to restore balance and harmony in the world. He is believed to be trained by **Parashurama**, another avatar of Vishnu, who will guide him in his mission. The Kalki Avatar represents hope and the promise of a brighter future, reminding humanity to uphold righteousness even in challenging times.

### **Saligram -Vishnu's Stones Form**



The story of **Jalandhar** and **Vrinda** is a fascinating tale from Hindu mythology, filled with devotion, power, and divine intervention.

Jalandhar was born from the fiery brilliance of Lord Shiva's third eye, which was cast into the ocean. He grew up to become a powerful demon king, ruling with immense strength and arrogance. Vrinda, a devoted wife and a staunch devotee of Lord Vishnu, was married to Jalandhar. Her unwavering chastity and devotion made Jalandhar invincible, as no one could harm him as long as she remained pure.

Jalandhar's arrogance led him to challenge the gods and claim their possessions. He even sought to possess Goddess Parvati, which enraged Lord Shiva. To defeat Jalandhar, Lord Vishnu disguised himself as Jalandhar and approached Vrinda.

Believing him to be her husband, Vrinda's chastity was broken, and Jalandhar lost his divine protection. Lord Shiva then defeated Jalandhar in battle. Heartbroken by the deception, Vrinda cursed Lord Vishnu to turn into a stone (the Shaligram) and to be separated from his consort, Lakshmi.







After her death, Vrinda was transformed into the sacred Tulsi plant, which is revered in Hindu rituals. The Tulsi plant symbolizes purity and devotion and is considered an earthly manifestation of Vrinda's unwavering love for Vishnu. It plays a central role in Hindu worship and rituals, especially in offerings to Vishnu and his avatars.

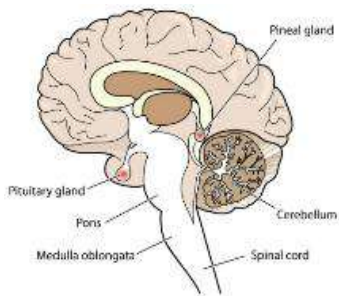
## BALANCING OF THE AIR ELEMENT (THOUGHTS) AND WATER ELEMENT (EMOTIONS).

- **Vayu - Mana** - The **Vayu Tattva**, or the air element, plays a significant role in influencing our mind and body according to ancient yogic and Ayurvedic principles. Vayu Tattva governs the flow of thoughts and ideas. When balanced, it promotes mental clarity, creativity, and focus. However, an imbalance can lead to restlessness, anxiety, or scattered thoughts.
- **Jal – Emotions** -The Jala Tattva (water element) is deeply associated with emotions in ancient Vedic philosophy and astrology. It symbolizes fluidity, adaptability, and nurturing qualities, which are closely tied to emotional expression and relationships. Just as water flows and adapts, the Jala Tattva governs the flow of emotions, helping individuals connect with their feelings and the feelings of others. It represents care, love, and the ability to nurture bonds, making it central to emotional well-being. People influenced by the Jala Tattva are often empathetic, intuitive, and emotionally sensitive.
- **Agni – Chitta** - Agni Tattva (the fire element) is deeply connected to Chitta (the mind or consciousness) in yogic and spiritual traditions. Agni Tattva represents transformation, just as fire transforms matter into energy. Similarly, it is believed to purify and refine the Chitta, burning away impurities like ignorance, negative thoughts, and distractions. The fire element is associated with focus and determination. A balanced Agni Tattva helps maintain a sharp and clear mind, enabling deeper meditation and self-awareness. In yogic practices, the inner fire (often referred to as Chitagni) is linked to awakening higher states of consciousness. It is said to illuminate the Chitta, allowing one to transcend the limitations of the physical and mental realms.

To Balance all these Tatva Meditation was conducted.

## GLANDS IN OUR BODY LEAVE CHEMICALS RELATED TO SPIRITUALITY ARE

### Pinal Gland:-



The **pineal gland**, also known as the "third eye," is a small, pea-shaped endocrine gland located in the brain. It has fascinated scientists and philosophers for centuries due to its unique role and mystical associations. The pineal gland is situated in the epithalamus, near the center of the brain, between the two hemispheres, in a groove where the two halves of the thalamus join. Its shape resembles a tiny pinecone, which is how it got its name. The gland's primary role is to regulate the body's circadian rhythms (sleep-wake cycles) by producing and releasing **melatonin**, a hormone influenced by light exposure. It helps the body adapt to the natural cycles of

day and night. Ancient cultures and philosophers, such as René Descartes, referred to the pineal gland





as the "seat of the soul," believing it to be a gateway to higher consciousness. In spiritual traditions, it is often associated with intuition and enlightenment. Modern science recognizes the pineal gland as a crucial part of the endocrine system, though its full range of functions is still being explored. The **pineal gland** is often regarded as a bridge between the physical and spiritual realms, earning it the title of the "third eye" in many spiritual traditions. The pineal gland is associated with the **Ajna Chakra**, or the third eye chakra. This energy centre is believed to govern intuition, insight, and higher consciousness. Activating the third eye is said to enhance spiritual awareness and connect individuals to universal wisdom. The pineal gland is thought to act as a portal to higher dimensions and spiritual experiences. Practices like meditation and visualization often focus on stimulating this gland to achieve deeper states of consciousness and mystical insights. Ancient cultures, including the Egyptians, linked the pineal gland to spiritual awakening. It is often symbolized by the **Eye of Horus**,

### Pituitary Gland

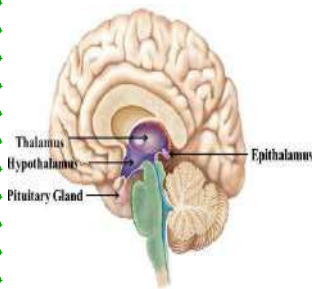
The **pituitary gland**, often referred to as the "**master gland**," is a small, pea-shaped endocrine gland located at the base of the brain, within a bony structure called the **sella turcica**.

The pituitary gland plays a crucial role in maintaining homeostasis and coordinating the body's response to stress, growth, and reproduction. Its close relationship with the hypothalamus ensures precise regulation of hormone levels.

The pituitary gland holds profound spiritual significance, often linked to the Third Eye Chakra (Ajna Chakra) in various spiritual traditions.

- **Bridge Between Realms:** In spiritual practices, the pituitary gland is thought to act as a bridge between the physical and spiritual realms, facilitating a deeper connection to the divine and universal wisdom.
- **Hormonal Influence on Spiritual States:** The gland's regulation of hormones, such as melatonin, can influence states of consciousness, meditation, and spiritual experiences. Balanced functioning of the pituitary gland is said to support spiritual growth and inner peace.
- Some spiritual teachings describe the pituitary gland as a receiver and transmitter of divine energy, allowing individuals to tap into universal wisdom and higher frequencies of consciousness.
- The pituitary gland is believed to work in harmony with the pineal gland (associated with the Crown Chakra) to facilitate spiritual growth and enlightenment.

### Thalamus



The **thalamus** is a vital structure in the brain, often referred to as the brain's **relay station**. The thalamus is an egg-shaped structure located deep within the brain, in the **diencephalon** region. It is composed of gray matter and is divided into several nuclei, each responsible for specific functions. The thalamus processes and transmits sensory and motor signals to the cerebral cortex. It handles information from all senses except smell, ensuring that sensory data is directed to the appropriate areas of the brain for interpretation. The thalamus plays a crucial role in maintaining wakefulness, alertness, and attention. It helps filter sensory information, prioritizing what requires immediate focus. Connected to

the limbic system, the thalamus contributes to emotional regulation, memory formation, and learning processes. It also relays motor signals between the cerebellum, basal ganglia, and motor cortex, aiding in movement coordination and balance. The thalamus is essential for integrating sensory and motor functions, as well as supporting higher cognitive processes.





The thalamus plays a role in processing spiritual experiences by acting as a relay station for sensory and emotional information. Studies suggest that the thalamus, along with other brain regions like the parietal cortex and caudate, is involved in the perception of spiritual states<sup>2</sup>. These experiences often include feelings of connection to something greater than oneself, transcendence, or unity with the universe.

The thalamus's role in filtering and prioritizing sensory input may contribute to the heightened awareness and emotional depth often associated with spiritual practices. For example, during meditation or prayer, the thalamus helps regulate attention and focus, facilitating a deeper connection to spiritual experiences.

## HOW TO PIERCE THE RUDRA GRANTHI AND WHY IT IS NECESSARY?

All 3 Granthis mentioned below play a significant part in Spiritual Development of Consciousness

### 1. Bramha Granthi – Located at Muladhara – Place of Kundalini shakti in Supta shtiti

- It governs primal instincts, survival patterns, and material attachments.
- This knot binds individuals to basic needs such as food, shelter, procreation, and sensual pleasures.
- It represents **Tamas**, a quality associated with lethargy, ignorance, and chaos.
- When blocked, it can lead to fear, insecurity, and excessive attachment to worldly desires.
- The Brahma Granthi symbolizes the attachment to material existence and the fear of death. It prevents spiritual growth by keeping the mind focused on physical comfort and external reality.

Piercing this knot allows the Kundalini energy to ascend to higher chakras, leading to freedom from fear and selfishness.

### 2. Vishnu Granthi – Heart chakra – Prem, karuna ,Shanthi

- It governs emotional patterns, attachments, and the ego.
- This knot binds individuals to emotional dependencies, personal identity, and social attachments. It represents **\*\*Rajas\*\***, a quality associated with passion, individuality, and egoism.
- When blocked, it can lead to excessive pride, emotional instability, and a strong need for approval or control.
- The Vishnu Granthi symbolizes attachment to relationships, recognition, and emotional bonds. It prevents spiritual growth by keeping the mind focused on personal identity and societal roles.

Piercing this knot allows the Kundalini energy to ascend to higher chakras, attain Emotional Balance, fostering unconditional love and freedom from ego-driven desires.

### 3. Rudra Granthi – Vishuddhi & Ajna Chakra – Adhyathmik & Avalokik Knowledge

- It governs the mind, intellect, and attachment to individuality and ego.
- This knot binds individuals to their sense of self, intellectual pride, and attachment to personal identity.
- It represents **\*\*Sattva\*\***, a quality associated with purity, wisdom, and spiritual aspiration.
- When blocked, it can lead to over-identification with the ego, intellectual arrogance, and resistance to surrendering to the divine.
- The Rudra Granthi symbolizes the final challenge in spiritual growth: letting go of the ego and merging with universal consciousness.

Piercing this knot allows the Kundalini energy to reach the Sahastrara Chakra, leading to self-realization and unity with the divine.



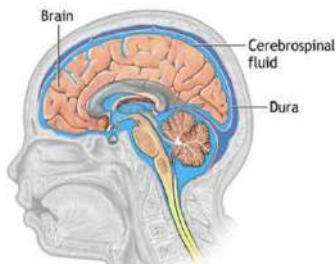




## Miracles of awakening the Rudra Granthi:-

- **Ananta Antar Gyana: Infinite inner knowledge: -**
  - ✚ One can get the sense of future Events. Intuition power increases.
  - ✚ Attain Laser sharp decisive Ability.
  - ✚ Can get clear messages from inner self or inner consciousness.
- **Avalokik Bodha: Extraordinary awareness: -**
  - ✚ Person will get Direct experience of Spiritual truth.
  - ✚ Automatically the mystery of life gets revealed.
- **Buddhimata ka Vistar: Expansion of intellect: -**
  - ✚ The depth of thought increases
  - ✚ Attain ability to resolve complex matters by simplified methods / techniques.
  - ✚ Increase in memory power.

## CELEBROSPINAL FLUID (CSF)– A HOLISTIC JOURNEY



Deep within the protective confines of the human skull and spine flows a clear, enigmatic substance—Cerebrospinal Fluid (CSF) . CSF forms a dynamic shield for the brain and spinal cord, gently cradling these vital organs from the jolts and jars of daily life. Acting as a **\*\*cushion\*\***, it absorbs shocks, ensuring the brain remains unscathed amidst the body's constant motion.

- **Ancient understanding** – First described by Galen in 2<sup>nd</sup> century CS as water like fluid surrounding the brain.
- **Renaissance Period** – Anatomical studies by Vesalius & da Vinci expanded understanding of ventricles.
- **Modern Era** – 19<sup>th</sup> & 20<sup>th</sup> Century Neuro scientists identified CSF composition & circulation patterns.

In spiritual traditions, CSF is often seen as a bridge between the physical and metaphysical realms. Its pulsatile flow mirrors the rhythms of life itself—the heartbeat, the breath, the cycles of nature. Some philosophies link its movement to heightened states of consciousness, believing that its harmonious flow can open pathways to deeper meditation and insight. Yet, ancient wisdom has long regarded it as a sacred substance, a fluid of life that connects the physical body to the higher self.

Ancient Yogic traditions describe Kundalini as spiritual energy that rises through Cerebrospinal pathways.

## Neurological Spiritual Development: -

- **Neural Plasticity:-** Meditation creates Measurable changes on brain structure & function
- **Altered States :-** Advance meditators show distinct neurological patterns during deep states.
- **Biochemical Changes** Spiritual Practices may alter CSF composition & circulation dynamics.
- **Consciousness Research** Emerging studies explore biological basis of transcendent experiences.





"Mrityunjaya" by Shivaji Sawant is a celebrated Marathi novel that delves into the life of **Karna**, one of the most complex and tragic characters from the Mahabharata.

Here's an overview:

- **Theme:** The novel explores the eternal quest for the meaning of existence through Karna's perspective. It portrays his struggles, dilemmas, and unwavering sense of duty, making him a deeply relatable and heroic figure.
- **Narrative Style:** The book is unique in its structure, as it combines multiple soliloquies from different characters, including Karna, his mother Kunti, his wife Vrishali, and even Lord Krishna. This multi-perspective approach provides a rich and layered understanding of Karna's life and the Mahabharata's events.
- **Significance:** "Mrityunjaya" is not just Karna's autobiography but also a profound exploration of human emotions, morality, and destiny. It highlights Karna's inner conflicts, his loyalty to Duryodhana, and his tragic fate, making it a timeless masterpiece.
- **Recognition:** The novel has been translated into several languages, including Hindi, English, Kannada, and Malayalam, and has received numerous accolades for its literary brilliance.





## ARRIVAL OF SAINT PATIWALI AAI – CHIEF DISCIPLE OF PARADSingA MATA SATI ANUSUYA



When Saint Patiwali Aai entered the hall around 5:40PM on 4<sup>th</sup> April 2025. time stood still for me.

I was overwhelmed, Words vanished, Tears Flowed unbidden – not of sorrow, but of deep soul- recognition and surrender.

The moment I touched her feet, a wave of clam washed over me.... Like a child returning to the lap of mother.

The Next morning, as I was quietly seated for breakfast, the universe unfolded with a miracle. Lina-Didi & Sir walked in with Patiwali Aai and sat beside our table. In that divinely orchestrated moment, Sir introduced me to her. She looked at me ... and spoke words that touched the deepest chord of my being.

Her Guidance will remain etched in my soul for as long as I breathe.

I will hold her words close and strive to live by them with utmost sincerity and devotion.







## ABOUT LORD VISHNU

Lord Vishnu, the preserver, Preserver and Protector of the universe. Vishnu's primary role is to maintain the balance of the cosmos, ensuring the preservation of life and order. He intervenes whenever the world is threatened by evil, chaos, or imbalance. Vishnu is known for his ten avatars, collectively called the Dashavatara. These incarnations, each appearing in different ages to restore dharma (righteousness). In each incarnation, Vishnu confronts formidable adversaries, often putting himself in perilous situations.

Vishnu is often depicted with his consort, Lakshmi, the goddess of wealth and prosperity. Together, they symbolize the harmonious balance of preservation and abundance.



Vishnu is typically depicted with four arms, each holding a symbolic object. Here's their significance:

1. **Shankha (Conch):** The conch represents the primordial sound of creation, **Om**, and symbolizes the victory of good over evil. It is also believed to dispel negativity and create positive vibrations
2. **Sudarshana Chakra (Discus):** This spinning weapon signifies the cycle of time, the eternal nature of the universe, and the power of divine justice. It symbolizes Vishnu's ability to remove obstacles and maintain cosmic order.
3. **Gada (Mace):** The mace represents strength, authority, and the ability to overcome challenges. It serves as a reminder of discipline and adherence to moral values.
4. **Padma (Lotus):** The lotus symbolizes purity, spiritual enlightenment, and transcendence. Its emergence from the mud, yet remaining unstained, represents the potential for spiritual growth and liberation

## 10 MAHAVIDYAS

Each representing a unique aspect of the Divine Mother, **\*\*Adi Parashakti\*\***. These goddesses embody various cosmic energies and spiritual wisdom. These goddesses are worshipped in tantric traditions and are believed to guide spiritual seekers on their path to liberation

1. **Kali:** The goddess of time, transformation, and destruction, symbolizing the end of ignorance and the cycle of life and death.





2. **Tara:** The savior goddess who guides devotees across the ocean of existence, representing compassion and ultimate knowledge.
3. **Tripura Sundari (Shodashi):** The goddess of beauty, love, and spiritual perfection, embodying the union of material and spiritual realms.
4. **Bhuvaneshwari:** The goddess of the cosmos, representing the infinite space and the creative power of the universe.
5. **Bhairavi:** The fierce goddess of destruction and transformation, symbolizing the power to overcome fear and ignorance.
6. **Chhinnamasta:** The self-decapitated goddess, representing self-sacrifice, transformation, and the balance of creation and destruction.
7. **Dhumavati:** The widow goddess, symbolizing the void, detachment, and the darker aspects of existence.
8. **Bagalamukhi:** The goddess of power and control, known for her ability to paralyze enemies and protect devotees.
9. **Matangi:** The goddess of inner knowledge, music, and creativity, representing the power of speech and wisdom.
10. **Kamala:** The goddess of prosperity, wealth, and fertility, often associated with Lakshmi, symbolizing material and spiritual abundance.

## FOUR STAGES OF LIBERATION

### 1. Sālokya Mukti

- Liberation in which the soul resides in the same loka (realm or world) as the divine (e.g., Vaikuntha, Kailasa).
- One stays close to the deity but retains a distinct identity.

### 2. Sāmīpya Mukti

- Liberation that grants the soul nearness or closeness to God.
- The soul becomes an intimate attendant or companion of the divine.

### 3. Sārūpya Mukti

- The liberated soul takes on a form similar to that of the deity—sharing similar features, radiance, and appearance.
- This implies spiritual closeness and equality in divine form, though not in essence.

### 4. Sāyujya Mukti

- The highest form of liberation—complete union with the Divine.
- The individual self merges with the Supreme Being, losing separate identity.

## Bhakti – Devotion Surrender is very important in spiritual Attainment.

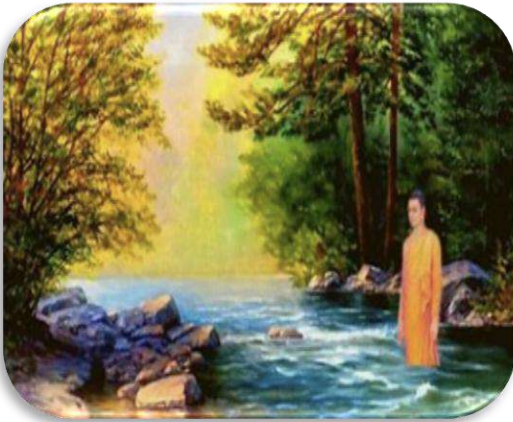
Just as a vessel must be clean to preserve the purity and taste of the nectar it holds, our being—body, mind, and soul—must be cleansed of impurities to fully receive and experience divine grace. If the utensil is tainted, the nectar, despite its inherent sweetness, becomes affected. Similarly, **when our inner self is clouded with negativity, distractions, or unresolved emotions, the profound wisdom and blessings that life offers may not be fully absorbed or appreciated.**





Cleansing oneself involves conscious efforts—practices such as meditation, self-reflection, prayer, and acts of kindness help remove emotional and mental burdens. **When we cultivate purity within, the divine nectar of wisdom, love, and bliss flows freely, enriching our existence and uplifting our spirit in the most beautiful way.**

### **BUDDHAS NIRVANA ON VAISHAK POORNIMA.**



The story of Buddha attempting to cross the **Niranjana River** is a pivotal moment in his journey toward enlightenment.

After years of practicing extreme austerities and self-mortification near the **Niranjana River** (modern-day Lilaja River in Bihar, India), Siddhartha Gautama (the Buddha) had become physically weak and emaciated.

Despite his rigorous efforts, he realized that these practices were not leading him to the ultimate truth he sought.

One day, as he tried to cross the river, his body was so frail that he could barely stand. Midway through the river, he became too weak to take another step and clung to a branch for support.

In that moment of vulnerability, he had a profound realization: enlightenment could not be achieved through extreme deprivation or indulgence but by following the **\*\*Middle Path\*\***, a balanced approach to life.



This epiphany gave him the strength to cross the river. Shortly after, he accepted a bowl of milk and rice pudding offered by a village girl named **\*\*Sujata\*\***, which restored his energy.

With renewed determination, he proceeded to sit under the **\*\*Bodhi Tree\*\*** in Bodh Gaya, vowing not to rise until he attained enlightenment. It was here that he achieved Nirvana, becoming the Buddha.

**This story symbolizes the importance of balance, resilience, and surrender towards the journey of self-realization.**







## STORY ABOUT GURU NANAK DEV JI AND COUNTING UP TO 13, TERA



When Guru Nanak Dev Ji was young, his father gave him a job to work in a nearby shop. His job was to weigh goods and keep accounts for customers — like a small storekeeper.

As Guru Nanak Ji was weighing the goods, he would count: “One, two, three... ten, eleven, twelve...” — but when he reached thirteen, he said “Tera”, which in Punjabi means both “thirteen” and **“Yours” (belonging to You, O Lord).**

When he said **“Tera,”** Guru Nanak Ji became deeply absorbed in divine love, realizing: “Everything is Yours, O God. Nothing belongs to me.” In that state of bliss, instead of continuing to count, he just kept repeating,

**“Tera, Tera, Tera...” i.e (“Yours, Yours, Yours...”)**

He forgot about the goods, the shop, the customers — he was in pure devotion, feeling that all the world belonged to God. People gathered around, seeing young Nanak standing there, eyes shining, lost in joy, chanting **“Tera.”** His father was called and became worried — he thought Nanak was not doing his work properly.

After Guru Nanak Dev Ji’s enlightenment at the River Bein, when he returned after three days, the very first thing he shared — the truth he had realized — **was the message of Ek Onkar.** He expressed it in a divine composition, which today is called the **Mool Mantar** (or **Mul Mantra**), the essence of Sikhism. The very first words he spoke were:

**“Ik Onkar, Sat Naam, Karta Purakh, Nirbhau, Nirvair, Akaal Moorat, Ajooni, Saibhang, Gur Prasad.”**

**Ik Onkar:** There is only one God.

**Satnam:** His name is Truth.

**Karta Purakh:** He is the Creator.

**Nirbhau:** He is without fear.

**Nirvair:** He is without hate.

**Akaal Moorat:** He is timeless and eternal.

**Ajooni:** He is beyond birth and death.

**Saibhang:** He is self-existent.

**Gurprasad:** He is realized through the Guru's grace.

This was around the year 1499, when he had his divine experience. This chant emphasizes the unity of God and the divine qualities that transcend human limitations. It serves as a reminder of the eternal truth and the path of righteousness.

**All the gurus in lineage of Guru Nanak Dev Ji emphasized the devotion and surrender to Guru & they composed number of beautiful songs called Shabad in praise of Partmantama & Guru.**





**5<sup>th</sup> Guru Arjun Deva Ji composed following beautiful Shabad which was played during the session –All the Sadhak's sung the shabad and overwhelmed by a wave of divine grace. Tears of joy streamed down their faces, and smiles of bliss adorned their lips. The worries and troubles of the world faded away, replaced by an indescribable peace and contentment.**

The lines express the idea of repeatedly remembering and chanting the divine name, which brings joy and peace to the body and mind. It speaks of devotion to the Guru, whose compassion and grace are cherished, and the act of metaphorically drinking from the lotus feet of the Guru, symbolizing deep reverence and spiritual nourishment. The song is as below. <https://youtu.be/aTX74VhK8u8?si=EisW16lnzMgblRyx>

Lyrics in English	Meaning in English
Simar Simar , Simar Naam Jeeva Tan Man Hoe Nihala, Charan Kamal Tere Dhoe Dhoe Peevan Mere Satguru Deen Dayala Charan Kamal Tere Dhoe Dhoe Peevan Mere Satguru Deen Dayala	The lines express the idea of repeatedly remembering and chanting the divine name, which brings joy and peace to the body and mind. It speaks of devotion to the Guru, whose compassion and grace are cherished, and the act of metaphorically drinking from the lotus feet of the Guru, symbolizing deep reverence and spiritual nourishment.
Paar Brahm Parameshvar Satguru, Aape Kar Nihala, Charan Dhul Teree Sevak Maange Tere Darshan Do Balihaara,	The lines praise the Supreme Being and the True Guru, acknowledging their divine grace and blessings. It expresses the devotee's humble request for the dust of the Guru's feet, and also devotee expresses a willingness to sacrifice everything for the Guru's divine vision.
Mere Ram Raye, Mere Ram Raye Jyon Raakhe, Tyon Rahiye Duhkh Pave Ta Naam Japanve Sukh Tera Deta Lahie	The lines express a deep devotion to the divine, acknowledging that one should accept whatever the divine wills. It emphasizes chanting the divine name during times of suffering and finding joy in the blessings given by the divine.
Mukat Bhugat Jugat Teri Seva Jise Tu Aap Karave Tahan Baikunth Jahan Keertan Tera Tu Aape Saradha Lave,	The lines express the idea that true liberation and enjoyment come through serving the divine. It acknowledges that those whom the divine guides to serve are truly blessed. The place where divine praises are sung is likened to heaven, and it is the divine who instills devotion in the hearts of the devotees.
Kurban Jau to Us Vela Suhave, Tumne Dware Aava, Nanak Ko Prabhu Bhaye Kirpala, Satguru Pura Paya,	The lines express a deep sense of devotion and gratitude. They convey the idea of being willing to sacrifice everything for the blessed moment when the divine arrives at one's door. It acknowledges the divine grace and compassion bestowed upon Nanak, who has found the perfect Guru.
Simar Simar , Simar Naam Jeeva Tan Man Hoe Nihala, Charan Kamal Tere Dhoe Dhoe Peevan Mere Satguru Deen Dayala Charan Kamal Tere Dhoe Dhoe Peevan Mere Satguru Deen Dayala	The lines express the idea of repeatedly remembering and chanting the divine name, which brings joy and peace to the body and mind. It speaks of devotion to the Guru, whose compassion and grace are cherished, and the act of metaphorically drinking from the lotus feet of the Guru, symbolizing deep reverence and spiritual nourishment.

**Simar Simar Simar Naam Jeeva – means repeatedly reminding divine Omkar - When you always do Manana you will also acquire qualities of Paramatma.**







## SĀLOKYA MUKTI :- GOING TO VAIKUNTA

देवाचिये द्वारी उभा क्षणभरी ।  
तेणें मुक्ति चारी साधिलिया ॥ १ ॥

हरि मुखें झणा हरि मुखें झणा ।  
पुण्याची गणना कोण करी ॥ २ ॥

असोनि संसारीं जिव्हे वेगु करीं ।  
वेदशास्त्र उभारी बाह्या सदा ॥ ३ ॥

ज्ञानदेवो झणे व्यासाचिये खुणे ।  
द्वारकेचे राणे पांडवां घरीं ॥ ४ ॥

The saint from Maharashtra, **Sant Dnyaneshwar**, also said, **"Standing at the door of God even for a moment grants all four liberations."** This means that even standing at God's door for a moment can grant all four types of liberation.

During the session Marathi Bhajan supporting above statement was Played. Lyrics is Hindi ( enclosed left side )



peacocks sing the glories of the Lord.

**Vaikuntha** is surrounded by golden walls and guarded by mighty gatekeepers like Jaya and Vijaya. The gates are radiant, and beyond them lie landscapes more beautiful than any on Earth—gardens, divine rivers, and jeweled pathways. The light of Vishnu Lok is not from the sun or moon, but from the radiance of Lord Vishnu Himself. Celestial trees like Kalpavriksha give any desired fruit, and flowers bloom eternally. Rivers of nectar flow beside forests of eternal spring, where no sorrow exists. Birds like Hamsas (divine swans) and



In the heart of Vishnu Lok, on the Ocean of Milk (Kshira Sagar), Shri Vishnu, seated on the cosmic serpent SheshaNaga. He has a peaceful, smiling countenance, four arms holding the Shankha, Chakra, Gada, and Padma.

Beside Him sits Goddess Lakshmi, the embodiment of divine grace and abundance.

**Meditation for going to Vaikunta:-** Pillars of light Meditation was used and sadhakas travelled to Vaikunta with the grace of Lord shiva , Lord Vishna, Buddha & Jesus and by using Merkaba ( I.e divine light vehicle).







## THE MYSTERY OF CHILD DIWAKAR'S BIRTH

For the first time, Sir opened up about a deeply personal chapter of his life — the story of his birth, wrapped in mystery and divine symbolism. He was born in 1965 in a serene little village named Mahadwadi, nestled in the heart of Maharashtra. His parents were humble farmers, deeply rooted in their land, and blessed with a beautiful home that echoed with laughter and simplicity. Among five siblings — Sudhakar, Dhanurdhar, Shri Krishna, Diwakar, and Kamal — each had their unique place in the family.

Shri Krishna was born during a year of extraordinary abundance for the Raipure Family. The family had harvested a bumper crop, and everything seemed to fall into place effortlessly. Their mother, deeply spiritual and intuitive, always believed this prosperity was a divine gift that came with Shri Krishna's birth. But fate had its own plan. Tragically, the beloved child passed away within five months, leaving behind an ocean of grief and unanswered questions. Though his time was brief, his presence remained deeply cherished in their mother's heart, her sorrow turning into silent reflection as she questioned why such a blessing had been taken away so soon.

Years later, Diwakar Sir would recall a moment his mother once shared with him — a moment that would forever remain etched in his memory. She said, "When you were born and when I was in our home's delivery room, It was early morning — around 5 o'clock. In that sacred stillness, I saw a divine being standing outside my room. He was dark blue in colour, radiant, unmistakably otherworldly. I knew it was some form of God. But I was still angry... I cried out to Him, 'I don't want to see you! I don't want to speak to you! You took away my Shri Krishna.' With a quiet compassion, the divine being responded, "Yes, I have taken Shri Krishna back. But I have come again... and given you another child in his place. Be happy with him." That child was Diwakar. (Our Raipure Sir)

Even several months after Raipure Sir's birth, his mother remained in deep sorrow, and her health continued to decline. Worried for her well-being, a family member suggested visiting a revered holy man who lived nearly 35 kilometers away from their village. When they finally met him, the holy man spoke to Raipure Sir's mother in mystical words: "The one who has departed was an embodiment of Dhan Laxmi, and the one who has born now is a blessing of Vidya Laxmi." These words, though enigmatic, brought her a small measure of relief, easing her sorrow just a little.

As Diwakar grew, life did not unfold easily. The family, once surrounded by abundance, was soon tested by severe hardships. Financial challenges compelled young Diwakar to temporarily drop out of school. Yet, with resilience and a twist of fate, he was able to resume his education a few months later. Eventually, the family moved to a nearby village called Churchura, but the difficulties continued to shadow them.

In school, during childhood Diwakar was considered an average student — at least until Class II. He struggled especially with mathematics. One day, while learning multiplication of two-digit numbers, he found himself completely lost. His teacher tried repeatedly, but something wasn't connecting. The frustration grew on both sides — the teacher's patience wore thin, and Diwakar's confidence began to crumble.

Then, one evening, sitting alone at home in quiet reflection, something unusual happened. In a sudden flash of clarity, the concept that had eluded him for so long became crystal clear. It was as if a light had been switched on inside him. The next day, he confidently solved the problem in class. His teacher, astounded, asked how he had managed to learn it overnight. Diwakar simply smiled. A spark had been lit — and it never faded.





From that moment on, his academic journey soared. As his village school had education only up to class III, he had to walk about 10 km daily for continuing further education. However, he excelled in his studies, topping the district in his 4th, 7th and 10th Board exams.

Eventually, he became the first student from his district to feature in the SSC merit list. Driven by determination and brilliance, he pursued Civil Engineering from Government Engineering College, Amravati, and went on to complete his M.Tech. from the prestigious IIT Madras.

Today, Raipure-Sir serves the nation as a senior official in the Ministry of Water Resources, Government of India — a living embodiment of resilience, grace, and perhaps, divine design.

### RAIPURE-SIR'S FIRST EXPERIENCE OF SAMADHI

When Diwakar was about 8 years old, his family moved to a nearby village called Churchura, but the difficulties continued to shadow them. The family faced significant hardships, making it difficult to manage their daily livelihood.



Diwakar sometimes had to take on the responsibility of a herdsman for the family's cattle. He had to take the cattle to the jungle for grazing and bring them back in the evening. Sometimes he would spend hours under the scorching sun or in pouring rain, yet determined to fulfill his duty. These early struggles instilled in him a deep sense of responsibility and resilience that shaped his character for years to come.

One day, he took the cattle to the nearby jungle adjacent to the village tank. However, the cattle wandered away and he lost sight of them. He searched for the cattle but to no avail. It was a difficult situation. If the cattle enter into somebody else's agriculture field, then that would mean arguments

with the field owner. He was frustrated and did not know what to do. He was full of anguish and remorse.



He walked over the tank bund and went deep into the jungle. He sat under a tree for several hours. He contemplated a lot on his life and human hardships. After some time, his mind became light and clear. He felt very happy and cheerful. All the anguish was gone. He felt very elated and blissful. The concept of time has vanished. The feeling was beyond words. **It was experience of his first Samadhi. He was of the age of 12.**





## OBSTACLES ON THE PATH OF SPIRITUALITY:

Even when you are on the path of spirituality, you may encounter obstacles. However, it should strengthen your resolve to continue the spiritual practices. Such obstacles can be:

- **Internal – Sub Conscious Mind**
- **External- Like Sant Gyaneshwar faced many adversities but he excelled in spite of those adversities.**



**Sant Gyaneshwar**, also known as **Dnyaneshwar**, was a revered 13th-century saint, poet, and philosopher from Maharashtra, India. He is celebrated for his profound spiritual teachings and contributions to Marathi literature. Despite living only 21 years, his legacy is immense. Born in 1275, Dnyaneshwar authored the **Dnyaneshwari**, a commentary on the Bhagavad Gita, and other works like **Amrutanubhav**. His teachings emphasized Advaita Vedanta philosophy, yoga, and devotion to Lord Vithoba, an incarnation of Vishnu. He is also known for miraculous acts, such as making a buffalo recite the Vedas and riding a moving wall to humble a yogi named Changdev. Dnyaneshwar's life was marked by challenges, including societal rejection due to his family's

circumstances. Yet, he rose above these difficulties, inspiring countless followers and founding the Varkari Bhakti movement.

Sant Gyaneshwar faced numerous challenges throughout his life, many of which stemmed from societal norms and personal hardships:

1. **Social Ostracism:** His family was ostracized because his father, Vitthal Pant, had renounced the world and later returned to family life, which was against societal norms. This led to rejection and discrimination from the community.  
*How he overcame:* Gyaneshwar's profound spiritual wisdom and teachings helped him rise above societal judgment. He focused on spreading knowledge and devotion, emphasizing equality and compassion.
2. **Loss of Parents:** Gyaneshwar lost his parents at a young age, leaving him and his siblings to fend for themselves.  
*How he overcame:* Despite the hardships, Gyaneshwar found solace in spirituality and dedicated his life to uplifting others through his teachings and writings.
3. **Challenges in Preaching:** During his time, religious texts were primarily in Sanskrit, inaccessible to the common people. Gyaneshwar faced resistance for writing in Marathi, the language of the masses.  
*How he overcame:* He boldly wrote the **Dnyaneshwari**, a commentary on the Bhagavad Gita in Marathi, making spiritual knowledge accessible to all. His work became a cornerstone of the Varkari movement.
4. **Miraculous Encounters:** Gyaneshwar encountered skeptics and challenges, such as the story of Changdev, a yogi who doubted his spiritual power. Changdev was a yogi who had attained extraordinary powers (siddhis) and lived for over 1,400 years by defying death multiple times. Despite his achievements, he became prideful and jealous of the young Sant Gyaneshwar's growing popularity and spiritual wisdom. Changdev decided to challenge Gyaneshwar and sent him a blank letter, unable to decide how to address him—neither as a child nor as a saint. Gyaneshwar's sister, Muktabai, responded to the blank letter with a sharp yet insightful reply: "Even though your age is







1,400 years, you are still as blank as your letter." This reply humbled Changdev, and he decided to meet Gyaneshwar in person.

Changdev arrived in grand style, riding a tiger and wielding a serpent as a whip, showcasing his supernatural powers. However, Gyaneshwar and his siblings welcomed him in an extraordinary way—they rode a moving wall to meet him. This act demonstrated Gyaneshwar's mastery over not just living beings but even inanimate objects, surpassing Changdev's powers. Witnessing this, Changdev realized the limitations of his pride and siddhis. He prostrated before Gyaneshwar, acknowledging his spiritual supremacy. This encounter transformed Changdev, and he became a devoted follower of Gyaneshwar. Sant Gyaneshwar's resilience and unwavering faith allowed him to transform adversity into opportunities for spiritual growth and societal change. His legacy continues to inspire millions.

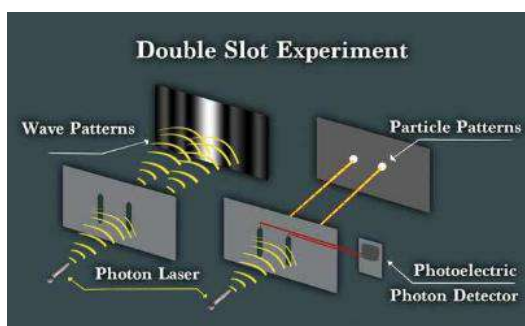
He attained samadhi in 1296 at Alandi, where his legacy continues to be honoured.

## QUANTUM PHYSICS ( The below content sourced from publicly available information on the internet.)

- Newton's law works only **upto Particle level**. However, when we zoom in to the microscopic world—at the level of atoms and subatomic particles—things start to behave very differently. Newton's laws don't capture the strange quantum behaviors exhibited by particles, such as superposition, wave-particle duality, or quantum entanglement. At this scale, quantum mechanics takes over.
- The double-slit experiment is a fascinating demonstration of quantum mechanics and wave-particle duality. Here's a breakdown of the particle movement in this experiment:

### The Double-slit experiment

Imagine a setup with two narrow slits and a barrier behind them to capture particles, like electrons or photons. When individual particles are fired at the slits, you'd expect them to behave like tiny bullets, forming two distinct patterns on the barrier directly behind each slit. However, that's not what happens.



**Wave-like Behavior:** When both slits are open, particles create an interference pattern on the barrier, resembling waves interacting rather than behaving like individual particles. Peaks and troughs of these waves overlap, producing alternating bright and dark bands on the barrier.

**Particle-like Behavior:** If you observe which slit the particle goes through (introducing a detector), the interference pattern disappears, and the particles behave as if they're classical entities going through one slit or the other.

The double-slit experiment reveals that particles like electrons or photons exist in a probabilistic wave-like state until measured. When unobserved, they seem to explore all possible paths simultaneously, but observation collapses this state into a definite position or path, demonstrating the peculiar nature of quantum mechanics.

When particles like electrons or photons are fired at a barrier with two slits, something strange happens:

- With no observer: The particles create an interference pattern—like waves—suggesting they go through both slits at once, behaving like pure potential.
- When observed: The particles behave like solid particles, going through only one slit, and the interference pattern disappears.





**This suggests that the act of observation or conscious awareness affects the outcome—shifting potential into reality. This is the principal behind healing.**

**Role of Consciousness in Healing & Manifestation:** - This involves 3 main aspect

- ✚ Intention
- ✚ Imagination
- ✚ **Visualization:-** As far as possible visualization should be using all inner senses of Pacha -Indriyas (Eyes, Ears, Nose, Tongue & Skin).

Conscious intent, faith, meditation, or prayer might “collapse the wavefunction” toward wellness, balance, or peace. In subtle healing modalities the healer’s presence and intention may act like the observer—shaping reality through focused consciousness.

**In Simple Words: Just as observation brings particles into form, your loving awareness can bring healing into being. When you watch with belief, you create it.**

## **QUANTUM ENTANGLEMENT** (The below content sourced from publicly available information on the internet.)



The 2022 Nobel Prize in Physics was awarded to Alain Aspect, John F. Clauser, and Anton Zeilinger for their groundbreaking experiments with entangled photons. Their work demonstrated the violation of Bell inequalities, which are mathematical tests that challenge classical physics assumptions about locality and realism. This research confirmed that **quantum entanglement**—a phenomenon where particles remain interconnected regardless of distance—is a fundamental aspect of quantum mechanics.

Their experiments laid the foundation for quantum information science, paving the way for advancements in **quantum computing, secure quantum communication, and quantum networks**. It's a fascinating leap into the quantum realm, where the rules of classical physics no longer apply.

Quantum entanglement is one of the most fascinating and mind-bending phenomena in quantum physics. It occurs when two or more particles become interconnected in such a way that the state of one particle is directly related to the state of the other(s), no matter how far apart they are. This means that measuring or changing the state of one particle instantaneously affects the other, even if they are light-years away also if they are even across galaxies.

This phenomenon puzzled Albert Einstein, who famously referred to it as "**spooky action at a distance**." Because it seemed to defy the logic of classical physics.

- Quantum entanglement offers a metaphor ( or may be more than metaphor ) for how love, intention and feelings can transcend physical boundaries and bring comfort, healing or transformation.
- Healer and receiver can become entangled with intention. The heartfelt intention of the healer can affect the receiver—even at a distance. This is the foundation of distant healing or prayer-based



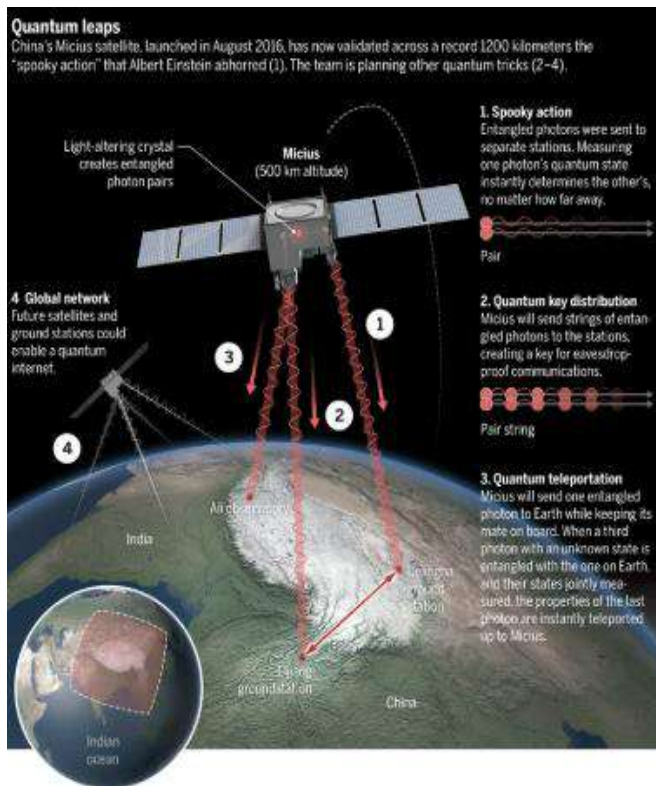


healing. In deep healing states, a resonance is felt—as if two souls or energy systems are synchronizing.

- **Love is the highest form of spiritual entanglement.** When you love someone deeply, you feel their joy, their pain, their shifts—no matter how far they are. This “knowing” is not bound by space—it’s quantum at its heart. This Can seen in case of Mother & Child. Many times mother will automatically knows if any good / Bad things happened to the chid , even if child is away.
- **Meditation and Oneness** -In deep meditation, the boundaries of “self” dissolve. You begin to feel entangled with the universe—with nature, with others, with the divine. You experience that you are never alone, never separate.

**In Essence:** - Where there is sincere intention filled with True love and heart felt emotions , something shifts—quietly, profoundly, beyond time and space. Then Love, Healing flows through that connection instantly and miracle happen.

### **The Micius Satellite Experiment (2017)-** ( The below content sourced from publicly available information on the internet.)



China launched a satellite named “Micius” (after a Chinese philosopher) in 2016, and in 2017, they used it to demonstrate quantum entanglement across space—something never done before on this scale.

**1. Entanglement Over 1,200 km:** -Chinese scientists successfully sent entangled photon pairs from the Micius satellite to two ground stations that were over 1,200 kilometers apart. This was the longest distance ever achieved for quantum entanglement at the time.

**2. Unbreakable Quantum Communication:** They used entanglement to create a secure quantum communication channel—a form of quantum cryptography that is theoretically unhackable, since any attempt to intercept the photons would disturb them and be immediately detectable.

**3. Quantum Teleportation:** They also teleported quantum states of particles from Earth to the satellite, demonstrating another key quantum technology (note: teleportation of information, not matter).

### **Why It Was a Big Deal:**

- This was the first space-based proof of quantum entanglement over such distances.
- It laid the foundation for a global quantum internet, where information can be exchanged securely via entangled particles.
- It confirmed that entanglement works even in space, proving it’s not limited by gravity or Earth’s atmosphere.

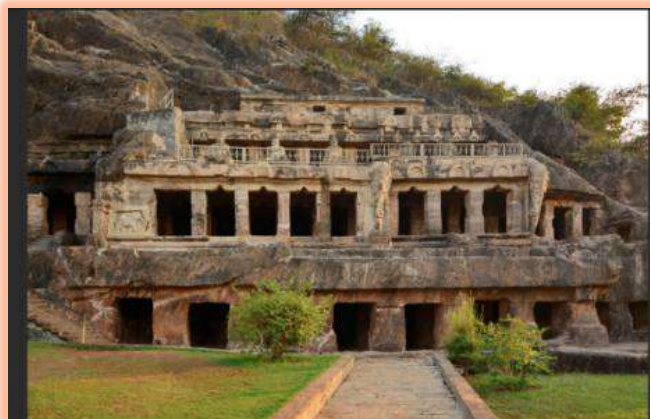
**Spiritual and Philosophical Echo:** Just as entangled particles remain connected over vast space, this project symbolized how information, energy, or even consciousness may be fundamentally interconnected, regardless of distance—a theme deeply resonant in spiritual philosophies.







## THE MYSTERY OF THE VISHNU STATUE IN UNDAVALLI CAVE.

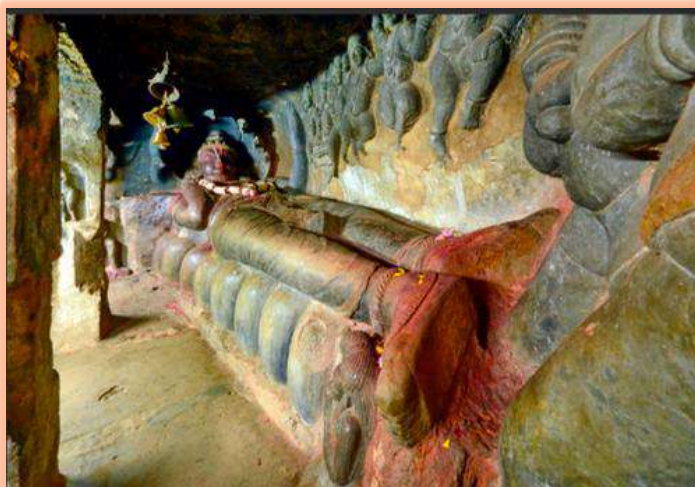


The Undavalli Caves are monolithic Indian rock-cut architecture, located near Vijayawada. It is one of the centrally protected Monuments of National Importance. These monolithic caves date back to the 4th-5th century CE and are associated with the Vishnukundina kings. Originally shaped as Jain caves, they later became a site for Buddhist monks and eventually Hindu worship.

Although Raipure-Sir and Lina-didi have visited Vijayawada many times before, they had never been to this place. It was only after the announcement of the Nagpur Shivir that they

happened to pass by Vijayawada and visit this Cave ( i.e on 7<sup>th</sup> Feb 2025). **There was some divine intervention that led them to this place, which will be revealed to you all at the end of this section.**

The cave is a four-story structure featuring a massive statue of Vishnu reclining on the serpent SheshaNag, sculpted from a single block of granite.



The Picture of Lord Vishnu in Anantashayana Roop. This picture is taken from Leg side idol showing the feet of Lord.

Picture showing Face of Lord Anantashayana

When Sir and Didi reached the Undavalli cave on the morning of 7th Feb 2025, they did not know about the sculptures in the cave. They started exploring the caves from the ground floor. When they reached the second floor, they found a large reclining idol of Lord Vishnu at the farthest end. Normally, no puja or rituals are offered to the idol. Sometimes, people put garland at the neck or offer flowers at the feet of the idol. Lina-didi thought, "Oh, you are here too!" They explored the idol for a few minutes. At one point of time, Raipure-Sir was a bit ahead at the mid portion of the idol, trying to capture the full view. Lina-didi was at the feet of the idol. She touched the knee of the idol, closed her eyes and tried to feel vibrations of the idol. **However, she received an inner guidance saying, "No, don't touch there. Touch the right foot!"** However, the message was very subtle. It was not like an order or even instruction. It was







just a soft suggestion. However, she touched the right foot of the idol near the toe and closed her eyes to check if she could feel any vibrations or the presence of the Lord Vishnu. Suddenly she felt that some strong current is flowing through her hand. She was surprised at the strength of the current. She continued for a few more seconds and experienced the divine energy.



When she opened her eyes, she saw sir a few feet away touching the idol. She immediately gestured Raipure-Sir to touch the right foot of Lord Vishnu. He too touched the feet without knowing what to expect and wondering how long he will have to continue doing it ! However, just within 7-8 seconds, he felt divine energy flowing through his hand. It was as if there was no physical hand but only the energy. After just few seconds, the energy covered his full body. He started feeling divine bliss. Both were amazed and exchanged glances. They explored the energy for few more minutes. It was a profound experience for them.

Sir asked her, "Who told you to touch the foot of the idol?" She pointed a finger towards the idol and said, "He (Lord Vishnu) told me to do so!"

At that point it was also revealed to them that the Sadhak's attending the forthcoming Shri Vishnu Vidhya Shivir at Nagpur should also be made to have this divine experience.

Later, during the Shivir, Raipure-Sir showed the idol of Lord Vishnu using a projector. Sadhak's travelled astrally to the Undavalli cave and touched the right foot of the idol. Almost all the Sadhak's felt the divine vibrations and bliss during the meditation. The session had a profound impact on them. Many vowed to visit the cave in person.

This proves how the Lord Vishnu is showering his blessings on the Sadhak's of Sacred Circle. This also indicates that the Vishnu Vidhya Shivir was orchestrated with the divine will and guidance of the Lord Vishnu!





## HEARTMATH INC.

Heart Math Inc is a U.S.-based company specializing in stress reduction, emotional self-regulation, and enhancing performance through scientifically validated techniques and biofeedback technologies. Founded in 1998 and headquartered in Boulder Creek, California, HeartMath operates under its parent company, Quantum Intech, Inc.

HeartMath's mission is to help individuals and organizations improve emotional well-being, cognitive performance, and resilience by leveraging the connection between the heart and brain. Their approach centres on achieving **"heart coherence," a state where the heart, mind, and emotions are in sync, leading to reduced stress and enhanced decision-making.**

### HeartMath and Heart Coherence

HeartMath teaches that:

- The heart is more than a pump—it's an intelligent organ with its own nervous system.
- When we feel emotions like love, gratitude, or compassion, the heart rhythm becomes coherent—smooth, harmonious, and balanced.
- In this coherent state, the heart and brain sync, and the heart emits a powerful electromagnetic field—measurable up to several feet from the body.

**Heart-focused breathing + positive emotion = heart coherence.**

Many spiritual teachers and alternative researchers believe this coherent field may activate scalar energy, or at least interact with subtle, higher-order energy that affects not only your body, but those around you.

In yogic and Vedic systems:

- The Anahata Chakra (heart centre) is the seat of unconditional love, harmony, and balance.
- Deep meditation on the heart awakens divine energy (Shakti) and connects the practitioner to the Atman (inner self) or Paramatma (universal self). In advanced states, meditators can radiate spiritual energy—known as Tejas or Prana-shakti—which may align with the idea of subtle or scalar fields.

## SCALAR WAVES AS CONSCIOUS ENERGY IN MEDITATION

In many quantum healing or subtle energy schools, scalar energy is believed to:

- ✦ Be non-local: not bound by time or distance
- ✦ Carry intention or consciousness
- ✦ Be amplified by emotions and heart-based states

What this means in meditation:

- When you meditate from the heart centre with strong intention, you're not just calming the mind—you're said to be sending scalar waves of healing, love, or transformation into your body or the world.
- That's why group meditations, loving-kindness meditations, or heart prayer circles are often reported to have global or synchronistic effects.
- In that context, it's said that the human heart is a powerful generator of scalar energy—particularly when in states of love, compassion, or coherence.

Scalar waves are often said to be "heart-centered"—meaning they are believed to originate from the heart's coherent energy and carry intention or healing energy.



















## EXPERIENCE SAYUJA MUKTI.

### Santa Namdev Sabad – Played during the Shivr

-  Sabhe Ghat Ram Bole & Ram Bina Kya bole re - which means god is everywhere nothing without him :- [https://youtu.be/A11fYslOJ\\_k?si=NbmUEe8ga1zwmJ8c](https://youtu.be/A11fYslOJ_k?si=NbmUEe8ga1zwmJ8c)
-  Explore RAM Inside and unite with him.
-  Unite with his Roop
-  A melodious shabad **Sabhai Ghatt Raam Bolai** by Sant Namdev was played during a session.

Lyrics in English	Meaning in English
Sabhai ghatt raam bolai raamaa bolai	Within all beings, the Lord speaks, the Lord speaks.
raam binaa ko bolai re   1   rahaau	Who else speaks, other than the Lord?   1  Pause
ekal maattee kunjar cheetee bhaajan hain bahu naanaa re	Out of the same clay, the elephant, the ant, and the many sorts of species are formed.
asathaavar jangam keett patangam ghatt ghatt raam samaanaa re   1	In stationary life forms, moving beings, worms, moths and within each and every heart, the Lord is contained.   1
ekal chintaa raakh anantaa aaur tajahu sabh aasaa re	Remember the One, Infinite Lord; abandon all other hopes.
pranavai naamaa bhe nihakaamaa ko thaakur ko daasaa re	Naam Dev prays, I have become dispassionate and detached; who is the Lord and Master, and who is the slave?

## Meditation

-  Make Pillars of Light
-  Invite all divine beings
-  Then call Merkaba
-  Go to Vaikunta (You have attained the Salokya Mukti)
-  Be in presence of Lord Vishnu (You have attained the Samipya Mukti)
-  .....
-  .....(You have attained the Sayujya Mukti)
-  Further, it was told how to use divine energies of Sudarshan Chakra for Healing and meditation

**Doha of Kabir also played .. It says** O my mind, even if you carry someone's burden, they don't belong to you. This world is like the perch of the bird on the tree. I drink in the sublime essence of Ram. With the taste of this essence, I have forgotten all other tastes.

-  **Ram Ras Piyare** <https://youtu.be/wReYRaZBfH0?si=JeJJlc3KuoLGCKxl>

Lyrics in Hindi	Meaning in English	Lyrics in English
रे मन तेरो कोइ नही खिचि लेइ जिनि भारु ॥	O my mind, even if you carry someone's burden, they don't belong to you.	rae man thaero koe nehee khinch laee jin bhaar
बिरख बसेरो पंखि को तैसो इहु संसार ॥१॥	This world is like the perch of the bird on the tree.    1	birakh basaero pankh ko thaiso eihu sansaar     1
राम रसु पीआ रे ॥	I drink in the sublime essence of Ram.	raam ras peaaa rae





जिह रस बिसरि गए रस अउर ॥१॥ रहाउ	With the taste of this essence, I have forgotten all other tastes.	jih ras bisar geae ras aour    1    rehaao
अउर मुए किआ रोईऐ जउ आपा थिरु न रहाइ ॥	Why should we weep at the death of others, when we ourselves are not permanent?	aour mueae kiaa roeeai jo aapaa thhir n rehaae
जो उपजै सो बिनसि है दुखु करि रोवै बलाइ ॥२॥	Whoever is born shall pass away; why should we cry out in grief?    2	jo oupajai so binas hai dhukh kar rovai balaai    2
जह की उपजी तह रची पीवत मरदन लाग ॥	We are re-absorbed into the One from whom we came; drink in the Lord's essence, and remain attached to Him.	jeh kee oupajee theh rachee peevath maradhan laag
कहि कबीर चिति चैतिआ राम सिमरि बैराग ॥३॥	Says Kabeer, my consciousness is filled with thoughts of remembrance of Ram; I have become detached from the world.	kehi kabeer chith chaethiaa raam simar bairag    3

## STORY OF SANT NAMDEV JI



Born around 1270 CE in Narsi Bahmani village (present-day Maharashtra). His family belonged to a tailor or washerman caste, but he was deeply inclined toward spiritual life from childhood.

He was a devotee of Vithoba (Vitthal), the form of Lord Krishna worshipped in Pandharpur.

Namdev was closely associated with Sant Dnyaneshwar, Sant Goroba Kumbhar, Sant Chokhamela, and others in the Varkari movement.

Namdev later travelled to North India, including Punjab, spreading the message of Naam (God's name).

He sang devotional hymns in praise of the formless God (Nirguna Brahman).

Guru Nanak Dev ji, the first Sikh Guru, held Namdev ji in high regard.

- 61 of Namdev's hymns were included in the Guru Granth Sahib, the Sikh holy scripture.
- He emphasized God is everywhere, not just in temples.
- His bhajans (devotional songs) are filled with love, humility, and surrender.
- He taught that God does not care for caste or ritual, only for the purity of heart.
- Sant Namdev is believed to have attained samadhi in 1350 CE.
- He is revered in Maharashtra as a Varkari saint, and in Punjab as a spiritual teacher whose words are eternal.

From a young age, Namdev showed signs of extraordinary devotion. He would often sit before the Vithoba temple and sing to the deity as though the Lord were physically present.

### The Roti Miracle

- As a child, Namdev was sent by his Father to offer a roti (bread) to Lord Vitthal.
- He placed the roti in front of the idol and waited with childlike innocence for the deity to eat it or else dad, might punish him.
- When nothing happened, Namdev wept sincerely, begging Vitthal to accept his offering.
- Moved by his pure devotion, Lord Vitthal manifested and ate the roti. This event became legendary, showing that God responds to true devotion, not ritual.





## BARDO

When someone dies, in Tibetan Buddhism, it's believed that the consciousness enters a transitional state called the Bardo—a kind of in-between space between death and rebirth.

During this time, specific prayers, chants, and readings are performed to:

- Guide the consciousness through this state
- Help the soul recognize the clear light of awareness
- Reduce fear and attachment
- Aid in a favourable rebirth or liberation from the cycle of rebirth altogether

### The Chanting and Singing Rituals

These rituals are deeply beautiful and solemn. Monks or lamas chant:

- Passages from the Bardo Thödol
- Prayers to Avalokiteshvara, Amitabha, or other Buddhas and Bodhisattvas
- Mantras like “Om Mani Padme Hum” (compassion) or “Phat” (used to cut attachments)

These are believed to:

- Remind the soul of its true nature
- Help it stay calm and not be afraid of the visions and experiences in the Bardo
- Guide it toward the light and away from confusion

**Why Singing Is Used** The use of melody and chanting is important because:

- Sound is considered a powerful carrier of spiritual energy
- The vibrations can soothe the soul
- They can also pierce through veils of ignorance in the Bardo

In Tibetan culture, they believe that even after death, the consciousness remains aware for some time—so hearing these sacred chants helps it orient and choose liberation.

## THEORY OF ENLIGHTENMENT

In the spiritual context, the "supreme state" often refers to the highest level of spiritual realization and consciousness. This state is characterized by profound inner peace, ultimate truth, and unity with the divine. In Hinduism, the supreme state is known as **Moksha** or **Nirvana**. It signifies liberation from the cycle of birth and rebirth (samsara) and the realization of one's true nature as part of the divine essence (Brahman).

In Buddhism, the supreme state is often referred to as **Enlightenment** or **Bodhi**. It represents the ultimate understanding and awakening to the true nature of reality, free from ignorance and suffering.

In broader spiritual terms, the supreme state can be seen as a condition of **heightened consciousness** and **inner harmony**. It involves transcending ordinary perceptions and aligning oneself with higher truths and divine realization. This state is associated with profound knowledge, peace, and freedom from worldly attachments

Gravitational force between 2 objects is calculated as below

$$F = G \frac{m_1 m_2}{r^2}$$

force      Gravitational constant      mass      distance

where **m<sub>1</sub>** is us

**m<sub>2</sub>** is mass of earth.

**r** is the distance between center of us and earth.

When we become zero then the force is zero.







Many Spiritual Masters & raelians also mentioned that human beings are bound to earth plane & solar system because of such gravitational pull. In above equation if  $m_1$  is considered as mass of Karma i.e (“Kam”, “Moha”, “Khroda” & “Matsar”) then the one which is having such Karma will always experience Gravitational pull and can't liberate.

On other hand if karma is zero ie karma is cleared, then Gravitational force  $F$  becomes zero and he / she gets liberated. Our aim should be to make our Karma zero.

## DIVINE MESSAGE FROM LORD VISHNU WHILE VISITING SRI LAKSHMI NARAYANI GOLDEN TEMPLE



On 16<sup>th</sup> March 2025 i.e a couple of weeks before the Nagpur Shivir, Raipure-Sir & Lina-Didi had been to Vellore to visit Sri Lakshmi Narayani Golden Temple. The temple is situated at the foot of a small range of green hills at Thirumalaikodi, Vellore in Tamilnadu, India. It is 120 km from Tirupati and 145 km from Chennai. The Vimanam and Ardha Mandapam of there temple is covered with pure gold.

The temple is spread across 100 acres and one has to walk for several hours to see the main sections of the Temple.

There are several small temples, carvings, sculptures, gardens, shops etc along the walkway.



Lina-Didi and Raipure-Sir spent about 2 hours and when they were returning back after visiting the main temple, they found a small temple dedicated to Lord Vishnu near the exit of the walkway. They entered the temple, paid respect to the deity with closed eyes. They were about to exit from the temple after a few minutes. However, Lina-Didi got a strong feeling to stay there for a few more moments. She opened her eyes and closed again to feel the energy. She felt inside her being that the idol is getting larger and larger. It became very huge. After that the idol dis-appeared and

appeared and there was only huge, boundless divine presence. This was the message to convey that He is boundless, Virat. While savoring the divine experience of boundlessness, she experienced the divine feeling of emptiness, great void, shunyata. She was savoring this divine experience also. Then another inner message came. It said that, “Make the participants of Shri Vishnu Vidhya Shivir to experience the emptiness in boundlessness. उन्हें विराट मे शून्यता का अनुभव कराओ ! ”

She conveyed this message to Raipure-Sir.

However, to make people experience emptiness in boundlessness is very difficult. Meditation for making Sadhak's to experience either boundlessness or emptiness separately can be done. But making them





experience both at a time was very challenging. Raipure-Sir was also wondering how to make sadhaks experience the at a time!

It was the Ram Navami on 6 April 2025. Some people were singing bhajans in Maa Umiya temple. So it was not possible to conduct meditation as the sound was very loud. So Raipure-Sir asked Sadhak's to share their experiences about the Shivar. The feedback session was going on. **After some time, the loud sound of Bhajan also receded and at that moment Raipure-Sir got an inner feeling, inner message from within. It was a divine message instructing him how to conduct the next session!**

The last session of the Shivar started at about 1.30 pm. Raipure-Sir invited the divine beings for helping Sadhak's to experience the divine meditation. Lord Shiva, Lord Vishnu, Lord Buddha and Lord Jesus were invited in the form of Pillars of Light. Then sir continued further instructions. He made Sadhak's to experience all the four mukties. And then as per the divine instructions, he asked Sadhak's to go experience the unboudelessness of the divine presence, divine light and finally he asked them to enter into the nothingness...!

**That was a very profound experience. Almost everybody experienced the unboundlessness of the Divine. At the same time, they experienced the emptiness of the Divine. It was very unique divine experience. Almost all the Sadhak's were immersed in the divine splendor. They were speechless. Tears were rolling from most of the eyes. They were filled with ecstasy and bliss. They could not find words to express the vastness and emptiness of the Divine. It was only to be experienced. The Sadhak's were really blessed to have such an incredible experience. Such spiritual depth often leaves one in awe, where words fall short, and only the being can truly understand. It was heartening to know that we were in the eyes of the divine and the wonderful techniques were revealed to sir for our spiritual upliftment.**

- ✦ The concept of Void or Darkness after Light can be interpreted as a transition or a period of emptiness that can follow a spiritual awakening or enlightenment.
- ✦ This Void is not necessarily negative but it can be a space of letting go.
- ✦ The Void can be seen as letting go of old beliefs, patterns, and attachments.
- ✦ This can at times gives a feeling of emptiness, or a loss of the former self
- ✦ While one can be bit uncomfortable with Void but it's not necessarily a sign of failure or a lack of progress. It is the stage in the spiritual journey, a time of preparation for a deeper understanding or a new beginning.
- ✦ Void can be a time to deepen one's connection to oneself, to explore new paths and to find a new meaning and purpose.

**Meditation was conducted where most of the Sadhak's experienced the divine light of Parmatama and also divine emptiness in the Supreme Being.**

- ✦ The Light symbolizes a spiritual awakening or a realization of a higher truth.
- ✦ This might involve a shift in perspective, deeper connection to one's inner self or experience of the divine.







## CHERISHED MEMORIES OF MEDITATIVE BLISS

- ✦ "Cherished Memories" suggests that these experiences are precious and deeply valued, something to hold close to the heart.
- ✦ "Meditative Bliss" conveys a state of profound serenity, joy, and inner harmony achieved through meditation.











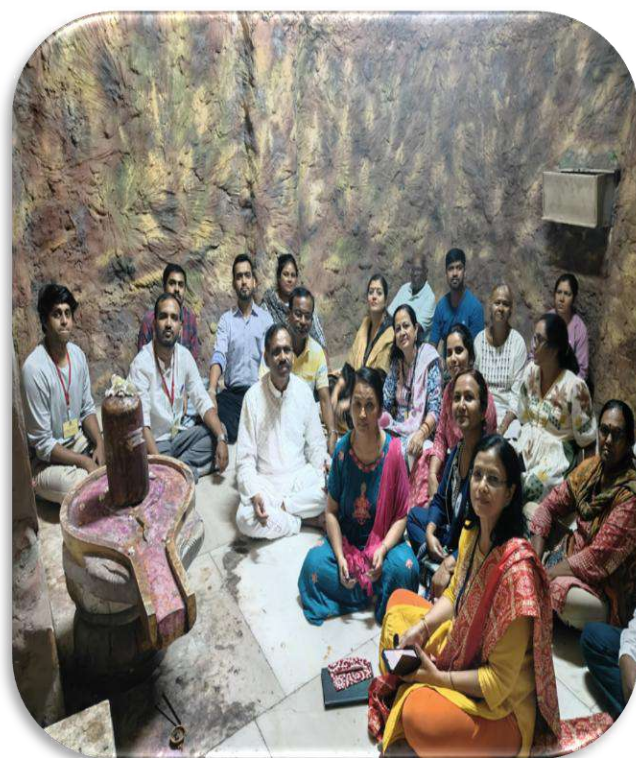
## DIVINE PRESENCE OF SAINT PATIWALI AAI







## MAA UMIYA DHAM & SURROUNDINGS







## MORNING WALK & PRANAYAMA SESSION CONDUCTED BY LINA-DIDI







## SACRED CIRCLE SADHAK'S IMMERSSED IN BHAKTI RAS











## APPRECIATION TO SACRED CIRCLE VOLUNTEERS



**Dear Sacred Circle Volunteers,**

*I want to take a moment to express my deepest gratitude to each of you for your incredible efforts in organizing the event at Nagpur.*

*Your dedication, kindness, and hard work truly made a difference, and I cannot thank you enough for the time and energy you put into making everything run smoothly.*

*Your helpful and courteous nature*

*was evident in every interaction, making all attendees feel welcomed and supported. Your willingness to go the extra mile did not go unnoticed, and the event would not have been the same without your commitment.*

*From the bottom of my heart, thank you for your passion and service. Your efforts have left a lasting impact, and I am truly grateful to have had the opportunity to witness your wonderful teamwork.*

*With sincere appreciation,*

*Rajesh Mallya*





## SADHAK'S EXPERIENCES

### Divine Blue Vishnu Lok



The Nagpur retreat was my first Connect with Sacred Circle. Before this, I had never attended the Sacred Circle meditation or Healing class.

Actually, I was not inclined to attend the Nagpur Shivr. I had booked the tickets just to accompany my wife to Nagpur who was keen on attending the Shivr. Later, she got company of few Sadhak's who were traveling to Nagpur. So, I tried to cancel my journey tickets. However, surprisingly, my ticket for travel to Nagpur did not get canceled even after repeated attempts! Thus, I decided to join Nagpur Shivr just 1 hour before departure time of the train! However, I had wonderful experience during the Shivr.

On the first day, i.e April 4, 2025, during the first session, as I was meditating, suddenly I felt as if energy was radiating from my entire body, like beams of sunlight emerging from me. In my thoughts, I felt that if anyone accidentally touched me at that moment, they would experience a powerful current.

On the second day, during the first session, when Sir took us to Vishnu Lok, I found myself near the gatekeepers, Jaya and Vijaya, as if I was roaming there. When I returned, I felt immense joy and became so absorbed in my happiness that I remained there, basking in that divine moment.

Later, in the second session, when Sir led us again to Vishnu Lok, my happiness deepened even more. As we all proceeded further, I entered a place where everything was bathed in a celestial blue glow. I cannot fully describe it, but wherever I looked, I saw only blue light. At one spot, I saw a wall with a sacred yantra on it, and my soul's radiance was shining like a deep, steady flame at that place. An ocean of bliss filled in my being.

On the third day, as we journeyed again to Vishnu Lok and crossed beyond the blue expanse, we moved forward into total nothingness. As I entered there, I saw my Gurudev there, which is no more in body. Meeting him filled me with boundless joy. And when I returned, my eyes were filled with tears—tears of devotion, gratitude, and overwhelming emotion.

Nrusingha Narayan Sharma ( Odisha )







## Flow of Sudarshan Chakra energy in index finger!



The power of devotion performed wonders, Turning the dust of the path into vibrant colours. Heartfelt salutations to every divine soul at the Nagpur camp, the wonderful event has truly enriched us.

From the very beginning of the Nagpur camp, divine experiences started unfolding. Each day, we delved deeper into meditation. The most profound moment was when we all felt the power of the Sudarshan Chakra—my entire body, every cell, was vibrating with divine energy moving at immense speed. The index finger of the hand started rotating vigorously, and all of this was happening during meditation. The mind was filled with wonder—how was this happening? Whatever it was, the soul was overflowing with bliss, the

body felt weightless, and the mind became calm.

Then, gratitude towards the Supreme filled my hearts. During the entire Shibir, I was filled with absolute joy. A heartfelt thanks to Mam, sir and to everyone for organizing such a beautiful gathering.

**-Vivek Sinha Raipur, Chhattisgarh**



## I Experienced Turiya State



Respected Sir and Mam, I bow to you a hundred times.

The retreat on April 4th and 5th was filled with immense love. During the meditations on both days, I was in a trance. On the night of April 5th, I prayed to Lord Vishnu, wondering about the fulfillment of the purpose of the retreat if I simply remained in a trance. I wished to practice meditation consciously. Then, on the morning of April 6th, during the meditation I was in full awareness state and could follow the instructions and connect with the divine energies.

At 3:00 PM, during the meditation session my engagement and level of meditation was so instance that I cannot describe the experience in words. I am familiar with the state of Samadhi (deep meditative absorption), and I also

understand the state of deep sleep. After much contemplation post-meditation, an inner voice told me that I was in the Turiya state (the fourth and highest state of consciousness).

Sir and Mam, I feel truly blessed. The experience I had that day is something I have been seeking for the past 15 years, and finally, I attained it. To me, you are none other than Lakshmi-Narayana. In my eyes, you are nothing less. I will meet you again in September in Puri Shibir.

Thank you,

**Pramod Chanewar, Jabalpur**





## Healing Power of Sudarshan Chakra



I attended this Shivr with my wife and our 4-month-old baby, and we all had a great time. What made this program really special was that it felt like our own. I've been to many meditation programs before, but this one felt different.

It didn't feel like we were just attending someone else's event—it felt like we were part of it, like it was made for us. Even the other participants felt the same way. Being a volunteer added to the connection, but even without that, there was a strong feeling that this was something we all belonged to.

As a part of volunteers, we were amazed at how smoothly everything went. Despite being first-timers with no prior experience in organizing such a large-scale program, everything unfolded seamlessly. **This was only possible due to the blessings and guidance of Lord Vishnuji, which helped us navigate each step effortlessly.**

Personally, I faced many obstacles in attending this Shivr, but as Mam rightly said, when something is truly good for you, initial challenges are inevitable. The key is to take that first step and stay committed. Looking back, I'm so glad I took that step and joined this life-changing event.

The content of the sessions was beautifully designed. Whenever we asked Sir about what to expect next, he would simply say, "Let's see when the time comes," which made it feel as though everything was flowing directly from Lord Vishnu himself.

I also want to share a personal experience—after learning the Sudarshan Chakra Healing technique during the program, I tried it later when I was suffering from dysentery. Amazingly, the symptoms stopped immediately without any medication, and I felt so much better.

Thank you so much, Sir and Mam, for such a divine and unforgettable experience. I truly hope this bliss continues to stay with us for a lifetime.

Dilesh Shende,  
Technical Support Engineer,  
Nagpur







## My Questions Miraculously Answered.



With deep gratitude to my dear mam & sir I would like to share my experience at Nagpur Shivir.

My experience was a very unique one. Actually before coming to shivir I had some serious questions in my mind & I wrote them in my diary with LEAST expectation that sir would answer them (as there would hardly be any time in such a big crowd and busy schedule).

My questions were...

- 1.What are Scalar Waves?
- 2.What is two point entanglement in quantum physics & how is it applied in spirituality ?
- 3.How did I go out of my body while in deep meditation?

To my surprise there was a seperate session on Scalar waves & two point entanglement. I was in complete awe & was thinking is sir " Antaryami ? ". I felt immense gratitude towards my guru. **So two my questions were already answered.**

On 4th April when we were doing the blue avian meditation, I saw a hollow space opening in a space & there I saw a divine golden tree which was definitely NOT from this world.

On 5th April while doing the Vishnu Sudarshan chakra meditation I felt no body & no mind state, also felt immense peace....I know I was in "Samaadhi" , awesome experience!!!!

6th april.....while in deep meditation I suddenly jumped out of my body. I took a stroll in the garden and then I slipped inside my physical body.

**Now here I got the answer for my 3rd question !**

Before I could share my experience with mam she started explaining about the formula  $F = m_1 \cdot m_2 / r^2$  and how  $m_1$  on becoming zero we can do astral travel.

So this Shivir seems to be organized only & only for me as I got solutions for all my questions and that too with practical experiences.

Sir & mam ke charno mein koti koti pranam 🙏🙏

Dr.Madhu Kushwaha - B.A.M.S -New Delhi





## Miraculous Healing



Before coming to the meditation retreat (Shivir), I felt as if negative energy was trying to stop me. I couldn't get leave from work, and two days before the retreat, I sprained my foot. Walking became difficult due to the intense pain.

Since I didn't get leave, the 12-hour journey felt impossible. But despite the pain in my foot, I couldn't stop myself. I booked an instant flight and reached Maa Umiya Dham. I met Leena Ma'am, Sir, and everyone else. I don't know what miracle happened that first night of meditation, but suddenly my foot was completely fine—as if nothing had ever happened. While walking, I noticed that I could now walk properly.

The second day had a completely different atmosphere—it felt pure, sacred, and filled with high energy. During meditation, I saw the feet of Goddess Lakshmi—beautiful, adorned with anklets. On my fingers, I saw the Sudarshana chakra of Lord Vishnu. I couldn't control myself, and while meditating, I lay down nearby. I saw green and purple light, and a purple bird appeared with its wings directed towards me. I didn't want to leave that place. Three days passed without me realizing—it felt as if only a few hours had gone by.

I felt a significant shift in my energy levels. I learned healing practices, and experiencing them firsthand was an incredible feeling. We had always followed Leena Ma'am and Sir's meditation instructions online, but being physically present for live meditation was an entirely different experience—it was a powerful connection.

An additional surprise was meeting Pati Wali Aai—it was truly unexpected! We got the opportunity to see Ma'am and Sir's Guru in person, touched her feet, and received her blessings.

After three days of the retreat, I felt a transformation within myself—

- A change in my inner peace levels
- A shift in my energy levels
- A newfound confidence in myself

Even after returning, my mind remained at the retreat.

Thank you, Maa! Maa Umiya Dham Temple is incredibly beautiful, and the peaceful, fresh atmosphere naturally pulls one into meditation. 🙏 Jai Maa Umiya Mata Dil Maa, please call me again.

I have faced difficult experiences at a young age—at times, I felt like leaving everything behind, or even ending my life. But ever since I entered the world of meditation, I have started feeling that I want to live, explore, and understand concepts like Quantum and Metaphysics. I want to know more, to be able to converse with the Supreme Being, and to see Him. Since childhood, I've had extraordinary experiences—seeing different colours, feeling weightless as if floating, or feeling either light or heavy. These experiences have been happening since childhood, and now I am ready to explore even further. Meditation is an incredible medium—I will continue practicing it, and I encourage everyone else to do the same.

Thank you, Ma'am & Sir!

Madhu Kushwaha (U.P). I work with Infosys as a Process Specialist.







## Divine & Transformative Shivr



Dear Sir and Linaji,

My sincere gratitude for the transformative experience at this Nagpur Shivr. Your teachings and guidance have been invaluable, and I am deeply thankful for your presence and for imparting the immense wealth of knowledge & wisdom. You both are Laxmi Narayan for us. We all are blessed to attend this Shivr. The meditation sessions were so impactful, and I felt a renewed sense of peace and clarity.

First day as we entered Vishnu lok went into deep trance. Second- and third-day clarity and vibration was much more. It was a blissful session...

The practice session was also amazing. When practiced with the recording could feel high level of vibration. May your blessings continue to flow on all of us and may you both be blessed with peace and happiness always. Thank you so much for the surprise bonus connecting all of us with \*Aai\* and giving an opportunity to be in the presence of the enlightened soul.

I wish to express my gratitude to each one of you who participated wholeheartedly in the Shivr. We all had the feeling of oneness. Sharing the different talents was very nice. Divine bhajans and dance took us to the mesmerizing state. I am thankful to all the volunteers for working tirelessly and making the program very comfortable and memorable for all of us. Everything was meticulously done from day one to the last day. God bless

Thank you, all the Divine souls. Carrying beautiful memories...

Harina Rai – Mumbai



## Feeling Vishnu Ji's Energy: An Unforgettable Spiritual Milestone



Salutations to Sir and Maa.

The Vishnu Vidya Shivr was the first offline retreat for our Sacred Circle, and it was a great success. I am also an Osho sannyasin, and I usually do not experience intense spiritual sensations. However, during one of the sessions in this retreat, I continuously felt energy emanating from Vishnu Ji's Ajna Chakra and flowing toward me. The energy also radiated from his Heart Chakra for a long time, creating a profoundly beautiful and touching experience. Throughout the entire session, Vishnu Ji's energy was felt with immense intensity.

Beyond this, all the sessions were incredibly beautiful and deeply moving. This retreat has become a significant milestone in my spiritual journey. A heartfelt and countless thanks to Sir and Maa.

Sangeeta Bahendwar – Nagpur





## Transformative Spiritual Journey: Connecting with Lord Vishnu



My experience at Vishnu Vidya Shivir in Nagpur from 4th to 6th April, 2025, was a truly transformative spiritual journey, where I felt the divine blessings of Lord Vishnu. While every meditation session in the Shivir brought a sense of inner peace and tranquility within myself, two experiences in particular stood out as extraordinary moments of connection with Lord Vishnu.

The first occurred during a session in which Diwakar Sir and Lina Madam took us to Undavalli caves. As I placed my hands on Lord Vishnu's feet within the caves, I felt an intense surge of energy flowing through my palms. Then, when Diwakar Sir connected with our energy circle during the meditation, **my right hand began moving involuntarily, as if guided by a powerful stream of divine energy passing through me.**

The second remarkable experience took place during a session where Diwakar Sir led us through the practice of holding the Sudarshan Chakra. **As I held the chakra in my right hand, my index finger began moving involuntarily, continuing throughout the session. Just as the meditation concluded, I noticed a black spot on the same finger; something that hadn't been there before ! The sudden appearance of this mark felt like nothing short of a miracle.** I would like to express my deepest gratitude to Diwakar Sir and Lina Madam for this incredible experience, as well as their guidance in helping us connect with Lord Vishnu.

**Sanjeev Bose, B.Tech. and M.Tech from IIT Kharagpur, and currently working as Associate Director with Apollo Global Management in Mumbai.**



## A Divine Journey: Blissful Encounters at Nagpur Shivir

**Pranam to Madam & Pranam to Sir,**



By the divine grace of God, I was blessed with the opportunity to attend the Nagpur Shivir—an experience I had long yearned for, **especially to meet Sir and Madam in person.** Having been connected with the Secret Circle for over three years, attending meditation sessions every Sunday alongside them, I have always felt a deep and powerful connection with divine energy. However, these three days in Nagpur were truly extraordinary. **Meditating in their presence was an experience beyond words—a spiritual elevation unlike anything I had known before.**

The days from **April 3rd to April 6th** were among the most precious of my life. Every moment overflowed with true bliss. On the night of the **3rd**, I received the Guru's complete grace, experiencing a profound purification of my soul. I felt the blessings of all divine beings, as meditation immersed me in deep peace. The presence of Mother ISIS was palpable—her divine energy felt so close to our hearts.

**On April 4th**, during meditation, my chakras were harmonized, and I experienced a remarkable energy balancing. It felt as though tranquillity had infused my entire being, and a rhythmic flow of pure energy coursed within me.

**On April 5th**, something extraordinary happened I felt as if the pure energy itself had begun to communicate with me. It was as though I had transcended into another realm, completely engrossed in the divine







experience. I did not wish to converse with anyone around me, as I found myself immersed in a state of spiritual bliss. This experience created ripples in my heart, moving me to tears—tears of joy, flowing continuously.

As the meditation focused on Lord Vishnu's Vaikunta Dham, I felt as if the thirst of my lifetimes had been quenched. My mind became deeply absorbed in His divine form, my soul cleansed, and a wave of overwhelming spiritual experiences washed over me. In silent gratitude, I embraced the magnificence of the moment.

One of my most cherished experiences was when Sir led us to Vishnu Lok, yet my journey took me elsewhere—to a mystical cave. Inside, I encountered Jay & Vijay, along with many other divine beings. Another meditation transported me to the Undavalli Cave, where I felt a deep spiritual resonance. Emotions surged within me, bringing tears to my eyes. Expecting to behold the Lord with his flute and Sudarshana chakra, I was instead met with a divine surprise—Lord Vishnu in Ananta Shayana pose. I found myself standing at His feet, overwhelmed by His presence.

On April 6th, the final meditation was just as profound—pure divine energy radiated brilliantly. Words fail to capture the beauty of the luminous darkness I witnessed—it was bliss beyond imagination. Once more, I expressed my heartfelt gratitude to Lord Vishnu for this sacred experience. Thank you, Sir and Madam. No words can truly encapsulate my gratitude—only deep reverence and eternal Pranam at your feet.

Vandana Sareen, Ahmedabad



## Unveiling The Inner Self!



My spiritual mentors are Diwakar Raipure Sir & Lina Ma'am and I have been associated with them since April 2021. I feel very blessed n privileged to have such evolved n divine souls as my guides.

It's true that when we are ready to explore our inner self & start our spiritual journey with a deep inner quest, searching for our soul purpose, Universe provides us such beautiful compassionate souls as our Guides to lighten up our lives through their wisdom & insights. Before choosing a spiritual path, certainly life brings us some kind of struggles and Tower moments to give us signs that this is the right time to get out of our comfort zone & get transformed.

During covid time, when my family was going through a struggling phase, I got the opportunity to be connected with Sir & Ma'am through an online meditation session. Though their initial sessions didn't fascinate me much but their humble & grounded personalities sparked an interest within & led me to continue the sessions every week. I'm glad that I trusted my instincts & kept on practicing those meditation techniques taught by them religiously. I learned to heal my physical, mental, emotional bodies & past karma, how to remove subconscious blockages & fear, how to connect with Higher self, Ascended Masters, Great Central Sun, Galactic beings and get protection from them. Slowly, I felt a shift in my thought process, vision, perceptions & perspective of life. I became more understanding & forgiving towards others. My transformation occurred when I started accepting people, situations & emotions as they are & became more aware of everything I do. Shift in my consciousness made me feel protected,





joyful & free of worries. I have had many divine experiences during meditation. 4 years passed away. I started enjoying doing meditation. Meditation has become a part of my daily routine & Sacred Circle, my soul family...

Then the day came when I got the chance to meet my mentors & soul family personally at Nagpur Shivar on 3rd April 2025. That was a meltdown moment for all of us. Every single face seemed to be familiar. Everyone felt an unconditional love for each other as if we all were vibrating at the same frequency. Meeting with Sir n Ma'am felt like a dream come true. Mesmerizing moment can't express in words. Umiya dham, a very beautiful & divine place, added more peace and tranquillity to our Shivar. Its ambiance, serenity n vibes had calming effects on us.

Being a sincere Sadhak, I used to share my experiences during our Sunday sessions on Zoom. Many people know me by face. When we met for the 1st time at Nagpur, the kind of appreciation n unconditional love I got from all of them made me feel very, very happy & Connected. When a young girl came to me & said, Aunt, I love to listen to you only, and your experiences inspired me a lot.. Those words made me feel so satisfied and my heart filled with gratitude that somehow I've become a medium to inspire others and make a difference in their lives in a better way.

On 3rd April evening, Sir and Ma'am called us to the Hall for a preparatory meeting and did a meditation to cleanse the aura & raise the positive vibration of the hall. Then, invoked many higher divine beings. We all enjoyed our satvik dinner together .

4th April was the 1st official day of our Shivar. The day started with morning walk and Pranayam by Lina Ma'am. After breakfast, we all assembled in the hall. Program started with welcoming Sir n Ma'am & some Shlokas, Guru Vandana etc. Shree Vishnu Vidya was the topic for our Shivar. Sir taught us & made us understand about 4 types of salvation -Salokya, Samipya, Sarupya n Sayujya.

The 1st meditation was done with Blue Avians. I could feel their high energy around & in my body.

2nd meditation was done to balance air, water and fire elements in our bodies. Then, an intense kriya was done to open up our Bramhagranthi, Vishnugranthi n Rudragranthi, to lead the Kunadlini energy flow upward through Shushumna. To cleanse and balance our Ida n Pingla Naadi Jesus n Lady Nada were invoked. I could feel the energy flow n vibration of my heart chakra n crown chakra throughout the meditation.

Visit of Patiwali Aai enhanced the spirituality and positivity all around. Everyone eagerly waited to meet her personally. I, too ,got blessings from her and some tips for my spiritual growth. During lunch, the presence of Sir, Ma'am n Aai made us all very happy. They were so approachable that I never missed a single chance to take pictures with them. Lovingly, Sir was calling me 'lalachi, लालची (greedy! ) ' & I enjoyed those moments of adoration a lot.

In the evening, we celebrated Master Kshitij's birthday and enjoyed our cultural programs fully. People were mesmerized by the odia bhajan of Lord Shree Jagannath sang by us, the odia team. Many Sadhaks showed their inner talents. At last, we all danced with the beats of the bhajan "Hari Sundara Nanda







Mukunda"... Everybody came out of their shells. The whole atmosphere turned to so divine n fulfilling.

On 5th April, we all were ready to go further for the next level of higher meditation. In the morning, 1st meditation was done to experience the Salokya Mukti, where we explored Vishnu lok. What I experienced there was pure bliss. When my Markaba reached the gate of Vishnu lok, I was mesmerized by the view of a beautiful lake with rainbow coloured bubbling water. I saw myself in a small boat floating on that lake. Suddenly, I felt as if I've reached a dead end point where the lake changed to a waterfall & I was about to fall in, then I saw Shree Vishnu ji in his lying posture on Ananta n Maa Lakshmi at his feet emerging from the deep lake & the next moment I saw my Aaradhya Lord Shree Jagannath with Tahiya on his head. And suddenly, I heard the reciting sound of Aum, the Anhad Naad, in my ears. I was so amazed that my eyes were full of tears.. That vision was ultimate for me.

2nd meditation was done to feel the Samipya Mukti. 3rd meditation was for the removal of subconscious blockages, fears, karmic patterns, etc. Sir taught us about the uninterrupted, instantaneous scalar waves that are generated by our heart energy/cells.

Then came the moment of Atmasakshatkar ( self realization), where I could see myself merged into a twinkling dark blue light.

The best part of the day was when we learned about the divine power of Sudarshan Chakra of Vishnu ji. We learned to invoke Sudarshan chakra and how to possess it for protection & healing through the meditation. Then Sir made us understand how two point meditation works through quantum physics. It was really commendable.

The very next interesting meditation was done with Vishnu ji idol situated in Undavali cave, near Vijaywada. That was unbelievable. Every single person present there could feel the energy flow in their right hand when touching to the right foot of Vishnu ji Idol. It was just amazing.

On 6th April, the morning session was for the practice of all 4 meditations meant for 4 types of Mukti. The last but not the least meditation done for Sayujya Mukti was beyond our imagination. A journey farther from the Vishnu lok, a journey from bright light to pure darkness, nothingness, more peaceful than peace. This was the journey to enlightenment, pure bliss.

Though meditation sessions ended there but I felt this is the starting point only. After lunch, members of Sacred Circle were made to return back to their homes. In the 6th evening, with the few people left, Sir gave us Omkar Diksha near the Shivling in the cave of Umiya Dham. That was a very intense meditation & I could feel the strong energy flow n vibration in my ears. Then came the moment of departure from my loving mentors. With heavy heart n smiling face, I said goodbye to them. We 8 people from Odisha stayed back there at Umiya Dham that night. The next morning, we returned back to Odisha.

The unforgettable experiences of meditations & beautiful memories of the Nagpur Shivar will never fade





away from our hearts. The organizers of Nagpur Shivir, the energetic, humble & very composed youths, have left a remarkable impression in everyone's heart. Thanks to all of them and deep gratitude to Sir & Ma'am for such a divine experience.

**Omkar Manjari Mishra - Duburi, Jajpur, Odisha**



## **Miraculous and Powerful Healing by Sudarshan Chakra!**



On the first day of the Nagpur camp, the **\*\*Blue Avian meditation and healing\*\*** provided some profound experiences. However, I couldn't quite understand whether I had fallen asleep or entered deep meditation. The **\*\*Blue Avians\*\*** felt very close to me, and I started feeling a deep affection for them.

All the meditations in the camp were very effective, but during the final meditation, I had a unique experience and felt a deep state of **\*\*samadhi\*\***.

**Sudarshan Chakra Healing – A Miraculous and Powerful Healing**

## **Miraculous Help for My Son**

My son is studying **\*\*computer science engineering\*\*** in his second year and stays in a hostel. After returning from the camp, he called me and said,

"I feel feverish, but tomorrow is my exam. The paper is very tough, and I haven't studied enough."

I reassured him, saying, "Don't worry. The questions will come from what you have studied, and your exam will go well."

I sent him **\*\*healing energy\*\***, visualizing the **\*\*Blue Avians wrapping him in their wings\*\*** while he was writing his exam paper.

Later, one of his friends came to discuss a subject with him and gave him some study material. My son found the topic quite different but still studied it. The next day, the **\*\*exam questions were from the exact topic his friend had shared!\*\*** His exam went very well!

## **A Divine Meditation Experience**

On May 1, 2025, a meditation on **\*\*Salokya Samipya Mukti\*\*** was uploaded in the group. On **\*\*May 2, 2025\*\***, around **\*\*9:30 AM\*\***, I sat for meditation and felt the **\*\*energy of Lord Vishnu\*\***. I saw **\*\*light in**







my consciousness\*\* and asked to see the \*\*Virat Roop (cosmic form)\*\*. The light gradually expanded, and the \*\*entire universe merged into it\*\*.

When I came out of meditation, it was \*\*12:30 PM\*\*, and I was filled with immense bliss.

### Healing a Retired Professor

A retired professor, who used to work with me, recently underwent \*\*knee replacement surgery\*\*. Her two sons live outside Nagpur. When I called her to visit, she hesitated, saying,

"I have difficulty walking, and opening the door for visitors is a challenge."

I felt a strong inner urge to visit her, so I called again and said,

"Even if you don't want me to, I will come to meet you."

When I reached her home, a \*\*74-year-old acquaintance\*\* was also present. The professor was in \*\*severe pain\*\*, and the doctor had prescribed \*\*heavy painkillers\*\*. As soon as the effect of the painkillers wore off, she felt \*\*needle-like pain\*\* in both knees and was restless all the time. I gave her \*\*Sudarshan Chakra healing\*\* from \*\*Lord Vishnu\*\*. She sat peacefully on the bed for \*\*10-15 minutes\*\*. When I called her after the healing session, she opened her eyes and said,

"After the surgery, I couldn't sit properly even for five minutes. Today, for the first time, I sat for so long without pain!"

She had also been struggling with sleep since the surgery. I assured her,

"Tonight, you will sleep peacefully."

The next day at \*\*4 PM\*\*, she called me and said,

"For the first time since the surgery, I slept peacefully the entire night!"

Even her husband was amazed.

### Healing Retired Professors acquaintance (a 74-Year-Old Man)

Retired Professors acquaintance (a 74-Year-Old Man) who had witnessed the healing requested,

"Can you do something for my knees? I am in a lot of pain!"

I gave him \*\*Sudarshan Chakra healing\*\*. He had no prior knowledge of healing, but he later shared,

"When you closed your eyes and did something, I felt strong energy and vibrations in my legs, from my knees down to my feet. Even my thighs felt the vibrations. Now, I feel much better!"

The next day, he called me again and said,

"Madam, I was supposed to travel to my village today, but I stayed back because and I am in intense pain. Can you give me one more healing session?"





His legs were swollen. I healed him again using Sudarshan Chakra energy—As soon as I sent he started feeling the energy, I could visibly see his swelling reducing before my eyes!\*\* .

The next day, he traveled to his village and messaged me,

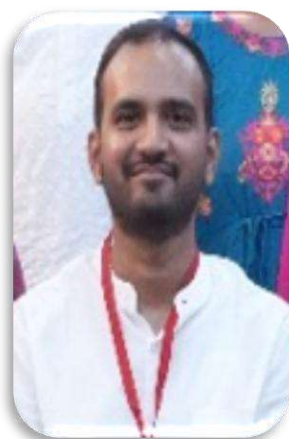
"Madam, I couldn't walk properly before. The doctor had suggested knee surgery. But now, I can walk normally!"

The healing using Sudarshan Chakra has shown amazing results!

Dr. Deepali Bhawe  
Professor and Head, History Department,  
Women's College, Nagpur.



### Divine Grace and Transformation: My Journey at Shri Vishnu Vidya Nagpur Shivir



Me and my friends were blessed with the opportunity to be a part of organizing team of 'Shri Vishnu Vidya' Nagpur Shivir.

Talking about the experiences, at every step from the start of the Shivir we were guided by the divine energy of Shri Vishnu. We could feel the presence of a divine force which helped us to work tirelessly throughout the Shivir. We faced many obstacles while planning, but at the time of implementation, everything just aligned together as if it was meant to be like this.

One major lesson that I've learnt from Nagpur Shivir is, every single thing was perfectly planned and organized by Shri Vishnu himself, we were just the medium for the operations, and this was made very clear by the obstacles we faced and the solutions we got.

Last day, during the meditation of Sudarshan Chakra empowerment, I felt tremendous vibrations in my body, and contraction in Manipur Chakra, which further felt like some kind of energy release and my heart chakra was opened and automatically my eyes were filled with tears. I don't remember when the last time I cried like a kid, which I did while meditating that day. I was feeling so light after that as if all the burden and load of many lifetimes have just vanished.

We really don't know what magic and change these 3 days have brought into our lives.

Lots of love and gratitude to our beloved Sir and Ma'am  
Bhavesh, a student from Nagpur.







## Ultimate feeling of uniting with Param Brahma



Pranam to Madam & Pranam to Sir,

On 4<sup>th</sup> April during meditation using theta technique I reached the supernatural world and Vishnuji handed over Prajvalit Diya in my Hand. After that you have told us about the Sacred Circle's main logo of bearing the Diya.

On 5<sup>th</sup> April during the meditation after using the Pillars of Light technique and using Merkaba I have passed through the Tunnel and reached in front of Kshirsagar I have seen Sheshnag. I bowed and then move ahead and had Darshan of Lord Vishnu in Anantshayana pose. Whenever I meditate, I see Lina Mam. Soon after I offered the flower to the divine feet's of Laxmi Mata and then again I could see Lina Didi and now she was in Mahalakshmi Attire.

In the next meditation session I could meet Param Brahma and all my last birth karmic karmas got deleted. I could walk on the path of upliftment and this begins the new chapter of my life towards divinity. The feeling of uniting with Param Brahma through Dhyana yog was ultimate and no words to express. Thanks to Lord Narayan. Lots of love and gratitude to our beloved Sir and Ma'am

Shikha Biswa, Odisha



## My First Shivir Experience— A Journey Beyond Words



I am Marshal Mahendra Ukey, 23 years old, from a small yet serene town called Bhandara near Nagpur, Maharashtra. What I am about to share is not just an experience — it is a turning point in my life, something that words might still fall short of capturing fully.

Before this, I had no idea what a Shivir is. My only connection to spirituality was the regular Sunday meditation classes I attended under the guidance of Diwakar Sir. Those sessions, too, often felt magical to me — sometimes small glimpses of calm, sometimes deep moments of silence that touched places in my heart where words never reached. Balancing studies and spiritual practice was challenging, especially as my exams were nearing. But as they say, **jab kuch accha hone wala**

**hota hai, toh woh apne aap raasta bana leta hai.** In a divine and mysterious way, life opened the door for me to attend this Shivir. I feel immensely blessed to have had the chance to be part of it. This was my life's first Shivir — and it completely transformed my understanding of spirituality, divine energy, and blessings.

One moment that I will carry with me forever is when Diwakar Sir guided us through a profound meditation journey to the sacred Undavalli Caves. In that meditative state, as we collectively bowed down and touched the feet of Bhagwan Shri Vishnu ji, an indescribable flow of energy surged through me. It





was divine... it was astonishing... it was as though time, space, and even my physical body dissolved in that very moment. And just when I thought this was the peak of the experience, Sir shared that Vishnu ji is looking at you and connecting with you through his third eye. The moment I focused on that, I could feel a powerful stream of energy flowing directly from Bhagwan Vishnu ji's third eye to my own third eye. It was as if a bright, shining, radiant ball of light had settled right between my eyebrows. The sensation was surreal and overwhelmingly divine. It is almost impossible to describe it fully in words — but in that instant, I knew I was in the direct presence of something far beyond this world.

Physically and emotionally, this Shivr has transformed me deeply. Since then, I constantly feel as if I am under divine guidance and divine presence, every moment of my life. There is a silent assurance, a calm confidence, and an unshakable peace within me — all of which I had never experienced before.

Another beautiful blessing was the seva. For the first time, I had the chance to be a part of the coordinators' team. Everything was new for me, yet throughout the journey, I could feel the divine power supporting us. Whether it was the constant engagement of our team or the smooth handling of tasks, everything happened effortlessly and joyfully. The guidance and inspiration from Vikas Sir, Parag Dada, Bhavesh Bhayya, Manorath Bhayya, Dilesh Bhayya, and Shreyash Bhayya helped me grow as a person. Managing everything with confidence, lightness, and joy felt so natural — and now I realize it was all because of that divine power and blessings flowing through all of us.

I am deeply thankful to every member who attended the Shivr, to all my fellow coordinators, and my deepest Gratitude towards Diwakar Sir and Lina Ma'am — the pillars behind this entire divine experience. Their selfless guidance, loving energy, and commitment to our spiritual growth have left an unerasable imprint on my heart.

With folded hands and a heart full of gratitude,  
Thank you, thank you, thank you.  
— Marshal Mahendra Ukey, Bhandara, Maharashtra



## Everything had been attained



We reached Maa Umiya Dham Temple on April 3rd at 6:30 PM. Meeting Respected Sir and Madam was a truly heartwarming experience. Meeting other sadhak's felt more like a reunion with family, as if we were long-lost souls finally coming together again.

After dinner, there was a meditation session, which I found deeply fulfilling and extraordinary. My hands felt frozen, and I struggled to return from the meditation state. I had to force myself back. That day, I was the last one to return from meditation, and during the session, I saw Maa riding a lion in golden light it was

Navratri at the time. Every day at the temple, I learned something new.







On April 4<sup>th</sup>, during the first session, I meditated on Blue Aliens and experienced their energy and presence. In the second session, I meditated on Vishnuji's ten avatars, feeling high energy and vibrations in my third eye. In the third session, I meditated on Vishnu Jyoti, feeling it deeply in my heart. This meditation was truly incredible—later, whenever I meditated, I could still feel Vishnu Jyoti in my heart, as if Vishnuji had permanently settled within me, and just remembering him made him appear.

On April 5<sup>th</sup>, during the first session, I meditated on Sayokya Mukti, where I saw a golden gate and a golden palace filled with bright light. In the second session, I meditated on self-realization, experiencing divine light rising in both my palms, which I felt like placing in my eyes. Later, Sir instructed us to do exactly that. At that moment, I saw countless stars in blue light, and among them, I felt my own consciousness expanding as white bright light throughout the universe.

In the third session, I meditated on the four types of liberation, using the two-point method to connect with Vishnuji's Sudarshan Chakra, which was a powerful and wonderful meditation experience. I also deeply felt the energy of Lord Vishnu idol in Undavalli Cave Temple. Connecting Vishnuji's third eye with my own third eye created real vibrations. When I merged with Vishnuji, it truly felt like his divine powers had permanently entered me.

On April 6<sup>th</sup>, during the first session, I practiced meditation on the four types of liberation again, which was very peaceful. In between, devotional songs played, and we all lost ourselves in them, experiencing divine deep peace. The energy of the hall was incredible, and the moment we entered, we could feel it. Those moments were unforgettable.

The final meditation session on April 6<sup>th</sup> was at an extremely high level, beyond even Vaikuntha Lok. It was a complete self-realization meditation, where we traveled far beyond Vaikuntha Lok—first into light, then into darkness, where we stabilized our consciousness, and then journeyed back into light. This experience was beyond words. Afterward, it felt like nothing could surpass this meditation, as if ultimate peace had settled in my heart, like everything had been attained.

Even after returning from there, some experiences were so profound that putting them into words feels nearly impossible... For 15 days after coming back, I felt as if I had already lived those moments before, and now everything was just a drama unfolding. Every single event—whether I was talking to someone or doing some work—felt no less than a scene from a show or a serial. It was truly divine and extraordinary...

Ishika Sahu, Dhamtari, Chhattisgarh





## Illuminated by Grace: My Spiritual Journey



For the past two years, my soul has been blessed with the divine grace of the **Sacred Circle**, a journey that has illuminated my path and transformed my very being. Words fall short when I attempt to express my reverence for **Respected Sir and Madam**—they are not just guides but celestial beacons of wisdom and compassion. I often feel that it is the fruit of my **past-life karma** that has led me to them in this lifetime, appearing as Gurus to awaken my consciousness. Their teachings are not mere words but **divine revelations**, seamlessly woven with scientific principles, making the profound accessible and the mystical tangible. They have not only imparted sacred knowledge but have done so with such clarity that even the most intricate truths resonate deeply within the heart.

During the **Nagpur Shivir**, I was graced with an experience beyond the realm of ordinary perception—a **divine awakening** that touched the very core of my existence.

On 3<sup>rd</sup> April night Raipure Sir has called all sadhak's to meditation hall and invited all the divine beings and taken their blessings and created positive energy and we all performed Dragon meditation. I had amazing feeling. After invoking the divine beings I could able to see them all. I did see lot of Rishis, including the presence of Jana Munis. Seen Golden Mandir and seen many God and Goddess, and golden idol of lord Ganeshji also. I could also feel the energy level of our meditation hall was divine and pure.

In Blue Avians Meditation, I could see the avians. They were in blue colour and were looking in the form of shadow. When they were around I could feel lot of healing took place and I felt more energetic and light. Then I could see the golden light and also could see many more Avians.

Experience of Sudarshan Chakra meditation was different level. While performing meditation I could see the Sudarshan Chakra which was in Golden colour. That Sudarshan Chakra was in Hands of Lord Vishnuji. Using Sudarshan chakra I removed all the impurities from my chakras and I could feel the divine energy and light in my body and soul.

Vaikunta yatra meditation experience was also wonderful. I could see Vishnuji lying on sheshnag in Kshira Sagara. I could see many trees, Mountains, Greenery besides him. It felt like the environment of Earth.

During the meditation session of Undavalli Caves I could feel the strong vibration and energy moving through my body. I was immensely benefited by the Nagapur shivi. I am able to automatically complete all my tasks easily without any worries. Thank you & Gratitude to our beloved Sir and Ma'am

Vanita Gaikwad, Sangali







## Blessings of the Gurus: A Journey into the Divine Realm



Respectful Salutations to Ma'am and Sir ,

The Experience of Nagpur Shivir was divine and of different level only. In Shivir every individual experienced numerous divine realization. Simply being there was the greatest blessing.

On the afternoon of April 3rd, we arrived at Umiya Dham. This was our first offline shivir, and our hearts were filled with excitement and anticipation. That evening, we were going to have the opportunity to meet Ma'am and Sir.

When we reached the meditation hall to meet \*Ma'am\* and \*Sir\*, the atmosphere felt as if we were reuniting with loved ones after a long separation. That very evening, sitting in the meditation hall with \*Ma'am\* and \*Sir\*, we invoked divine energies. It felt as though the entire hall was filled with sacred energy.

On 4<sup>th</sup> April the day began at \*\*5:30 AM\*\* with \*Ma'am\* leading a morning walk around the \*\*Ma Umiya Devi Temple\*\*. She shared various techniques of \*\*Pranayama\*\*, offering us immense benefits.

At \*\*9 AM\*\*, the session commenced. We gained knowledge about the \*\*Four Liberations\*\* and the \*\*Ten Avatars of Lord Vishnu\*\*. During meditation, \*Sir\* guided us to \*\*Vaikuntha Dham\*\*, where golden energy illuminated the surroundings. We met \*\*Jaya and Vijaya\*\*, the gatekeepers, and upon entering, we were enveloped in a radiant blue light. In \*\*Kshira Sagara\*\*, we had the divine vision of \*\*Lord Vishnu resting\*\*, with \*\*Maa Lakshmi seated beside him\*\*. Our hearts wished for the meditation to never end... It felt as if we had truly arrived at \*\*Vaikuntha Dham\*\*.

\*Sir\* shared \*\*two-point techniques\*\* and guided us on the journey from \*\*light to emptiness\*\*. Experiencing the \*\*Sudarshan Chakra\*\*, holding it, and feeling its immense power was truly extraordinary. Every moment was lived with complete awareness.

At that time, I recalled the words of a divine soul—a saint—who once told me, \*"In this lifetime, you shall reach Sachkhand (Vaikuntha Dham)."\* Today, I saw those words come true. Tears flowed endlessly from my eyes... That sacred place was no less than heaven.

Sir and Ma'am have come into my life as divine blessings from God. I am eternally grateful to both of you.

Padmini Sharma (Artist) Odisha





## Gratitude and Grace: My Unforgettable Days at the Shivr



Namaste! I am Jolly Basu, a B.Sc and MBA graduate from Nagpur. Previously, I was working, but due to health issues, I am now a homemaker.

The **Vishnu Vidya Shivr** has been nothing short of a miraculous experience, bringing me a bag full of victories. Never in my wildest dreams did I imagine attending a **residential Shivr**, given my health condition and the numerous restrictions on my body movements—including the necessity of sleeping on a chair at night. From the moment I stepped into **Maa Umaiya Dham**, I felt as though I had entered a sacred realm, like an angel stepping into a divine abode. The warmth and compassion of the organizing team embraced me instantly, leaving me in awe of their kindness. Every interaction reflected the same love and care as our revered mentors, **Shri Divakar Raipure Sir and Lina Maa**.

The most awaited moment of the Shivr for me was meeting **Lina Maa and Sir in person**. The moment I received their loving hug, I was overwhelmed with bliss. From that night—the **3rd night**—until the **6th night**, I was able to sleep peacefully on a bed, something I had not experienced in **10 years**.

On the **4th day**, we embarked on a journey of **subconscious blockage clearance**, which dissolved all my doubts about staying away from home. In one of the sessions, we were guided **through astral travel to Vaikunth Loka**, where I witnessed a magnificent **three-dimensional Sculpture of Vishnuji** with remarkable clarity.

Later that evening, Sir led us on another **cosmic travel to Undavalli Caves**. As I gazed upon **Vishnuji's idol**, I was utterly stunned—it was the exact same **three-dimensional sculpture** I had seen during the **morning meditation session**. The moment I touched **Vishnuji's feet**, an intense surge of **divine energy** flowed through my body, filling me with an **indescribable sense of power and connection**.

The next day, I eagerly awaited another divine surprise. Sir **empowered us with the sacred symbol of Vishnuji's Sudarshan Chakra**. As we were guided to wield the chakra, I felt a powerful energy coursing through my backbone—a sensation I had never experienced before. Normally, I struggle to feel anything in that area, but this time, the energy was undeniable.

One of the most **memorable moments** was meeting **Patiwali Wali Aai**—a truly divine experience that added another layer of spiritual depth to my journey.

This Shivr was an extraordinary blessing for me, a turning point in my spiritual awakening. My deepest gratitude to **Divakar Sir and Lina Maa** for illuminating my path and making my spiritual journey so profoundly divine. Thank you soooo much!

-Jolly Basu, Nagpur







## From Nothingness to Wholeness: My Path to Divine Presence.



Namaste to all my dear Vishnu Sayuja Sadhak's.

I had a profound experience during the very first Sacred Circle online class in February 2023. Since then, I've been attending every Sunday, eagerly awaiting the opportunity to meet Diwakar Sir and Leena Ma'am in person. So, when they announced the Shibir, I was thrilled! Through this journey, I feel as though I've found another family among the other participants.

When we arrived at Maa Umiya Dham, the very first message I absorbed came from Raipur Sir: "Be very conscious — be in the present." I tried, but honestly, I thought, "This isn't for people like me; maybe it's meant for realized souls." But as the Shibir began, everything changed.

During the first meditation, it felt as if I had entered heaven. Though we couldn't see them with our physical eyes, I could feel the presence of astral masters and galactic beings—deeply, within my heart. I entered a deep meditative state, and I could sense cerebrospinal fluid flowing through my spine. Perhaps this is the true distinction between animals and humans: That we, as humans, have the sacred capacity to turn inward, to enter deep meditation, and to witness truths far beyond the physical world.

Then, Sir spoke about the incarnations of Lord Vishnu and how deeply he cares for us—how many times he has descended to Earth to protect and guide us. In that moment, I felt a divine, fatherly connection with Vishnu. I had a heartfelt conversation with Him:

Me to Vishnu: "Please stay in my little heart always, so that I may remain in the present"

Then, as Raipur Sir guided us to place our hands over our closed eyes, something incredible happened—I saw the entire Universe unfold before me. The more I turned inward, the deeper I went. It felt infinite. No matter how far I traveled within, there was always more—A vast, boundless space opened. It was as if the entire cosmos existed inside me.

Vishnu responded: "You stay in my big heart". At that moment, I couldn't hold back my tears. He gently reminded me: "I am always with you. You just need to sense me in everything."

Under Sir's guidance, we Traveled to Vaikuntha Lok, where I felt a profound connection with Lord Vishnu and Goddess Lakshmi. I had heard about divine teleportation before—but here, I truly experienced it.

I connected with Vishnu in many forms - Through vision, through the heart, through presence.

As a child, I heard that God is omnipotent, omniscient, and omnipresent. But in this Shibir, I didn't just hear those words—I lived them. I felt Lord Vishnu in every cell of my body, as tiny as a pinhead.

And then... He revealed His Vishwaroopa—the majestic cosmic form.

Through Sir's wisdom, we explored concepts like potential and kinetic energy, zero gravity, two-point healing, quantum entanglement, DNA activation, and scalar waves. And by the end of the Shibir, I realized — Being in the present is actually simple. It's natural. Even a month later, I find myself still grounded, still centered.





Those four days were among the most beautiful and transformative of my life. I've noticed positive shifts in every area—even my chronic back pain has eased. I bow with love and gratitude to Maa Leena and Paa Diwakar. I feel so lucky to have found you both.

Thank you, from the depths of my heart.

The Oneness I Felt at the Shivr, At times, I question my own experience. Are these visions mere hallucinations—or truth? I do not know. But something deep within whispers: Vishnu—Parabrahma—and I are not separate. This divine energy flows through all those lives. We are not isolated souls, But reflections of the same Source. I wish that the whole world could awaken to this unity- To this sacred interconnectedness. Because in that awareness, Peace becomes possible. If we could truly see Vishnu in each other, Would we harm? Would we hate? Or would we love more freely, And live more gently? This is what I've begun to feel.

And I hope—truly—that one day, We all will.

--Sheethal Shirurkar – Civil Engineer –  
From Bengaluru, Karnataka



## Sacred Bonds: A Journey of the Soul



Pranams to Maa and Sir,

The first offline Shivr of Sacred Circle was filled with excitement, enthusiasm, and immense joy for all of us. Meeting Maa, Sir, and all the fellow seekers felt like reconnecting with bonds that have existed across lifetimes.

Despite being masters of higher wisdom, Maa and Sir's simplicity touched the heart deeply. Our first session—Blue Avians—was truly beautiful. During meditation, both Blue Avians enveloped the body and consciousness within their wings. A radiant

blue light surrounded the body and aura.

When Sir instructed us to lie down, I saw both Blue Avians seated at a short distance, with blue energy flowing like a river from them. Within this stream, multi-colored energy particles were flowing and entering the body.

How fortunate we are! In just three days, I experienced so much that words fall short in expressing it all. Gratitude to our beloved Sir and Ma'am

Shivani Shrivastav, Jagdalpur







## From Haridwar to Nagpur: A Soulful Pilgrimage



### Pranams to Sir & Ma'am

To attend the Nagpur Shivir, I have travelled all the way from Haridwar (Uttarakhand). In life, many obstacles arise in the pursuit of something. One must not get stuck in complications but keep moving forward. I too faced such challenges... yet I kept going... and finally, the day arrived April 3, 2025— My heart was filled with joy and excitement. I reached the sacred abode of **Umia Mata**.

In the evening, I had the privilege of seeing Sir and Ma'am. Expressing the experience of that moment in words is extremely difficult for me. All the seekers gathered in the meditation hall... There was an abundance of bliss on everyone's faces. Sir and Ma'am invoked divine energies... and the hall was filled with energy.

On April 4, 2025, at 5 AM, I got ready and participated in morning walking and pranayama session conducted by Ma'am in the temple premises was a truly wonderful experience.

After breakfast, all the seekers gathered again in the meditation hall. Sir and Ma'am were welcomed with Guru Vandana. The meditation session began... Sir explained the concept of **four types of liberation**...

Meditation was conducted in such a simple and effortless manner...Vibration s were created in the heart chakra... It was an incredibly beautiful experience.

During the meditation session on April 5, 2025, using Merkaba, we reached Vishnu Lok – Vaikuntha Dham... The entire scene was filled with golden light. In Kshira Sagar, Lord Vishnu was reclining in Ananta Shayan... Goddess Lakshmi was serving at His feet... From the divine half-smile of the Lord, a radiant light touched my heart chakra... Then, slowly, we returned to our physical bodies.

On April 6, 2025, during meditation, Sir guided us to experience Lord Vishnu's Sudarshan Chakra while lying down... This experience was truly divine. It was an experience of such divinity that words cannot express it... It can only be felt with the heart.

### Gratitude to our beloved Sir and Ma'am

Kadambini Nayak  
Haridwar (Uttarakhand)





## Sacred Moments of Nagpur Shivir: Meditation, Cleansing, and Divine Connection



A blessing I never expected came in the form of the Nagpur Shivir—truly a dream come true. My friend Swathi and I arrived in Nagpur at dawn, greeted by a gentle drizzle and the embrace of cool, refreshing air. The atmosphere felt sacred, as if nature itself was welcoming us. By 8 AM, we reached Ma Umiya Dham, where we first visited the temple before retreating into the cave for meditation. Time seemed to dissolve as we immersed ourselves in deep contemplation.

That evening, we met Sir, Madam, and the rest of the group. As night fell, we gathered for a profound meditation session led by Sir and Madam. The experience was beyond words—a deep cleansing of our sins, infused with the divine energy of higher beings. It was soothing, refreshing, and transformative.

On the morning of April 4, 2025, I silently wished Master Kshitij a happy birthday, feeling blessed to be in the presence of Sri Vishnu. It was as if spirituality itself had descended upon us, showering divine grace. Master Kshitij had envisioned all of us being there to celebrate his birthday, and it became a beautiful opportunity to explore spirituality through a scientific lens. After the first meditation, something within me shifted—an indescribable feeling of bliss, as if I had merged with the universe itself.

On April 5, 2025, the Shivir began with a morning walk, and Pranayam session led by Lina Ma'am. During Morning session Sir spoke about Buddha. His words were deeply moving. We also learned about Sri Guru Nanak Dev Ji and Guru Arjan Dev Ji, expanding our understanding of spiritual wisdom.

During meditation, I found myself transported to Vaikuntha Dham, sitting at the feet of Sri Vishnu and Sri Lakshmi. A vision of Anantashayana appeared before me, enveloping me in a blissful state. As I listened to the sacred \*\*Shabad\*\*, emotions overwhelmed me, and tears flowed uncontrollably. In that moment, I realized—why search for God in the forest when He resides within us? I vividly remember the Sudarshan Chakra whirling within my body, cleansing all blockages and negative energy. A profound lightness filled me as it moved through me, purifying my soul.

As the beautiful bhajan 'Ram Ras Piya Re' played, I could no longer hold back my tears. A wave of emotions surged through me—complete cleansing, lightness, true happiness, and the joy of meeting my soul family. It was a state of pure bliss, a realization that life is truly worth living for moments like these. The warmth of newfound connections, the embrace of a spiritual family, and the ultimate gratification of divine presence filled my heart.

The Sleeping Statue of Sri Vishnu in Undavalli Cave radiated an energy so divine that even hearing about it was an experience in itself. During meditation, I felt the powerful force of \*\*Shaktipat\*\* multiple times.







Each meditation session was beyond description—a luminous brightness surrounded me, filling me with an unexplainable sense of peace.

Learning about the **four types of Mukti** from Sir, followed by listening to **Shabads**, shattered all barriers within me. Tears flowed uncontrollably as I tried to suppress my sobs. It felt as though years of stored emotions and blockages had melted away. In a vision, I saw myself inside a cave, touching **Sri Vishnu's feet**. As **Sri Vishnuji** gazed into my eyes, it was as if He was looking through me—eye to eye—a moment of divine connection. My **third eye** shone brilliantly, radiating an indescribable brightness. I was aware, yet unaware. It was an experience beyond the physical realm, a journey into the infinite. The **brightness** was of another dimension, overwhelming yet deeply comforting. My eyes brimmed with tears, reflecting the profound transformation within.

This experience at **Nagpur Shibir** was not just a retreat—it was a **soul awakening**, a **divine blessing**, and a **journey into the depths of spirituality**. The energy, the visions, the emotions—all of it was beyond human comprehension.

I carry this experience within me, knowing that it has forever changed the way I perceive life, spirituality, and the universe itself.

Gratitude to our beloved Sir and Ma'am

Rita Kalya— Karkala ( Karnataka State )



## A Sacred Journey of Transformation: My Experience at Shri Vishnu Vidya Shivir



Sir and Ma'am, Pranam,

I am Neeta Chohan from Nagpur. My son resides in California, USA, and I spend a few months each year with him. Though I had planned to leave for the USA in April 2025, I postponed my visit to attend **Shri Vishnu Vidya Shivir – Param Pad Mein Vishram**, held from **4th to 6th April 2025**. This was the **first offline Shivir of Sacred Circle**, and I am deeply grateful for the profound benefits I gained from attending it.

The atmosphere was charged with **zeal and excitement**, making every moment truly special. The most **overwhelming and unforgettable** experience was seeing **Sir and Ma'am in person**, a moment filled with deep reverence and joy. **On the evening of the 3rd**, a powerful **meditation session** was held to invoke **divine energies**, and the hall was immersed in an aura of sacred vibrations.

From the **4th to the 6th**, the Shivir covered a vast array of profound topics, including:





- The Das Avatars of Lord Vishnu
- Rudra Granthi Bhedan – the breaking of inner knots
- The four types of Mukti (liberation):
  1. Salokya – Residing in the same realm as God
  2. Sameepya – Being close to God
  3. Sarupya – Having a form like that of God
  4. Sayujya – Merging with God
- The Two-Point Method
- The Wielding of Sudarshan Chakra
- The Mystical Undavalli Caves

Each session was deeply enriching, leaving an indelible mark on the hearts and minds of all attendees.

We were very fortunate to receive the blessings of Paati wali Ayi, who is the main disciple of Paradshinga wali Mata and carries immense spiritual energy and guidance. Our evenings were filled with the soulful sounds of bhajans, as we listened and sang along in devotion.

Meditation on Lord Vishnu was not just as a deity, but as the all-pervading supreme consciousness. Meditation offered a profound journey into inner peace and self-realization. It fostered clarity, balance and spiritual growth, helping me to connect deeply with my higher self. It brought wisdom and serenity in my life. I experienced vibrations in my body during the meditation. I went into trance. I went and still going through emotional healing and developing detachment and equanimity. During the wielding of Sudarshan Chakra, my index finger was throbbing.

I experienced expansive awareness, a feeling of merging with the infinite. There was profound inner stillness, where mental chatter quiets down significantly, blissful devotion- a heart- centred joy.

The arrangements including the allotment of rooms, the provision of breakfast, lunch, tea and dinner were excellent. The volunteers did a great job throughout the Shivar, right up to making arrangements for dropping everyone off at the airport and station.

It is difficult to express my experiences in words. I can only say heartfelt thanks to Sir and Ma'am and may I continue to be guided by them in future.

Thank you.

Neeta Chohan from Nagpur.







## Harnessing Sudarshana Chakra Shakti for Healing and Growth



Respected Gurujee and Gurumaa,

I want to take a moment to express my heartfelt gratitude for the wisdom & guidance you have shared with us. Your teachings have been a beacon of light, illuminating my path and helping me navigate life's challenges.

Your unique approach weaving together threads from various spiritual traditions, has broadened my understanding and deepened my connection to the universe. Your advice has been a precious gift offering me valuable insights and practical tools to enhance my spiritual growth.

I'm especially grateful for your emphasis on the Das Avatars of Lord Vishnu, which has helped me appreciate the richness and diversity of Hindu mythology. Your ability to connect these ancient stories to our modern lives has been truly inspiring.

It is wonderful you have shared the Shree Vishnu Bidya knowledge of meditation, focusing on the Sudarshana Chakra Shakti. This practice aims to purify and uplift not only me but also for my loved ones and broader community.

Thank you for being a shining example of compassion, wisdom, selflessness. Your presence in my life has been a blessings and I feel fortunate to have you, as my guide. I look forward to continuing on this spiritual journey with you, and I pray that your wisdom and love continue to inspire and transform me.

Recently I have carried out Lord Vishnu Chakra meditation and healing technique on different known individuals. The results are amazing

1. **Person with Frozen shoulder (left hand)** – Cleared after months of discomfort.
2. **Retired collector (morning walk friend)** – 90% recovery from frozen shoulder, feeling much better.
3. **Rescue form the Pain of Honeybee Bite** - One of my friend R Sahu , who was sitting at our Park suddenly attacked by honey bees, I have given him the healing by Chakra energy daily for 3 days and he got 90% relief from pain and swelling on 4<sup>th</sup> day.

### Key Takeaway:

- A powerful meditation technique benefiting self, family, friends, and society.
- Can be practiced selflessly from home, making it an accessible and effective healing method.

Asutosh Subudhi- Bhubaneswar, Odisha.





## Nagpur Camp: Gratitude, Experiences, and Memories



Often, I find myself reminiscing and thinking, “**Can someone be this fortunate?**” Undoubtedly, the members of the Sacred Circle are very special—chosen ones. But me... I am nothing... Yet, I too became a part of the **Nagpur Camp**. **Should I hide this joy or spread it?** Oh Lord, what a blessing! Thank you immensely because: “**Divine grace is not easily attained by saints**” -Our Guru and Guru Maa are living saints.

### A Profound First Encounter

Meeting our revered Gurus for the first time in this camp left a deep impression on my heart. Their simplicity, humility, Down to Earth Nature will forever be an inspiration to me. In short, my bond with Sir and Ma’am has deepened even further. I am certain that hearing this will bring you immense joy. You all must know that when a divine name or mantra is perfected, simply writing or uttering it brings one closer to the divine. I experienced something similar—the mantra: “**Respected Sir and Ma’am, Pranaam**”

It was truly an astonishing and uplifting realization. I discovered it unexpectedly when I wanted to share my experiences with Ma’am. These words radiate energy, and I feel vibrations throughout my body. **Divine friends**, this Guru Mantra is special to me. I believe each of you will find something unique for yourselves too. Seek it, experience it, and feel the peace in this divine presence. During these moments, I felt closer not only to my Gurus but also to God. Perhaps this glimpse itself is **The liberation of proximity**.

### The Transformative Experience of Nagpur Camp

No seeker returned from **Nagpur Camp** without feeling fulfilled, immersed in love, and charged with energy. There was something magical—purification began, and it continues even now. **The power of the collective** amplified every effect a hundredfold. Each seeker progressed based on their preparation and eligibility. Some new seekers made remarkable leaps on the very first day. Miracles were witnessed. Even the youngest seekers, some not even a year old, who had yet to learn to walk, were remarkably still in the **energy circle**. Their spiritual journey seemed far ahead of ours.

Every meditation session was uniquely profound. At times, **Blue birds** like peacocks, kingfishers, and Garuda embraced and protected us. At other times, everything—the trees, rivers, sky—appeared blue. During **Air and Water Element Meditation**, I felt relief from trapped air within my body. All ailments related to water disappeared. I felt healthy, light, and slender—a delightful sensation for someone like me!

### Profound Spiritual Encounters

The Brahma, Vishnu, Rudra Granthi Meditation was an extraordinary experience. It vibrated my entire body from bottom to top, with powerful pulsations lasting long. The Sudarshan Chakra spun at incredible speed. Initially, Rudra Bhhedan felt challenging, but it soon became effortless. The Ajna Chakra’s energy flow was immensely soothing, bringing a sense of accomplishment. During Vishnu Jyoti Meditation, I was initially conscious but gradually drifted beyond awareness. I surrendered to the energies, allowing







whatever was best for me to unfold. Yet, such experiences sometimes make one wonder—**Did everything happen correctly?**

### The Journey to Vaikuntha

The Vaikuntha Journey (Salokya, Samipya Liberation) felt as natural as visiting my maternal home—blending in effortlessly, then returning to fulfill responsibilities. It was a beautiful, comforting, and peaceful experience. We will all leave this earth someday, but the ease of meditation signified that my Supreme Father is always with me. During my second Vaikuntha Journey, I felt deep closeness to Lord Vishnu Goddess Lakshmi sat near His feet, then moved slightly forward, allowing me to press His feet too. Lord Vishnu smiled gently.

The Deepest Meditation:- The next day's meditation was extremely, extremely, extremely deep. We all know that Barbarik witnessed the entire Mahabharata war. When asked which side fought best, he replied, "I saw no warriors—only the Sudarshan Chakra spinning everywhere." This meditation felt exactly like that.

On the spiritual path, the most crucial aspect for those seeking profound progress is **\*\*self-purification\*\***. In this meditation, our Guru became our **\*\*charioteer\*\***, guiding us through doubts, obstacles, and spiritual barriers—obliterating them forever with the **\*\*Sudarshan Chakra\*\***. This day was about **\*\*battling all negative forces within\*\*** using the **\*\*Sudarshan Chakra\*\***, and everyone emerged victorious. It felt as if **\*\*years of sins, burdens, and guilt\*\*** washed away in a flood of tears. After meditation, the atmosphere resembled **\*\*post-war silence\*\***. Everyone sat in deep tranquility for as long as they wished. Embracing **\*\*Maa\*\***, touching her feet, we rediscovered ourselves in a new form.

### Final Moments of Divine Connection

At the end of the day, using the Two-Point Method, we once again experienced Lord Hari's presence. In a **\*\*state of consciousness\*\***, I entered **\*\*Undavalli Caves\*\*** and touched **\*\*Lord Vishnu's feet\*\***. As soon as I did, He smiled gently and directed His gaze toward my **\*\*third eye\*\***—an unforgettable experience etched in my memory forever.

### The Last Day: Merging with the Divine

On the third and final day, during the morning session, we once again entered **\*\*Lord Hari's realm\*\***, feeling His presence even more intensely. The **\*\*Saarupya Liberation\*\*** experience was such that **\*\*everyone felt identical to Him\*\***. I was no longer myself—I dissolved, merged, and vanished into Him. The **\*\*evening session\*\*** was the **\*\*closest to my heart\*\***, the most **\*\*precious\*\***—**\*\*resting in the Supreme State\*\***. We transcended **\*\*Vaikuntha\*\***, moving beyond light into **\*\*absolute darkness\*\***, where **\*\*supreme peace\*\*** prevailed. Even today, I can instantly return to that moment. **\*\*Peace... only peace... ahhh...\*\***

### Cherished Memories and Gratitude

Beyond meditation, knowledge, and peace, the **\*\*memories\*\*** from this camp will remain **\*\*unforgettable\*\*** for a lifetime. I only received from this camp, but I am deeply **\*\*grateful\*\*** to all those





whose **\*\*selfless service\*\*** made it extraordinary. I wish that **\*\*every year's first camp\*\*** takes place in **\*\*April at Maa Umiya Dham, Nagpur\*\***.

Heartfelt gratitude to **Kshitij**, whose devotion and blessings inspires us to embark on new journeys beyond horizons—the next destination, by divine grace, is **Jagannath Puri**.

Finally, I express my **\*\*gratitude\*\*** to my **\*\*divine family and the universe\*\*** for supporting me in this journey.

**-Prerna Sharma, Vadodara**







## ABOUT SACRED CIRCLE



### Our Mission

At Sacred Circle, our mission is to empower individuals by offering free online meditation sessions every Sunday at 4:00 pm. Through these two-hour sessions, we create a supportive space for meaningful discussions on health, stress and anxiety, relationships, career challenges, and spiritual concerns.

Guided by the modern science of Quantum Physics and the profound wisdom of Indian & Western spirituality, we impart simple yet highly effective techniques to help participants overcome life's obstacles with clarity and ease. Our goal is to make meditation accessible and transformative, ensuring that every individual can learn, practice, and apply these techniques effortlessly.

As part of our commitment, we provide meditation recordings for participants to continue their practice beyond the sessions. Sacred Circle stands as a sanctuary for growth, healing, and self-discovery—completely free of cost, because wellness should never be a privilege, but a right for all.

### Healing Manifestation Awareness

Explore our programs for Healing, Manifestation, Spiritual Development, Connecting to Ascended Masters and more.



#### Healing

Discover easy and powerful techniques for healing of body, mind and spirit. Simple techniques for energizing water for better health and faster growth of plants.



#### Manifestation

Unlock the power of manifestation techniques for better relationships, jobs and career. Removing limiting beliefs and sub conscious blocks hindering the progress in life.



#### Spiritual Development

Get connected to your higher self, Guardian Angels, Spirit Guides, Divine & Galactic Beings and get continuous guidance from them. Experience serenity of meditation and bliss of Samadhi.





## Our Programs

Explore our online sessions covering diverse issues encountered by Students, Youth, Householders and Spiritual Seekers.



### Healing Body and Mind.

The process of promoting and restoring well-being in physical, mental and spiritual aspects.



### Concentration in Studies.

The ability to focus your attention and mental effort on learning and understanding academic material effectively.



### Manifestation for Abundance.

Attracting suitable job, career and abundance by removing limiting beliefs through Quantum Science Techniques.



### Resolving Relationship Issues.

Addressing and overcoming conflicts and challenges between individuals to improve understanding and harmony.



### Removing all Kinds of Fears.

Overcoming the fears of height, water, fire, death and thoughts that cause anxiety or apprehension.



### Intuition Development.

Enhancing your ability to understand or know something without needing conscious reasoning or evidence.



### DNA Activations

Awakening or enhancing the potential and abilities encoded within a person's DNA.



### Past Life Regression

Explore memories and experiences that originate from previous lifetimes.



### Akashic Records

Explore events that occurred in previous lives and remove it for better life.







### Guidance from Higher Self, I AM Presence

Receive insights and guidance from the higher self and I AM presence.



### Merkaba Activation

Activating an energy field around the body for astral travel.



### Connection to Great Central Sun

Aligning with powerful and divine energies for healing and transformation.



### Amrit Shakti for Healing and Spiritual Development

Powerful healing energies of Dhanvantari, Shushrut and Violet Flame for healing.



### Connecting to Ascended Masters

Connection with enlightened beings who have transcended physical existence and now provide guidance and wisdom.



### Getting help from Galactic Beings

Connecting with Galactic beings such as Arcturians, Pleidians, Sirians, Andromedans etc. Taking guidance and support from these advanced terrestrial beings.



### Energetic Journey to Ancient Egypt

Healing and wisdom from Pyramids, Sphinx and Temples of Ancient Egypt and getting divine blessings from ancient Egyptian Gods such as Thoth, Isis, Osiris, Sekhmet etc.



### Tachyon Energy

Connecting to Zero Point Field and Tachyon energies for healing, manifestation and spiritual wellbeing.

Feel free to contact us [sacredcircle45@gmail.com](mailto:sacredcircle45@gmail.com) with any questions or concerns. We appreciate your interest and look forward to hearing from you.

Our website: - <https://sacredcirclegroup.com>

Our YouTube Channel: - <https://www.youtube.com/@sacredcircle8336>

