

**DIVINE REIKI AND SPIRITUAL HEALING
THROUGH THE UNITY OF FAITHS
BY JASWANT S.**

PREFACE

For reasons only best known to Sai Baba, this book did not get published as planned in 2006. The last four years have been the hardest and the most painful; I was to experience firsthand the pain of death and the anguish it brings one's self and one's family. In 2006, during my time in Prasanthi Nilayam in September, I prayed for my youngest sister, Savi, who was going to undergo heart surgery in January 2007. A devoted wife and mother of three young children, my sister was one of those unique human beings who was always helping anyone she could to improve themselves. Over the years, she would bring several people for Reiki healings when I would be in Malaysia for holidays. In 2006, she taught and introduced me to crystals and the crystal world, and I would just smile as I didn't "believe" in "crystal power". My sister was taken from us on the 18th January 2008, my brother in-law and I was present at the time of her passing. Again, words cannot describe the pain and anguish I felt as I was looking at the heart monitor and the angel lying on the bed, fighting for her life and the seconds ticking..... you're screaming in your head and heart for the machine to stop ticking because you are not READY to say GOODBYE and then the SILENCE and my little angel has crossed over and I feel a part of me died that day with her. Life will never be the same again and I know it. For fourteen days after her passing, every evening Sikh Naujawan Sabha in Kuala Lumpur (my sister was a member of this group in her younger days) came to my brother in-laws house and performed Kirtan (Sikh holy hymns), we would feel her presence very strongly during these times.

The night before I was leaving for Melbourne, my other sister Poli (there were four of us sisters) asked me to teach her the "cross over" work where you connect with the departed soul and get messages. As soon as we connected (this was on the third day of her passing) we saw our sister sitting in a beautiful garden. She said she has been there for three days just reflecting on the life she just completed and in the

evenings she comes “home” when the Kirtan[Sikh divine hymns] is being sung. We asked her where mum and the others were and she said they were nearby and when I asked her if she would like us to “reunite” with them, she said “yes” and immediately, Guru Gobind Singh Ji appeared in her inner scene on his beautiful horse and “took her” to reunite with mum who had passed away several years ago. We left the “scene” with our beloved sister being reunited with mum (my stepmother, but my sister’s biological mother. My mum died when I was eighteen months old and several years later my dad remarried but to me these are my sisters. I’ve never thought of them as half-sisters, that’s the love we have and share). And since my sister’s passing, my daughter and I have become very involved with crystals and crystal healings and I use it personally in my healing work. I know in my heart it is my sister “teaching” us from the other side.....

Our beloved dad, who never got over her passing, left his physical body on the 29th November 2008. He was a very spiritual man in his senior years and a “true bhakta” i.e. disciple of the Sikh faith. The day he had his cardiac arrest (I had gone home to Malaysia to look after him), I was talking to my cousin’s wife that he may not make it that day and prayed for Guruji’s GRACE to be showered on him and in my inner scene I immediately saw Guru Gobind Singh Ji on his horse, the forms kept interchanging from Sai Baba to Guruji letting me know that my prayer was heard and Guruji’s horse lifted his right hoof several times tapping it on the ground, waiting for the Divine Master of the Universe to give the command to take his BELOVED BHAKTA across and our father passed away the following morning at approximately 5am.

I used to pray to Sai Baba to look after my dad (who lived alone when he was not visiting my siblings) and after his death I found out that for the last five years, his neighbours were Sai Baba devotees who took care of him – SAI, YOUR GRACE IS IMMENSE!

I continue to get messages from the “other side” and have a better understanding of life there. I’ve been shown the different “temples of learning”, I’ve been shown how our “thoughts” manifest our “desires” and each one of us is responsible for our own journey here and in the hereafter.

I've been shown the "guides" who are there to "teach and guide" but ultimately it is up to the individual to take up the process. What process you might ask? The process of GOD REALISATION – and the process starts here, in the human physical body and those of us who have the LORD AND MASTER OF THE UNIVERSE BHAGWAN SRI SATHYA SAI BABA HIMSELF GUIDING US ARE TRULY BLESSED. ACCEPT THAT ALL NAMES AND FORMS BELONG TO HIM AND IF YOUR HEART IS PURE AND SINCERE HE WILL PERSONALLY COME.....GO ON.....CALL HIM WHATEVER NAME OR FORM YOU SEE HIM.....

WHAT ARE YOU WAITING FOR?.....

Life is short.....

Life is unpredictable.....

Take the plunge TODAY.....

AUM SRI SAI RAM

As I was writing the above chapters, my dad and sister came through; I would like to include their messages.

P.S: My dad just "came through", he used to feed the birds everyday and I have adopted this practise in my home in Melbourne. My dad says, "ask the world to feed the birds and all god's creatures great and small for they need us to look after them", and my dad says "thank you".

P.P.S 1: My sister too came through and asks us to "heal the planet" and use the crystals – there's much power in them and in using the crystals to heal, we heal the planet but as she just said, "first you evoke the form of divinity that you pray to and ask for healing to be sent to everyone on planet earth and the universe". The message from the other side is very simple and clear – PRAYER IS THE MOST IMPORTANT "TOOL" FOR EVERYONE, it will heal all the ailments of the planet earth and its inhabitants and the universe. Apparently, they (spiritual people who have crossed over) PRAY FOR US DAY AND NIGHT. Their prayers are focused on raising the vibration of earthlings and they focus on Sai Baba's principles of:-

Satya – speak your truth and live by your truth
Dharma – do your “duty”
Shanti – practise universal peace
Prema – practise universal unconditional love
and Ahisma – practice non-violence and remember violence
also comes in three forms – words, thoughts and deeds.

P.P.S 2: Last year, I went to Prasanthi Nilayam for Dasara and before this trip I went to Anna’s crystal shop in Northcote [Anna too taught me much about crystals] to buy some Himalayan Quartz crystals for my sister Poli and her family. My sister Poli, a spiritual being herself had started learning to recite the Guru Granth Sahib Ji [Sikhism’s holy book, we Sikh’s consider it our 11th living Guru] and I was “scanning” for a crystal for her. My step-mum (Poli’s biological mum) appeared and directed me to buy a “specific” crystal for her – this crystal is full of “Shakti” pranic energy and she asked me to give Poli a message: “Tell Poli, I’m very proud of her learning the Guru Granth Sahib Ji. Tell her I’m present (she crossed over in May 1987) every time she learns and recites the Guru Granth Sahib Ji and I will always guide her” – such unconditional love and devotion from a mother is beyond human comprehension.....

It is 22/11/10, one day before Baba’s 85th Birthday. I’m listening to Sai Chalisa [divine hymns on Sai Baba] and reflecting on this work. On Wednesday, I’m meeting up with Karen who was ‘sent’ into my life by ‘my angel, my sister Savi’. I had just come back from Malaysia in April and I wanted someone to help me. I too needed ‘closure’ with my sister’s and dad’s passing in 2008 and I kept getting ‘messages’ from my sister Savi to go to ‘Matahari’, a new age shop in Greensborough and there I was told ‘Karen’ would have all the answers I was seeking. You see, at the end of the day, we are all human. In spite of my entire spiritual ‘know how’, I wanted ‘validation’ from another human being. Meeting Karen was a ‘turning point’ in my life. She gave me the ‘confidence’ to do things I had put on hold, including this book. So as I’m reflecting, Sai Baba came through with this message “Amma (his pet name for me – which means mother) include the chapter on ‘Introduction to Bhagwan Sri Satya Sai Baba’ from your first book. The time HAS COME, the WORLD NEEDS TO KNOW MY DIVINITY.

The Lord and Master has SPOKEN, so this is the chapter.

Bhagwan Sri Satya Sai Baba was born on the 23rd of November 1926 in the village of Puttaparthi in the state of Andra Pradesh, India. Today, He resides most of the time in Prasanthi Nilayam, which means, “Abode of the Highest Peace”

Sathya Sai Baba’s mission is to help humanity wake up to the innate divinity (Atma) within all creation and to see that the Principles of Sathya (Truth), Dharma (Righteousness), Shanti (Peace and Equanimity), Prema (Selfless love) and Ahisma (Non- violence) govern all human relations and activities. Therefore, HE has come for all mankind and to re-establish Sanathana Dharma (Eternal Religion) which is the essence of all religions. His teachings are universal.

Sathya Sai Baba also known as Sai Baba, Baba or Swami to HIS devotees appeals to all to server their fellowmen. To His devotees, He says, “Love all and serve all”. He shows the way HIMSELF and announces that His Life is His message.

Sathya Sai Baba is an Avatar, which means HE is Divinity born and existing as a human person, but in reality remaining as the limitless Divine. There are many books written about Sai Baba. Many theosophical, New Age and Sai bookshops sell books about him. Over the past years, authors like the late Dr Hislop, Dr Sandweiss, Phyllis Krystal, Mr J Jagadeesan, M Ruhela, the late Professor Kasturi and many, many others have written many wonderful books about Him and His mission.

The discourse Sai Baba gave on “Why I Incarnate” is a good summary of the Lord Himself. Here it is below:

“MY MISSION is to grant you Courage and Joy, to drive away Weakness and Fear. Do not condemn yourselves as sinners: sin is a misnomer for what are really errors, provided you repent sincerely and resolve not to follow Evil again. Pray to the Lord to give you strength to overcome the habits, which had enticed you when you were ignorant.

Worry, greed and needless agitation and anxiety, these cause even bodily disease. Mental weakness is the biggest cause of disease. Dis-ease is a want of ease; the contented mind is the best drug.

Be good, be joyful, be bold, be honest, be temperate, be patient. These are the rules of good health.

I refuse to call anyone an atheist or an unbeliever, for all are the Creations of the Lord and repositories of the Grace. In everyone's heart there is a spring of Love, a rock of Truth. That Love is God, that Truth is God. Divinity is there in the depths of everyone's Inner Being.

The Lord is above and beyond all limits of caste and colour, of wealth and poverty; it is foolish to believe that the Lord asks for this gift or is angry when it is not offered.

I have come to guide and bless those who undergo the discipline and practice leading to Divine union. I am neither man nor woman, old or young, I am Me. I like you to approach Me without fear, as a right. You do not extol your father. You ask for something from him, as a right is that not so?

You may be seeing Me today for the first time, but you are all old acquaintances for Me. I know you through and through.

My task is the spiritual regeneration of Humanity through Truth and Love. If you approach one step nearer to Me, I shall advance three steps towards you.

I am happiest when a person carrying a heavy load of misery comes to Me, for he is most in need of what I have.

It is not mentioned anywhere that the Grace of God is available only for certain classes or races or grades of people. From the smallest to the biggest all are entitled to it. The Lord is everywhere, everything.

The world can achieve prosperity and peace only through such persons whose hearts are pure and whose minds are free of prejudice and passion, lust and greed, anger and envy.

I have not started the work for which I have come for, I am still in the stage of preliminary reconnaissance. When I start my campaign the whole world will know of it and benefit by it' [Quote from Sai Baba, Dasara Festival, 1961]

Sai Baba is God who incarnated in various forms since time began. He himself has said no one is capable of realising His true divinity for it is beyond human comprehension.

However, in this era [Kaliyug], to take mankind back to Godhead, He did say that it will take three human births. He

declared this when He came as the incarnation of Lord Shiva. The first body was Sai Baba of Shirdi. Bhagwan Sri Satya Sai Baba is His second and present body. The third body will be Prema Sai Baba who will be born in this century in the state of Karnataka, Mysore in India.

Dedication

First and foremost, I dedicate this book to My Guru, My Inner Motivator, My Divine Mother and Father Bhagwan Sri Satya Sai Baba.

I also dedicate this book to my physical father, Kartar Singh, who inspired me all my growing years. An orphan, born in the outskirts of Amritsar, India, he served in the Indian Army and later settled in Malaysia, the country of my birth.

I also dedicate this book to my children, Jovin, Sharan and Revin who have never complained of the numerous people who come to our house for healings and attunements. I wish to thank Bhopinder Kaur, my sister Poli and my son Jovin for typing the manuscript and assisting with the editing and a heartfelt BIG THANK YOU to Revin for all his patience and assistance with 'computer issues' including typing.

Last but not least, the people who gave me the opportunity to "serve God" through them and I thank them for their donations to their charities (this act of donating is my form of payment).

God bless you all and through Baba's Grace may the work keep growing. May my spiritual family extend to the four corners of this globe (our earthly home – planet earth).

Foreword
Sai Baba – God Incarnate

Once when asked by Dr Hislop if He is God, this was Sai Baba's response, "You can say I am the 'power switch'. I control the Universe, not just Planet Earth."

It was the 23rd of September 2003. I had just finished doing my daily *seva* of sending reiki to planet earth and all its inhabitants when I heard Sai Baba say very clearly, "Sai Baba is the power switch of the Universe" and then he said, "Move beyond my physical body in India. I am MUCH MORE than that. DO NOT LIMIT ME TO THIS BODY." When sages and *rishis* prayed for a 'better world', I answered their prayers and took human birth to fulfil their prayers and the reason I chose India was because of their steadfast faith and devotion – it earned them the Grace. But you will experience MY POWER AND PRESENCE IN EVERYTHING YOU SEE – FROM THE FIVE ELEMENTS TO THE SMALLEST ANT. I AM THE INDWELLER THAT GOVERNS ALL. I AM YOUR CONSCIENCE. I AM THE STILLNESS. I AM THE WIND."

"The *devis, devas, rishis, munis*, angels and archangels are my Divine helpers, just like those of you who serve me but you are limited in a physical body and the angels travel astrally. When you evoke my energy, ask Me to evoke theirs and the angels and archangels will HELP you in your *seva*. I am *Brahma, Vishnu, Maheswara* and every form of Divinity that walked this earth and universe. I AM *SHIVA SHAKTI*."

This message was given to me after Swami introduced me to the world of angels and archangels (who are now my constant helpers). I wanted Swami's permission before I would evoke their energy. I felt disrespectful but once I received this message, I knew I had Sai Ma's (Sai Baba's) blessings.

You see, angels and archangels do not belong to any religion. They are free Divine spirits who serve their Divine Master – God Incarnate, Bhagwan Sri Sathya Sai Baba. It is our limited mind that we see Sai Baba as "Indian" for truly He is casteless, raceless, religionless, for HE IS ALL. Every

caste is His, every religion is His, every race is His. It is we human beings who create these barriers and introduced ugly words like racism, intolerance and hatred.

The time has come to demolish these ugly words and embrace one another, show respect and tolerance for ALL faiths. We have to fulfil Sai Baba's mission – one world – one community – all faiths, Hindus, Muslims, Christians, Buddhists, Sikhs, Sai – praying together to the ONE GODHEAD who is the ONE that we see as MANY.

It is to this Supreme Godhead that the following chapters are placed at His Holy Lotus Feet.

Thank you Sai Ma for giving me the opportunity to be a part of Your Sai phenomena.

BHAGAVAN SAI GAYATHRI MANTRA

OM SRI SAAYESHWARAAYA VIDMAHE
SATHYA DEVAAYA DHEEMAHI
THANNA SARVA PRACHODA YAATH

Om Shanti Shanti Shantihi

Aum. I know through Gurus and Spiritual texts (and by direct experience) that Sai is God Himself. He is Bhagwan and Ishwara. I meditate on this Form in my heart with all my mental faculties. He is the embodiment of Truth, Universal Consciousness and One who pervades all the worlds. I pray to such Parameshwar (great God) to direct our intellects to engage in auspicious and righteous activities. I meditate on this great Form.

Changes since my first book

There have been numerous changes in my work since my first book. In the earlier healings, people would come for each attunement (there were four then) and most of them did not make the effort to continue with the healings. Time was also a big issue as each attunement took at least an hour and people needed to heal after each attunement and then I would bring them back for chakra balances. I needed the people to make a commitment to take charge of their own problems and prayed to Sai Baba for Divine guidance.

Baba provided me with the answer. He said that all I needed was one attunement and to place all the *Shiva Shakti* symbols on the person and heal any issues that surfaced. Each person would then be given a prayer as part of their self empowerment and self journey; and self effort is required. Each person would only need to come for chakra balances and healings as and when he/she desires or when the need arises. I would only teach those who will make a commitment to do *seva* – even if is only global healing – the most important *seva* of selfless love.

Personally, I continue to do the work in total surrender. My amazing inner growth has lead to higher vibrations in attunements and now I am guided to use different mantras during attunements and chakra balances and this has taken my work to a much higher level and the results are absolutely amazing. In most cases, an attunement and a chakra balance is all that is needed and each person will have to commit to their own healing process by ensuring that they do their reiki prayer on a daily basis.

Seven years ago, I was directed by Baba to go to Reservoir library and there would be a book there that I would be led to borrow. I walked in and went where I was directed. The book, “Angel Inspiration” by Diana Cooper was being advertised as a new item. What a coincidence! I was directed to evoke angels in my work as my Divine helpers and by doing this and through Swami’s Grace and Diana Cooper, the work has taken another dimension.

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