

**KRUGER FOUNDATION FOR CHILD AID,
KARWAR
AND
KANARA WELFARE TRUST, ANKOLA**

**PROJECT CHANGE MAKERS
FOR A BETTER TOMORROW - II**

FIFTH ORIENTATION RETREAT

25th to 29th of JANUARY 2012

Subject of the Retreat:
ART OF LIVING

Place:

Panjim Gymkhana, Bandodkar Grounds,
Campal, Panaji, Goa

A BRIEF REPORT

5th Orientation Retreat

Camp held on 25th, 26th, 27th, 28th and 29th January 2012

Venue: Panjim Gymkhana, Bandodkar Grounds, Campal, Panaji, Goa

The fifth Orientation Course for the second batch of students of Change Makers Group was organized at Panjim Gymkhana, Bandodkar Grounds, Campal, Panaji, Goa, from 25th to 29th January 2012.

Day One – 25th January 2012, Wednesday

Participants started arriving at Hindu High School, Karwar, from 5.00 p.m. Registration was completed by 6.30 p.m. Journey tickets were collected and signatures obtained on the attendance register. A copy of the Camp Schedule, a Note book and a Pen were issued to the participants. 46 CMG students along with 14 Gokul students were present. Supper was provided to all the members at Hotel Shri Krishna Vilas by 8.00 p.m. They were taken in a vehicle to Gokul where accommodation was provided for the night stay.



Day Two - 26th Jan 2012, Thursday



The participants started their journey at 6.15 a.m. to Panjim by KSRTC bus, arranged on a special request, from Gokul to Panjim directly. On arriving at Panjim at 9.00 a.m., accommodation was provided at Shell Top Inn (NH-17, Gujira, St.Cruz, Panaji) separately to the boys (1 Dormitory Hall with sanitary facilities) and girls (2 Dormitory Halls with sanitary facilities).

Breakfast was provided at 9.30 a.m.

All the members gathered in one Hall. Asking the members to keep their eyes closed, Prof. V.R.Vernekar gave instructions to light the lamps in their minds. Sankalpa was made followed by common prayer. Prof. Vernekar gave an overall idea regarding the “Shiv Yog” and about ‘Avadhoot Baba Shivanand Ji’.



Lunch was provided at 1.00 p.m.

A bus was specially hired to take the members to the venue of the Shiv Yog Shivar at 'Panjim Gymkhana' – 7 kms away from the place of stay. After reaching the venue by 1.45 p.m., Entry Passes for each of the participants were obtained from the organizers. In all, four gates were provided for the entry. Seating arrangements were provided on first come - first serve basis. Seating arrangement for 5,000 *saadhakas* was provided in the huge *pandal*.



Timings of the Shiv Yog Shivar was from 4.00 to 8.00 p.m. every day, i.e., from 26th to 28th Jan 2012.

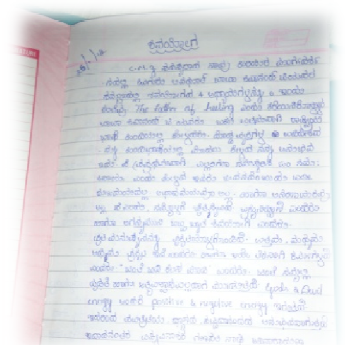
Shivar was managed entirely by the organizers and their group of volunteers. The gathering was like a large family. Bottled mineral was provided for all - free of cost. There was no dress code as such. Members carried a note book and a pen to jot down important things, at least the basic things that Babaji keeps mentioning throughout the Shivar, though this is not really required as Baba's Shivers are a direct transfer of grace and not really transformation of information via the 5 senses.

Cellphones (they emit electromagnetic radiations - negative energy), plastic bags or covers (they make noise), small children (they make noise), Cameras (or any device to click pictures or record) were not allowed in the camp.

Office, business and home worries (they make noise too!) are to be kept away as all these will be taken care by Lord Shiva.

Prasad packets were given at the end of the Shivar at 8.00 p.m. each day.

Members returned by bus to the resting place, had supper and wrote their daily diary.



Day Three - 27th Jan 2012, Friday

Breakfast at 8.00 a.m.

All the members gathered in a hall. Prayers taught by Babaji were sung in chorus. Prof Vernekar explained to the student members the 'Shiv Yog' as put forth by Babaji in detail because some students were unable to follow Hindi correctly. Discussions concerning the doubts were made at length upto 12.30 p.m.



Lunch, visit to the venue etc. went as per the day second schedule.

Day Four - 28th Jan 2012, Saturday

Breakfast, discussions, visit to the venue etc. went as per third day schedule.

LEARNINGS ABOUT SHIV YOG IN THE SHIVIR

Shiv Yog is not another religion, not another technique, not another method, not another practice.



Babaji clearly states that he refers to Shiv as that infinite, which in different languages may be called as God, Krishna, Rama, Allah, Jehovah, etc. It is that same infinite power which is referred to as Shiv. Shiv means infinite and Yog means uniting.

- Shiv Yog is nothing but uniting oneself with the infinite
- Shiv Yog is unconditional love with oneself and with others (self realization)
- Shiv Yog is science beyond science
- Shiv Yog is knowingness (helps to increase level of consciousness)

In Shiv Yog, there are 3 level courses, which one must attend step-by-step to be eligible for the next level.

- Level 1: Siddha Dhyan & Healing
- Level 2: Shanbhavi Dhyan & Healing
- Level 3: Shrividya Sadhana

Babaji does not differentiate any other practice or any other gurus. He always stresses "*Sab santh ek math*" and "*Naam anek, sab ka maalik ek*" meaning names may be different but God is One.

It is Babaji's vision to bring as many souls as possible with this infinite divinity which one has forgotten due to the power of *Maya* (illusions) and karmic factors. He teaches one how to merge with the divine. He teaches one how to heal his own self and others of physical, mental and emotional problems. He teaches one to dissolve one's own negative karmas, which one accumulates over different lifetimes and due to which there are sufferings and issues in the current life.



Best of all is that there are no DOs and DONTs in Shiv Yog. Babaji only sets guidelines for all *saadhaks* (aspirant). So it is not surprising to find people of all kind, caste, creed, behavior, life styles, attending his Shivrirs to take on his easy teachings and easy-to-practice way of life.

Babaji does not just give discourses but makes one fully experience what he is talking about and the experience is live. The healings are live. The transformations can be witnessed. The shedding of karma can be felt. The healing of problems is experienced.

Babaji also teaches one the art of manifestation and materialization where Babaji emphasizes that one can bring in all the changes into what one wants in life. He suggests that you should enjoy (*bhog*) all that you have come to enjoy here only after which you can transcend higher. Babaji stresses on living life 200% - 100% materialistic and 100% spiritual. This is how one should balance one's life and make progress both in the physical world as well as the spiritual world. He teaches us how "You are the creator of your own destiny!"

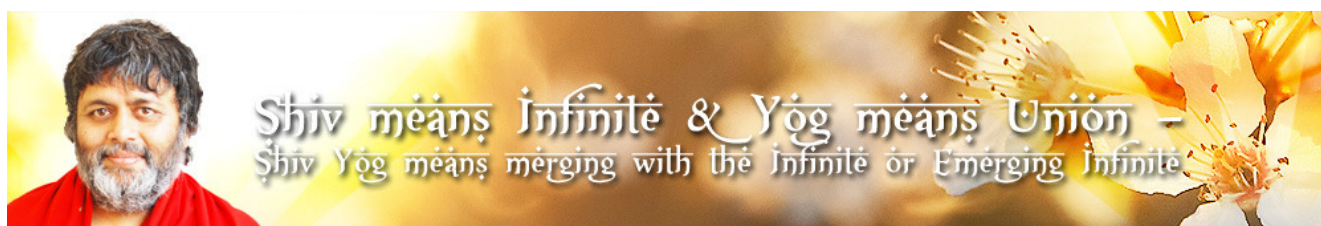
Babaji carefully and slowly keeps one entertained with his jovial and wonderful sense of humor and shares the teachings of Holy *Siddhas*. As he is doing this, he blends it with *sankeertan* (chanting). He sings gloriously followed by all *saadhaks* and all his actions and words are very spontaneous. Sometimes he speaks in a very low and soft voice with a presence of divine wisdom of spirituality in his words. Sometimes his words are hilarious and reflect on practical experiences. Sometimes his words are

stern and to-the-point. Whatever, he says, it all has a meaning at that point of time and he clearly reflects the divine's will of carrying out that message to the world. *Saadhaks* do experience this well.

Babaji refrains from meeting anyone personally for any reason and does not prefer to have his feet touched. Babaji teaches all *saadhaks* how to meet him astrally (non-physically) and teaches one to go beyond the limitations of the physical body and time. Once the connection is truly established in the Shivar with Babaji, there will not be any urge or need to meet him personally.

Level 1: Siddha Dhyana and Healing (Day 1, 2, 3)

This consists of three days and Babaji initiates one into Shiv Yog with *beej mantra deeksha* and also initiates one with *Sanjeevani* (the divine love and grace of *Mahamruthunjaya*).



Once the initiation is done, Babaji then teaches one how to use this *Sanjeevani shakti* to heal oneself and others. *Deeksha* takes time because Babaji ensures that he is present with each and everyone (non-physically) for the *deeksha*. For some it happens spontaneously, for some preparation of cleansing is necessary which Babaji knows and does accordingly. From here on, *Sanjeevani*, the divine energy, starts flowing from one's hands and fingers and can be directed to where the healing is required (close or distant). For the first three days, Babaji teaches one practically with some live sessions on healing. It is a great time for a *saadhak* who has been initiated and one starts feeling the changes happening with one's thinking including the physical changes. Normally one comes in with lot of skeptical questions in mind and some come in with lot of problems in life with restlessness but by the third day, most of the questions get answered and one starts feeling relaxed and comfortable.

The Golden Book

In Shiv Yog, all *saadhaks* must have a GOLDEN BOOK. The Golden book is the book where one writes his own destiny. By doing *saadhana* with the Golden book, one materializes all that one has written in the book, in brief, materializes all that one wants in life.

Babaji asks us to write about *Ichha* (desire) not *Trishna* (*Trishna* is desire that involves *Lobh, moh, ahankar, kaam* and *krodh*)

Day Five - 29th Jan 2012, Sunday

The participants started their return journey at 5.40 a.m. from Panaji to Karwar and then to their respective homes.

The total expenditure of the three day camp including accommodation, transportation, food, equipment and other expenses amounted to Rs.97,232/- (Rupees Ninety seven thousand two hundred thirty two only).

As the Golden Book was not available in sufficient quantities, a special indent for 70 Golden Books to be distributed to the participants was placed with Shri Sunil Pednekar. An additional expenditure of Rs.15750/- [Rs.225 x 70] will be incurred for this purpose.

Special thanks are due to the following persons who helped us to conduct this camp successfully.

- **Shri Sunil Pednekar**, Campal, Panaji – for sparing the time and effort to help us in organizing accommodation, food and transport facilities at Panaji, Goa.
- **Shri Gangadhar**, KSRTC, Karwar – for honouring our request to provide direct bus service from Gokul to Panaji at the standard fare.
- **Smt. Sreelata Kamat**, Karwar – for guiding us with regard to the decorum and order to be followed at the Shivar.
- **Shri S.P.Kamat**, Karwar – for his key suggestion to hold this camp at Panaji and overall guidance.