Sainath’s Preachings

Human Birth is precious. Utilise this invaluable gift of God in the best way. God has given us the birth and how can we forget God? Always remember God. Help the poor, share their grief and console them. Always do good to others, have patience and show your pity and compassion.

Be honest, helpful and humble. Care for elders and children. Serve and respect your parents. Give up your ego, anger and arrogance. Observe Brahmacharya.

Be true to others as you would wish others would do unto you. Never complain God for what he has not given to you. Always thank him for what he has gifted you. God has gifted us this life. Be devoted to him.

9 Thursdays’ Vrat and Puja
Of Shri Sai Baba Of Shirdi

A miraculous Vrat for happiness, peace, prosperity, knowledge, health and wealth

(English Translation)

Translated from Original Gujarati Book by
Nisha Jani

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Om Sai Ram

Introduction

Nisha Jari was born in Ujjain, the holy city of Madhya Pradesh. Her original name is Nita Jari. She is affectionately called Nisha by her mother and dear ones. Since her childhood she was brought up in a spiritual environment. She was well versed in various religions and had a deep connection with the Deity of Sai Baba, the one who taught her the path of true spirituality and showed her the way to true spirituality and devotion to God. She was the first to bring Sai Baba to the world of literature. She was a born poet and her writings are a testimony to her spiritual journey. She was the first to bring Sai Baba to the world of literature. She was a born poet and her writings are a testimony to her spiritual journey.

The present book, ‘Om Sai Ram’, is a collection of her spiritual poems and thoughts. It is a spiritual journey of a soul who has found her peace in the presence of Sai Baba. The book is a testament to her spiritual journey and her deep connection with Sai Baba. It is a spiritual journey of a soul who has found her peace in the presence of Sai Baba. The book is a testament to her spiritual journey and her deep connection with Sai Baba.

Sai Baba, the one who taught her the path of true spirituality and showed her the way to true spirituality and devotion to God. She was born in 1940 in the town of Ujjain, in the state of Madhya Pradesh, India. She is a spiritual visionary who has dedicated her life to the service of Sai Baba. She has written many spiritual poems and her thoughts are a testimony to her spiritual journey.

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On Sai Ram

went through a rough weather and income was almost nil. Mahesh started staying in house the entire day and his quarrelsome nature wonned.

One afternoon, an aged sahna (cousin) came and stood at the entrance of their home. His face shone with a unique beauty. He asked for rice and pulses. Kokila paid obeisance to the sahna and offered him rice and pulses. The sahna blessed Sai will bless you with happiness. Kokila replied in frustration that happiness is not in her destiny and narrated it, her entire sorrowful story.

The sahna advised her to observe Sai's vrats for 9 Thursdays by having fruits, liquids or by taking food only once on Thursday. If possible to visit Sai Baba's mandir, perform Sai's puja at home, complete the vrats with due formalities on 9th Thursday by having breakfast, distribute Sai vrats books to 3.51 or 31 persons according to the devotee's capacity and spread the power of Sai vrat. This has miraculous effects and is best suited for his kalyug. It fulfills the innermost wishes of a devotee. But the devotee should have immense faith and devotion towards Sai Baba. Whoever observes and completes this vrat with due formalities, all his desires will be fulfilled by Baba.

Kokila also took a vow to observe 9 Thursdays vrat and she completed it with all formalities like feeding the poor, distribution of Sai vrat books on 9th Thursday. The troubles in their house vanished and they were filled with peace and happiness. As Ramesh's quarrelsome nature also changed for good, his business also picked up and they prospered and started living happily.

One day Kokila's brother-in-law and his wife came from Surat and amidst conversation, they told sadly that their children are not studying well and they failed in their examination. Kokila is explained to them of the power of 9 Thursdays Sai vrat and she told them that devotion to Sai will enable their children to study well. But faith and patience are very important. Kokila's sister-in-law wanted the details about the vrat.

Kokila told her to observe the vrat by taking fruits, liquids or having food only once on all 9 Thursdays. Her children have darsan of Sai in a nearby Sai mandir on all 9 Thursdays.

On Sai Ram

This vrat can be observed by all men, women and children without any restriction on caste, creed and religion.

Perform puja to Sai's photo, offer yellow flowers or garland, light the lamp, incense sticks and offer nandavaya and parakat the Prasad with everyone. Reverence and meditate on Sai, perform aarti.

Read Sai vrat story, Sai Bhavani, Sai Chalisa etc respectively.

Feed 5 poor persons on 9th Thursday.

Distribute Sai vrat books (5, 11, or 21) to neighbors, relatives and other known persons.

After some days, Kokila received a letter from her sister-in-law from Surat stating that their children have started doing well in school and they also observed the vrat and distributed Sai vrat books to her office. Regarding this, she had written that her friend's daughter's marriage was fixed with a good suitable alliance because of this vrat and one of her neighbor's jewel box had got lost and after observing Sai vrat, 2 months later she got back her jewel box (sender being unknown). Such wonderful experiences she had narrated in her letter.

Kokila realized the power of Sai Nath and Sai vrat and her devotion towards Sai Nath strengthened. Oh! Sai! Please bless us and confer us with happiness!

Miraculous effects of Sai vrat

Knee pain vanished miraculously

(Experience of Nisha Jani)

Whatever the disease may be, if a person cries in despair to Sai, Sai relieves him of the pain and cures it of himself.

I was suffering from severe pain in my knees. A few days back, my legs were fractured and bones near my knees were broken severally. Doctor suggested an operation, but I refused. Suddenly pain started again. I couldn't walk even a few steps for a week and the pain was so severe. All our family members were planning for a shirdi trip during holidays and also for a Rajasthani trip. It was impossible

On Sai Ram

for me to even think of accompanying them. I had created a scene because of my pain and I started feeling that I will not be able to walk in future.

I had faith in Sai Nath. I had done fasting before, but not with any formalities or rules. I confessed my sin and started praying to Sai Nath. I also wanted to observe the vrat. I got an idea how to proceed. I gathered courage and rode my scooter to Sai mandir. I wrote to a Sai temple and promised to visit it in a week. The pain was unbearable and if my knee pain vanished before I stopped the mandir, I vowed to observe 9 Thursdays Sri vrat.

I had never experienced such a wonderful miracle in my life. As I stepped out of the mandir, my knee pain vanished miraculously. I felt very happy. I visited Shirdi, Rajastan and walked a lot even in steep mountains with Sai's blessings without trace of pain.

Passed SSC exam with good percentage

Hetal was studying in a school and she was not able to concentrate in her studies well. She completed her 9th standard with great difficulties. She always complained that she could not remember anything. Her parents were worried about her tenth standard. She failed in all subjects in quarter, half yearly exams in tenth standard. Some well wishers advised her to observe Sai vrat and she started observing Sai vrat and completed it sincerely. Hetal's memory improved and the teachers who had complained earlier started praising her. By Sai Nath's grace, she passed SSC exams with 75% and she joined science group in 11th.

Tumor vanished

Jaya had severe pain in her ears and her hearing ability also reduced to a great extent. She consulted an ENT specialist. Doctor told her that a small tumor like formation was in the rear part of the ear and surgery was a must and biopsy also had to be taken and he told her about the disease and fixed the date for operation. All family members were upset. Jaya decided to observe 9 Thursdays Sai vrat and the postponed the operation. She completed the Sai vrat by feeding the poor and distributing Sai vrat books. She went to the hospital and took all the required tests. All test reports were normal and the tumor had vanished.

Doctor told her that she is absolutely normal and there is no need for the surgery. Her faith in Sai Nath strengthened.

Transfer order cancelled

Neeja was serving in an office. She was transferred from Ahmadabad to Ketch. Her mother became very upset and fell sick. They tried all means and applied requesting to cancel the transfer order. And one more order came to her that if she doesn't join within 10 days she will be expelled from the job. Her mother was tensed to send her daughter alone to such a distant place. It was a Thursday. Neeja's friend Namita visited her and advised her to observe 9 Thursdays Sai vrat. Neeja started the vrat the
same day. Surprisingly, on third day she received a letter stating that her transfer order to Kutch was cancelled and she has been transferred to a different branch in Ahmadabad itself. Her faith in Sai strengthened and she fulfilled the vow and fed the poor and distributed Sai vrats books on 9th Thursday.

**Other miracles**

- An educated, good looking person was working in an advocate's office, for some reason he could not get married. After observing 9 Thursdays Sai vrat, his marriage was fixed with a good looking, employed, good natured girl.
- A boy had completed M.Com but could not find any suitable job. He and his mother observed 9 Thursdays Sai vrat and completed with due formalities. He got a suitable job.
- An artist was a sole bread winner of his family. He could not get good roles in TV or films. After observing 9 Thursdays vrat, his demand increased and he started getting good roles in TV, regional films and he prospered well.
- A business man faced lot of problems and his income reduced; he started Sai vrat and his business picked up and he prospered.

(Miracle) Delivered a baby girl 18 years after marriage

Mahendra and Rekha were a childless couple. Rekha had to face criticisms from her in-laws. She tried lots of medications with no effect. They consulted many astrologers. Rekha was a government employee. One day her colleague Suresh distributed sweets and happily told that a son was born to him after 10 years. He told about Sai vrat and advised Rekha to observe the vrat and gave her Sai vrats book. Rekha also observed Sai vrat with due formalities. She gave birth to a baby girl 18 years after her marriage by Sai’s grace.

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**Om Sai Ram**

**SAI SMARAN**

Bless me, Sai! Bless me, Sai!
Bless thy child, Sai!
Answer my prayers,
Strengthen my devotion!
Bless me, Sai! Bless me, Sai!

Remove my sorrow!
Shower me with Happiness!
Listen to thy child's prayer!
Bless me, Sai! Bless me, Sai!

Sai is Life, Sai is Peace,
Sai is Rama, Sai is Wealth,
Sai is Blues, Sai is Heaven!
Bless me, Sai! Bless me, Sai!

Sai is Christ, Sai is Nanak!
Sai is Hindu, Sai is Islam!
Sai is Truth, Sai is Naat!
Bless me, Sai! Bless me, Sai!

Sai is Shiva, Vishnu, Brahma!
Sai is simple, loving, caring,
Sai is Mother, Father, Guru!
Sai is Puraat, Sai is Soul!
Bless me, Sai! Bless me, Sai!

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**Om Sai Ram**

**Datta Bavani**

Glory to Yogeshwar Datta Digambar; Thou art our protector and savior;
Sage Atri and chaste Anasuya were mere cause;
Thy incarnation is for welfare of the universe;
Thou art Brahma, Vishnu, Shiva’s incarnation;
Redemption for those who surrender with devotion;
Thou art God, knowledge, existence and bliss;
Thou are glorious sadguru with nagaic arms;
Thy hands hold Zoli like Annapaasana’s benevolence;
Holy Kamandal in thy hands radiates with peace;
Descended as God with Four, six and numerous hands;
Thy powerful shoulders have limits to infinite,
Oh God! I’ve taken refuge at thy holy feet;
Digambar! Protect me lest better meet my end;
Thou responded to Sahasrara’s penance;
By granting him protection and peace;
Thou showered him wealth and opulence;
Blessed him with liberation and deliverance;
Why don’t you listen to my agnizn prayer?
Thou art my only solace and savior!
Thou accepted Vishnu Shrama’s devotion;
Grace him by taking his fard-Shraddham;
Jamshidhaitya, a demon attacked Gods of heaven;
Thou offered help in a trice with protection;
Thou unfurled divine power to trap the demon;
Got him killed by Indra to save the heaven;
Thy miraculous deeds are infinite, oh Shemha;
How can I describe all your miracles (sarva); Thou saved Ayus and wiped his miseries;
Blessed and Granted him a life free of desires;
Kekadeva, yoda, Prahlad and Parshuram;
Thou initiated them to enlightenment and wisdom;
Thy grace is immeasurable and endless;

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**Om Sai Ram**

Why my calls and prayers are answerless ?
Don’t leave me halfway and test my patience;
Oh! God! Don’t deprive me of your benevolence;
Pleased with Ambika’s Love and devotion;
Thou gained her a boon and became her son;
Smarthugar from Savior and Protector in kalikuy!
Thou blessed the washer man who was rustic;
Thy mercy cured a Brahmam’s Stomach pain;
Thy grace made VaLambasah alive after his slumber;
Look at me at least once! Oh My Lord!
Save Me! Am ignorant of any other abode;
Thy grace made dry log of wood spout with leaves;
Don’t be negligent towards me and lose my cries;
Old, pious Gangotri got rid of her infertility;
Thou blessed her with bliss of sterility;
Thy grace cured Nauadi’s white patches;
Thou fulfilled all his wishes and desires;
Thou made sterile buffalo yield tons of milk;
Thy kindness saved him from penous brink;
Thou accepted him’s vows as aims;
Thou gifted a golden pot in hi’s arms;
Thou revived Savitri’s dead husband to life;
Thou wiped widow’s tears and strife;
Thou resurrected Gangadhara with life;
Thy mercy removes sins of previous life;
Haughtly madhavan was lost to a illigit rate;
Bhakta Trivikrama was saved by thy might;
Bhakta tanyak reached Mount Shirshatia;
Thy feet took him in to a unite to Mahadeva;
Thou blessed thy devotees taking eight forms;
Thou have infinite form and no form;
Thou satisfied thy devotees simultaneously;
Bless devotees, cherished thy vision joyously;
Thou removed yavan king’s painful affliction;
Thou art beyond caste, creed, sect and religion;
Om Sai Ram

Glory to God! Glory to Lord Sai!
Savior of the world! We bow to thee!
Datta Digambar incarnation!
Lead us to the path of salvation!
Embodiment of Bhramacha Shankar
Comfort and Salace to one who surrenders
Grant thy vision to let my eyes feast!
Remove our sins and make us blissful!
Simple kirtan was thy grace!
Embrace all in thy great love!
This pot, Zoli was thy ornament!
Thou appeared under holy neem tree!
Thou led the life of mendicant so holy!
Thou ascended in this mortal body
Thy grace relieves us from earthly bondage!
Blessed Sairi was thy holy residence!
Thou art quintessence of all essences!
Thou art Trinity incarnate!
Thy grace won hearts of animate and inanimate!
Thy eyes showed love and compassion!
Thy speech surpassed man's in comparison!
Blessed is mother manjili Dwarkamai!
She was the home of our Lord Sai!
Burst was our Sin and painful agony!
In the sacred fire of Sai's Divine
My mind waves like an ignorant lamb!
Oh! Holy shepherd! Bestow us apleam!
Thou art Ocean of mercy! Oh! Sai!
Lade with hopes for Thee!
Blessed was Bhagwat! Mule Shastri!
Elated with visions of Guru Ghasipawari!
Sharma stung by venomous viper!
Escaped Death by thy infinite power!
Force of thy words could quell the storm!
Thou art embodiment of peace and calm!

Shri Sai Bavani

Om Sai Ram

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Om Sai Ram

Thy act of grinding wheat was a parable!
Shindi was free of malignant choler!
Oh! My Lord Sainath! Bow to thee!
I wallow in thy lotus feet like a bee!
Thou listen to my prayer and fulfill my wish!
Guide us to cross sorrows of worldly mesh!
Bhaktha Shimiujj suffered with severe malady!
Tried all sorts of berry for remedy!
Nothing is better than thy ud to so efficacious!
Thy sacred and cured his tuberculosis!
Thou enthrallaki with Vitha's vision!
Bliss Kaka glimpsed Vishnu's manifestation!
Thou bestowed Damu with boon of progency!
Thy blessings surpass fate and destiny!
Merceful Lord! Shower us with mercy!
Ocean of love! I offer obeisance to thee!
We surrender our wealth, mind and body to thee!
Bless us with peace and salvation! Oh! Sai!
Ignorant Megha confused in casteism!
Disturbed at the thought of praying to Muslims!
Thy grace made him to see Shiva in thee!
Thy love made him to become a true devotee!
Thou turned water to oil for illumination!
Light of lamps burning in the cold and illusion!
Thy wondrous miracle stunned the vendors!
Left them speechless and bowed to thy banner!
Chand patil searching for his lost mare!
Found a gem in the form of a noble fakir!
Thy guidance helped him to find his mare!
Bliss en thy devotion for whom thou care!
Have faith in Sai with faith and patience!
Sing and praise glory of Sai with perseverance!
All our desires will be fulfilled by his grace!
As our hearts hold his favor feet like a vase!
"Thou repaid Babaji's loving debt!
Thou loving grace made him wake from death's bed!
When Tanya battled with life and death,
Shri Sai Chalisa

How to Lord Sai with faith and patience,
Thy Grace will remove ignorance.
Blest are the grass, soil and dust of Shirdi.
By the touch of Sai, they became pure and holy.
Thou manifested under the name of Sai.
Thy Incarnation was the mission of mercy.
Oh! Sai! Thy grace and power are infinite.
Thy grace guides us beacon light.
Thy voice made Neem leaves so sweet.
Thy peaceful radiant face is a visual treat.
Thou descended on earth as a boy of sixers.
Holy and handsome, merciful face of Thine.
Thy radiant, bright, luminous face.
Give us to serve the world.
Thy grace holds the goddess of wealth.
Thy love blesses the sick with health.
The words thy mouth utter are pure nectar.
No one knew thy religion, mother or father.
Let our heart be blessed as thy holy seat,
Let our Heads be sheltered at thy holy feet.
Thy living and merciful looks encompass all.
Rich, Poor, healthy, sick, one and all.
Lord Sai basking with Tim par and Zodi.
Offerings to Thine made the donors so holy.
Oh Sai! Thou art Lord Datta! Thou art Lord Shiva!
Thou art Lord Ram, Pir Avalu and Lord Shripa!
Thou art Repository of Wisdom.
Whose Universe is the Kingdom.
As One wishes and prays heartily.
Thou showered Blessings Lovingly.
Thy Name has infinite strength and might.
Thy Name removes anxiety, distress and fear.
Thy Name is savior of peace and happiness.
Thy feet remove the leafed of care and greed.
Thy devotee overcomes anger, jealously and greed.

Om Sai Ram

Thy preachings are pearls of knowledge.
Ram and Rahim are One was thy messenger.
Thy grace gave the dissected good health.
Thy blessings removes sins of all birth.
Merciful Sai helped the poor and helpless.
Sacred Sai is the most efficacious.
Thy merciful look purifies our body and mind.
Sirs hurt away by the God, so kind.
Oh! Lord Sai! Thou are our Amrityum.
We don't have anyone except Thee.
Thou have no caste, sect, and religion.
Spreading love and humanity were thy mission.
Thou are protector of a simple devotee.
Thy spirit stands by him during calamity.
Thy name removes sickness and pain.
Thy name showers happiness rain.
Thy name gives us immense pleasure.
Thy Holy feet is our precious treasure.
Whoever observes 9 Thursdays vows.
Thy grace removes all life's pain and sorrow.
Meditate Sai's name with faith day and night.
Sai will vouch for our pain and relieve us from plight.
Long live, reverend Holy ramadon.
Uplifting the poor was mission of noble saint.
The sweetness of thy words surpasses ambrosia.
The sacred loti is a wonderful panacea.
Thou art Spiritual hvordan.
Devotions to thy feet renders deliverance.
Thy marvellous seat of turning water into oil.
Spread thy fame as an aromatic paste.
Thy words taught us not to be greedy.
To be kind and loving to helpless and needy.
Thy glory and power an infinity.
Thou art Trinity and Atma realism.
Thy name renders salvation.
Thy grace wards off constipation.
These are our Guru, guide andHelmanum.
The only One who Ferry us over world.
Utterance of thy Holy name is the only way.
To keep troubles and sorrows at bay.
Offering of Food to Sai Baba (Naivedya)

Dear Lord! Sai! Thou art provider of this Food! Taster of this Food! Thou art Food! Accept our humble offering! Shower thy beloved grace! I wish to offer thee the best of delicacies, Delicious savories, Fruits, Milk and Honey! Holy water from sacred rivers Ganga, Yamuna, Kaveri! I offer tender betel leaves with cardamom, cloves to thee! I humbly take this food as a gift from thee! I offer what I consume at thy feet! Oh! Sai! I offer to thee with utmost devotion and faith! Accept my loving offering and bless me! Oh! Sai!

Shri Sai Baba Arati

Arati Sai Baba !Sookhiya-agra jiva! Charsaaraajabhaali! Dhava daan visava, Bhaka visava! (Arati) Julojya Ananga, Swaswarupi rahe sang! Mamakshajna Davi, Nija Dola Shriranga! (2) (Arati) Jayasani jaia Bhav, Taya taai anubhav; Davisi dayaghana, Aati tubhi lke mau; (2) (Arati) Tunche naama bhaya, Harc Sansurivyaya; Agadha tava karani,maarga Davisi Arat, (2) (Arati) Kalyug Amavara; saguna brahma Sachara; Avalana Jhala; Swami Datta Digambara; (2) (Arati) Aazha divasi guravart, bhaktha karti wari; Prabhu padavaya, Bhava Bhaya Nirvan; (2) (Arati) Mazka nijadavyathyava, Tava charanaatra seva; Magene hechi Asta;Tumha Devvidheva. (2) (Arati) Ichha dina chinta, Nirma toya nika, Paajave madho, aya (utter your name here); Samhila nija saguli Bhaka, aswali Bhaka; Arati Sai Baba !Sookhyasaatara jiva! (Arati)

Arati Translation (English)

Oh Sai Baba, we wave lights before you, the bestower of happiness to the Jivas. Give us - Your servants and devotees rest under the dust of your feet. Burning (destroying) desire, You remain absorbed in Your Self and show the Lord (God) to the aspirants. As one feels intensity, You give him experiences or realizations accordingly. Oh kind-hearted, Your power is such! Meditation on Your name removes the fear of the samsar. Your method of work is really unadorned as You always help the poor and helpless. In this Kalyug, You - the all-pervasive Datta, have really incarnated as Saguna Brahma. Ward off the fear of samsar of the devotees who come to You every Thursday so as to enable them to see the feet of the Lord. Oh! God of Gods, I pray that let my treasure be the service of Your feet. Feed Me (and you should utter your name here) with happiness as the cloud feeds the Chatka bird with pure water and thus keep up Your Word, Aum!

Sai Baba’s 11 Promises

1. No harm shall befall him who sets his feet on the soil of Shirdi.
2. He who cometh to My Samadhi, his sorrow and suffering shall cease.
3. Though I am no more in flesh and blood, I shall ever protect My devotees.
4. Have faith in me and your prayer shall be answered.
5. Experience the truth that I am immortal.
6. Has any one ever turned away who sought my refuge?
7. In whatever faith men worship Me, even so do I render to them.
8. I shall never turn away with my promise. I shall lessen your burden.
10. To him who surrenders unto Me totally, I shall be ever indebted.
11. Blessed is he who has become one with Me.

Glossary

Antaryami : The inner, (all) pervading spirit.
Arati : The ceremonial waving of lamps offered to God.
Avatara : Manifestation of divine spirit in human form.
Bavani : Song comprising 52 couplets.
Dattaaraya : Lord, manifestation of the Trinity as the Guru.
Dharma : Righteousness.
Dhan : The sacred eternal fire which Baba lighted in Shirdi.
Kafni : A long flowing robe.
Kumandal : The vessel for carrying drinking water which Siddhas carry.
Leela : The divine play, often called a miracle.
Sadguru : A Perfectly enlightened teacher.
Sannattvani : One who comes immediately after remembering.
Zali : A cloth tied up to serve as a beggar’s bag.
Udi : Sacred Ask got from Baba’s Bhajan.
Absolute Reality : Parabrahma.
Ambrosia : Anari, nectar, Food of Gods.
Concentration : Anxiety.Dismay.
Delivery : Liberation from Hingad, Salvation, Mukti.
Heilmsman : Person who steers the vessel (navigaor).
Panacea : Universal Remedy.
Pastille : A small cone of charcoal and aromatic substances burned as incense for fragrance.
Penurious : Poverty stricken.
Reverence : Brilliance, Gloriously bright.
Trinity : Hindu Gods Shiva, Vishnu and Brahma.

Om Shri Sai Ram

Have Faith
“Simadheenu”

Have Patience
“Saburi”