

SIRIUS MAGAZINE

THE MESSAGE OF TRUTH

INSPIRATION FOR THE SPIRITUALLY
INCLINED

SACRED WISDOM OF TRUTH

MYSTICISM & INNER EXPERIENCE

SURAT SHABD YOGA

July 2024

Vol. 2

“THE LORD GIVES WHATEVER IS ASKED
FROM HIM.

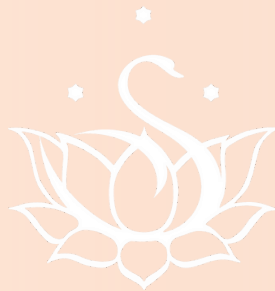
HE HAS SPREAD HIS POWER IN THE FOUR
DIRECTIONS AND HAS PUT HIS HAND ON
MY HEAD. LOOKING WITH GRACIOUS EYES,
HE HAS REMOVED THE PAIN OF HIS
SERVANT.

MASTER, WHO IS THE LORD, PROTECTS
HIS PEOPLE HIMSELF. REMOVING ALL THE
BAD QUALITIES, THE COMPASSIONATE AND
FORGIVING ONE EMBRACES ME.

THE LORD GIVES WHATEVER IS ASKED
FROM HIM.

WHATEVER NANAK, THE SERVANT, SPEAKS
FROM HIS MOUTH BECOMES TRUE HERE
AND HEREAFTER”

- GURU ARJAN DEV -



Copyright information: All rights reserved.

SANT BANI ASHRAM ASSOCIATION

Podere Val di Vite, 58027 Ribolla (GR), Italy

Editor: Dorottya Fary

Contact: siriosatsang@gmail.com

EDITOR'S PREFACE

SIRIUS MAGAZINE

VOLUME 2



Dear Readers,

Sant Bani Ashram, 1st of July 2024

With great joy I present to you the second volume of Sirius Magazine. This edition is a testament of deep love and commitment to sharing the teachings and wisdom of Satguru Sirio Ji.

This volume is larger and richer than the previous one, filled with insights that hopefully will inspire and guide you. Each page is crafted with care, reflecting the dedication to bringing you closer to the Divine Light within.

In this issue, you can explore the serene beauty and spiritual experiences from the Sant Bani Ashram in Tuscany, where many have found peace and transformation through the profound practice of Surat Shabd Yoga, guided by Satguru Sirio Ji's teachings.

The personal stories and poems speak of Divine Ardour, and the deep connection between the Seeker and the Supreme. The bhajan in this issue, "I Love the Ground on Which His Feet Stood" is a heartfelt expression of this sacred bond, that we all share here. This is an invisible power that forges and unites people coming for retreats from various countries, various social backgrounds, still united by the Power of Love. Sitting together in joy and harmony at the feet of such a great being and spiritual teacher like Master Sirio who shares his spiritual treasure in a selfless way with everyone.

AS THE SUN SHINES ON EVERYONE, SUCH IS THE LOVE AND GRACE OF THE MASTER. IF WE EXPOSE OURSELVES TO SUCH AN UPLIFTING SPIRITUAL ENCOUNTER, DEFINITELY WE GET THE BENEFIT AND OUR LIFE WILL IMPROVE.

This edition also includes practical teachings on prayer by Satguru Sirio Ji and Sant Kirpal Singh Ji. Through these teachings, one can learn how to cultivate a sincere and heartfelt approach to prayer, making it a powerful tool for Spiritual Growth and Inner Peace.

Additionally, talking about the podcasts dedicated to the insights of Master Sirio, we bring you the captivating story of a pilgrim whose journey is a testament to the transformative power of continuous prayer (mantra repetition). This narrative not only inspires but also shows how the quest for Truth can lead to profound personal transformation and deeper understanding of life and everything in general.

We are committed to making each edition better than the last, bringing you meaningful content which will hopefully serve you as a Source of Light and Inspiration for the next three months until you expect the next volume that arrives on the 1st of October. May the teachings of Satguru Sirio Ji continue to guide and bless you.

Thank you for being with us on this journey and thanks to the Master for the inspiration, strength and determination by which he made it possible for me to go to the end. It has been a very intense experience and I hope you enjoy the fruits of it.

With deep love and gratitude, Dorottya Fary



IN THIS ISSUE

03 INTRODUCTION OF THE SANT BANI ASHRAM

The history and description of a special and holy place, created with Love, Care and Dedication

11 HIGHLIGHTED BHAJAN

“I Love the Ground on Which His Feet Stood” (Io Amo il Suolo)

13 WHERE HEAVEN AND EARTH MEET

Writings about the Sant Bani Ashram, how people see, live and experience it

- 13 • Master Sirio Ji: Where Heaven and Earth meet
- 17 • Russel Perkins: To trust the Master
- 20 • Roland Kainrath: The Real Treasure
- 21 • Chris Sharp: The jewel in the crown

24 SPIRITUAL RETREATS UPCOMING PROGRAMS 2024

Everything about the upcoming events in 2024 with Master Sirio Ji: invitation, program, details, contact

- 25 • Amsterdam & Almere, July 2024
- 27 • Summer spiritual retreat in the Sant Bani Ashram, August 2024

IN THIS ISSUE

TEACHINGS OF THE MASTERS: PRAYER **29**

- Satguru Sirio Ji: Satguru my Beloved, please improve my life 29
- Sant Kirpal Singh: Whom to address 35

INSPIRING PODCASTS **38**

Two amazing podcasts featuring Master Sirio's spiritual insights

- Daily Guidance No.2. Humble prayer 38
- Daily Guidance No. 24. The Power of Prayer 39
- Light of Sirio: The constant repetition of Simran 41

WORDS OF WISDOM **47**

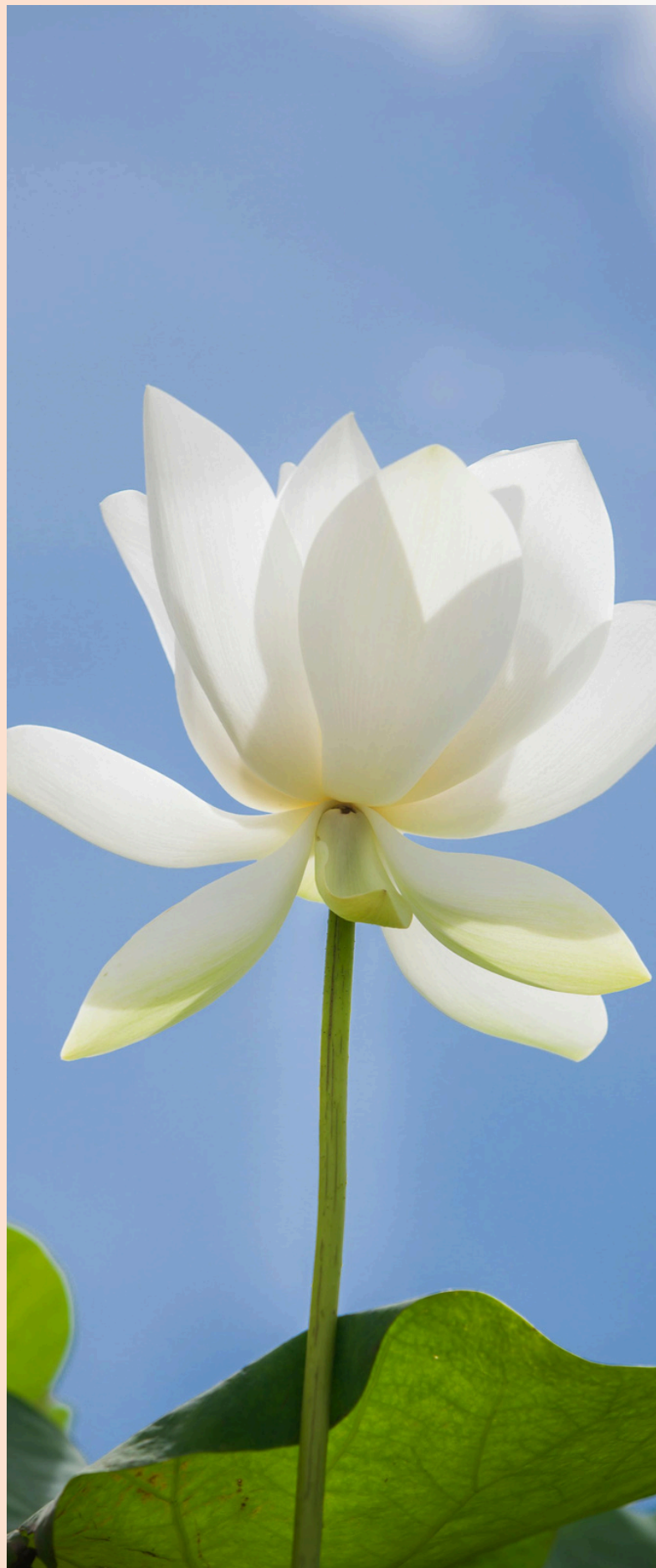
Inspiring quotes from great spiritual teachers

DISCIPLES WRITE **50**

Photos and devotees personal accounts from the Intense Spring Spiritual Retreat 2024

ARDOUR OF LOVE, LIFE AND LIGHT **61**

Poems inspired by Divine Love and Devotion



INTRODUCTION OF THE SANT BANI ASHRAM



THE PLACE WHERE HEAVEN AND EARTH MEET

“FOR ME THE ASHRAM IS A VERY PURE AND HOLY MYSTICAL PLACE. CRYSTAL CLEAR AIR IN THE HEART OF NATURE, FILLED WITH THE LOVING PRESENCE OF MASTER SIRIO. JUST BEING HERE YOU START FEELING GOOD. THE BEST PLACE FOR MEDITATION AND SPIRITUAL EVOLUTION.” LASZLO TOKES

“EVERYTHING IS PERFECT FOR THE PURPOSE AT THE ASHRAM. THIS IS WHERE THE SOUL IS WASHED CLEAN AND THE CONNECTION TO GOD IS RESTORED. I FEEL VERY BLESSED TO BE ABLE TO ATTEND SPIRITUAL RETREAT IN THIS BEAUTIFUL PLACE WITH MY MASTER.” BERNADETTE BENNISON

“WHEN I FIRST CAME HERE, I FELT LIKE I HAD COME HOME. TIME STANDS STILL AND YOU CAN ONLY FOCUS ON THE GOOD FEELING THAT SURROUNDS YOU AND FORGET THE EVERYDAY. AND YOU LOOK FORWARD TO BEING HERE AGAIN.” ESZTER KALMAN

“IT IS AN ESSENTIAL PLACE TO FIND YOUR INNER PEACE, WITH THE SPECIAL GUIDANCE OF MASTER SIRIO. SCENTS OF ROSES AND THE TUSCAN HILLS SURROUND YOU. SOUNDS OF NATURE, SACRED SONGS AND MEDITATION GUIDE YOU TOWARDS YOUR PATH. IT IS A PLACE TO MEET SPECIAL SOULS. I WILL RETURN SOON.” ELEDA TROVATO

“A BEAUTIFUL, SPIRITUAL PLACE WITH AN AMAZING VIBRATION FULL OF LOVE. I’M LOOKING FORWARD TO ATTENDING THE AUTUMN RETREAT AND TAKING PART IN THE WONDERFUL PROGRAM LED BY MASTER SIRIO.” ELAINE CAMPBELL

“AN ASHRAM WHERE MEDITATION IS ALREADY IN THE AIR AND ONCE INSIDE, IT ENTERS YOU ALONG WITH THE HALO OF MYSTERY THAT SURROUNDS MASTER SIRIO” SANTOSH DERETTA

“THIS PLACE IS LOVE ITSELF.” JUDIT CSALA



INTRODUCTON OF THE SANT BANI ASHRAM



The SANT BANI ASHRAM in Italy, Tuscany was founded in 1979 by Master Sirio. [A part of the farm's territory is the private property of the Master and another part along with the buildings on it he donated to the nonprofit Sant Bani Ashram association for its activity.] Since its foundation, many spiritual retreats have been organized and are being organized here every year.

THE ATMOSPHERE IS VERY SPECIAL, VERY PEACEFUL, VERY RELAXING AND VERY SILENT. WE COULD SAY VERY HOLY.

A functioning Sant Mat or Surat Shabd Yoga Meditation Centre in Europe which offers regular spiritual (intense meditation) retreats for all sincere seeking souls who would like to benefit from the teachings of Master Sirio and this special place, experiencing its atmosphere.

It was also the location of three big European spiritual programs of Master Sant Ajaib Singh: in 1980, 1984 and 1989 with the participation of several hundred people.



INTRODUCTON OF THE SANT BANI ASHRAM



ADMINISTRATION

The Ashram is run by the **nonprofit Sant Bani Ashram Association**. Anyone who is attending the programs must be registered as a member of the Association. All the possibilities are only and exclusively offered to the registered members. (A symbolic inscription fee is to be paid for administrative reasons which is 5 euros/year.)

There's an **Administrative Council** of the Association, that consists of the **President**, the **Vice-President** and the **Secretary**.

The president of the Ashram is *Master Sirio Ji* (middle) who doesn't take anything for his spiritual work. He maintains and takes care of the Ashram in a completely nonprofit way, free of charge as a selfless service.

The vice-president is *Dorottya Fary* (right) (economist and public administration manager), and the secretary is *Loretta Sapora* (left) (doctor in psychology).



Since the scope of the Sant Bani Ashram Association is the spreading of Surat Shabd Yoga, it also functions as a small **publisher (SBA Books) for spiritual literature**. The Association also has a small spiritual **library** (Italian and English language literature) that tries to offer a view on spirituality, especially from the view of Surat Shabd Yoga and its Masters.



INTRODUCTON OF THE SANT BANI ASHRAM

EQUIPMENT

Since its foundation in 1979 lots of work has been done in the Ashram so by now from the beginning spartan simplicity, through the dedicated and selfless work of Master Sirio, it has become a well-equipped place, besides remaining an isolated and very peaceful sanctuary in nature, far from everything. There is water, electricity, solar panels, an artificial lake for irrigation, heating, internet (wi-fi) connection. Most of the furniture in the Ashram is handmade of wood by Master Sirio.

There are **four buildings** that include a separate gents' and ladies' dormitory with kitchen and dining hall, **meditation and Satsang room**, where yoga is also practised. Above this, there's a large **yurt** under a huge oak tree, that also can be used – by opening its sides – as an outdoor meditation place, to sit in peace and enjoy meditation and Satsang or do yoga in nature.

A few years ago the Ashram was broadened with a **therapeutic section**, that is called Sirio Ayurveda, where it is possible to be renewed physically, to heal and purify with the help of Ayurvedic treatments. This way we may be renewed by the means of the more than a thousand years old, ancient but still living knowledge, and Master Sirio's decades' experience, who is an expert in Ayurveda. The director of this therapeutic centre is one of the disciples of Master Sirio who has learnt this ancient science personally from the Master through the years, practising by his side. The Sant Bani Ashram in Ribolla is really the place where Heaven and Earth meet, where body and soul may be reborn for the **complete human well-being** on all levels of our existence.



INTRODUCTON OF THE SANT BANI ASHRAM



R U L E S

The Sant Bani Ashram Association only welcomes those seekers who are ready to **respect the place and keep its rules.**

The Ashram is a **non-smoking, vegetarian** place where it's not allowed to smoke and it's **forbidden to use any kind of drugs or to drink alcohol.** People while staying here are requested to follow a vegetarian diet (no meat, no fish, no eggs). *Those who break these rules, and behave disrespectfully towards the place, the Master or any other person who is staying in the Ashram are requested to leave immediately.*

There's no spiritual community in the Ashram.

Out of the programs people have to ask permission to stay here, but as a general rule, no one can stay longer than two weeks. People sometimes come to offer help, as a selfless service in the bigger maintenance works, or in the preparation for the programs, cleaning etc.



INTRODUCTON OF THE SANT BANI ASHRAM

SPIRITUAL RETREATS

The Sant Bani Ashram offers a unique opportunity for those seeking profound spiritual growth through intense meditation retreats.

An intense spiritual meditation retreat is a **transformative experience**, offering a chance to step away from the busyness of daily life and dive deeply into spiritual practice. The practice involves *deep meditation, self-introspection, experiencing higher states of consciousness, spiritual teachings*, and benefiting from *communal support* of the fellow participants.

This complex approach helps participants to not only evolve in their spiritual life but also to apply the insights and peace gained during the program into their daily lives, leaving with a renewed sense of purpose, inner peace, and a deeper connection to their spiritual self and path. Whether you are an experienced meditator or new to the practice, ***these occasions provide invaluable experiences for your spiritual journey and the transformation of your life.***



To offer this possibility for the benefit of all interested, regular intensive spiritual meditation retreats and meetings are organised, several times a year in the serene environment of the Ashram which provides the perfect setting for deep introspection and spiritual renewal.

The main programs are the **Spring, Summer** and **Autumn retreats** which usually last a week. Above these there are monthly regular meetings at which anyone can participate.



INTRODUCTION OF THE SANT BANI ASHRAM

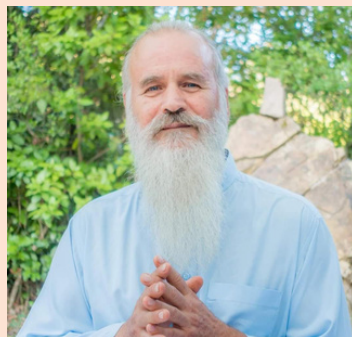
SPIRITUAL RETREATS CONTINUED

Retreats give the chance and opportunity to attendees to immerse themselves in meditation, participate in Satsangs (spiritual discourses on the philosophy of the Masters), and experience the transformative power of Surat Shabd Yoga under the guidance of an authentic realised master, **Satguru Sirio Ji**.

During retreats an **intensive inner spiritual work** happens that might provoke deep changes, therefore the program is structured in such a way **to maximize spiritual practice** and **minimize distractions**. The schedule includes *early morning meditation* session, followed by *hatha yoga and pranayama* to prepare the body and mind for *deeper meditation*. Throughout the day, there are *periods of silence*, allowing participants to reflect and internalize their experiences. The highlight of the day is the *Satsang* when attendees can listen to the teachings of the Master who has a peculiar ability to give very clear explanations on very complex topics. Satsang is not only a philosophical discourse, but a great source of inspiration, encouragement and reinforcement to proceed on the path. The day closes with an uplifting hour of *nada yoga concert* given by Master Sirio Ji. During the day there is lots of *mantra and bhajan singing in group* which is an uplifting and relaxing experience, transporting the mind into a meditative state of consciousness which is favourable for meditation.

Another aspect of these programs is that engaging with fellow retreat participants builds up a sense of community and shared purpose, which can be uplifting and motivating. But of course this sharing shouldn't be exaggerated to not be distracted from the main focus and should be limited to spiritual topics.

The meditation sessions in the company of the Master allow practitioners to transcend ordinary consciousness and experience states of pure awareness and bliss. Such intensive practice can lead to moments of spiritual awakening, where participants gain profound insights into Reality and their place within it.



INTRODUCTON OF THE SANT BANI ASHRAM

SPIRITUAL RETREATS CONTINUED

ACCOMMODATION AND MEALS

Participants can stay here for the complete time of the retreat. The Ashram provides comfortable accommodations, in the *separate male and female dormitories*, designed to support a simple and focused lifestyle. You are given a *bed, bed linen and three times meals*.

All meals are strictly vegetarian, in line with the Ashram's principles - the diet excludes meat, fish, and eggs - and prepared with love, care and attention to nourish both body and soul, designed to support meditation. The menu includes a variety of fresh vegetables, fruits, grains, and legumes, ensuring that meals are nutritious and balanced.

Participants must indicate in advance if anyone has any special needs, allergies etc.

We're against food waste, so participants are requested to respect this during their stay.



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).

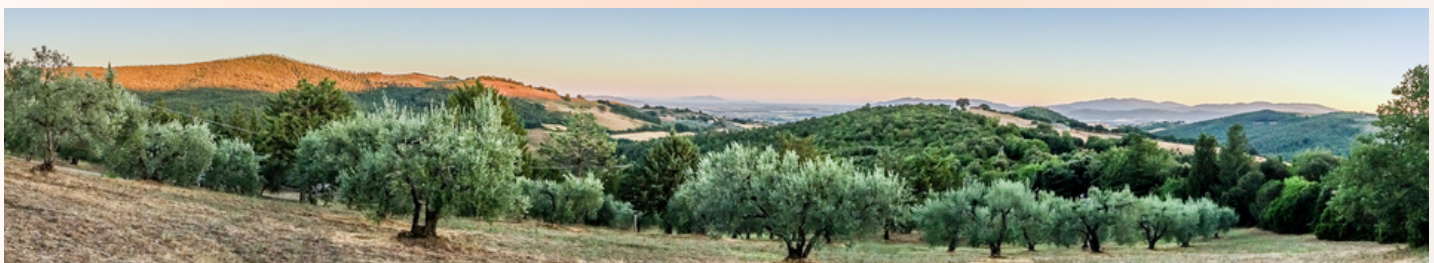
Above this one can offer *donations* to the *nonprofit Sant Bani Ashram Association* for the *maintenance and improvement* of the place that selflessly gives home in its wonderful environment for spiritual seekers for their time of participating in retreats.

The Master's teachings are given for free!

PARTICIPATION

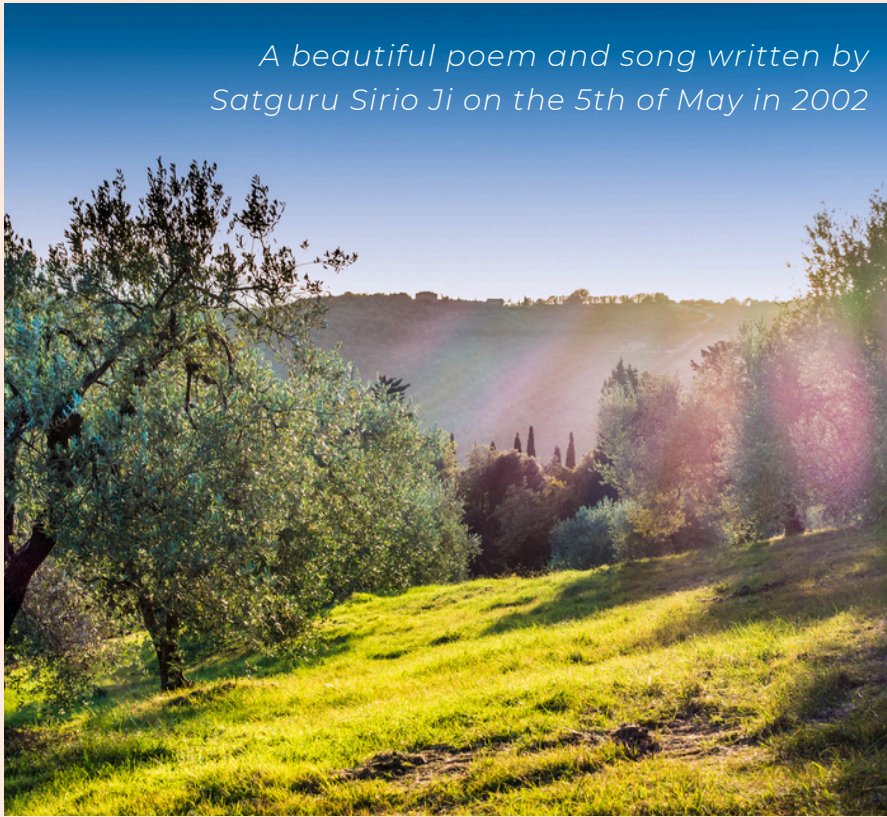
If you would like to take part in any program, or if you have any questions, you can contact us through the siriosatsang.com website.

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



IO AMO IL SUOLO I LOVE THE GROUND

*A beautiful poem and song written by
Satguru Sirio Ji on the 5th of May in 2002*



LYRICS

Io amo il suolo, su cui si posarono i suoi piedi.
Ovunque Lui andò, l'aria divenne soave,
l'anima si nutrì di Luce e d'amore,
di beatitudine colmò ogni cuore.

Ci spiegò il sentiero e ci fece capire,
la realtà e la verità,
di questa vita e dell'aldilà.

Ci disse che nell'infanzia giocammo,
nell'adolescenza con le passioni ci scottammo
nell'età matura capire dovremmo.

I legami affettivi instabili sono,
quelli familiari intrigati e penosi si rivelano,
le amicizie al momento opportuno evaporano i nulla.

L'affannoso accumulato di ricchezze e tesori,
il nome la fama e il potere nel mondo,
sono illusioni che come somari ci fan girare i tondo.

Il Satguru ci ha fatto capire,
che questa vita è un miraggio
Che la Luce divina è la sola realtà
Che proietta sullo schermo immagini di passaggio.

La meditazione sulla Luce e sul Suono,
ci rende consapevoli che la vera ricchezza,
è la libertà da ogni dipendenza.

Il solo legame che spezza ogni catena
È la devozione all'Uno all'Eterno,
che ci porta al di là di ogni fardello.



IO AMO IL SUOLO - I LOVE THE GROUND ENGLISH TRANSLATION



I love the ground on which his feet stood.
Wherever He went, the air grew sweet,
the soul was nurtured with Light and Love,
bliss filled every heart.

He explained to us the Path and made us understand,
the reality and truth of this life and the afterlife.

He told us that in childhood we played,
In adolescence we burned ourselves with passions;
In our mature age, we should understand:
the emotional ties are unstable,
those of families prove to be intrigued and painful,
friendships at the appropriate time evaporate into nothing.

The frantic accumulation of wealth and treasures,
name and fame, and power in the world,
are illusions that, like donkeys, make us turn around.
The Satguru has made us understand that life is a mirage,
that Divine Light is the only reality,
projecting images on the passing screen.

Meditation on the Light and Sound
makes us aware that the real wealth
is freedom from all dependence.
The only bond that breaks every chain
is the devotion to the One, the Eternal,
that takes us beyond any burden.



WHERE HEAVEN AND EARTH MEET



Written by Master Sirio Ji

In the second issue, Dori Ji wants to put some personal opinions or emotional points of view about the Ashram, and what the Sant Bani Ashram represents in their life. For any individual who has benefitted from the existence of this place in the 45 years of its existence, it may mean this or that, a lot, a little or in between, whatever, but for me, it is the place with which I have a 360-degree involvement.



I created this place, by the grace of my Satgurus, and my life is thoroughly interlinked with this place. I have lived here since 1979, therefore just forty-five years. For me this Ashram is like a child of mine which I have seen coming into existence, moving its first steps, growing, walking, running stopping, resting, standing up again and again moving towards its destiny and destination.

Master Kirpal used to say:



IT IS VERY EASY TO START SOMETHING, BUT IT IS VERY DIFFICULT TO KEEP IT GOING, TO MAINTAIN IT ALIVE.

I fully agree with Him after all these many years of immense work, facing incredible and apparently, insurmountable challenges.



WRITINGS ABOUT THE SANT BANI ASHRAM WHERE HEAVEN & EARTH MEET CONTINUED



"MAKE MY LAST BETTER THAN MY FIRST."

Well, about this place I can definitely say that what it is now is immensely better than what it was in the beginning. I hope, if it is in His will, that this place will keep shining even when I won't be in this world any more.

I bought this place in the very beginning thanks to some inheritance that I received from my father, and also thanks to the resources that I gathered, by and by, through my work. My Satguru Ajaib encouraged me to put myself in this adventure because He said, "It will be a good service rendered to your soul". Right, He was, it has actually been the best thing I could have done in my life for my evolution. Nothing could have allowed me to have all the wonderful experiences I have had in the process of developing this Ashram.

Sant Ji came here on three occasions: in 1980, at the very beginning of this adventure. In 1984, when a boost was very needed to continue in this endeavour, the strength to face the unrelenting challenges that one has to face whenever one wants to offer his/her life, in the service of supreme Truth.



Sant Ji and Sirio Ji in 1989

Then he returned here in 1989, and that was the occasion when this place really became a functioning Ashram. Up to that point, we (me, my wife Irena, and our daughter Nirmala) had lived here in a very rudimental lifestyle: no electricity, therefore, no fridge, no washing machine, no television, obviously no internet, no telephone etc, and we were very happy with that sort of lifestyle. Nonetheless, when you want to organise a programme with some hundred people, that is not the most helpful and effective situation. Sant Ji never complained about the lack of these factors, on the other hand, He himself was living a very simple life in His Thar desert Ashram where all these conveniences were also absent. He was very happy with the way things were happening and the two first programmes were super blessed with incredible divine interventions and manifestations of His power. In 1989 we really did our best to make this Ashram more functional so has to have a better organized programme.



WRITINGS ABOUT THE SANT BANI ASHRAM WHERE HEAVEN & EARTH MEET CONTINUED

People came from all over to help: from North America, South America and Europe, we got electricity and we made all the systems to well equip the Ashram with everything needed to face the situation: water system, electricity system, running water, meditation and Satsang place, langar place, kitchen place, a house for Sant Ji, and so forth. Everything went in the most wonderful way, the programme was very successful, Sant Ji was very happy and I was very thankful to my Satgurus for the extraordinary result.

Eventually, Sant Ji left the body in 1997, He had been the engine of this project, but now that he wasn't there anymore it could have become very difficult to keep the Ashram going. Generally, when the Master leaves the body, the enthusiasm fades away and people tend to forget how it was. I was very blessed because Sant Ji and Master Kirpal both came to live here in my very body and made the continuation of this adventure possible.

At the end of the 1989 programme an American Satsangi wrote that this Ashram was the most beautiful place on earth. *[You can read the article in this magazine as well.]* Well, if he were to see this place now, he wouldn't recognize it because it has become ten times more beautiful. Satguru's blessings have been continuously pouring on this person and this place and all that was needed to make this Ashram what it is now was provided by His grace.

Moreover, the good health, strength and will needed by this person to keep it in the most dignified and well-kept way is provided all the time. I like doing this mostly myself for the well-functioning of this place, and when I need help from somebody, the help always comes.

The invisible Power of the Supreme has always, at any stage of this adventure, provided me with the right people to help me carry on this work. At this stage a very competent and good willing somebody was needed to keep this work going, therefore, my Satgurus, through their mysterious and unpredictable way, have allowed Dori Ji to come and live here so that she can contribute to the work needed to keep going in the best way possible according to the real need of this time. Podcast, maintaining the website, daily meditation podcast, public relations organising the work and inspiring some good willing people to cooperate, all done by her. Dustin, Laci, Tamar, Vali, Jozsi and Ricsi Ji have also revealed themselves to be very helpful and good willing.



WHATEVER WE ARE DOING, IT IS ALL MEANT FOR THE BENEFIT OF THOSE PEOPLE NATURALLY INCLINED TOWARDS THIS STORY WITHOUT ANY SELF-INTEREST.



Sant Bani Ashram, Darshan session in the yurt 2023

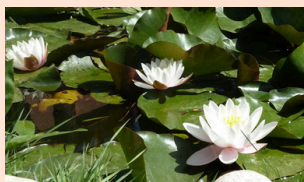
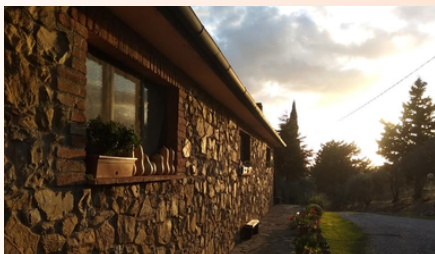
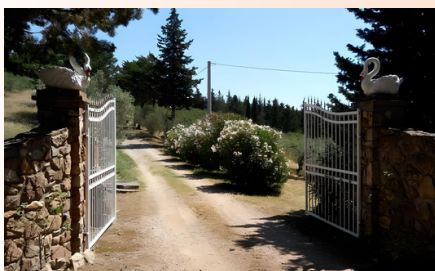


WRITINGS ABOUT THE SANT BANI ASHRAM WHERE HEAVEN & EARTH MEET CONTINUED

The programmes we have here, retreats and periodical Satsangs, it is all done by this person without any self-interest, without any monetary earnings just for the benefit of those who attend; I live from my earnings. Nonetheless, a place like this and the literary work that Dori keeps doing on the web and all around requires money, the food and several items needed for a retreat cost money and prices keep rising, therefore, for this reason, we ask attendants of the retreats to contribute with at least thirty euros per day to cover the cost of their staying otherwise this work couldn't continue.



IN THE END AND IN THE ALL, THANKS TO MY SATGURUS FOR THE BLESSINGS THEY KEEP POURING ON THIS PLACE, THIS STORY, ON THIS PERSON AND ALL THE PEOPLE CONNECTED TO ME. MAY THIS HOLY WORK CONTINUE FOR THE BENEFIT OF THOSE DESTINED TO GET THEIR SPIRITUAL NOURISHMENT FROM THIS HOLY PLACE.



TO TRUST THE MASTER



Written by Russel Perkins, excerpt from the article of August 1989

SANT JI'S VISIT to Italy was beautiful, and it seemed to me that this Tour in Italy went about as smoothly, and as successfully, as any Tour has ever gone. And this is due to a great deal of love and cooperation among the European Satsangis - and some Americans too, who went over and did seva for several weeks or months before the Master arrived.

“ THE ASHRAM IN ITALY IS ONE OF THE MOST BEAUTIFUL PLACES ON THIS EARTH. IT IS ABSOLUTELY EXQUISITE; IT'S LIKE A JEWEL. IT'S IN THE APPENINE HILLS, NOT VERY FAR FROM SAINT FRANCIS' COUNTRY, IN TUSCANY, WHAT WE MIGHT CALL THE "SPIRITUAL" PART OF ITALY; AND IT IS NOT FAR FROM THE COAST EITHER, ALTHOUGH YOU CAN'T SEE THE COAST FROM THE ASHRAM. WHAT YOU DO SEE IS A MAGNIFICENT, BEAUTIFUL SWEEP OF MOUNTAINS AND HILLSIDE; AND OF COURSE WHEN THE MASTER IS THERE YOU SEE ALL KINDS OF TENTS AND TRAVEL VEHICLES, ETC., DOTTED ON THE NEAR HILLSIDE, AND ALL KINDS OF PEOPLE WHO ARE THERE BECAUSE OF HIM.

The place is beautiful, and the way in which things were handled was extremely appropriate. And I think that the Master was able to accomplish what He went there for with a minimum of problem which is always the aim in preparing for a Tour: to make His work, work, as well as it can. And He gave a great deal. I think He gave a great deal to everyone. From my point of view I see it through a prism of infinite protectiveness and very tender care, with which I was surrounded. My brothers and sisters in Italy knew that I had been sick, and they treated me accordingly.

There were about three hundred people there from all over Europe, and what was provided for them was perfect. The langar was wonderful.

Initiation was given in five languages.



WRITINGS ABOUT THE SANT BANI ASHRAM TO TRUST THE MASTER CONTINUED

I found the Satsangs in Italy extremely interesting and thought-provoking. He told a number of stories. One struck me as a very important story, as important as any the Master has ever told. Sant Ji has told it before, and I think Master Kirpal also told it.

It's the story of Mana, the disciple of Guru Arjan Dev, who refused to do what his brother and sister Satsangis told him to do. He was supposedly a sevadar; he was at Guru Arjan's ashram; and he wouldn't do seva, because the people who were giving him orders were his equals. He told them, *"I'm not going to obey you; I obey only the Master."* So people complained about him, and he was taken to the Master. And the Master said, *"Well, what is this?"* and Mana said, *"Well, I don't want to obey them, Master, because they are my equals. I only want to obey You. You give me an order and I will obey it."* And Guru Arjan looked at him and said, *"All right. Go into the forest, build a fire, and then jump into it and burn yourself to death."* Mana said, *"Yes, Master."* He went into the forest and built a fire, but he didn't jump into it; he realized that he didn't really want to do that, and he started to ponder what to do next. In the meantime, a thief who had just stolen a lot of jewelry from a house, and who was being chased by the police, ran up to Mana and asked him what he was doing. Mana told him and the thief said, *"All right, I will give you the jewelry that I have taken, and you give me the Master's order; I will jump in and do what He said."* So Mana said, *"Well, that's a good deal,"* and he took the jewelry, and the thief jumped into the fire, burned himself to death, and was immediately met by the Master and taken up. In the meantime Mana was there with the jewelry and, predictably enough, the police arrived a few minutes later. Mana was the only one there, and he had the jewelry, so they arrested him. And although he protested and told them what had happened, they quite understandably didn't believe him. So he was hanged, which was the penalty for thievery in those days. Now this story is disturbing on the face of it, because of the idea of the Guru giving you horrible orders - the kind which the Guru never does. (I mean, who wants to be told to build a fire and jump into it?) But if we think about it, we can see the point of this story. For one thing, there is an obvious point here which is sometimes very difficult for us to grasp. That is, the difference between saying something and doing it. It was very easy for Mana to say, *"I will obey the order of the Master."* In fact, he couldn't do it. He couldn't come close to it. And for any of us there is this discrepancy, as in the story of the swan and the crane - the idea of imitating the Master. It is possible up to a certain point only. Beyond that point, we don't have the ability to do that. Mana declared that he would only obey the order of the Master; he would not obey the orders of his equals. And yet in fact he couldn't do either. And he didn't do either.

The other thing is of course the principal error, and obviously Sant Ji was making a point here about the satsangis cooperating with each other, and the way in which the Master works. That is to say, some satsangis are given authority for certain jobs, and others are given authority for other jobs, and so on down the line; and if we don't cooperate with each other, obviously, how is it going to happen? And in the Tour situation especially: we were in the middle of something which could not have happened had not people obeyed their equals.



WRITINGS ABOUT THE SANT BANI ASHRAM TO TRUST THE MASTER CONTINUED



The Sant Bani Ashram in 1989

There was a great deal of seva to be done, and it had to be organized and directed, and it was; it was organized very successfully. So it was kind of a living example of what is required. But if we won't do that, it's like refusing to understand the extent to which the Path permeates our life. I use the word "permeate" advisedly: it is intermingled, intertwined; there is no compartmentalization possible. What Mana didn't understand - and we often don't understand - is that the orders that his equals were giving him were, in fact, what the Master wanted him to have.

Now the idea of our circumstances being a gift from the Master can be misused, and no one has to remain in an ugly situation because they think it's the Master's wish; Master doesn't want that from any of us. But still, to a great extent we don't see the way in which our present situation, whatever it is, can be used for our own growth if we grasp that it has been given to us by the Master.



IN OTHER WORDS, THERE IS A REASON WHY WE ARE GIVEN SOMETHING; SOMETHING IS BEING ACCOMPLISHED THAT WAY.

WHEN THE MASTER GIVES US SOMETHING, HE DOES KNOW THAT. AND WHEN WE HAVE PROBLEMS WITH WHAT HE GIVES US, WE ARE NOT TRUSTING HIM.



THE REAL TREASURE



Written by Roland Kainrath

A winding unpaved road is leading to the top of the hill among olive fields and vineyards. White and golden wrought iron gates, on the pillars swan statues which are the symbols of the purified souls.

Arriving into the Ashram is always the fulfilment of a moment filled with expectations. A place where the amazing beauty of nature and the uplifting power of the mysticism carry one with themselves at the same time. It is almost 35 years now *[at the time of the article]* that this spiritual centre took shape from the wilderness by the all-sacrificing, superhuman work of Master Sirio. Following the order of his Master he left Milan city and began the creation of a place where his Master may come to hold retreats and where seekers (disciples) may do a more intense spiritual practice from time to time.

Everything that is realized here serves the pure and true life, the devotion, the sacrificing and the love of God. This true, peaceful atmosphere is pervading everything. It helps to step out from the everyday cycle, to go within, to find again, to be charged up. As all springs are originating from somewhere, the source of this all-pervading presence is Master Sirio. To completely sacrifice ourselves, surrender our will for serving others, only very few are capable. To live a pure, deep, sincere life there may be even fewer. Pure because it is the same from inside as it is from outside. Deep because of being present in every moment, spiritual practice is the most important part of life. Sincere – that means in its complete simplicity to talk according to thoughts and act according to words. This way



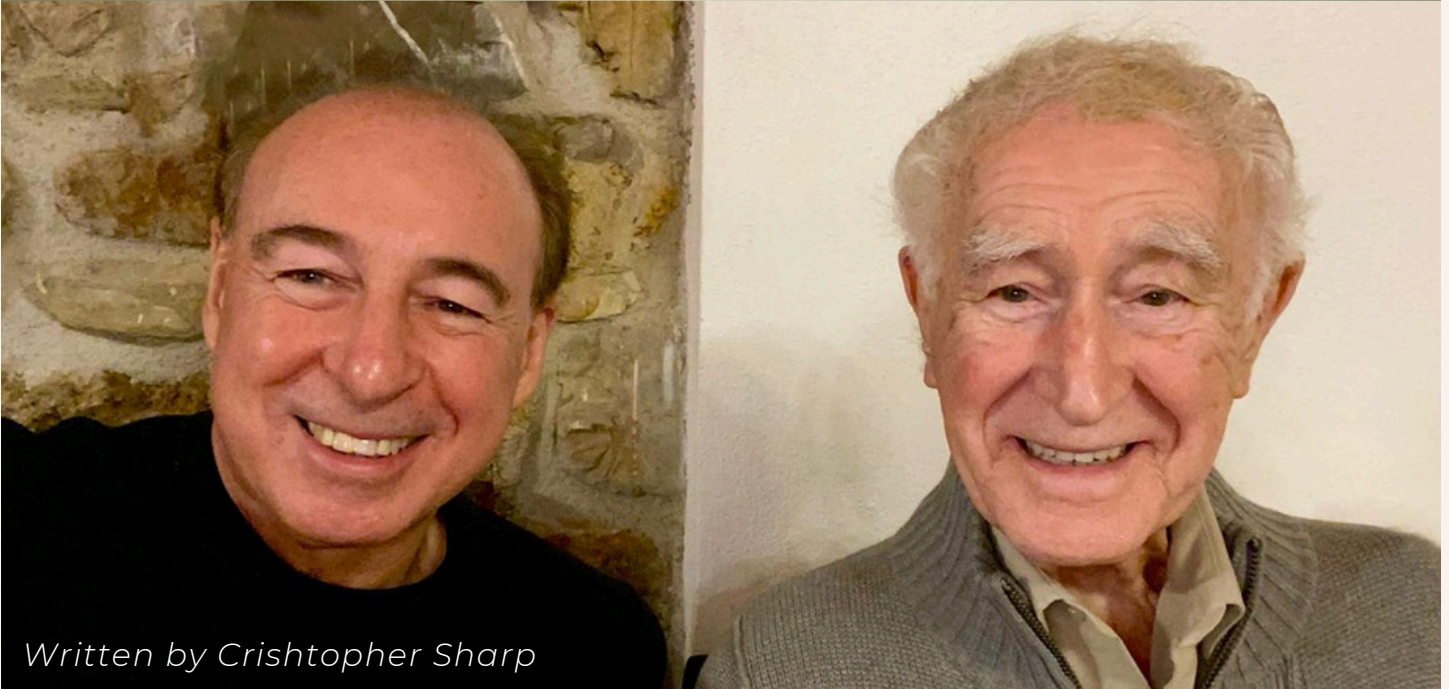
THE TEACHING IS NOT ONLY A THEORY BUT IS A LIVING EXAMPLE OF THE REALIZATION OF THE HUMAN AND DIVINE POTENTIAL.

This is the real, rare treasure. It is worth more than if gems were paving the road instead of stones. Of course, we may doubt if such a thing may exist. But everybody who would like to dissolve his or her scepticism may be certain about it personally.



WRITINGS ABOUT THE SANT BANI ASHRAM

THE JEWEL IN THE CROWN



Written by Crishtopher Sharp

My Dad Norman Sharp first attended retreat at Ribolla in the 1980's. Dad is an initiate of Sant Kirpal Singh Ji and he had met Master Sant Ajaib Singh and came to realise that He was also a perfect Master.

The opportunity to see Master Ajaib in Italy was wonderful for Dad so he attended this Legendary retreat that was organised, arranged and constructed by Master Sirio.



WRITINGS ABOUT THE SANT BANI ASHRAM

THE JEWEL IN THE CROWN CONTINUED

This event took place before I was initiated and although our entire family had felt the Love, protection and spiritual presence of Master Kirpal, I was determined to live a normal life.

Not long after this however, I decided to experience what it was like to sit in front of a perfect Master as Sant Ji was having a retreat in Silly-Tillard France. I felt instinctively that this was my once in a lifetime opportunity to witness Sat Ajaib Singh Ji in person so I grasped the opportunity. What I experienced in His presence changed my life and I too came to realise that Sant Ji was a perfect Master and I was initiated there in Silly-Tillard France in 1993.

Moving forward I was introduced to Master Sirio in 2015 and was again made aware that He is a perfect Master. Master Sirio initiated my Mum, Dorothy Sharp and this was the final missing piece of our family. We were now all initiated by Masters Kirpal, Ajaib and Sirio.

What a privilege this is and following a retreat in Currer-Laithe farm, England, I was approached by Dori who had looked after us all on the retreat. She said, that she had a vision and had seen my Dad and I in the Ribolla Ashram. I was saddened by this as I realised that if Dad and I were there alone, my Mum would have passed. Also it is not something that I had ever considered to do, travel to Italy and go to the Ashram. Indeed my Mum passed the following year and after a while Dad asked if I would like to go to the Italy Ashram. I said I would go if he came with me, but Dad said I am too old now in my 90's, but you should go. I said I would consider it but asked my Dad to try to make himself able to go.

I really felt that I again wanted to experience the Ashram and sit in front of the physical presence of Perfect Master Sirio. I made the journey and what greeted me, was something completely unexpected. The white swans on the gates and the Sant Bani Ashram sign welcome all. But it was, to me, like entering a different environment to anywhere else I have ever been.

The Ashram is very beautiful and perfectly maintained, built with imaginative parts that you cannot hope to expect. The air is sweet and filled with birds chirping and grasshoppers making their music. There is a palpable thing, it seems, to me, that Time is not in residence here. Something is so different and I feel it pervade through me. The buildings are built with Master Sirio's own hands and so are blessed.

I attended a programme and soon realised that Master took every session from morning to night including wonderful evening concerts of spiritual Love songs to His Masters. But how does Master attend all these programs and cut the grass during the day and feed the goats and pick the food from His garden and then cook all our meals for everyone in the Ashram. With my analytical mind I could not find that it was possible, certainly not by me or as I assessed, any normal human. So even the food is parshad along with everything else in this holy place.



BUT THAT IS JUST THE ENVIRONMENT, WHICH FEELS LIKE THERE ARE THE FEET OF GODS WITHIN IT AND THE ATMOSPHERE IS TANGIBLE.



WRITINGS ABOUT THE SANT BANI ASHRAM

THE JEWEL IN THE CROWN CONTINUED

The jewel in the crown of the Ashram is Master Sirio himself. To be able to sit in His prayer room, in front of Him, while He sings and gives Darshan and great stories of love for His Masters. I found it overwhelming, amazing and beautiful and a great spiritual blessing.



AS MASTER HIMSELF OFTEN SAYS, THE MOST GROWTH AND EXPERIENCE THAT CAN BE HAD IS AT THE FEET OF YOUR MASTER.

I now know this to be true having experienced it a number of times visiting Master in the Ashram.



I FEEL THAT THE TEACHINGS OF THE PATH COME ALIVE IN HIS PRESENCE. THE WORDS COME ALIVE IN HIS PRESENCE. HIS LOVE PERVADES THE ENTIRE ASHRAM AND I FEEL THAT I BECOME TUNED TO HIS VIBRATION.

This happens in His presence and then to be so lucky to gaze on His beautiful face, hear His sweet singing and playing and receive the grace of His Darshan is beyond anything I ever imagined.

Dad was true to his word and after my first visit to Sant Bani Ashram on my own, Dad said he had worked hard and he was now fit and able to travel to Italy. This was amazing as he was now in his 90's. But he has continued to work on his fitness and we have both visited the Master in the ashram a number of times. We realised that Dori's vision had come true.

I truly hope that we can continue to visit this perfect world and Master in the Ashram, it is why Dad and I are still here together,



MAY MASTER ALWAYS BE AT THE ASHRAM AND MAY WE ALWAYS BE THERE WITH HIM.



Sant Bani Ashram, 2023



SPIRITUAL RETREATS

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 previous issue of Sirius Magazine, in Volume 1, that was published in April 2024.

(siriosatsang.com/siriusmagazine)



UPCOMING PROGRAMS 2024

**19-20-21 JULY AMSTERDAM,
THE NETHERLANDS**

**15-21 AUGUST
SANT BANI ASHRAM, ITALY**

**27 OCTOBER - 1 NOVEMBER
SANT BANI ASHRAM, ITALY**



UPCOMING PROGRAMS 2024

AMSTERDAM

INVITATION

Join us for a unique opportunity to attend “The Science of Spirituality for Modern Times”; with Satguru Sirio Ji, taking place from July 18 to 22 in Amsterdam and Almere, The Netherlands.

The program “The Science of Spirituality for Modern Times” offers a profound opportunity for anyone interested in the discovery of their magnificent Divine Inner Self or for those who feel the need to dive deeper within it.

Please don't miss the chance to meet (again) an enlightened being of Love and Light, who lovingly and selflessly shares over 50 years of dedicated practice on the Path towards complete Oneness.

Satguru Sirio Ji is a renowned Surat Shabd Yoga practitioner. The eightfold path of Patanjali, intense meditation on the Inner Light and Sound, Jnana Yoga, Karma Yoga, and Bhakti Yoga are all part of the special path that Satguru Sirio Ji has followed since the age of 20, under the guidance of his spiritual masters, Kirpal Singh and Ajaib Singh.

No meeting with him is the same and each and every one of them is rewarding. As a tree that is exposed to sunlight never stops growing, exposing ourselves to the rays of the spiritual Sun, makes us grow infinitely. The opportunity is given to you, with open hands, NOW. Come and receive your spiritual hug!

For more details about the program, including the schedule and addresses, and to register, please visit:

siriosatsang.com

July 18: Opening Program

The event will commence on July 18 at De Roos, a spiritual center in the heart of Amsterdam.

The evening will feature a lecture, guided meditation, and sacred songs. Satguru Sirio Ji will deliver a talk titled “The Science of Spirituality for Modern Times”; Through his speech, singing, Darshan, and mere presence, he will share the spiritual wealth he has gathered over 50 years of dedicated practice.

July 19-21: Weekend Program

On July 19 at 19:00, the program continues at De Horizon, a neighborhood center in Amsterdam's Western district. This marks the beginning of a weekend-long event organized in cooperation with Combiwel Buurtwerk, Amsterdam's social governmental organization.

The weekend aims to enhance the well-being of neighborhood residents through activities that include guided meditation sessions with Satguru Sirio Ji, yoga asanas and Ayurvedic treatments by Dori Ji, personal coaching sessions, lectures, and Nada Yoga concerts. A children's atelier for kids aged 5-10 will also be available for attendees with young children.

July 22: Closing Evening

The final evening will take place on July 22 at 19:00 at GAIA House of Yoga in Almere, located 30 kilometers from Amsterdam. In this welcoming Raja Yoga center with its pleasant atmosphere, hosts Tuni and Sem warmly invite you to a special evening with Satguru Sirio Ji.



UPCOMING PROGRAMS 2024 - AMSTERDAM

PROGRAM

18 JULY THURSDAY, 19:00 - 21:30

DE ROOS

P.C. Hoofdstraat 183, Amsterdam

19-20-21 JULY - DE HORIZON,

(Read the program on the right.)

Neighbourhood Centre

Zaandammerplein 50, Amsterdam

22 JULY MONDAY, 19:00 - 21:30

GAIA HOUSE OF YOGA

Giraffeweg 10, Almere

July 19th, Friday

7:00 PM – 9:30 PM: Sacred Music concert with Indian instruments and the lecture "The Science of Spirituality for Modern Times."

July 20th and 21st, Saturday-Sunday

7:00 AM – 9:00 AM: Early Bird Meditation session, Sacred Song and mantra singing with Satguru Sirio Ji (50+ years of experience).

10:30 AM – 12:30 PM: Relaxing breathing techniques and therapeutic Hatha Yoga with Dori Ji, followed by a meditation session with Satguru Sirio Ji.

10:30 AM – 12:30 PM: Children's workshop supervised by certified workshop educators Tamar and Sarah.

2:30 PM – 4:00 PM: 15-minute Ayurvedic head and facial massage by Dori Ji (only upon registration!).

3:00 PM – 4:00 PM: Personal Counselling by Satguru Sirio Ji (only upon registration!).

2:30 PM – 4:00 PM: Children's workshop supervised by workshop educators Tamar and Sarah.

4:30 PM – 6:30 PM: Sacred Songs, a continuation of the lecture "The Science of Spirituality for Modern Times" and a Q&A with Satguru Sirio Ji.

4:30 PM – 6:30 PM: Children's workshop supervised by certified workshop educators Tamar and Sarah.

8:00 PM – 9:30 PM: "Out of the Darkness comes the Light" – Sacred Music Concert with Indian instruments.

**Science of Spirituality
for Modern Times**

18-22 JULI

Lezing | Meditatie | Sacred Music



For info & booking | w: siriosatsang.com
T: 06.18 42 49 81
M: siriosatsang.amsterdam@gmail.com



PARTICIPATION

If you would like to come and take part in any program, or if you have any questions, please don't hesitate to contact us and we help you with all the details. You can send your inquiry:

- through the siriosatsang.com website (**Events/Amsterdam2024**)
- or at siriosatsang.amsterdam@gmail.com



UPCOMING PROGRAMS 2024

INTENSE SUMMER SPIRITUAL RETREAT SANT BANI ASHRAM, TUSCANY



Dear Seekers of Truth,

We are happy to invite you to our annual Summer spiritual retreat at the Sant Bani Ashram in Tuscany this August. This retreat offers *a unique opportunity for profound spiritual growth through intensive meditation and spiritual teachings and a wonderful chance to relax and connect with others on a spiritual journey.*

ABOUT THE RETREAT

The retreat lasts **from the 15th to the 21st of August** in the magnificent surroundings of the Sant Bani Ashram where Master Sirio will lead us in meditation and share his wisdom. The retreat is suitable for both seasoned practitioners and those new to meditation, offering a transformative experience. ***Participants are requested to arrive on the 14th of August and to leave on the 2nd of August.***

WHAT TO EXPECT

- **Intense Spiritual Practice:** Intense daily meditation practice focused on the Inner Light and Sound with the guidance of an authentic and realised master.
- **Spiritual Teachings:** Enlightening Satsangs by Satguru Sirio Ji, offering you clarity on spiritual principles and practices.
- **Mantra & Bhajan:** The singing of sacred songs cleanses the mind and makes it more receptive for spiritual experiences. Practicing it together is a special group experience.
- **Nada Yoga concert:** An hour concert by Satguru Sirio Ji closes the day which gives listeners a mystical, transcendental experience just by listening to it. The body and mind get relaxed and the mind merges into a condition of deep peace.
- **Hatha Yoga & Pranayama:** Asana and pranayama exercises for the body to be fit for sitting in silent meditation.
- **Community and Support:** Meet, connect and bond with fellow seekers who share your interest in spirituality, offering a supportive and inspiring environment.
- **Surroundings:** Enjoy nature and the tranquil atmosphere of the Ashram which is ideal for reflection and spiritual renewal.



UPCOMING PROGRAMS 2024 INTENSE SUMMER SPIRITUAL RETREAT

WHY ATTEND?

This retreat is an opportunity to step away from daily stresses and focus on your inner self. It is suitable for both beginners and experienced meditators. You will leave feeling refreshed, peaceful, and more connected to your true self with a renewed sense of purpose.

JOIN US

Come with an open heart and mind, ready to explore and grow, step away from daily distractions and deepen your spiritual practice. Whether you seek inner peace, spiritual growth, or a deeper connection to your true self, this retreat promises to be a profound and enriching experience that might transform your life.

To sign up or learn more, visit our website at siriosatsang.com or contact us at siriosatsang@gmail.com. Spaces are limited, so please register soon.

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

We look forward to welcoming you and sharing this special time together.



SCHEDULE

1.) 6 - 8 AM MEDITATION

BREAKFAST

2.) 9.45 - 10.45 AM HATHA YOGA & PRANAYAMA

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



PRAYER

Spiritual teachings by the Great Masters in the topic of prayer. First you can read an article written by Master Sirio Ji on our humble request for this volume of the magazine and then an excerpt from the book of Master Kirpal, called 'Prayer'



SATGURU MY BELOVED, PLEASE IMPROVE MY LIFE

BY SATGURU SIRIO JI

June 2024

Bhajan by Sant Ajaib Singh Ji

Satguru my Beloved, please improve my life,
Suffering because of Karma, I am praying at Your door.

Over you I have no control, over You I have no power,
Except Your in this world, no one belongs to me.

I have come to Your refuge, do not refuse me,
I have has so many troubles, enough of agony.

Refresh my heart which is inflamed with pain,
O Beloved Satguru, please improve my life.

What is a prayer in reality? Why do we pray? Is prayer effective? What actually happens when we pray? Should we pray at all? First of all for what do we pray? For what should we pray?



SEEK YOU FIRST THE KINGDOM OF GOD AND ALL THE REST SHALL BE GRANTED TO YOU.

Therefore, here we are told that, if we are capable to attract into our life the presence, the grace of God, then we shall have all we need to live a good dignified life without ever asking for it. Similar attracts similar, therefore if we are tuned in with His presence, than we are very well taken care of and all of our needs, physical and spiritual, will be provided.



PRAYER SATGURU MY BELOVED, PLEASE IMPROVE MY LIFE CONTINUED

Most of the time the Masters tells us not to pray for worldly things but only for the spiritual ones because God knows very well what our needs are, therefore, if we are tuned in spiritually all the needed things will automatically come our way.

In this song, Sant ji, begins by praying to His beloved Satguru to please improve his life, because suffering by karma, He has gone to His door.

So this should be our main request:



PLEASE, IMPROVE MY LIFE, HELP ME TO GET RID OF ALL THE BAD HABITS I HAVE BECAUSE THEY ARE THE REASON FOR ALL MY MISERY.



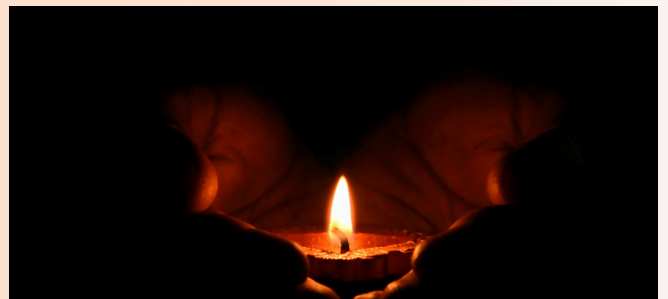
You see, we all suffer from lust, anger, greed, attachment, egoism, vanity, arrogance, jealousy, envy, hate and many others, and these are the main causes of all our sufferings. Therefore we should try to get rid of all of those and make ourselves as pure and good-hearted as the most holy people. How beautiful a life we would have if none of this bad traits were to be present in our person.

So our constant prayer should be about getting rid of all of this unwanted stuff that degrades our person, and become a brilliant example of a very honest, good, trustworthy, real and true person.

It is very important to set goals for our life on a yearly base, on a monthly base, on a weekly base and on a daily base. We should be very careful watching our thoughts words and deeds and be very careful that they are all motivated by compassion and goodness. Master Kirpal used to say that before we say anything we should check that is going to be good, appropriate, helpful and uplifting for the people involved; not harmful to anybody. Now, we know that most of the time we do not speak motivated by all these good reasons and we are very instinctive, just going by the emotion that suddenly surge within us. Well, that has to change if we want to be good and do good. Therefore, Oh good God,



PLEASE IMPROVE OUR LIFE, THE QUALITY OF OUR PERSON, LET US BE PEOPLE THAT BRING PEACE AND JOY WHEREVER WE GO.



PRAYER SATGURU MY BELOVED, PLEASE IMPROVE MY LIFE CONTINUED

There is this simple prayer of Saint Francis of Assisi that tells us all we need to pray for:

God make me an instrument of your peace,
where there is hate let me bring love,
Where there is offence let me bring forgiveness,
Where there is disagreement let me bring union,
Where there is doubt let me bring faith,
Where there is error let me bring the truth,
Where there is desperation let me bring hope,
Where there sadness let me bring joy,
Where there is darkness let me bring the light.
O Master let it be that I do not seek so much
to be consoled as much to console,
to be understood as much as to understand
To be loved as much as to love.
Because it is only by giving that we will receive,
If we forgive we'll be forgiven
Only by dyeing we'll be reborn to eternal life.



How much this world would be different if all the people of this planet were to behave this way. A heaven it would be, but then it wouldn't be physical any more. The consistency of this planet would change and that of our bodies too.

We must understand that it is not so much what we believe in that is so important, but the thoughts that we think, the words that we speak and the actions that we perform are what count.



**NOT THOSE WHO SAY LORD, LORD, WILL ENTER INTO THE REALM OF TRUTH,
BUT THOSE WHO LIVE ACCORDING TO THE WILL OF GOD.**



Living by His will it means to be constantly inspired by the Truth, the Light of the Divine not by the ordinary mind, not by the animal instincts, not by the many bad attributes about which I wrote in the beginning of this Satsang.



PRAYER SATGURU MY BELOVED, PLEASE IMPROVE MY LIFE CONTINUED



I HAVE COME TO YOUR REFUGE, DO NOT REJECT ME, I HAVE HAD SO MANY SUFFERINGS, ENOUGH OF AGONY.



Sant Ji understood very well that by ourselves we would never succeed in overcoming, winning over all this weaknesses of ours, that we need to go into the refuge of a Satguru because there we will get help, the strength to fight and win over all these imperfections that torment our waking state and our dreams as well.

I have come to you, Oh Master, please accept me and let it be in my faith that no matter what, I will never leave you. Let it be that my ego, my arrogance, my wrong understanding of facts, my illusions and delusions, my stupidity may never take me away from your Sharan, your refuge. Oh Master,



PLEASE COOL DOWN MY HEART WHICH IS INFLAMED WITH SUFFERINGS, LET ME FIND PEACE, LET ME BE TRANSFORMED, RENEWED, LET MY OLD SELF DIE AND A NEW MAN BE BORN, A MAN FREE FROM ALL THIS BAD ATTRIBUTES.



PRAYER SATGURU MY BELOVED, PLEASE IMPROVE MY LIFE CONTINUED

An other fantastic prayer by my Satguru Ajaib goes like this:

O writer of fortunes with mercy
write on my heart love for the Master.

On my hand write the service of the Guru
Write the sacrifice of my body and mind for the Guru.

On my tongue write the name of the Guru
For my ears write the Voice of Silence.

On my forehead write the Light of the Guru
For my eyes write the Darshan of the Guru.

Do not write on thing, separation from the Guru
It doesn't matter if you write separation from the all world.



Is there any worldly request in all this very beautiful prayers? None at all, only the grace to live the most humble, loving, helpful, sincere relation with our Master. In a nutshell, He asks His Master, let me love you, let my hands, my body and mind be used for your service, let my inner ears be saturated with the Sound current, let Your Name always be on my tongue, let your Light shine on my forehead, let my eyes see You always. Do not allow that I may be separated from You because that would be the greatest misfortune for me. If in order to achieve this I need to separate from all the world, from all my attachments, my belongings, my secure zone, my egocentric surreal world, well I am ready for it as far as you are always by my side, as far as you stand by me.



PRAYER SATGURU MY BELOVED, PLEASE IMPROVE MY LIFE CONTINUED

THEREFORE, WHAT IS PRAYER AND FOR WHAT SHOULD A TRUE SEEKER OF TRUTH PRAY?

For realising the Godhead by overcoming and winning over all the degrading attributes that deteriorate us human beings, and become saturated with love, compassion, goodwill, the determination to always do good, be good and achieve Oneness.

NOW, IS PRAYER REALLY EFFECTIVE, IS THERE ANY BODY TO LISTEN TO OUR REQUESTS AND HELP US OUT BY ANSWERING OUR REQUESTS?

There are people who say that they have been praying for so many years, but none of their prayers were ever answered. I know a person, a brother of mine, who has been a practising Christian for most of his life to eventually end up becoming an atheist because he says, God never answered any of my prayers and there is nobody there to answer the requests of anybody because there is no God whatsoever.

I also know people who are initiated by me that tell me that all their life is a miracle, that they see wonders happening at every step. At The time of Master Kirpal I knew many people who said this very thing, at the time of Sant Ji Maharaj many people used to say the same, and now as well.

So, how is it possible that a person says that no prayer was ever answered, and others say that none of their prayers as ever been answered. In my understanding it all depends on the intensity of our relation with God, on the grace of a living Master. This is the difference in between following a religion, believing in a Master of centuries or millenniums ago and following a true living Master who is here to connect seekers with the divine power.

This is the reason why Maulana Rumi says that half an hour spent in the company of a living Master is more beneficial than fifty years of solitary prayers in our home.

“ THEREFORE, PRAY, MEDITATE, SING THE PRAISES OF GOD AND SATGURU, BUT ASSOCIATE WITH A LIVING MASTER IF YOU WANT ALL OF THESE YOUR EFFORTS TO BE EFFECTIVE.

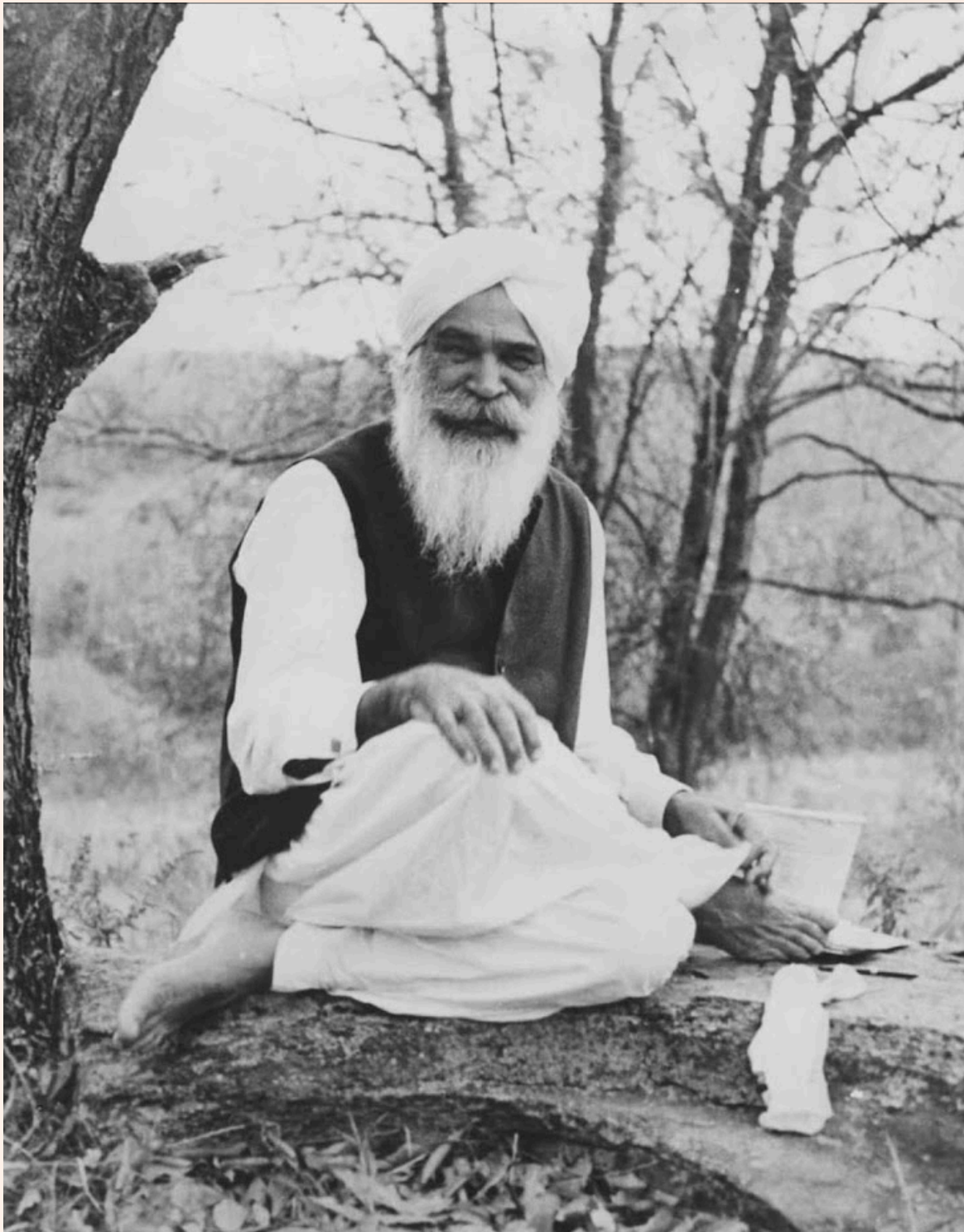


PRAYER

WHOM TO ADDRESS

BY SANT KIRPAL SINGH JI MAHARAJ

From the book 'Prayer', first edition published in 1959



PRAYER WHOM TO ADDRESS CONTINUED



A PRAYER TO THE LIVING MASTER IS AS GOOD AS A PRAYER TO GOD.

One must, therefore, wholly and solely depend on the Master and turn to Him for the fulfilment of his desires. So all prayers should be addressed to one who holds the mystery of life and death in his hands. We must have perfect faith in the living God, who lives and moves amongst us in a human form. With the attention fully focused on Him, we ought not to think of anyone else. This is the one way we can commune with Him. Kabir Sahib tells us that distance does not count in the relationship between the Master and the disciple. The two may be separated by vast oceans in between, but the very thought of the Master, in the disciple, is bound to attract the Master's attention and he can direct him (the disciple) wherever he may be. It is said of Vivekananda that when he rose to address the World Parliament of Religions in Chicago he felt diffident. He asked for a glass of water, closed his eyes for a moment, and thought of his Master (Paramhansa Ramakrishna, the sage of Dakshineswar) and in an instant the floodgates of inspiration opened within him, and he delivered an unprecedented and impassioned discourse lasting for several hours. A Godman is a veritable king, and at his door all the mighty kings of the earth bow down their heads in humble supplication and seek the fulfilment of their cherished desires and attainment of their otherwise unattainable ambitions.

Guru Arjan says in this context:

He has within his controlling power all the potentates,
Nay, the vast creation itself is under his sway.
His will reigns supreme everywhere,
And nothing lies outside his Divine Will;
O offer thy prayer to thy Master alone,
For he shall fulfil all thy heart's desires.
His seat is in the highest heavens, and
Devotion unto him lies in communion with His Word.
All-pervading, He is complete in Himself,
And His light shines in every heart,
His remembrance dispels all sorrows,
Even the angel of death does not come near his devotee.
The dead come to life by the Power of His Word, and
The lowliest and the lost are received and honoured.
O, Nanak! Thy prayer has been heard and accepted, and
Through the Grace of the Master,
His Light has been made manifest within.



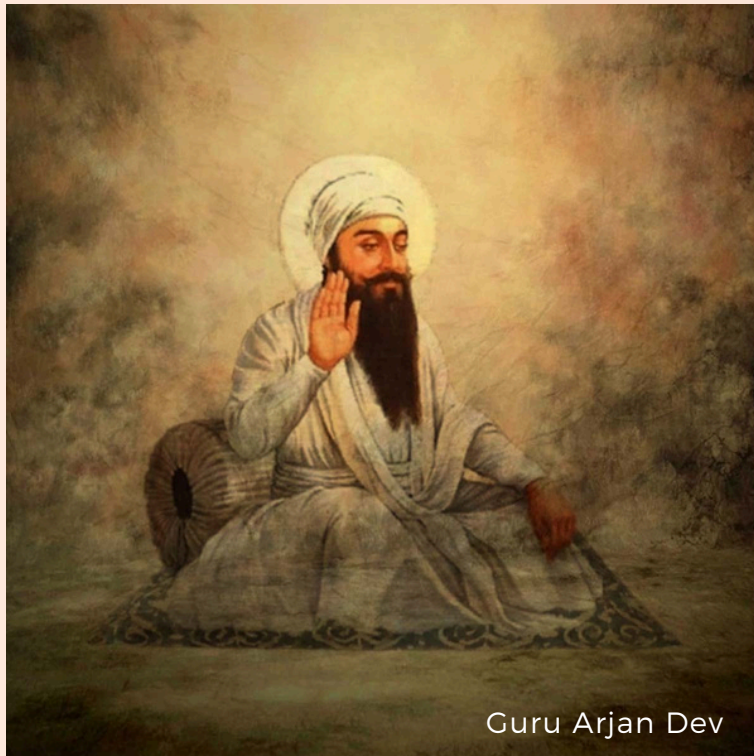
PRAYER WHOM TO ADDRESS CONTINUED

A Godman has within his grasp all that one may need - the gifts of *Dharma*, *Artha*, *Kaama* and *Moksha* (*the merits of righteousness, earthly riches and possessions, fulfilment of wishes and desires, and salvation itself*).

If one wants any of the four great boons
He must take to the service of a Sadh.

If one wishes to have riddance from affliction and sorrow,
One must commune with the Word, in the depths of one's soul.

If one is after name and fame,
One must lose his ego in the company of a saint.
If one be afraid of the pangs of birth and death,
One must seek shelter at the lotus feet of a saint.



Guru Arjan Dev

From the above, written by Guru Arjan Dev, it is abundantly clear that we must go in prayer unto God or a Godman, and after being able to commune with Him, we should depend on Him alone and not on any other power; for He alone is capable of drawing one out from the mighty swirls and eddying pools of mind and matter, and of applying a healing balm to the lacerated hearts torn by wild desires and temptations. He is the strength of the weak, the sheet anchor in the storm and stress of life and a haven of safety for the homeless. His glance of Grace soothes the broken hearts.



A PERFECT MASTER ATTENDS TO THE HEART, AND FROM HEART TO HEART, A LIFE IMPULSE DARTS. (BHAJI NANDLAL)



PRAYER

DAILY GUIDANCE

Meditation podcast

You can find it on Spotify and on all podcast directories.

A meditation podcast with a realized master to guide you daily in the Spiritual Journey. Each recording begins with a mantra to bring you into a favorable inner condition, followed by a brief talk in which the process of spiritual transformation and meditation is explained to you. These meditation talks were recorded during intensive meditation spiritual retreats with Satguru Sirio Ji.

Try the bliss of meditation practice, Don't just read about it - make your own experience!



Connected to prayer as discussed in the Satsangs beforehand, you can enjoy some meditation talks as well in this topic. You can always find more in the Daily Guidance podcast, as new episodes are published every day.

NO. 2. HUMBLE PRAYER

Oh supreme Truth, Supreme Soul, Supreme Guru, Nameless Being, please come and dwell in our heart. Just bless us, have mercy on us, show us your radiant glimpse. Manifest yourself as the Light within us. Make our consciousness as broad as you are. Take us to your kingdom of glory, of bliss and beatitude.

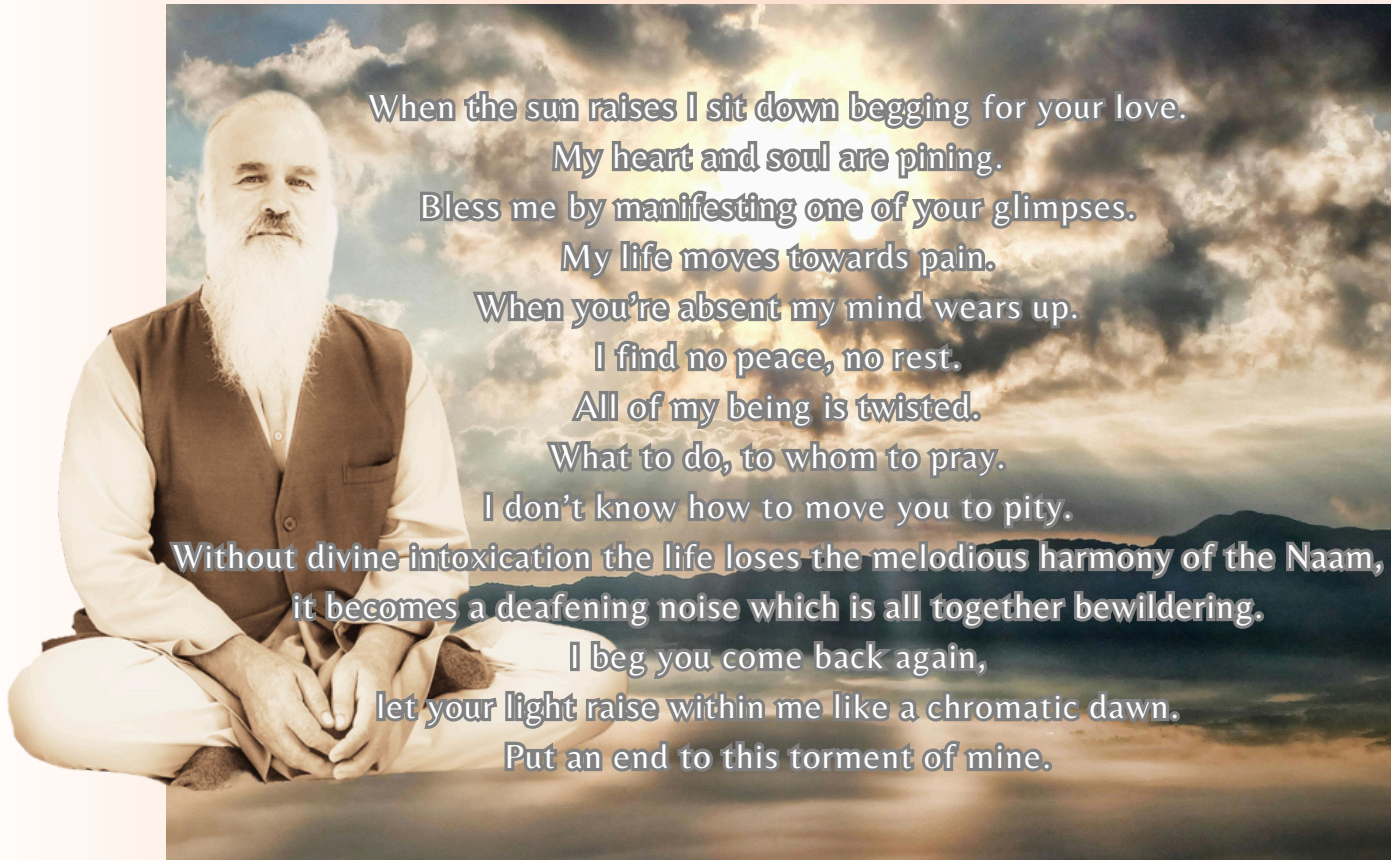
So we try to gather ourselves completely at the third eye, we steadily, minutely look in the center, we keep calling on Him praying to Him so that he may manifest Himself and bless us.



PRAYER

DAILY GUIDANCE MEDITATION PODCAST

NO. 24. THE POWER OF PRAYER



So whether we believe it or not or we have experience of it or not.



PRAYER HAS GREAT POWER, IT MOVES REALITY. IT CHANGES REALITY.

Even scientifically the act of wanting something or asking something from the Universe, from Reality changes the movement of the tiny particles of matter.

So we can influence reality, definitely. Of course the strength and the will of doing so is also a gift from Him. Otherwise it would never even cross our mind. But if you are lucky enough to have this grace of wanting with determination to move in a certain direction and ask for the help from the Supreme Being of the Universe to come to our rescue - if you keep asking for it, it doesn't mean it happens right away, sometimes it does, most of the time you have to wait some time, sometimes months, sometimes years. It depends on the nature of our request. And it depends on when it is the best time for it to happen. This we don't know. The Supreme Intelligence knows much better. But when we ask for something definitely sooner or later it happens. In the case of my life I can say that anything I've asked sincerely it has happened, everything. And keeps happening. So it's for all of us, you can influence our reality by a conscious request.

Of course the request should be for spiritual purpose. But sometimes we are human beings and we can also ask for other things that are reasonable. So nothing that we do spiritually goes wasted. Sooner or later we will have an answer.



P R A Y E R

DAILY GUIDANCE MEDITATION PODCAST

There might be certain cases in which our request doesn't meet with the Wheel of the Supreme Being, then it doesn't happen. The Wheel and plane of the Supreme Being is different and we might be amazed of it, but the Supreme Being knows all of our thoughts, all of our wishes, the tiniest, tiniest, whatever crosses our mind and knows what is good to happen and what is not good to happen.

We don't see this work all the time, but in very special moments when something very peculiar happens then we see that it was really exact to the second, that this intervention from high above is always perfect and exact.

So when we sit in meditation we request the Supreme Being to please help us to still the mind to quiet the body, to be at peace. We ask that He may manifest one of His glimpses. Maybe it won't happen in that meditation but maybe it will happen in another one.

So also in this meditation we do our best because our conscious act is very important. So we do our best to gather ourselves at the eye focus and look within, steadily, minutely, penetratingly. We keep calling on him by repeating His Holy Names and we pray that you please be kind, be good hearted, come and bless us.





YOU CAN FIND IT ON SPOTIFY AND ON ALL PODCAST DIRECTORIES.

Talks with a realized Master on Life, Love and the topic of Spirituality.

Join us on the spiritual journey under the guidance of an authentic spiritual teacher to raise consciousness and move towards spiritual awakening and enlightenment through the ancient teachings of Surat Shabd Yoga, Nada Yoga or as it's also called Sant Mat, the Way of the Enlightened Masters. New episodes follow every second week.

THE CONSTANT REPETITION OF SIMRAN

SEASON 4 EPISODE 3

(Excerpt from the episode)

[Master Sirio]

About this book which you mentioned and the effect that it had on me personally about what I've written in my book. Those who have read my book they already know what was my experience with this story. If you haven't read the book then I can tell you a bit how this book had always a very profound effect on me. I mean, Master Kirpal and Sant ji always talked about constant Simran: "*Develop constant Simran*". Especially Sant ji was very much into it, into a constant Mantra:

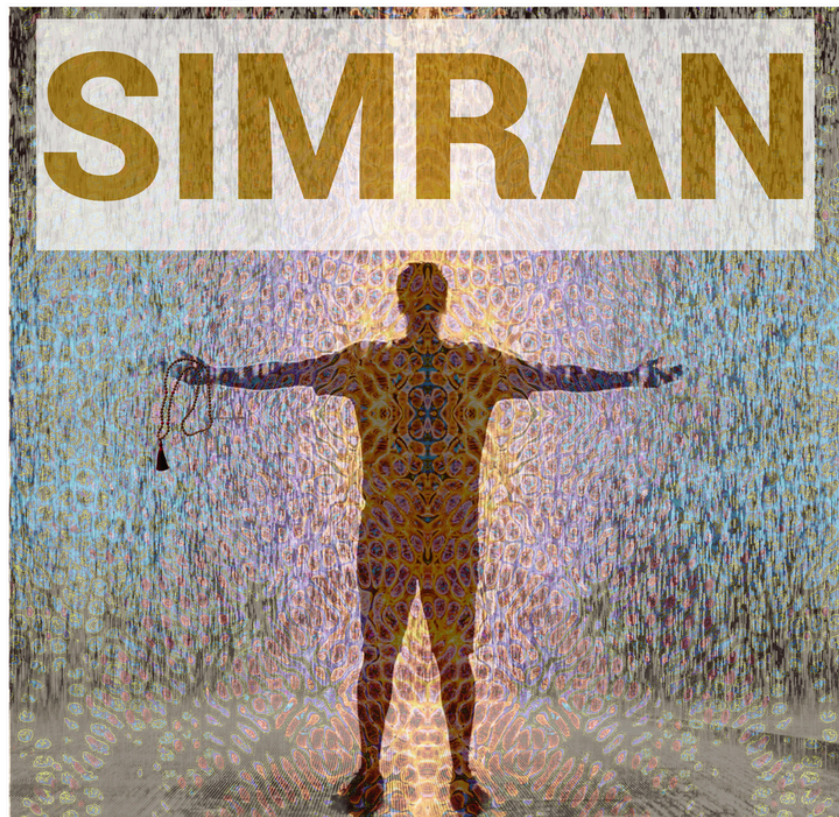


"DEVELOP CONSTANT SIMRAN, YOU HAVE TO DEVELOP CONSTANT SIMRAN, THEN YOU ARE A REAL SATSANGI."



LIGHT OF SIRIO PODCAST THE CONSTANT REPETITION OF SIMRAN CONTINUED

The Light of Sirio S4E03



The Effect of Constant Repetition

Anyway it's difficult to get the input to start in this adventure of getting to a constant Simran because it's easy to say it, not so easy to do it, I assure you, and if anybody has tried it then he will know how difficult it is because that's really facing the mind. The mind doesn't like to be engaged and set aside while your attention is totally involved in this repetition. The mind wants to wander and if you're busy with the repetition the mind doesn't have any space to wander and so it's like a naughty boy that you put into a cage, so it begins crying and screaming and getting mad.

[Dori ji]

Sometimes you said about the mind that it is like a monkey.

[Master Sirio]

Not just a monkey. but a drunken monkey, extreme combination. Anyway, then this book came into my hands somehow, I don't remember who gave it to me. I bought it at some point but the very first time I think somebody borrowed it to me so I read the story of this pilgrim, how he began his spiritual practice when he met his master. The master first told



LIGHT OF SIRIO PODCAST

THE CONSTANT REPETITION OF SIMRAN CONTINUED

him: *“Sit down peacefully focus your attention and repeat this prayer [mantra].”* Which according to the Christian tradition, especially the Eastern church, like the Greek and the orthodox byzantine they used to repeat this very simple prayer: *“Lord Jesus Christ have mercy on me”* - that's all. *“Keep repeating and repeating it while you relax and focus your attention, then the grace of God will come to you.”* He tried and in the beginning it was working. Then, after some time he began falling asleep and it didn't work anymore.

So he became disappointed and went back to his master, telling him: *“Look it's not working I'm falling asleep and it's not really working, what to do?”* He explained then: *“I think you're not ready for this kind of practice. You should begin first by repeating it verbally. Begin like this: do 3 000 repetitions and use a rosary [mala] to follow your repetition, so you can count, because it's very important that you do 3 000.”* He went back to his place where he was staying and began doing the repetition of 3 000 prayers in a day. In the beginning it was very difficult, he went on up to late evening in order to make these 3 000 repetitions. He was very determined to succeed. The second day it was easier the third day he could finish before sunset. He went on like this for a couple of weeks, 3 000 per day. Eventually after a few days it became very easy and he could finish much sooner than the day would end. He was not working he had nothing to do since he was just a guardian in a garden. That's what he was doing as a job and they also gave him a hut to stay. He was a pilgrim so he kept himself busy doing his repetition and by and by he began liking it. After 10 or fifteen days he went back to his master and told him: *“I've been succeeding. It has become very pleasant and very easy to do it, I finish very soon now.”* His master said: *“So, from now on do 6 000 repetitions.”*



He began doing those 6 000. In the beginning it was very difficult: from 3 000 to 6 000 it is double. So the very first days he went on really up to midnight or so, in order to succeed. Then after it was a bit better, he had improved. Eventually he again became accustomed to it and could finish quite soon. With 6 000 repetitions he began to experience something more: *an inner bliss, an inner intoxication and so much love radiating from his heart. Love for God.* He really fell in love with God eventually, because as I say:



BETWEEN THE NAME AND THE NAMED ONE THERE IS NO DIFFERENCE AND IF YOU GO DEEP INTO THE NAME, THEN YOU GET TO THE NAMED ONE.



LIGHT OF SIRIO PODCAST

THE CONSTANT REPETITION OF SIMRAN CONTINUED

Eventually after two weeks again he went back to his master and told how it went: *"In the beginning it was very difficult, going to 6 000 from 3 000. It was quite a work, but I managed with lots of effort. Eventually it got better and better and now it's very easy for me 6 000."* His master replied: *"Very good I'm very happy with you! Now go for 12 000."* So from 6 000 to 12 000, double again. The first day it was terrible, his mind was really burned out, fused! You know, it's very very tough and *you really have to do it constant and quick because that's the way.* Some people say you don't have to do it quick otherwise it's no good; but it's not true because *quantity brings up quality.* Therefore, if you want to do such a busy and intense repetition, then you really have to go quick.

He began 12 000 and the first day he went on up to late in the night, then less and less and less. He would finish sooner and sooner and sooner. Eventually he got into it, 12 000. He was continuously doing it, he didn't have a moment of getting lost into the whirling of the mind, being so very busy! Obviously, he didn't do anything else, but the repetition. He wasn't really working, his job was to just stay in the garden. When you do such a repetition, at least in the beginning, you must be very busy and only doing that.

He went on like this and as a guardian, he would go out sometimes to walk around in the garden. By and by the hut in which he was living, which was a very simple place, became like a palace for him. It was so beautiful, everything began to shine and being so beautiful. *Everything became like a manifestation of God and radiated Divine Light through everything.* He developed an intense love for God, a state of great bliss and ecstasy. He felt so much uplifted! Again he returned to his master after 15 days and told him to had succeeded. *"In the beginning it was terribly difficult, but then, by and by it became better and better. Now I do it very easily and I enjoy it very much. This is what I am experiencing now..."* - and he told his master about all his experiences.



LIGHT OF SIRIO PODCAST

THE CONSTANT REPETITION OF SIMRAN

[Dori ji]

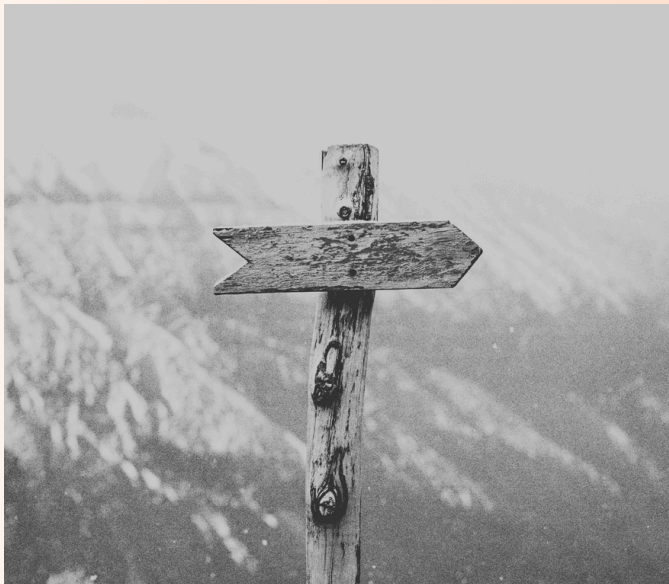
What he was experiencing sounds like not just a higher state of consciousness, but like a complete shift in his consciousness. Was it?

[Master Sirio]

Yes, a complete shift, not just upliftment, but a huge upliftment. His master concluded: *"Now I think it's very much implanted in you to do this repetition, so, you don't need to count anymore. From now on just go on repeating your prayer without counting it."*

So he went on like this. Eventually left the place because autumn came and his job was only for the summer. They didn't need him any more, because in winter you can't have a garden in Russia. He left and began wandering by going to various places of pilgrimage. In Russia there are several places of pilgrimage which are very venerated, honored by the devotees so he kept going from one place to the other.

In all these wanderings he kept doing his repetition, his continuous prayer and he had such wonderful experiences, such wonderful encounters. *When you are in that state of grace then everything becomes magic.* All the meetings that you have with any person, in any situation is like a divine event. That's how it is in reality!



The Way of the Pilgrim is the first-hand account of an anonymous Pilgrim traveling across nineteenth-century Russia in a quest to learn to "pray without ceasing." Finally, the Pilgrim encountered a holy monk who introduced him to the ancient Byzantine tradition of 'hesychia' (stillness or rest in God).



LIGHT OF SIRIO PODCAST

THE CONSTANT REPETITION OF SIMRAN

[Dori ji]

I know that you also had your own experiences with the constant repetition when you dedicated periods in your life to do constant repetition. But still it's a very crucial point on the path of Surat Shabd Yoga that one has to earn the honest living and we also often say that the greatness of this Path is that one doesn't have to become a monk or a pilgrim and we can stay in the world and have family and have a job.

It's very important also for the spiritual growth, to be capable to live our life and apply this kind of higher level of consciousness in the everyday life. How can the two things be connected?

[Master Sirio]

If you want to try this, it's very important to take a few free days. For example take a weekend and instead of going fooling around, you know what to do if you are a true seeker of God? You get up early in the morning on Saturday and Sunday and get busy with your spiritual practice. That's how it goes. So you can do your work five days and the other two days dedicate to more spiritual practice. I'm not advising or advocating that you get to this kind of repetition like the pilgrim, but in those two days or when you have some holidays if you want to really get into *what is the juice of a spiritual Path*, that's what you have to do. Instead of going for vacation at the beach, you stay in your home or go to the mountains, etc. and *do intense practice*. In my case, when I read that book, I thought, "Well, if he did it, why shouldn't I be able to do it?"

Of course, I was doing Simran after I took Initiation from Master and I was doing lots of meditation. It was in those very two first years when I was doing my meditation all the time. When I stopped meditating I did the Simran, but not so really focused on it. When I read this book, I felt that I had to try this!

I began doing this 3 000 repetitions by counting them and I went on for three days. Beside this, I was doing lots of meditation also. At some point, I began having really incredible experiences, like flying out of the body like anything and perceiving an incredibly intense spiritual power. I thought, "My God this is going to be too much for me."

[Dori ji]

It was very extreme then...

[Master Sirio]

Yes. My mind really felt like being fused, like melting down...

...

YOU CAN LISTEN TO THE COMPLETE EPISODE
IN THE LIGHT OF SIRIO SPIRITUAL PODCAST,
AVAILABLE ON SPOTIFY AND ALL PODCAST
DIRECTORIES.





WORDS OF WISDOM



"There is nothing which God cannot grant."

— Kabir

"What shall I pray for when nothing is permanent."

— Kabir

"God is attracted swift and sure, with prayer from mind contented and pure."

— Guru Nanak



"The All-knowing Himself sets everything right, to Him, o Nanak, offer ye thy prayer."

— Guru Angad

"Seeing that the whole world is being consumed in invisible flames of fire, I come to Thy feet, I pray, O perfect Master, save us as Thou wilt."

— Guru Amar Das

"The sleeping mind comes to its own by constant thought of the Master."

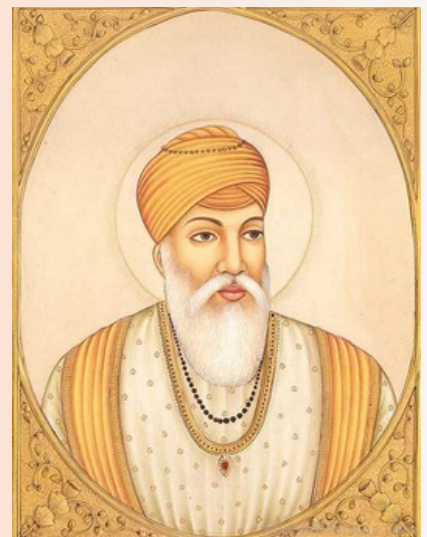
— Guru Ram Das

"God! Thou art the dispeller of all evils and bestower of peace, whosoever prays unto Thee, can have no ill."

— Guru Arjan Dev

"O I have got the treasure of Hari Naam, my mind now wanders not but is in eternal rest."

— Guru Teg Bahadur



WORDS OF WISDOM

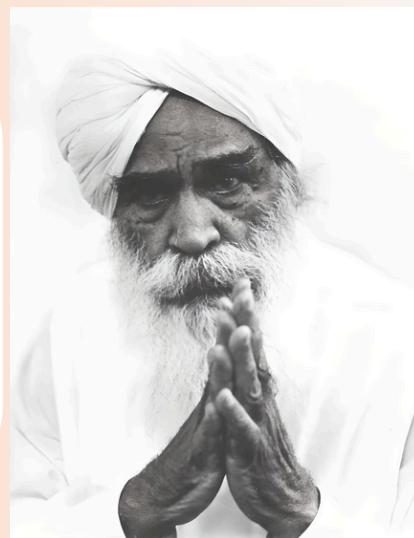


“Attaching attention to anything is prayer to that thing. And prayer is good, for, in prayer, mind contracts and, if done regularly, with interest and for long periods, mind comes in concentration, and, by concentration, mind becomes pure. The purity of mind expresses itself first in clear thinking, then in inspiration and in intuition. Saints attach the attention to the Sound Current because, by experience, They have found that the Sound Current is the source of all else. It is the Power at the back of all other powers, and from which all else has been derived”

— Baba Sawan Singh

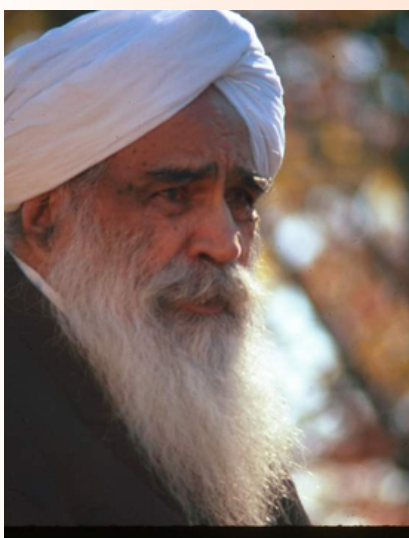
“Prayer is the salt of life and we cannot do without it. It is ingrained in the nature of Man to pray for the fulfillment of his wishes whatever they be. But more often than not we do not know what we may really pray for, how to pray, and what we may do to make our prayer a great dynamic force as may stir up Heaven’s mercy.”

— Sant Kirpal Singh



“The secret of a successful prayer lies not so much in the words we use, nor in the time we devote to it, nor in the effort that we put into it, as it lies in the concentrated attention that we may give it at the seat of the soul so as to make it soulful. The most natural form for a fruitful prayer is the yearning of a soul without the agency of words, oral or mental, with the tongue of thought. A prayer like this generates and releases such a fund of spiritual energy that all the Cosmic Powers are attracted and combine together, shaping out things as best as possible.”

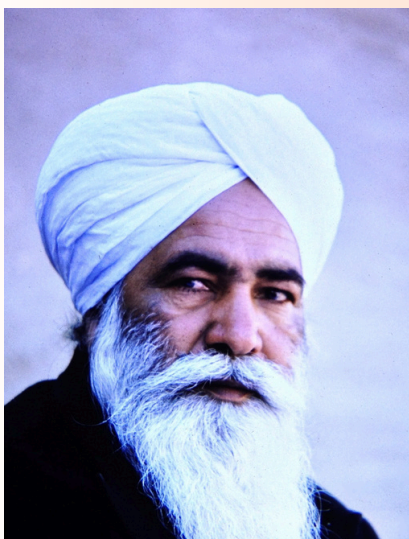
— Sant Kirpal Singh



WORDS OF WISDOM

“A true prayer is one continuous process, independent of form, time and place, and leads ultimately to the stage of Sehaj - a halcyon calm, a perfect equipoise and a complete satiety, with no desire whatsoever. This then is the climax of a genuine prayer, and here prayer itself ceases to be a prayer and becomes a state of being as one gradually rises first into Cosmic Consciousness with the Divine Will fully revealed unto him. This is the be-all and the end-all of prayer.”

— Sant Kirpal Singh



“Simran is the only means to reach the Dhunatmak Naam which we are supposed to catch. But we do not know the value of Simran, and therefore we do not put enough emphasis and effort into doing it. Because we do not know its value, we are not able to appreciate it. Simran has a lot of power in it, and only if our Simran is perfected can we catch the Dhunatmak Naam - the Sound Current that will pull us up. No matter how much or how loud the Sound we are hearing, that Sound will not be able to pull our soul up if our Simran is not perfected.”

— Sant Ajaib Singh

“The constant repetition of Simran opens the door of incredible perception, special intuitions and great love. It always works, this is really a scientific thing. If you do it at some point you begin perceiving a different world!”

— Satguru Sirio Ji

“If we do Simran, we put a break to the endless thoughts thus we create a bridge by which we may transcend or ascend from the human to the Divine.”

— Satguru Sirio Ji

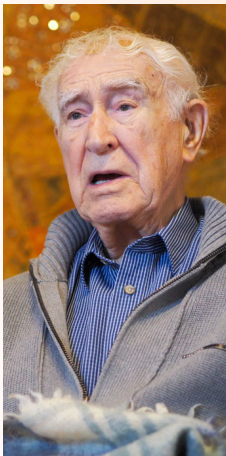


SPRING SPIRITUAL RETREAT 2024

Photos and attendees personal accounts from the retreat



SPRING SPIRITUAL RETREAT 2024



SPRING SPIRITUAL RETREAT 2024

PERSONAL ACCOUNTS OF DEVOTEES EXPERIENCES WITH SATGURU SIRIO JI

PERSONAL ACCOUNT BY ESZTER KALMAN

Dear Baba Ji,

Where should I start my report?! First of all, I would like to thank you again for the opportunity to participate in the retreat with Lujzi, I really needed to get closer to my soul.

Dóri Ji is also was so helpful for us. The Ashram is so amazing for me like a home.

As a mother, I often feel that I get tired, mostly mentally. But, as you also said, a spiritual person suffers without meditation, and I suffered, that's how I realized how much I need spiritual care in my life.



Since we came home from Ribolla , I get up every morning at 05:30 and 06:00 and sit down to sing and meditate. I can call myself such a lucky person that I received such a beautiful house and family from you, which gives me the opportunity to do this practise.

During the retreat, I was able to let go of everything so much that my head was empty, I was in a state of mind during meditations that I had never experienced before. One morning Master Kirpal, Santji and you appeared. A purple color appears during meditation. I know that this is the only way to be a mentally balanced mother. The rest will work out anyway.

For me, the retreat brought the fact that the path must be used in order to "stay alive" The beautiful Bhajans are help me a lot. Your uplifting personality is necessary for me.

In Amsterdam, our whole family enjoys this wonderful love. We are really looking forward to it. So thank you again that you take care of us.

I prepared almost all of your meals you made during the retreat for us at home.

With lots of love, Eszter Ji



SPRING SPIRITUAL RETREAT 2024

PERSONAL ACCOUNT BY ANTHONY ANDERSON

Dearest Master,

This was my third retreat and it was wonderful, It felt very comfortable and harmonious. I was focusing on the present moment and letting things be how they should be instead of trying to act or play a certain part or character or try to hard to act a certain way.

The trip to the ashram and back home were very blessed and smooth.

I enjoyed spending time with my fellow satsangis and getting to know them, everyone at the retreat was wonderful. After a day or two I started to take my meals alone because everyone would always talk about business, life politics etc. and I wanted to be in the moment and practice my Simran. It went well but the ego came up a few time but I knew that I would be better off alone because it felt more peaceful.

A few times I felt guilty for separating myself and Dori once asked about it and I said I was doing what you asked which is not idle chatting and this was the only way I could do that without getting drawn in to conversations or people asking me about my life. They are kind to talk to me so I just end up using short answers and would rather just remove myself that try to keep explaining I don't want to talk. I'm not sure what the right thing would be to do in this situation, I ate with everyone the last two days of the retreat and it was not as peaceful and just full of talk of worldly subjects.

One day I experienced a great meditation that lasted about 5 to 6 hours. My body didn't feel numb but was quite and relaxed like a statue, this was when the mind and ego were harassing me quite a bit. During this long meditation believe it was the first time I heard or experienced the inner sound, I heard a soft ringing in my ear which I assume was my body, mind or outside sound but when I focused on it my face felt a little numb and I felt like I was lifting or going up slightly and felt uplifted.



This retreat I was able to stay In the present moment more than I'm usually able to do and felt uplifted during a lot of the mediations and Satsangs. I really enjoyed your concerts, the smaller tanpura felt great on my forehead it was like every string you plucked vibrated a different part of the middle of my forehead which felt really nice.



SPRING SPIRITUAL RETREAT 2024

PERSONAL ACCOUNT BY ANTHONY ANDERSON CONTINUED

Jozsi's story was very inspiring and humbling, I'm very glad you asked him to share his experiences.

I always enjoy seeing you in and out of the mediations, I really treasured when we saw each other in the front of the house while you were on your way maybe down to the garden and I saw you coming so I waited for you with hands folded and you saw me and gave me a great smile and touch.

The concert held at the last night of the retreat was very memorable, I enjoyed seeing everyone displaying their talents and love for you. You seemed pleased and your smile made me happy.

I really appreciate our interview, I wanted to tell you that I will work on my meditation practice and bhajans. I am going to look for singing lessons to help me sound more professional and build confidence. I'm glad you explained to me the sound and light practices because I want to make sure I'm doing them right. Your advice on finding a good partner was very helpful, for now I think I'm going to just focus on the path and meditation. If someone comes along that seems like a good fit for my life I won't shy away from the opportunity but I want to focus on the jewel of my life which now that it's been found needs cleaning and polishing to truly be appreciated and understood.

I love you so very much and truly feel so blessed to be on your path and in your gracious hands!

Your friend and devotee,
Tony



SPRING SPIRITUAL RETREAT 2024

PERSONAL ACCOUNTS BY BRIANNA & GENE OLSEN

BRIANNA



Dearest Master Sirio,

I am so very grateful for you. For the retreat for being able to talk with you through emails. To see you in person. To hear you sing and have your Darshan.

I was blessed after the intense Darshan you gave us in the tent. I started seeing you clearly inside. It's never happened before. I forgot to mention it before. I will do my best to forget the hard things and only think of the blessings.

Sometimes it feels like nothing is going right in my life, but I can't say that because I've had the special blessing of knowing you, spending time with you and getting to talk with you and meditate near you. Which means my life is very blessed no matter what else happens.

...



...

Although I am a mess I won't stop trying to follow the path of self improvement. Until I am one with you.

I grew up Christian but I've always been more concerned with finding the true seekers regardless of their religion and reading their books and biographies. It peaked my interest when you said your experience meditating made all the books you've read seem silly. I want that experience so much!

I'm going to work as hard as I can so I can make sure we get to go to at least 1 retreat a year. Although I would love to come in the fall.

I absolutely love the Ashram. I was just looking at photos today and was overcome with a profound peace and strong silence. I miss being there.



All My Love Dearest Master
Yours always -Brianna



SPRING SPIRITUAL RETREAT 2024

PERSONAL ACCOUNTS BY BRIANNA & GENE OLSEN CONTINUED

GENE



Dear Master Sirio ji,

I'm sorry for not responding sooner, I have had a really hard time writing this email. I find composing my thoughts and writing them down very difficult.

When ...



...

The trip to Italy was a very long one. A 3 hour drive to Salt Lake City, a flight to Denver, overnight layover in Denver, a flight to Chicago and then finally a 9 hour flight to Rome.

We took a cab from the airport to the train station. It was the first time I have ridden on a train and it was amazing to fly through the Italian countryside. It kind of reminded me of Idaho, until you see anything man made and then it looks nothing like America. Dory picked us up at the train station and drove us to the ashram. It was beautiful, approaching the ashram Dory and Dusty both sang a song until we reached the front gates. Then Dory said "*Welcome to the Sant Bani Ashram where the gates of heaven are always open (because they are broken).*" We all laughed.

The retreat had highs and lows, I really enjoyed the meditation sessions, the singing and the concerts. I really enjoyed being around you and singing with you.

Singing Tera Naam for you was definitely a highlight, but I was very nervous, I've never sang by myself in front of people. I enjoyed your food very much. Meeting and being around new people. Everyone was very nice. I really enjoyed the Satsang that was a history on the lineage of Sant Mat gurus, it was very interesting. Also the one where you asked Josi questions was really great too.

I spent a lot of time by myself, trying to stay upbeat but mostly failing. My mind was a nuisance with its grumblings and crappy thoughts. It made meditation difficult and frustrating. But the meditating got better as the week went on. The last meditation sitting was definitely the best. I was very sad when the retreat came to an end, it seemed to go by so fast. Even though I missed home and my kids I would have loved to stay and meditate longer.

I've been making changes and trying my hardest to make things right. Taking it day by day.

Thank you again for the opportunity of retreat! It was wonderful!

With love and respect
Gene



SPRING SPIRITUAL RETREAT 2024

PERSONAL ACCOUNT BY VALERIA BERECZKY



***Dearest my Eternal Anaami Supreme Holy SweetFather of my soul Baba Ji!
My SweetLord RadhaSoamiJi SirioWaheGuruJi My Anaami SiriolsthaDevaJi!***

Report 2024. Spring Retreat

Once again we have had a very uplifting and wonderful Retreat. Infinite gratitude for I having been there. *Grazie mille di cuore!*

I have been showered with so many blessings and experiences and teachings that it will take me a long time to process. I have written many times about my experiences of Guru, Naam, Satsang, Darshan, how much I cherish them. I have written about them many times. But now my experiences in meditation were the most outstanding experiences for me on this Retreat. (You said that this is an open-eyed meditation.- If I good remember.)

I always learn two new bhajans for each Retreat. Now the *Quando io ti...* and *The Sun is raising...* bhajans. After singing the bhajan beginning *Quando io ti...* I had this experience. Whether there was a connection I don't know, but it was during that meditation session that I had this experience for the first time.

I saw the following. This is the experience I was talking about, the phenomenon where You transform and Your physical body disappears and all I see is a transparent form of light, constantly changing into the form of different Masters. The phenomenon is totally independent of me, I cannot force it, either You show it or not, it comes and goes as You want, and lasts as long as You want. Now the image was so strong, the whole room was lacy and bright. With sharp contours and there was a time when you wore a red dress. A Master in a red silk gown, like a Maharaja, and more beautiful Masters. Such a wonderful aura, light surrounded me.



SPRING SPIRITUAL RETREAT 2024

PERSONAL ACCOUNT BY VALERIA BERECZKY CONTINUED

There was a light sky radiant blue flame burning in the middle of Your body, like the blue radiant light around Your Aura, but inside. But this figure is made of transparent light and the physical body of Sirio Ji is disappearing. And I just stare and stare and stare in such awe and devotion and I melted, that there are no words. And it lasted for at least twenty minutes and even then I only closed my eyes because I didn't want to be disobedient, Please forgive me for not closing my eyes. But when I closed them I couldn't help myself and I opened them again and the phenomenon was still there and I was a little confused and I closed my eyes because it was so special, it was such an uplifting, ecstatic experience to see God, SatPurusha, SiroIsthaDevaJi sitting in front of me, it was absolutely incredible. It was repeated several times after that, but not with such intensity as now.



I have never had such a prolonged and intense vision as I had on this retreat, such light and such a fabulous miracle, I have never seen it before. But that was just the beginning. As I wrote above it has appeared many times with less intensity and for shorter periods of time. Forgive me again if I can't close my eyes at times like this. As we know this story from Sant Ji, "how can I close my eyes when God is sitting before me" I never thought it would happen to me. It's certainly not a fantasy, I can certainly see that it's triggered by your profound state of consciousness and the Darshan You've received. You are the Merciful, I am who has defects. Huge blessing, I bow down to Your and Grazie mille di cuore.



My other wonderful great experience was after I sang the Teri Kudarati... bhajan. It was also an extraordinary story, a spontaneous Satsang, after which You were also in a very uplifted state and I was able to experience another phenomenon of witnessing how our Satguru was pulled up on that particular lift, how You gave Yourself as a gift and were pulled out of Your body, but now I was able to see the phenomenon from another angle, when the physical body was sitting there and present. I will never forget that beautiful sublime divine Your Face, the way I saw You there. I will keep You in my heart forever.

I enjoyed Your bhajan singings with devotion, Your concerts are a balm for my soul, and You always sing my favourite bhajans, like the very last one, Oh sole mio. (Grazie mille di cuore!!!!) These secret messages are the greatest happiness for me,(like a romantic love) after the meditation experiences.



SPRING SPIRITUAL RETREAT 2024

PERSONAL ACCOUNT BY VALERIA BERECZKY CONTINUED



Dearest my Sweetheart Baba Ji my Sun, my Eternal my Love forever!

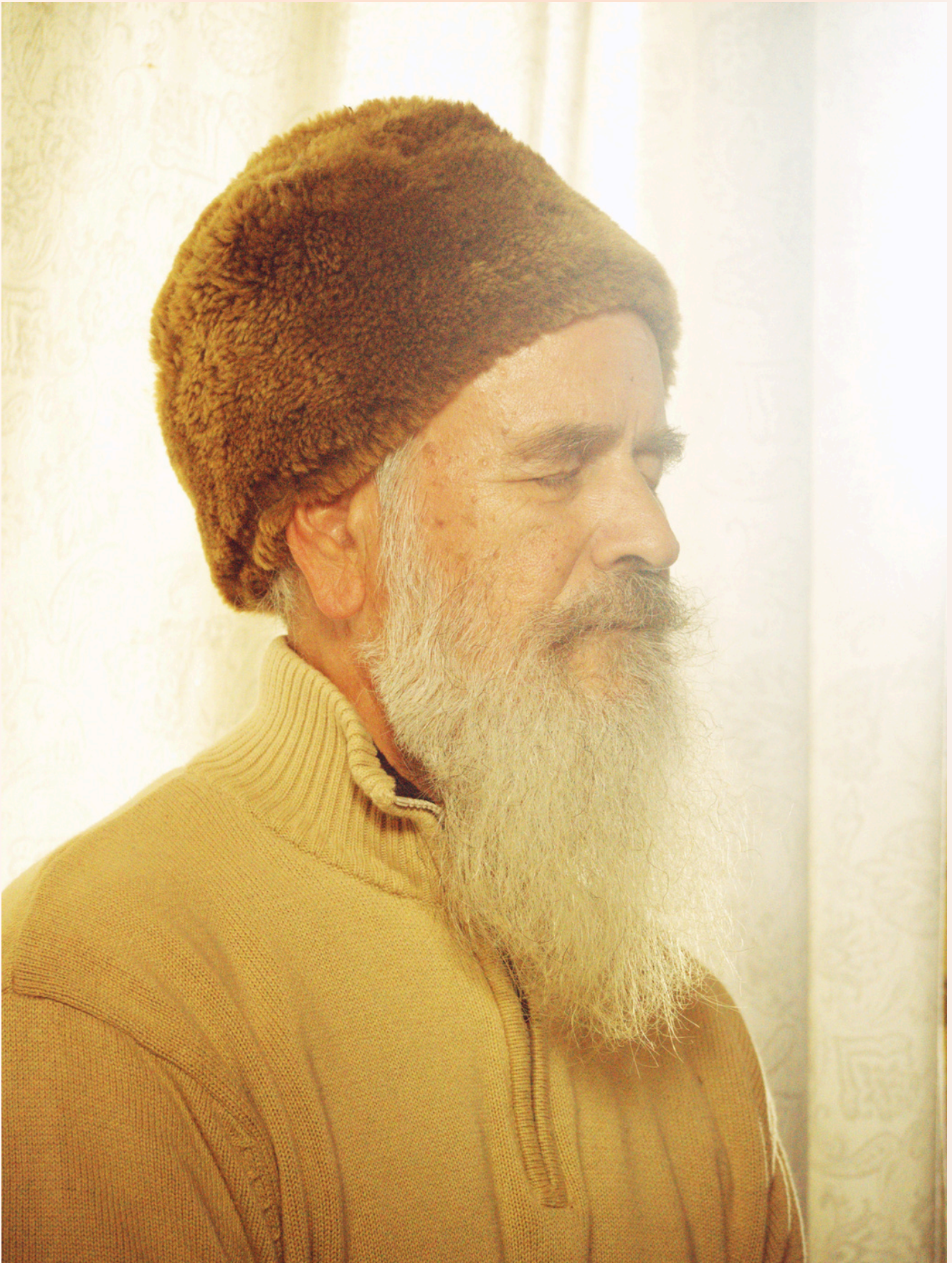
I will not write more now, because I want to emphasize what I have written above, it is very significant for me. Now here I am also sick (caugh) and suffering the pain of separation and there has been a lot, I still have to process and translate the teachings. My gratitude my thanks my appreciation is endless. Thank You for the devoted service we receive from You. My love is infinite I place my heart at Your Radiant Holy Lotus Feet and I bow down and kiss Them, I am not worthy, I wish You very good PowerStrong health full Amrit & Nectar, have a continued blessed Retreat with the infinite blessings of our Satgurus.

Hopelessly devoted servant with madly devoted love forever. Tu sei nel mio cuore!!!! It is very goooooood!!!! I am very happy with YOUUU!!! but I am very miss Youuuu!!!

Your's, vali



SPRING SPIRITUAL RETREAT 2024



ARDOUR OF LOVE, LIFE AND LIGHT

POEMS INSPIRED BY DEVOTION AND DIVINE LOVE

LOVE IS UNIQUE

by Mahmood Rahimi

Sirio, My Master ,
lives in Ribolla
lives in our hearts
we are alive in His presence
Master! I beg Your Love
let me see Your shining Form
let me hear Your Shabd Form
let me live in Your Love
Love is unique
from Him to Him.

THE BRIGHTEST OF ALL STARS

by Bernadette Bennison

With God's love You entered the world
To radiate Your light to humanity
The brightest of all stars to light our inner darkness.

With smile of compassion disarming our egos
With clarity Your glance piercing our soul with cleansing sword.

Renewing us
Empowering us
Imbuing us with Your grace.

With God's love You entered the world
to fill us with Your light.

And we bow down and thank You our dear Master, our one true love



ARDOUR OF LOVE, LIFE AND LIGHT CONTINUED

OH, LOVELY SOUL

by Sarah Oliver

Oh, lovely soul you don't grow old.
You just grow wise; you rise and fly.
Your energy in me resides.
Oh, mindless soul you don't grow old.
You tell the tales of stories told.
You fly on through many songs
Until you rest where you belong.
Oh, peaceful soul your truth has shone.
You have arrived where you began...
A sea of calm where bright light shines.
Pure love and joy,
No mind,
No time.
Oh, lovely soul.

LOTUS

by Norman Sharp

Mother nature paints the scene
The sky is blue
The grass is green
A honey bee is buzzing by
With a dancing butterfly
Love the petals of the rosebud
Love the fragrance of the rose
It's a lovely state of being
To be in sweet repose
Magic of the Lotus
Is the opening of its flower
Stillness of the water lends beauty to its power
Lotus of the soul
Resides in Tisra Til
Aspirants are climbing up the body of the hill
To regain a state of being
And be in sweet repose
Love remembrance of the Master
With the fragrance of the rose



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.

SPIRITUAL MISSION WEBSITE: SIRIOSATSANG.COM

SANT BANI ASHRAM WEBSITE: SANTBANIASHRAM.COM

YOUTUBE @SIRIOSATSANG

THE LIGHT OF SIRIO | SPIRITUAL PODCAST

Available on Spotify and all podcast directories

DAILY GUIDANCE | MEDITATION PODCAST

Available on Spotify and all podcast directories

TWITTER/X @SIRIOSATSANG

FACEBOOK @SATGURU SIRIO

INSTAGRAM @SIRIOSATSANG

TUMBLR @SIRIOSATSANGSBLOG



“ I L O N G F O R A N E T E R N A L F R I E N D ,
E V E R T R U E , F R O M E N D T O E N D ”

- G U R U A R J A N D E V -



MAY YOU BE BLESSED!



@Sant Bani Ashram, Italy