

Institute Colloquium

“A Journey Towards the Self”



Shri. Babaji Shivananda



16th April, 2025



05:00PM



**Auditorium, North
Campus**

A journey to self

¹Babaji Shivananda

¹Sri Sai Mangalam Central Trust, 777, Old Kangra, Kangra, 176001, Himachal Pradesh

The most personal and invaluable, the most important and beautiful, and the most difficult and simplest journey that you will ever take in this life, is the journey towards your own self. It is not only a journey, but a revelation of the eternal truth which comes once you dissolve your ego. Meditation is one way to walk towards the path of self-realization. The meaning of meditation is simply “a search for yourself”. It’s a journey that begins from you and ends in you.

However, today’s structure of life has diverted human beings and they have simply forgotten to ask themselves the most pertinent question, “Who am I?” They have forgotten to sit with themselves and go within. It is a well-known fact how people are slowly succumbing to their hectic routine. This race of life has not only impacted physical health but mental health as well. However, meditation is an elixir and through it one can bring focus to the center of their heart and gain inner peace.

The existence of consciousness has long been debated over by both scientists and philosophers alike. Consciousness cannot be understood until one makes tangible efforts to attain self-realization through intense meditation and rigorous self-control. Once you attain self-realization you become free. That is the day when you reach your Ultimate State:

शून्यता की अवस्था.

॥ॐ॥



Babaji Shivananda

— “ —

पत्थर मे भगवान है यह समझाने मे धर्म सफल रहा।
पर इंसान मे इंसान है ये समझाने मे धर्म असफल रहा।।

— ” —

A Yogi

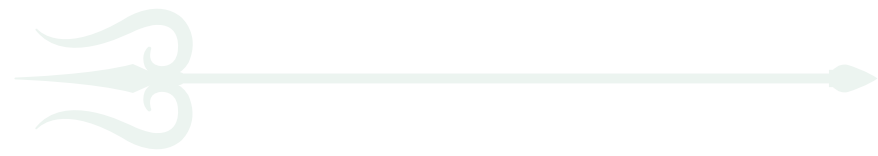
Babaji hails from Kangra, a small yet historic town in the state of Himachal Pradesh.

His spiritual quest started from a very young age of 14. Many visions propelled him into practicing transcendental meditation and he underwent severe penance for 7 years amidst living with family. Meditating for several days uninterrupted was often a practice that intrigued many around him.

He attained self realisation in 2011 at a very young age of 21.



Babaji Shivananda



**Babaji at Shrikhand
Mahadev Kailash**

A Guru

Babaji's personality, his love, his wisdom and his sankeertans, attract people from all over the world, all walks of life and diverse cultures and religions. He has a very special place for the youth, the future of tomorrow.

Sincere seekers have been initiated into meditation and healing by him.

Every year he takes devotees on yatras to mystical and remote spiritual places in the Himalayas. Every journey with him is inner-transformation.



KAILASH MANASAROVAR
YATRA



**Babaji at Kailash
Manasarovar**

A Devotee

Babaji has an incomprehensible Love for Mother Durga since his childhood, that led him to many mystical experiences, which would render any normal brain clueless.

His innate Love for Maa Durga evoked him to craft Life Size Idols of the mother during Navarathri with no prior expertise in sculpting or associated art forms.

The Mother showered her love by consecrating herself, in a very special way at Kangra. Her divine presence is felt by each one visiting her temple at Kangra.



DURGA POOJA



DEVI
PRATHISTHAN



**Maa Durga idol sculpted
by Babaji**

A Friend

जो मित्र नहीं है! वो गुरु कैसे हो सकता है॥
मैं तुम सब से
केवल प्रेम करता हूँ- बाबाजी ॥



Babaji has a magic to befriend anyone in his first meet. Meeting with him and listening to his words always inspires one to go within.

“

जंगल जंगल ढूँढ रहा है मृग अपनी कस्तूरी॥
कितना मुशिकल है तय करना खुद से खुद की दूरी॥
भीतर शून्य बाहर शून्य, शून्य चारों ओर है॥
मैं नहीं हूँ, मुझमे फिर भी,,
मैं--मैं का शोर है ।
बाबाजी॥

”



POEMS BY BABAJI



BOOKS



NEWS LETTER



Babaji at Kullu H.P.



Babaji Samaaj

Babaji Samaaj is a family of spiritual seekers under the guidance of Babaji. Below are testimonials of Samaaj.



[Mr. Anand Hoskote](#)



[Dr. Tannaz Bhatt](#)



[Ms Sarojini](#)



[Ms Katherine](#)

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