

SIRIUS MAGAZINE

THE MESSAGE OF TRUTH

INSPIRATION FOR THE SPIRITUALLY
INCLINED

SACRED WISDOM OF TRUTH

MYSTICISM & INNER EXPERIENCE

SURAT SHABD YOGA

April 2024

Vol. 1

PREFACE

SIRIUS MAGAZINE

VOLUME 1

Ribolla, 21 April 2024



Dear Readers,

This is the 1st Volume of Sirius Magazine that is meant to be an inspiration for the spiritually inclined.

The magazine received its name after Satguru Sirio Ji, who is the greatest person I have ever met in my life. He's a spiritual teacher from Italy whose name in Italian means Sirius. He's among those really rare and unique beings that are truly authentic and represent something very elevated in life, something that is beyond words. A great source of inspiration who is offering his wisdom in a selfless way to everyone.

Guru means "dispeller of darkness" or with other words the light (torch) that leads out of darkness. (Gu in sanskrit means "darkness" Ru means "dispeller"/"torch".) Sirio, or Sirius is the brightest star in the night sky - this is a fact which I always found very symbolic.

This magazine is meant to share the Love, Light, Wisdom and Grace that emanates from such a beautiful and extraordinary person like Master Sirio.

What he offers to the people is real and every day spirituality in its purest form, a yoga direction that is for all, called Surat Shabd Yoga, Nada Yoga or Sant mat, the Way of the Saints. Master Sirio conveys the Philosophy of the Masters for everyone in such a natural way, as the Sun shines on the sky. So if you are seeking for complicated spiritual practice and hidden secrets, this is not what you are looking for as all deep secrets of life are dispelled by the words of wisdom of Satguru Sirio, just as the fog is dispelled by the rays of the morning sun.

This 1st Volume is also meant as an introduction, the beginning of something new that hasn't been before in this form. If I wanted to be honest, I could also say, a first experiment. Hopefully with every new volume that you can read, the initial experiment gets nearer to perfection. Though it doesn't matter much if the form is perfect or not, what matters that it offers to you a new source of inspiration on the long journey towards realizing Truth. We wish to be your companion in this spiritual endeavor and therefore publish the Sirius magazine 4 times a year in the beginning. Later on it might become more frequent.

To conclude this preface, I would like to thank to my companion in this experiment, Tony Anderson for his perseverance in going to the end with me and for making it possible to happen. Without Tony you couldn't read these lines now.

Above all, I would like to thank to Master Sirio for inspiring the realization of this magazine and for the support he gives us in an invisible way.



Dorottya Fary
vice-president

Sant Bani Ashram Association





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INTRODUCTON OF THE GREAT MASTER



MASTER SIRIO JI IS A UNIQUE WESTERN MASTER OF
SURAT SHABD YOGA OR SANT MAT.

He both teaches and sets an example of practice of this spiritual path as his knowledge is not only theoretical; he has many decades, more than 50 years of personal experience and practice, making his work credible and authentic.

He was born on the 12th of May, 1952 in Borgagne, Puglia, the southernmost province of Italy. He lived there with his parents and four siblings until the age of 10, then in 1962 the family moved to Milan. In 1979 he moved to Tuscany, where he founded the Sant Bani Ashram in Ribolla.

He had his first *sudden spontaneous spiritual awakening* in 1972, when he was 19 years old, following which he started intense yoga and meditation practice to maintain and safeguard this uplifted level of consciousness. Driven by these experiences, in 1973 he went to India to look for a Master who could guide him on his inner path. Travelling overland (the trip itself took one month), he passed through Greece, Turkey, Iran, Afghanistan and Pakistan. (You can hear about Sirio Ji's spiritual quest in details in the Light of Sirio spiritual podcast.)



INTRODUCTON OF THE GREAT MASTER



Not long after arriving in India, he met **Sant Kirpal Singh**, who he recognized as his Teacher and on the 25th of April, 1973 he received initiation from the Great Master Himself into the practice of Surat Shabd Yoga (meditation on Inner Light and Sound).

He experienced such an immense and incredible upliftment in spirit and consciousness that on his return home to Italy from India, he spent the next two years in the practice of continuous meditation in complete retreat from the world.

Master Sirio talks about initiation in an interview in the following way:

"Every spiritual way or path has its own unique initiation, so naturally Surat Shabd Yoga does too. In Surat Shabd Yoga,

“

INITIATION MEANS TO BE INITIATED INTO THE SUPREME MYSTERY, WHICH IS NONE OTHER THAN HAVING FIRST HAND, PERSONAL EXPERIENCE OF REALITY AND COMING IN CONTACT WITH THE DIVINE LIGHT AND THE MUSIC OF THE SPHERES OR, IN OTHER WORDS, THE SOUND OF SILENCE, THE SOUND CURRENT. LIGHT AND SOUND ARE THE TWO MANIFESTATIONS OF THE GOD-INTO-EXPRESSION POWER.

So at initiation the initiated gets or receives a personal experience, through the Master Power, of what it means to be in contact with the Divine Light and the Sound Current. This is a very powerful experience, because the individual goes through something spiritual, something that is above the physical consciousness and mental processes, something that is not physical or mental, but pure consciousness. The Surat is our attention, our consciousness; the Shabd is the Divine Light and Sound Current, and Yoga means the union of the two. Thus when Consciousness, Divine Light and the Sound Current unite completely and become one, then it is called Surat Shabd Yoga.



INTRODUCTON OF THE GREAT MASTER

*During my initiation on the 25th of April, 1973, I experienced something incredibly powerful, I received such a contact with the God-into-expression power, that **it fundamentally changed my life.** From that moment on **I became a completely different man**, my life changed radically. After I was initiated, my Master told us that after the initiation we all should meditate at least two hours a day. But I thought I would like to do much more, I would meditate all day. Whether you believe it or not, this is exactly what I did for the next two years. About ten days after my initiation my Master told me to return to Italy and do my practices and not to waste my time. So I went home and locked myself into my room and **just meditated all day long.**"*



Kirpal Singh was his first Master, whom he met and by whom he was initiated in 1973. He met Master Kirpal on two occasions, in 1973 and 1974 and both times were incredibly uplifting and fulfilling spiritually. Master Sirio talked about the period when his Master left this world and what happened afterwards:

"He left this world in 1974. At that time I was very young and I felt the need to follow a living Master, because I had to learn how to do this spiritual work. I needed training. I was at a very high spiritual level, but being a young man, the process of becoming a real man was still ahead. I experienced this process with my second Master, Sant Ajaib Singh, who was also a disciple of Kirpal Singh.



INTRODUCTON OF THE GREAT MASTER



Ajaib Singh was a very holy person who lived in the Thar desert in Rajasthan and with whom I had a 20-year long deep spiritual relationship.

“

HE APPOINTED ME TO BE HIS EUROPEAN REPRESENTATIVE IN 1977 WHEN I WAS ONLY 25, AND HE TOLD ME TO GIVE INITIATIONS IN HIS NAME. SINCE THEN I HAVE GIVEN INITIATIONS INTO THIS YOGA TRADITION.

I received the first signs that I would one day take on the role of a Master, that this was to be my destiny, when I meditated together with my Master for the very first time in 1973, before my initiation, in India. This was the beginning of this process. In later years the Divine Will showed from so many sides, from so many aspects, whether I wanted it or not, this was my destiny.

“

WHAT IS WRITTEN IN OUR DESTINY, WHAT IS IN THE WILL OF GOD, WHETHER WE WANT IT OR NOT, OR ACCEPT IT OR NOT, WILL HAPPEN ANYHOW.

In 2001 I felt a strong inclination and inner guidance to have three months in complete, continuous meditation. Obeying this inner urge, I promised myself that I would meditate at least fourteen to fifteen hours a day. Thus from the July 2001 to September 2001 I didn't do anything else apart from meditate through these hours every day. I went through an incredible upliftment of consciousness and I had many inner experiences, which showed much, much stronger than ever before, that this was what I had to do. So, according to my Master's will, I have done this spiritual work since then.

In 1977, when I first met Ajaib Singh, I told him about my intention to buy a piece of land and found an ashram. He was very happy about it and told me that this would be a good service for my soul. So the next year, when I got some money, I bought a derelict house with 17 acres of land on the outskirts of Ribolla. Then, in 1979 I moved on to the land, founding the Sant Bani Ashram, and I've lived there ever since." (You can read an article about the Sant Bani Ashram as well in this issue.)



IL GRANDE CANTO

THE GREAT SONG



LYRICS

**Il grande canto voglio intonare al mio Guru
il supremo canto, l'inno di lode gli voglio cantare.**

Vittoria al mio Guru in cui dimora il Purissimo,
l'Essere di luce immenso e Santissimo,
Lui io adoro a Lui mi prostro,
alla Sua benedizione faccio ricorso.

Egli è il Guru nel Suo corpo fisico,
È il Gurudeva nel piano astrale,
nel piano causale diventa il Satguru,
oltre ancora sarà l'Adiguru.

E' Lui il Dio di tutti gli Dei,
angeli e arcangeli sono al Suo comando,
Messia, Avatar Buddha e Satguru
Son tutti prostrati alla Sua soglia.

Prima che le galassie fossero spruzzate nello
spazio

Tu della tua Tua gloria eri sazio,
immerso nel silenzio del grande vuoto,
sprofondato nella pace suprema.

Poi per Tuo volere da uno diventasti molti,
la vita ebbe inizio e si moltiplicò all'infinito,
non esiste numero per calcolarla,
non v'è metro per misurarla.

L'universo, le galassie, i sistemi solari e i pianeti
Son tutti governati dalle stesse leggi,
Tutto è mosso dallo stesso impulso,
vuole espandersi all'infinito



IL GRANDE CANTO - THE GREAT SONG

ENGLISH TRANSLATION

The great song I want to sing to my Guru, the supreme song, the hymn of praise to Him I want to sing.

Victory to my Guru, in whom resides the Purest, the Being of Light, immense, the holiest, Him I adore, to Him I bow, to His blessing I turn.

He is the Guru in His physical body, He is the Gurudeva in the astral plane, in the causal plane He becomes the Satguru, further still He is the Adiguru.

He is the God of all gods, angels and archangels are at His command, Messiahs, Avatars, Buddhas and Satgurus are all prostrate at His door.

Before the first galaxies were scattered in space, You were full of Your glory, immersed in the silence of the great void, absorbed in supreme peace.

Then, by Your Will, from One You became many, life began and multiplied to infinity, there is no number to calculate it, there is no meter to measure it.

The universe, the galaxies, the solar systems, and the planets are all governed by the same laws, everything is moved by the same impulse, wants to expand endlessly.

From the immense vastness of space to the minuteness of every single cell, the same rules move all, the same mechanism is always repeated.

Everything starts from a center and wants to expand without limits. Then everything wants to return to the center. In the center, life is surging, at the extremity, death dominates.

Ever since the flute was torn from the reed bed, men and women have wept at its sweet sound. For whoever is far from his origin always searches for the time when he was united.

Now, the right moment has finally come to return to the Primal Source, from which everything emanated in the beginning and to which everything must return.



SPIRITUAL RETREATS



Spiritual retreats are an important boost on the Path of Truth, a vacation away from a world obsessed with passions and illusion. It's a great blessing to be able to take a few days to devote yourself fully to the devotion of the path and immerse your spirit in the Master's presence and instructions. It is to our great benefit and pleasure that we have a Great Master who holds retreats at least four times a year at the wonderful Sant Bani Ashram in Ribolla, Italy, where one is able to dive deep into meditation aided by a serene environment and suitable company for the benefit of all attendees.

Spiritual retreats with Master Sirio Ji are in the **Sant Bani Ashram in Italy** or can be organized in **other places/ countries**, where the Master is invited to conduct a program.

There are some **general guidelines** for participating in retreats with the Master. You'll be able to read about them along with some advice and tips in the following and *you may also find more information about the planned programs in 2024.*



SPIRITUAL RETREATS

WHAT TO KNOW ABOUT RETREATS?

When you attend a meditation retreat in the **Sant Bani Ashram...**

ACCOMODATION

You can stay there for the complete time of the retreat in the separate **male and female dormitories** of the Ashram. You are given a **bed, bed linen and three times vegetarian meals**.

MEALS

Meals consist mainly of **seasonal organic fruits and vegetables** (mostly from the Ashram's vegetable garden, cultivated by Master Sirio), **dry fruits**, and **handmade bread** (often baked in the oven by the Master and his sevadars for the duration of the program) to contribute in the best way possible to the renewal of the body that benefits also the mind and the spirit at the same time. **Participants must indicate in advance if anyone has any special needs, allergies etc.**

Some attendees fast completely during this period, to make the program more intense on all levels of the human being, or take only one meal per day. If you plan to do so, please let us know about it at the time you book, but no later than one week before the program for the preparations as **we're against food waste!**

COST

For your stay (bed + 3 vegetarian meals) you're invited to **donate at least 30 euros/day/person** that just covers the costs of staying (water, electricity, bed linen, food).

Above this one can offer donations to the **nonprofit Sant Bani Ashram Association** for the *maintenance* and *improvement* of the place that selflessly gives home in its wonderful environment for spiritual seekers for their time of participating in retreats.

The Master's teachings are given for free!

PARTICIPATION

If you would like to come and take part in any program, or if you have any questions, you can contact us via siriosatsang@gmail.com

Please note that only those can participate in the programs who have booked prior and get written confirmation from the Sant Bani Ashram.



SPIRITUAL RETREATS

WHAT TO KNOW ABOUT RETREATS?

When you attend a meditation retreat with Master Sirio Ji **elsewhere**...

ACCOMODATION AND MEALS

Master Sirio Ji's programs are basically located in the Sant Bani Ashram, so when programs are held elsewhere it depends on the **venue** or the **structure** what kind of accommodation and meals the organizers can provide for the attendants. Often participants are local people who have their own home nearby.

But in every case, the local organizers do their best to arrange **reasonable accommodation** for those who come from outside and to offer **healthy vegetarian meals** for everyone three times a day. **Participants must indicate in advance if anyone has any special needs, allergies etc.**

Sometimes programs are organized in a venue where the meditations are held and participants can get their own rooms.



COST

The minimum donation that organizers ask from the participants is **at least 30 euros/day/person** to contribute to the cost of staying and above this might be added **the cost of the accommodation**, depending on where the program is organized.

The Master's teachings are always given for free!

PARTICIPATION

If you would like to come and take part in any program, or if you have any questions, you can contact us via siriosatsang@gmail.com

As you see, organizing a program outside the Ashram needs lots of coordination, so if you plan to participate in any of these programs, please try to apply as soon as possible so to make it possible for the organizers to help you with all the details.

Please note that only those can participate in the programs who have booked prior and get written confirmation from the organizers.



SPIRITUAL RETREATS GENERAL GUIDELINES

To provide the best results for everyone, there are a few simple guidelines that insure a comfortable environment for everyone and promote spiritual growth.



Firstly there is **no smoking**, as well as **drug and alcohol use is not allowed** and **no eating meat/egg products**. Secondly is to keep a **friendly attitude** and demeanor towards your fellow attendees as growth can also be a difficult time for those working through their inner struggles and revelations. Lastly, we ask that you **be early or punctual for all scheduled events** so that disruptions are kept to a minimum.

ADVICE AND TIPS

These suggestions can help boost your spiritual upliftment and focus on the task at hand.



- **Keep worldly talk to a minimum** - We are all here to focus on the path, the Master and the devotions. There is plenty of time outside the retreats to catch up and talk about family, work and hobbies. This is a special time reserved for spiritual growth, it can be difficult but you may distract others in the midst of self introspection.
- **Cell Phone use** - Please refrain from phone use as much as possible and keep them with your personal belongings. *Cell phones are prohibited in all scheduled events (meditations, Satsangs, etc.) including taking pictures and video recordings.*



SPIRITUAL RETREATS ADVICE AND TIPS CONTINUED

- **Darshan** - *Looking in the eyes and face of a true master is a great gift, said to be the most important practice on the path. It is also said, one-third of the teachings come through words and two-thirds come through the eyes. When with the Master do your best to focus on his holy face and look into his eyes as much as possible.*
- **Simran** - Repetition of the holy sacred names of God. Do constant Simran, as much as possible! Repeat the Holy Names non-stop. Give it your best effort.

“WE MUST CONSTANTLY REMEMBER OUR AIM IS GOD.
AND WE MUST NOT BE CONCERNED WITH ANYTHING
THAT MAKES US FORGET HIM.”
~ SANT KIRPAL SINGH

- **Seva** or Selfless service is a true blessing, ask the organizers, satsangis and other attendees if there is anything that you may help with. If you are willing there are probably some tasks you can assist with. A lot of work goes into arranging and conducting the events and maintaining the Ashram. Do the work because it's the right thing to do to help the Master and his mission. *Keep the mind free from the desire for the fruits of your work.*
- **Bhajans** - Singing of holy songs. Communion with God and our Master is of great significance. There is no better way to voice our love and appreciation for our Satguru than to sing his praise and of those who have come before offering priceless truth. Practicing and memorizing bhajans will boost your practice immensely and cultivate a *harmonious environment suitable for deep meditation.*



SPIRUAL RETREATS

UPCOMING SPRING RETREAT

25th of April - 1st of May

**Spring Intense Meditation and Spiritual Retreat with Satguru Sirio Ji
in the Sant Bani Ashram (Italy)**

(Arrival: 24th of April, leaving: 2nd of May. Registration is required!)

Spring is the time of renewal, we could also say, an appropriate or favourable time for positive changes. In springtime, the body and mind are automatically positively benefited by the arrival of new and fresh energies, so why not renew your spirit as well?

Take the chance and transform your life this spring through an intense Meditation and Spiritual Retreat with Satguru Sirio Ji, who is an authentic realized Master with over 50 years of daily experience in the fields of Spirituality, Meditation, Yoga and Ayurveda.

All meditation programs are personally led and guided by Master Sirio Ji, and all programs begin with singing devotional songs and mantras, except the hatha yoga practice.

Languages spoken during the program: ITALIAN, ENGLISH.

After the first meditation sitting we offer a hatha yoga lesson in the morning, to make the body fitter, more flexible and more capable of meditating and thus able to contribute to the new and fresh energies of the spring that we are trying to bring into ourselves.

SCHEDULE

1.) 6 - 8 AM MEDITATION

BREAKFAST

2.) 9.45 - 10.45 AM HATHA YOGA

3.) 11 AM - 1 PM MEDITATION

LUNCH

4.) 4.30 PM - 7 PM SATSANG

(TALK ON THE PHILOSOPHY OF THE MASTERS)

DINNER

5.) 8.30 PM - 9.30 PM NADA YOGA CONCERT

AFTER 10 PM COMPLETE SILENCE



SPIRUAL RETREATS UPCOMING PROGRAMS 2024

- 19-20-21 JULY 2024 AMSTERDAM,
THE NETHERLANDS
- 15-21 AUGUST 2024
SANT BANI ASHRAM, ITALY
- 27 OCTOBER - 1 NOVEMBER 2024
SANT BANI ASHRAM, ITALY

PARTICIPATION

If you would like to come and take part in any program, or if you have any questions, you can contact us via siriosatsang@gmail.com

Please note that only those can participate in the programs who have booked prior and get written confirmation.



O FRIENDS, KIRPAL HAS COME

LIVE SATSANG FROM 2014

"In this evening's Satsang I'm going to begin by singing a bhajan by Swami Ji Maharaj. So please listen with all of your attention; because we know very well that if we listen with attention, then it goes deep within us and we perceive whatever is possible. It's a pleasure, it's effective and we get the benefit, we get the blessing. If we don't, then we only get the benefit according to the degree of the attention that we put in.



O FRIENDS, KIRPAL HAS COME - LIVE SATSANG FROM 2014

Sant Ji always started His Satsang by telling us – “Bhajan of such and such is presented to you, listen with all your attention.” So that’s what we should do, listen with all of our attention.

So you are welcome. I’m glad to share this time with you. I’ll also try to be here with my attention, and if you do the same, it will be pleasant for us all.

[Master sings Lagao Meri Naiya Satguru Paar]



**O SATGURU, TAKE MY BOAT ACROSS; I AM DROWNING IN THE STREAM OF THIS WORLD.
NO ONE ELSE CAN TAKE ME OUT OF IT. BRING THE DROWNED BOAT TO THE SHORE.
O FRIEND, DO NOT LOSE YOUR HEART. I SHALL SHOW YOU BOTH THE ENDS OF THIS
WORLD.**

**I WILL MAKE YOUR ATTENTION CLIMB UP THE STREAM,
IN THE COMPANY OF THE SHABD, I’LL TAKE YOU ACROSS.
KEEP THE MASTER WITHIN YOUR HEART; LISTEN TO THE MELODY OF THE NAAM
WITHIN.
AGAIN AND AGAIN THE WAVES ERUPT AND THE LIMITLESS WHIRLPOOLS ARE CREATED.
WITH HIS GRACE I HAVE REACHED DASWAN DWAR (THE THIRD PLANE).
RADHASOAMI HAS TAKEN ME ACROSS.**

So now I will sing a bhajan on which I’m going to comment and hold the Satsang. It’s a bhajan by Sant Ajaib Singh. The title is Aaya Kirpal ariyo ni chan, Sawan da rushnai. So please also listen to this with all of your attention. First I will sing it and then I will try to dig deeply into the meaning that Sant Ajaib wants to convey.

[The Master sings Aaya Kirpal ariyo ni chan. He then continues to speak.]

The meaning of this beautiful song by Sant Ajaib is:



**O FRIENDS, KIRPAL HAS COME, THE ENLIGHTENED ONE OF SAWAN
I AM SEARCHING FOR YOU FROM DOOR TO DOOR,
MAY I MEET MY BELOVED LORD!
MY CONDITION IS BAD, I AM WEEPING IN THE SEPARATION.
MY BEAUTIFUL ONE CAME AND REMOVED THE PAIN OF SEPARATION.**

**I HAVE SEARCHED FOR HIM IN ALL THE WORLD. NOBODY WILL TELL ME THE WHEREABOUTS OF MY
BELOVED.**

**I AM CRYING BITTERLY AND NOTHING IS IN MY CONTROL.
EVERY DAY I WEEP AND REMEMBER HIM. PEOPLE CALL ME MAD.**

**FOLDING BOTH MY HANDS, I AM PLEADING TO YOU.,
I DO NOT ASK FOR ANYTHING ELSE.
I WANT ONLY THE SUPPORT OF YOUR NAAM.
YOU SHOWERED GRACE ON THE SOULS AND STARTED THE CUSTOM OF SATSANG.**

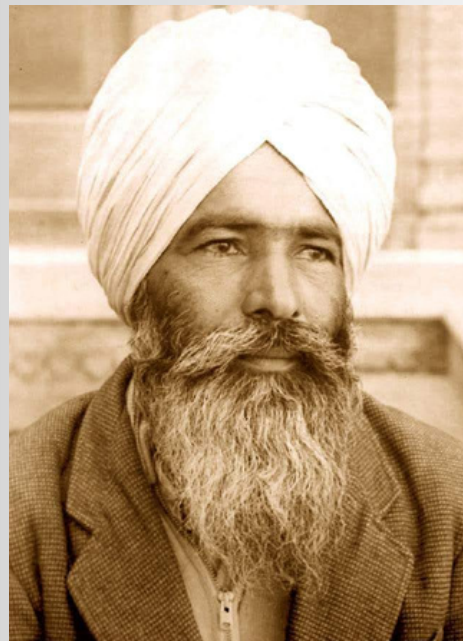
**O BEAUTIFUL ONE, I BECAME YOURS WHEN YOUR ARROW PIERCED MY HEART.
HAIL BELOVED KIRPAL, YOU HAVE PROTECTED THE HONOUR OF AJAIB.
MY GOOD FORTUNE AWAKENED WHEN I MET YOU.**



So in this beautiful bhajan Sant Ajaib Singh begins by telling us that ***“O Friends, first of all I want tell you that my Sat Guru Kirpal, was very beautiful.”*** Now we might say that this is true for anybody that loves someone and finds that person to be beautiful. Everyone that loves someone finds that person (or maybe not even a person) to be beautiful. It could be an animal also, or maybe a rose, or even a landscape. We love anything that we find to be beautiful, and also the fact that we like something, makes that thing beautiful. So the fact that Sant Ajaib Singh is telling us here that my Sat Guru Kirpal is beautiful, means that He definitely loved Him. We must also say that Master Kirpal was not beautiful just because Sant Ajaib loved Him, or I loved Him, or anybody loved Him. He was very beautiful anyway, whether anyone loved Him or not, He was a very beautiful Man. So it's very good luck when you meet somebody that is very beautiful, very charming, very fascinating, very charismatic, and, just because of this, it's so much easier to fall in love with such a person.

Then of course, there may be so many other factors that help build up this incredible love, but the very first impact with a Master that is going to be your Master, the Master that you're going to dedicate your life too, and on whom you're going to contemplate, the Master from whom you're going to listen to so many Satsangs, looking into His face, looking into His eyes, the Master who is so great and to your liking, then it's great, good luck. Master Kirpal was a very charming Man and anybody that met Him would be fascinated by this incredible personality.

All of His disciples - Sant Ajaib Singh, myself and so many thousand others - for us He was this incredibly beautiful, charming and charismatic Master, so we were very lucky. In fact I also had the good luck to have a Master like Sant Ajaib Singh. He was also very charming, He was also very fascinating. So I had the good luck to have a very charming Master such as Master Kirpal, and then again the good luck came my way in which I also had Sant Ajaib Singh who was such a beautiful, Holy Master. He was a different personality than Master Kirpal, but He was also very fascinating and He was very holy. The easiest thing to see that mostly stood out of His personality was that He was so holy. Many people were so impressed by seeing this simple, beautiful, Holy Man. I met people sometimes that came to see Sant Ajaib when He was in Italy giving Satsang. People who already had Sant Mat Masters, who came to see Him. Then, after one of His programs, some initiates of another Sant Mat Master came to see Him, and. When He met them, they were weeping so dearly, shedding tears like anything. These people told me *“Wow - when we saw His face, we just burst into tears. It was incredible, we didn't expect it. We met our Master so many times, but there was never this phenomenon happening. But when we saw Sant Ji's face, when we saw Him coming into the Hall, we just burst into tears.”* So this is the incredible response that we may have when we meet the Master. It's good luck if something like this happens to anybody.



So here, Sant Ajaib Singh is telling us **“O friends, beautiful Master Kirpal has come, He is the enlightened one of Sawan.”** So that’s why He was so beautiful; maybe the body was not so beautiful, but if the condition of the mind is not enlightened, if it has not gone into the state of grace that comes when such a grace descends on a person being enlightened, then there won’t be this divine beauty, because physical beauty is one thing, but spiritual beauty is something else. Spiritual beauty comes to a person even if physically they might not be so beautiful., However if one gets this great blessing of going into a state of super consciousness, or enlightened consciousness, then this beauty just shines out from the whole body of such a person, from the whole behavior of such a person, but especially from the face and the eyes. So Master Kirpal could have been physically beautiful - yes He was- but this divine beauty that emanated from His person was because He had the incredible good luck of becoming the enlightened one of Sawan.

Sawan was very lucky to have such a person as Master Kirpal, who could just receive, welcome and use His grace and His blessing. Also, Master Kirpal was very lucky to have a Master like Baba Sawan Singh who could enlighten Him.

THESE TWO FACTORS ARE VERY IMPORTANT - THE MASTER AND THE DISCIPLE - THE QUALITY OF THE MASTER AND THE QUALITY OF THE DISCIPLE.

Sant Ajaib Singh used to say, also, that
A SEEKER AFTER TRUTH IS VERY LUCKY IF HE MEETS A TRUE MASTER, SOMEONE WHO HAS DONE HIS SPIRITUAL PRACTICE AND HAS REALISED THOSE VERY HIGH EXPERIENCES THAT A MASTER IS SUPPOSED TO REALISE IN HIS LIFE. SO MEETING SUCH A MASTER IS GREAT LUCK FOR A SEEKER, BUT HE USED TO SAY THAT FOR A REAL MASTER, IT’S ALSO VERY GREAT GOOD LUCK IF IN HIS LIFETIME HE MEETS A REAL SEEKER, A TRUE SEEKER.

So in this, case for Baba Sawan Singh and Sant Ajaib Singh, both the things were present, the ingredients were there, and it made this incredible phenomenon of transmission of the grace from the Master to the disciple. The Master Baba Sawan had the grace. He had all the light that He wanted, because it was given to Him by His own Master, Baba Jamal Singh. So He had a lot of it, He didn’t know what to do with it. He was looking for somebody who would be ready to receive all this grace, because most people that the Masters meet in their lifetime are unfortunately not ready vessels for the grace. So Sant Ajaib Singh also used to say that the problem is never with the giver, the problem is mostly with the receiver. So the giver might be there to give, He might have lots of spiritual wealth to distribute, but finding vessels who are ready to receive and hold in harmonious balance this wave of grace is very rare.

Most people go to a Master because it’s nice to be with the Master, it’s nice to be in the Satsang. It’s nice to be in this kind of atmosphere, it’s nice to be in the company of the Master, which means the Sangat. Most of them are friends, they know each other, they come together, and so that’s always nice in any field of life, but more than this, it’s very nice to come into the atmosphere of the Ashram; it’s a blessing and very nice to be there.

But I must say that most of these dear ones do very little meditation, and many of them don’t do any at all. So of course these kinds of vessels are not ready to receive the grace of the Master.



THE MASTER IS THERE TO GIVE OUT HIS GRACE, HE HAS A LOT OF IT, BUT HE RARELY FINDS SOMEBODY WHO IS CAPABLE OF RECEIVING THE GRACE, AND THEN HOLDING IT IN A HARMONIOUS WAY, KEEPING IT, DEVELOPING IT IN A BALANCED WAY. BECAUSE THE GRACE OF GOD IS AN INCREDIBLE THING, IT'S NOT LIKE GETTING A CHOCOLATE AND LIKING IT, IT'S NOT GOOD FOOD, IT'S NOT A SWEET OR A CAKE, NO - IT'S AN INCREDIBLE POWER TO ENLIGHTEN THE DEAR ONES, IT'S AN INCREDIBLE EXPERIENCE.

If you're not ready for it, it may do more harm to you than good, because it won't enlighten you. If you get into that wave of incredible spiritual energy and you're not ready for it, it won't enlighten you; it may burn you down! So we have to be ready for it, we have to clean our vessel, we have to do the spiritual practice, then by and by we become ready for it, become capable of receiving this grace and transforming ourselves according to the light and the upliftment that we see. For this our nervous system, our psyche must be ready and must be capable, to hold it.

MASTER KIRPAL USED TO SAY THAT OUR CONSCIOUSNESS IS SPREAD ALL OVER THE BODY; MOREOVER IT'S ALSO SPREAD ALL OVER THE WORLD, IT'S IN THE SENSES AND ALL THE ATTACHMENTS THAT WE HAVE, AND IT'S BEING DRIVEN BY THE MIND.

It's like a silken scarf, which has fallen on a thorny bush. You can imagine if a silken scarf falls on a bush that's full of thorns, it will get stuck, you could pull it and get it free, but that wouldn't work, it would tear it apart and it would be a useless thing. So better to leave it on the thorny bush and at least we can see it as a whole piece, so that anyone passing could see that it's still nice, a nice color, nice shape - whatever. But if we just pull it away then it would break into pieces. So Master Kirpal used to say that it takes time, then by and by with lots of patience you get rid of one thorn, then another one, then another one again, and eventually the scarf can be lifted and taken away without tearing it apart.

So in the same way our consciousness is stuck in our body, it's stuck in our attachments, it's stuck in lust, greed, attachment, egoism, violence, vanity, arrogance and hate - so many of these diseases that we suffer from. So, liberating and freeing ourselves of these all of a sudden, is not possible. Master would do it with anyone, but He can't, it's not possible.

So by and by we have to become ready for it. How do we become ready?

We begin by attending the Satsang of the Master. First of all we seek for the Master, we look for the Master. It is a practice, it's an activity that helps us, because if we are sincere and we keep looking and whenever we have a chance of meeting somebody special we go and see that person to see if we are able to recognize anything special in that person, because if we don't, then there's no way that we can accept any person as a Master. So, by good luck, we eventually meet a Master in whom we recognize something superior. A great Man, somebody who is at least better than us, more advanced than we are.



Obviously we won't be able to see the reality of the Master as He is in His full capacity. No one is able to, because as Guru Kirpal used to say,



“ONLY A MASTER CAN RECOGNISE ANOTHER MASTER, NO ONE ELSE.”

There is just no possibility, we are not able to, because our level of consciousness and His level of consciousness are so different, are so far apart from each other, so how can we recognise a Master. But at least we may see that with this person there is something special. Moreover, when we are with Him **we feel a different kind of upliftment**. When we are with Him, meditation is easier. When we spend time in His company **our consciousness rises up and we begin to see life with different eyes**. When we are with Him and we listen to His Satsang, so many things become clear, so many things become evident, all these tricks, all these illusions that our mind keeps creating within us in our head. Then all of these are just blown away and **we again see things in a clear way, we again see what the priorities of life are**. Again we give the first place to the things that deserve the first place and just forget those things that are just illusions, and that just want to take us away from the main purpose of our life, which is self realization and God realization. So when we meet such a person, and we recognize something special with such a person, then we take initiation and spend time in the company of this our chosen Master. Then by and by we definitely get transformed. It's like the silken scarf that we free from one thorns, then from the next, then from the next again, so when we spend time in the company of the Master and listen to His Satsang, we look into His eyes and have His Darshan. We take His Parshad, then by and by we improve - we definitely do!

I've seen so many people spending time with my Masters and they all improved. They all became better people, who maybe were not ready to be enlightened, maybe they didn't reach Sach Khand as we say in the Sant Mat path, they didn't reach their real Truth, but their life definitely improved a lot. They could have been miserable, like others, with no awareness of anything, like as most people are. But, in the company of the Master, they came to understand so many subtle things of life. They improved, they got rid of so many of their faults, limits, imperfections, they became better people, better parents, maybe better wives, better husbands, better workers, more responsible and more concentrated people. People who in a shorter time could maybe do things that would take others much longer. This is an incredible thing that happens to people who develop a capacity to concentrate. I've seen it with people who have done a lot of spiritual practice, I've even seen it with myself. I've done a lot of hard work here at the Ashram. There is a big garden here, and it's a big space, but I always keep the grass well cut. Those who have been here know that there are three gardens around the buildings of the Ashram, there are roads leading to these buildings, and to these gardens. Anytime you may come you will find the grass well cut and everything well kept. I do most of the work myself, but sometimes I ask help from somebody, but rarely, because mostly I do it myself. To tell the truth, if I ask somebody for help, what I do in one day, they take four days. It's not a joke, I'm not exaggerating and I don't want to boost myself up, because it's a fact! I think that anybody who has developed the capacity to organize ones mind, to organize ones day, or organize ones life, they do everything much quicker and do it much better than anybody else.

THE FACT IS, BY LEARNING HOW TO CONCENTRATE ON HOW TO DO YOUR MEDITATION, AND HOW TO ORGANISE YOUR MIND, YOU BECOME MORE PRACTICAL.



So - going back to the fact that Master Kirpal was the enlightened son of Sawan. Sawan was very lucky. He found this disciple of His called Kirpal Singh who was incredible. He Sawan had so many disciples, He initiated over one hundred thousand people so He had a lot of them, but Master Kirpal was very special and He loved Him so dearly. Kirpal loved Sawan, Sawan loved Kirpal. Why - because Sawan was the person for whom He had been looking for so many years of His life, this incredible Master whom He loved and from whom He got all His grace, and Kirpal was an excellent disciple that any Master would like to have. So Baba Sawan, poured all of His grace into Kirpal Singh, and He made Him His enlightened one. *I think each and every one of us would like to be enlightened. Any one of us would like to reach Sach Khand. Any one of us would like to become a real Man, a disciple of the Master who makes the Master happy.* I would say that very few disciples of the Masters make the Masters happy. Most of the disciples of the Masters make them sad; because they don't do the practice and try to improve, they don't really take advantage of the offer the Master gives them.

THE MASTER WORKS A LOT IN HIS LIFE TO GAIN A SPIRITUAL WEALTH, AND RICHNESS. HE MAKES SO MANY EFFORTS AND DOES SO MUCH SPIRITUAL PRACTICE, SO MUCH OF A SACRIFICE IN THE SERVICE OF HIS MASTER. ALSO, BY HELPING HIS MASTER TO BUILD UP A SANGAT SO THAT THE GRACE, THE LINEAGE OF THE GURU'S, MAY BE GIVEN OUT TRANSMITTED TO THOSE WHO ARE HUNGRY FOR IT. SO YOU FIND VERY FEW PEOPLE WHO ARE READY FOR IT, AND SO A DISCIPLE LIKE THIS WHO HAS SACRIFICED A LOT AND DONE SO MUCH SPIRITUAL PRACTICE WOULD LIKE TO FIND PEOPLE WHO ARE READY TO RECEIVE IT, BECAUSE THAT'S THE PURPOSE OF DOING A SPIRITUAL WORK IN THIS WORLD.

Masters go around, give Satsang, give initiation, and bring their Light wherever they go so that they might uplift the consciousness of the people. The more they find ready for it, the happier they are, and the less that they find, the sadder they are. Once I read something that a Satsangi was saying about Sant Ajaib Singh, that very often he noticed Him to be sad. So He asked Him *"How come You are sad so often, why is it, you should be so happy because You have God with you, so why?"* and Sant Ji said *"Well yes I should be happy and actually I am happy, but I used to love Master Kirpal so much, and my wish was that I could spend time in His company and that I would have many chances to be with Him and have His Darshan, I loved Him so much. But He left the world very soon so this made me very sad."*

Actually this bhajan is talking a lot about this ***pain of separation***, and weeping in the remembrance of Master Kirpal. That's what He's saying all the time, about how much He wept and about His suffering at this separation from His Master and how very soon He left this world. Sant Ajaib didn't have a very long association with Master Kirpal. He met Him in 1966 or 1967, I'm not sure which, some people say it was in 1966 and others say it was in 1967. But let's say it was in 1966. Master Kirpal left the body in 1974, so they didn't meet very often and they didn't spend many years together anyway. So Sant Ji didn't have much chance to spend much time physically with Master Kirpal and was very sad when He came to know that He was gone as He was so attached to Him, He loved Him so much that He became very sad. I once heard Him telling how somebody came and said *"Master Kirpal has left the body."* He began pulling His hair out of despair. I heard Him from His own mouth telling us of this. So He suffered a lot at the loss of His Master who He loved so much.



Moreover He said *"I lost My Master so soon. These people who come to me and take initiation from me, and spend time with me, they don't really take the path seriously, and they don't really get involved with it. Yes – they're nice, they travel from far and near to spend time with me, but I rarely see anybody who takes up the path seriously, who really wants to transform his life and his consciousness and become one with the light, one with the truth, that means – become a real Man."* So that's what, He said, It's not my invention, and I must say many of the Satsangis that take initiation from a Master are of this kind. They don't make the Master happy. Mostly because **they don't take seriously this incredible grace, the incredible wealth that the Masters want to transmit to them.**

So I hope that everyone listening to this Satsang, will make up His mind to change his or her life, take up the path, and do something serious with it, do something effective, so that this wealth that the Masters earn with such an incredible amount of sacrifice is taken seriously by us, and we really honor it, by dedicating our life to it, try to improve and try to come as close as possible to the idea that the Masters want to convey to us - because it's for us to decide, nobody can decide for us.

THE MASTER MAY TRY TO INSPIRE US THROUGH HIS SATSANG, THROUGH THE EXAMPLE OF HIS LIFE AND TRY TO INSTIL IN US THIS LONGING, THIS UNION WITH THE SUPREME REALITY, THE SUPREME TRUTH AND, MAY TRY TO HELP US TO IMPROVE, BUT EVENTUALLY IT'S OUR DECISION.

We have to decide that from now on "I'm not going to play anymore; I'm not going to joke anymore. I am going to take the path seriously, I'm going to do something great with it." It's such incredible grace. It's such an incredible chance.

Masters say **"take heed, because it's not something that you find everywhere, and it's not a guarantee that you're going to get it again in your next life; even this human body"**, not to mention **the grace of God** and **meeting a Master** and **being initiated**.

You're not even sure that you're going to get a human body again, so now you have it, use it. Use it for the highest purpose for which it has been given to us, which is realizing oneself, and realizing God.

So let us not joke with the path, let us not joke with the Master and make Him sad, let us make Him happy, joyful, with our life, with our actions, with how seriously we take the path, with our spiritual practice, with our improvement, let us show Him that "I have taken initiation, I have been in your company and listening to your Satsang. I've been listening to your bhajan singing. I haven't been playing with it. I've taken it seriously and done something with it and changed my life. Yes – your words were so precious, so many times I was inspired by your words. I changed my life, and so many times my mind totally changed direction just by listening to your Satsang. So Master I've done my best, I've really changed, I'm a different man, I'm a different woman."



O FRIENDS, KIRPAL HAS COME - LIVE SATSANG FROM 2014

So that's what we should do. Take the path seriously, take the Master seriously, apply His words to our life, transform ourselves, and become as Master Kirpal used to say, Gurumukh, Ambassadors of Truth.

We can all become this, **it's a potential that is within each one of us** so why shouldn't we be able, we've come on the path for this, we've taken initiation for this, so let us do it and let us actualise it, let us make it a fact, a reality in our life.

Now to end this Satsang, I'm going to sing one of my bhajans. It's actually the last one that I wrote, so please listen to it with all your attention.

[Master sings 'Il rombo del Naam - He then speaks:]

"By His grace this Satsang has been delivered - the inspiration from Him word by word, the melody, the glance, the Darshan.

HE IS THE DOER, I AM NOTHING. NOW REMEMBER, YOU ARE ALSO NOTHING. WE ARE ILLUSION, THE ONLY REALITY IS HE. WE ARE JUST PUPPETS IN HIS HANDS, SO ALL THE GRACE, ALL THE THANKS, ALL THE GRATITUDE, GOES TO HIM.

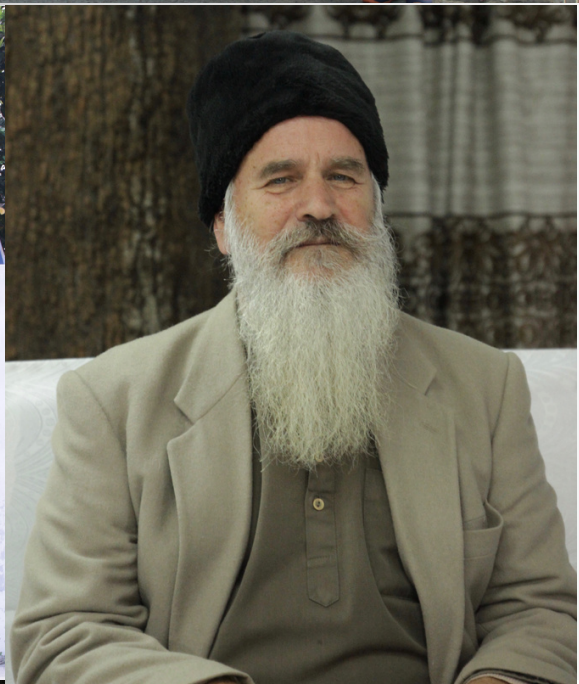
Thank you for listening, I hope it inspired you.

Goodnight."



MYSTICAL JOURNEY TO INDIA

In 2018 Master Sirio Ji and a group of devoted Satsangis took a mystical trip to Manav Kendra to the ashram of Master Kirpal to have an intense spiritual retreat. the place where Master Sirio Ji first met his beloved Master.



MYSTICAL JOURNEY TO INDIA

Personal accounts of devotees experiences with Satguru Sirio

PERSONAL ACCOUNT BY DUSTIN MEYERS:

We waited breathlessly as the Master boarded our plane followed by Dori and an eclectic group of his disciples. There was such an intensity of energy around the Master, that it seemed to impart a higher vibration to everything around him. He approached my seat rapidly and blessed me with his Darshan and ran one finger across my cheek. The rest of the flight was a beautiful spiritual experience. I felt that my Master was pure Divinity and that I was on God's airplane, on my way to whatever would come next. Even people who were tourists heading to India said, "Oh, that must be the Master you were telling us about." And I could see that even this single exposure with Satguru Sirio had left an impression and brought a brightness to their faces that wasn't previously there.

Dheradun - During the last portion of the retreat the Master's Darshan and love were so intense that I could almost perceive it physically. It was as if sparks of fire were coming out of his eyes during the Darshan and these sparks would enter his devotees and inundate them with Divine Love and ecstasy.

The Bus Trip - After the completion of the retreat in Dehradun, we all boarded a bus bound for Amritsar to attend the wedding of Aman.

I was fortunate to sit in such a spot that I received the Master's Darshan in the reflection in the glass in front of his seat for nearly the entire trip.

Along the way we stopped for Chai, and as I was leaving the bus the Master stood there in the center of the courtyard just glowing. It was like seeing the golden Buddha, or the living Christ. Never before had I seen anyone so radiant. The Master took notice of me and gave me a big hug.

There are no words to describe the Master or the subtle divine communication that he has with his devotees. It must be experienced first hand.

The Drumming - When we arrived in Amritsar we were all transported to the home of Aman where we were fed and served by his beautiful family. During one part of the night they invited us to be part of a tradition which involved one of the children drumming, and I believe singing.

This would be a night I would never forget, for while the drumming continued, the Master sat across the way with his head slightly lowered. Soon waves of ecstasy began pouring over the whole gathering, and it kept coming. I remember very distinctly that I felt my nervous system would not be able to take any more, but it kept growing in intensity. I had never before that moment been so lost in ecstasy and it reminded me of how Rumi speaks of entering the tavern and drinking the cup of Divine intoxication. The Master gives us living water, and all who thirst should come to him.

There are literally hundreds of similar occurrences that happened during the India Retreat, but I just thought to give a few instances to show the power and blessing of the Master. I would encourage anyone who has a heartfelt desire for Truth or God to come and drink of the cup of the Master. Have his Darshan and live your own story with him. The path is Love, and the Master is Love, and he is gracious on the poor ones like me.



MYSTICAL JOURNEY TO INDIA

PERSONAL ACCOUNT BY BERNADETTE BENNISON:

Three autumns after my Holy Initiation in Sant Bani Ashram, Ribolla, I had the good fortune to be on my way to visit Master Kirpal's Ashram, Manav Kendra in Dehradun. I had heard many wonderful stories of the incredible spiritual blessings my Master, Sirio, had experienced in the presence of his first Master Kirpal Singh. I loved to listen to the stories of the way my Master's spiritual journey unfolded and how challenging his journey had been before he was accepted for initiation by Master Kirpal.

I felt a strong link with Master Kirpal because I had first seen his face within my third eye during my first meditation after the very first Satsang I went to in England.

Again I had experienced the powerful presence the night before my Holy Initiation in the meditation hall of my Master in Ribolla. Master Kirpal had touched one finger tip onto my pineal gland and it had popped with a cracking sound and felt like a tin can being twisted until it cracked. I heard his beautiful deep voice speak four of the ten Holy names of the Mantra to me. I didn't actually know they were the Mantra until the following morning when my Master gave me the holy names.

So, to me, Master Kirpal's presence was with me and to be on this journey with my own Master was a great privilege.

We Satsangi's travelled from England, Europe, Canada and China to be on retreat with our beloved Master in the place where he met his Master, Kirpal Singh.

Our plane landed, we collected our luggage and left the terminal. The atmosphere was charged with excitement and joy, this was a celebration of togetherness, a soul pilgrimage. Our spiritual family reunited to share this very special and unique experience. I remember looking around and soaking in the difference of this landscape compared to my homeland

Arriving at the Ashram was really wonderful and I was so happy to hear the Master telling us where he first caught sight of his Master on the terrace. Also describing seeing him walking down the stairway from the roof terrace and how he seemed to be a giant to my Master. I have heard that Master Kirpal had an incredible presence and when we hear these things and see the very place it took place it is very compelling.



MYSTICAL JOURNEY TO INDIA

PERSONAL ACCOUNT BY BERNADETTE BENNISON:

Although I have many thoughts and emotions associated with my experience of being in Manav Kendra with my Master, the ones that mean the very most to me are the spiritual experiences that are very personal to me.

One morning I had not woken up for early meditation. I was in a deep sleep and my Master appeared. He walked through the wall to the left of my bed to wake me up for meditation. I woke instantly and hurriedly got ready and went to meditate.

Another occasion we were visiting one of Master Kirpal's ashrams where he would hold regular Satsangs. We were all in a very small room with the Master and were going into meditation. I clearly saw Master Sawan, Kirpal and Ajaib sitting with Master though they were elevated a few feet above him. After our sitting the person sitting beside me asked if I had seen the other Masters. I said that I had and it was very clear to me that this was a very special blessing.

Over the years I have been very fortunate to have been shown God's love for me through the grace and blessing of my Master. He is my greatest spiritual gift and through him I am set free



MYSTICAL JOURNEY TO INDIA

PERSONAL ACCOUNT BY LASZLO TOKES:

The trip to India it was one of the greatest trips of my life. It was the first time I went to India and I feel very lucky and grateful that I could participate in this program with Master Sirio.

Visiting the place where Master Sirio first met Master Kirpal at Manav Khendra and spending a week there, was really an amazing experience for me.

During the retreat in Manav Khendra we were very blessed and lot of grace was showered upon us. When I entered into Master Kirpal's house, I had an incredible feeling, especially when I closed my eyes, it was like being in another world, a freshness, a wideness, a beatitude!

I remember some great meditation sittings with Master Sirio, especially the one on the terrace of Master Kirpal where I had some of the greatest, most precious moments of my life being very close to God.

I experienced a very deep, profound, mystical silence, and peace, that I could never imagine. I learned that it is important to pray, ask for help with sincerity, and to completely surrender.

Sometimes I was amazed by the power of Master Sirio's darshan, that with just one glance it uplifts the consciousness and activates the attention.

All the retreats with Master Sirio are great but this one was very special and I will never forget it.

We also visited Amritsar, and we participated in a wedding, where they welcomed us with open and sincere hearts.

This trip was an amazing life changing experience, with very special, rare, and extraordinary moments.

I feel very thankful to Master Sirio for all the love, light, wisdom, and support that he gave me during this amazing trip to India.

Laci



MYSTICAL JOURNEY TO INDIA

PERSONAL ACCOUNT BY TAMAR CLAPPER:

Pilgrimage to the Manav Kendra Ashram with Satguru Sirio Ji

“Hail hail to my Satguru, who reunites the separated ones!” Every meeting with my Satguru Sirio Ji starts with a peculiar shift of consciousness. Out of the ordinary, I find myself transported into a peculiar state of inner bliss, clarity of mind and lightness of being. In every meeting with my Gurudev Sirio Ji, I start finding myself feeling lighter and lighter, more and more rarefied, like floating above the ground. The pilgrimage to the Manav Kendra Ashram in Dehra Dun, India, in November 2018, clearly stands out in my memory as a peculiar time spent with Him, in which the earth seemed to be of pure gold: finding myself in heaven itself.

I remember clearly that sweet and promising moment at the airport of Budapest, when, after a period of separation, I find myself in front of Him, looking into His Eyes. A sweet breeze of divine bliss enters me, infuses my being. He kindly greets me, telling me He's happy that I came. My heart opens and floods with divine Love, deeply appreciating this kind attention. Together with a small group of Satsangi's we travel from Budapest to Northern India. Never did I think I would visit this country: I never felt pulled or attracted towards it. But traveling with my Master is a different story, especially when we are visiting the Ashram where He met His Master Sant Kirpal Singh Ji for the first time. At the airport in India we are greeted by Nand Dhal Ji and his daughter, who guide us to the Manav Kendra Ashram. It's very interesting to witness the city landscape as it passes by, since it's so very different from the European one I'm used to. I clearly remember the moment we got off from the bus as a very sacred and elevated one. No one dares to speak a word as we approach the house where Master Kirpal Singh Ji used to live in this Ashram. It seems to mean a lot to my Master to be here at this sacred place, as he bows down, before entering the house. Inside we sing Holy Songs, Bhajans, after which we sit in silent meditation. A very sacred, very elevated period of going deeply within, has started off.

We are welcomed with great hospitality by the hosts of the Ashram and after a nutritious vegetarian meal, we visit the elementary school run by the Manav Kendra Ashram. One year ago, this school's roof had big holes in it, through which the rain came. By His Grace, my Master Sirio Ji, together with some of His Satsangi's, could raise enough money for a new, solid roof. The children at this school cheerfully greet us. When my Master is invited to the stage, He sings 'Tu mera pita, tu mera mata': "You are my father, you are my mother, you are my kinsmen, you are my brother. Why should I have any fear?" We follow the Master as He enters the school building and speaks to the hosts. Tears roll down my cheeks as I'm overwhelmed and stunned by the Divine Grace that pours over us in this moment.



From the moment entering the Ashram, we enter into a mystic bubble, in which time stretches out. A week feels like a month. This week - an intensive meditation retreat in the Manav Kendra Ashram - consists of five meditation sittings a day: an early morning meditation at 4:00, one at 7:00, one at 11:00, a meditation and Satsang at 16:30 and a devotional singing concert the Master gives in the evening time. In every of these meetings, we are treated with Darshan by Him: we are given the chance to look attentively and lovingly in His Eyes and thus, we are pulled up and within. Eyes are the windows of the Soul and in these Darshans - amongst the other spiritual practices we do with Him - the Master shares His spiritual wealth with us. Every silent meditation session is preceded by the singing of Holy Songs and Mantras, which provide an atmosphere conducive to meditation. By singing these Bhajans we get into a meditative state, after which we're naturally pulled within during the silent meditation. Each of these sacred meetings pull me deeper and deeper into the sacred inner pools of Divine Goodness. An experience which can either be described with many words or with none. In the end no words can do justice to it. The Satsangs of my extra-ordinary Master, in which He speaks elevated words of wisdom, are very captivating and I listen with an open mouth. Eternally grateful I am to my Master for giving me the chance to taste just a small hint of the Divine Treasure he shares so generously with us.

"Be good, do good, be one", a sign in the Manav Kendra Ashram reminds us of Master Kirpal's life motto and message; the challenge that every spiritual seeker should daily practice and try his/her best to live up to moment by moment.

In one of the guided meditations during this week, Satguru Sirio Ji tells us that we will always remember this time as the best time of our lives. When the week comes to an end, the Master asks us how this retreat has been for us. I can only reply: "it has been the best time of my life". Years later, this time still stands out as one of the most precious times of my life, which I will never forget. When asking my husband what was the best time of his life, he replies: the pilgrimage to the Manav Kendra Ashram with our dearly Beloved Master. Eternal gratitude to Him.



“ QUOTES OF THE MASTERS ”

“For His grace to descend upon us we have to be fully available and fully present. Spiritual practice, spiritual experience it’s all a matter of attention, sharp attention. This allows us to be receptive to the all-pervading power of God. If we perceive this Holy Presence, then meditation is very easy and enjoyable, then we can go within. If we don’t, then we have to struggle with our mind, which is also ever-present. So, let’s keep our attention sharp, focused, concentrated.”

– Satguru Sirio Ji



“The Masters do not tell us that we should give up the family which we have formed according to our karmas, and go to live in the jungles. They say, “No, you have to live with them, and you should understand them as of God. Pay off your karmas with them, attend to your responsibilities and, at the same time, keep your attention towards God.”

– Sant Ajaib Singh



“Sant Ji often used to say: ” None of these your dear and near ones will help you at the time of death. Only the Master will help you. ” Because it’s a friend here in this life and if you stick to it, it will be a friend for you and with you forever. Even when you leave the body. He will be there meeting you and welcoming you and guiding you in the other world.”

– Satguru Sirio Ji



QUOTES OF THE MASTERS

“Only one who has himself experienced what the great scriptures describe, can guide us to their real significance.

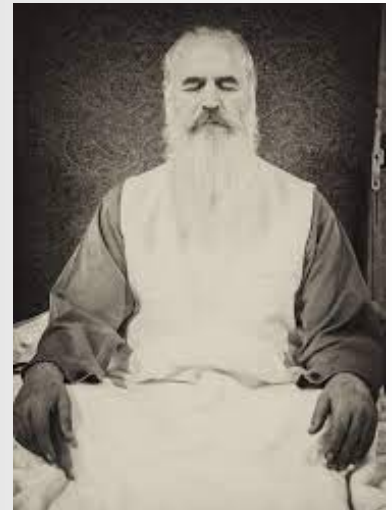
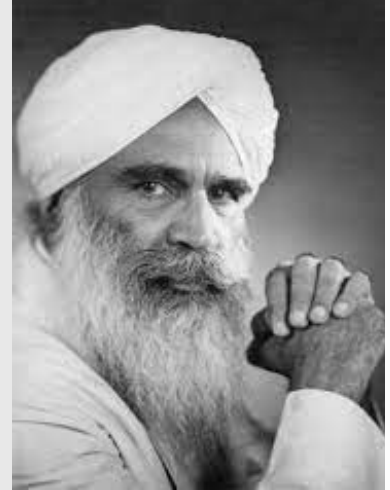
But the task of a spiritual teacher does not end there. The elucidation of the true meaning of religion is no more than a first step. After the aspirant has understood the nature of his goal, he must pursue it practically and rationally. To know is

one thing, to do is quite another. It is only after he has explained to the aspirant the end to be attained that the Master’s real task begins. It is not enough that the doctor diagnoses the cause of the blind man’s ailment, he must perform the operation as well. So too the spiritual guide at

the time of initiation gives the disciple a first-hand experience of the Inner Light and Sound. He puts him into touch with the Divine Stream, be it at its lowest level, and

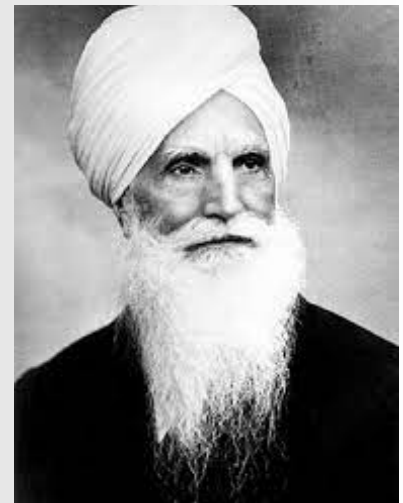
instructs him in the sadhanas to be followed for consolidating and developing this inner experience to its full extent.”

— Sant Kirpal Singh



“Once we transcend this body, once we transcend this physical consciousness and we raise into the Light then in a minute you can so much information that all the books on this Earth do not give it to you.”

— Satguru Sirio Ji



“Do not lose heart. The battle has just begun and fight courageously. Mind is not stronger than the sound current. The Master is with you. He is watching your every movement. He is prepared to fight your battles with you. Take him as your helper. Have faith in him. Fight the mind and you will succeed.”

— Hazur Baba Sawan Singh



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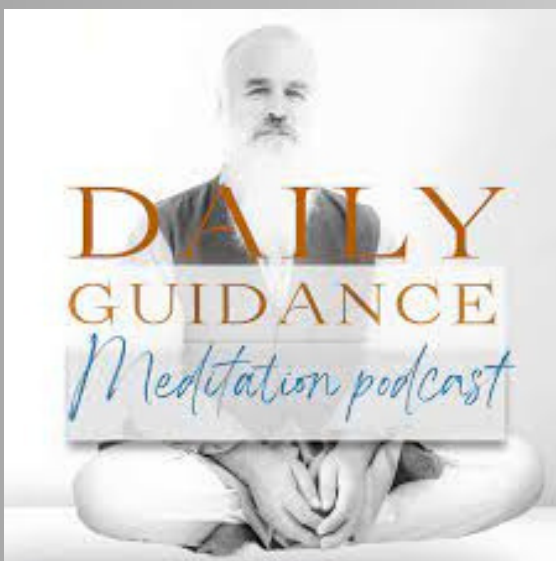
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Official Sant Bani Ashram website:

<https://santbaniashram.com/>

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CONTACTS OF THE MASTER'S MISSION

Master Sirio Ji can be found on many platforms, we are blessed to have the message of the saints at our finger tips. we encourage you all to subscribe to any and all that you feel will be a benefit to your life.

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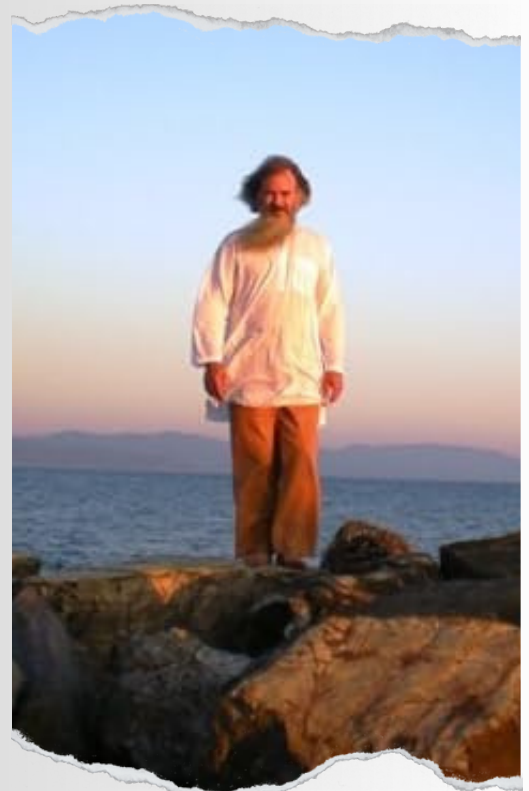
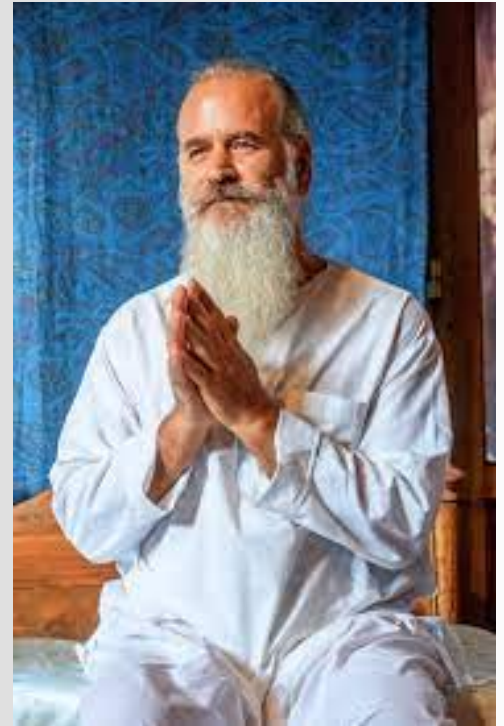
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