

Meditation According to Śirdi Sāi Bābā

My [Śirdi Sāi Bābā's] method is quite unique. Remember well, this one story, and it will be very useful. To get the knowledge (realization) of the Self, Dhyana (meditation) is necessary. If you practice it continuously, the Vrittis (thoughts) will be pacified. Being quite desireless, you should meditate on the Lord, Who is in all the creatures, and when the mind is concentrated, the goal will be achieved. Meditate always on My formless nature, which is knowledge incarnate, consciousness and bliss. If you cannot do this, meditate on My Form from top to toe as you see here night and day. As you go on doing this, your Vrittis will concentrate on one point and the distinction between the Dhyata (meditator), Dhyana (act of meditation), Dhyeya (this meditated upon) will be lost and the meditator will be one with the Consciousness and be merged in the Brahman. The (mother) tortoise is on one bank of the river, and her young ones are on the other side. She gives neither milk, nor warmth to them. Her mere glance gives them nutrition. The young ones do nothing, but remember (meditate upon) their mother. The tortoise glance is, to the young ones, a down-pour of nectar, the only source of sustenance and happiness. Similar is the relation, between the Guru and disciples.

From: <http://www.babasaiofshirdi.org/2008/08/can-we-understand-sai-babas-activities.html>

The stories, parables, and teachings of Sai Baba are very wonderful. They will give peace and happiness to the people, who are afflicted with sorrows and heavily loaded with miseries of this worldly existence, and also bestow knowledge and wisdom, both in the worldly and in spiritual domains. If these teachings of Sai Baba, which are as interesting and instructive as the Vedic lore, are listened to and meditated upon, the devotees will get, what they long for, viz., union with Brahman, mastery in eight-fold Yoga, Bliss of meditation etc.

From: <http://www.saibabaofindia.com/shirdisai.htm>

If a man utters My [Śirdi Sāi Bābā's] name with love, I shall fulfill all his wishes, increase his devotion. And if he sings earnestly My life and My deeds, him I shall beset in front and back and on all sides. Those devotees, who are attached to Me, heart and soul, will naturally feel happiness, when they hear these stories. Believe Me that if anybody sings My Leelas, I will give him infinite joy and everlasting contentment. It is My special characteristic to free any person, who surrenders completely to Me, and who does worship Me faithfully, and who remembers Me, and meditates on Me constantly. How can they be conscious of worldly objects and sensations, who utter My name, who worship Me, who think of My stories and My life and who thus always remember Me? I shall draw out My devotees from the jaws of Death. If My stories are listened to, all the diseases will be got rid of. So, hear My stories with respect; and think and meditate on them, assimilate them. This is the way of

happiness and contentment. The pride and egoism of My devotees will vanish, the mind of the hearers will be set at rest; and if it has wholehearted and complete faith, it will be one with Supreme Consciousness. The simple remembrance of My name as 'Sai, Sai' will do away with sins of speech and hearing.

From: <http://www.saibabaofindia.com/shirdisai.htm>

Meditate on me either with form or without form, that is pure bliss.

From: <http://www.saibaba.ws/quotes/shirdi100sayings.htm>