



## Sai 9 Healing Newsletter January 2026

*Have faith and patience.  
Then I will be always with you wherever you are.*  
Shirdi Sai Baba

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# Sai 9 Healing Celebrates 15 Years

Sai 9 Healing is celebrating 15 years in business on 13th January 2026! What began as Ravi's deep sense of calling, guided by Baba's blessings has grown into a thriving healing centre dedicated to helping people heal, find strength, and discover their best selves.

What makes this journey even more special is that Ravi started with no experience in running a business. Alongside a corporate career, and later transitioning fully during the pandemic, Ravi followed her calling one step at a time. With unwavering determination and deep faith in Baba's guidance, Sai 9 Healing has grown from strength to strength.

The past 15 years have been a journey of healing and transformation, made possible by the incredible support of our community. Thank you for being part of this beautiful journey. Here's to 15 years of healing, connection, and continued service!



## Sai 9 Healing wins Sole / Micro Trader of the Year – Newham Business Awards

We are honoured that Sai 9 Healing was not only shortlisted but also won the Sole / Micro Trader of the Year award! Our first thanks goes to Baba for His guidance and blessings; without His support and inspiration, Sai 9 Healing would not be where it is today. We are also deeply grateful to our clients, friends and family for supporting Ravi, whose tireless dedication and hard work have been the driving force behind her vision to help people and bring healing into their lives.



It was an amazing and uplifting evening, celebrating businesses across Newham, and it was filled with positivity. Witnessing local businesses' vision to support the community, provide mentorship and create opportunities was truly inspiring. We are proud to be part of a borough (town) that encourages local growth and strengthens our community.

## Upcoming Festivals & Guided Meditations with Ravi

Get ready to align with some powerful, uplifting energies this year! Festivals are not just for celebration, they are the perfect moments to reset, recharge and manifest your intentions.

Ravi will be hosting guided meditations on these special dates:

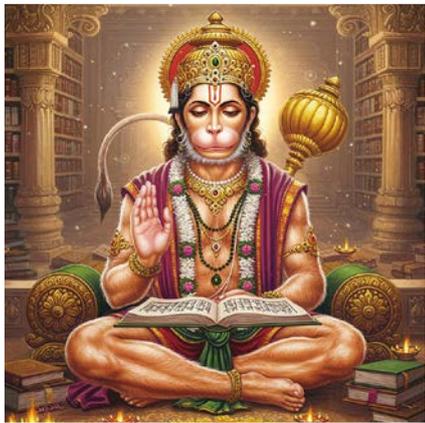
- Maha Shivaratri: 15th February 2026
- Ram Navami: 26th March 2026
- Chaitra Navratri: 19th – 27th March 2026
- Hanuman Jayanti: 1st April 2026

These meditations offer meaningful moments to clear obstacles, let go of what no longer supports you and move forward in life. They also create space to connect with guidance for spiritual growth and to focus your intentions with greater clarity.

These festivals invite us to celebrate traditions and heritage, honour the Gods, saints and gurus for their guidance, and enjoy the sacred days as a time for spiritual renewal and for strengthening family and cultural bonds.

Whether you are seeking inspiration or a stronger connection to God or your higher power, these meditations are open to everyone, from beginners to those who are more experienced.

[Visit our website for updates and details on how to join.](#)



## Past Life Regression Therapy Sessions – Live from 15th February 2026

Beginning from Maha Shivaratri on 15th February 2026, Ravi will begin Past Life Regression Therapy sessions. If you are interested in the journey of deeper healing and exploring how the past can influence your current behaviours and patterns, and anything you may be facing in life, these sessions offer a unique opportunity to gain insights and facilitate transformation.

Discover more information  
on our website.

## *Drugs and Alcohol Counselling – Available from 15th February 2026*

From 15th February 2026, Ravi will be offering Drugs and Alcohol Counselling, providing a safe and supportive space for those who may be struggling. This is a place where you can openly share why you may turn to substances, how you are feeling, and what has been challenging - without fear of judgement.

Ravi is here to listen and support you with understanding and care. Together, you can gently explore the reasons behind these choices, uncover triggers and find ways to move forward. An action plan will be created at a pace that feels supportive for you.

You don't have to face this alone. There is hope, support and a path forward, and Ravi is here to walk that journey with you.

Discover more information  
on our website.

## *Why Ravi Started Sai 9 Bandhan – A Matchmaking Service with Heart*

Over the years, Ravi has supported countless individuals through relationship challenges. Many have experienced loneliness, struggled to find meaningful companionship and endured the pain of broken relationships. Some even lost hope, in love, in others, and in themselves.

To bring hope and change this, Ravi launched Sai 9 Bandhan.

Sai 9 Bandhan is a dedicated matchmaking service designed to help people find their life partners in a safe, respectful space. We welcome individuals who are genuinely ready to find a committed lifelong partner and build a meaningful, lasting relationship based on compatibility, values and trust.

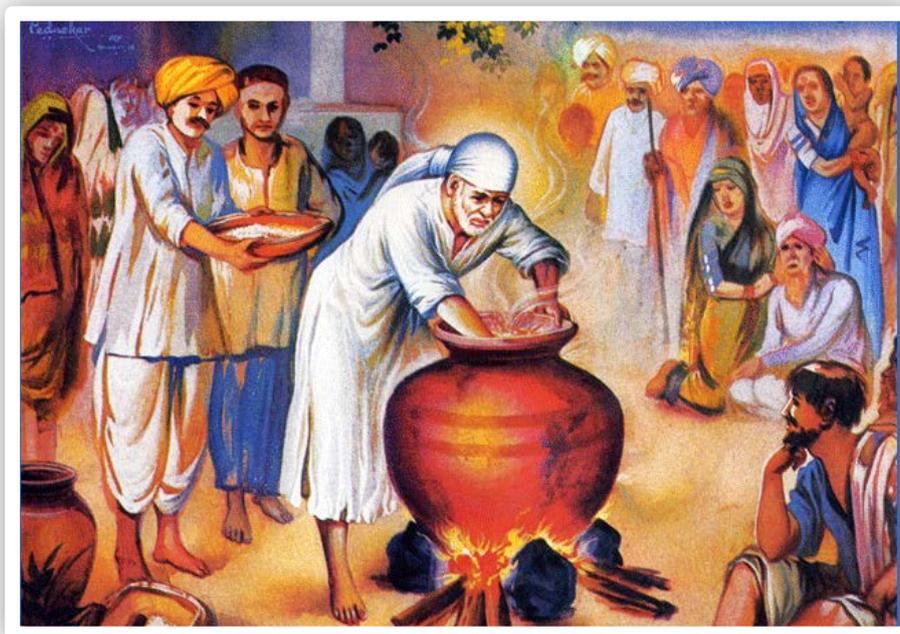
Not quite sure yet? No problem! Ravi is here to guide you, encourage you, to take confident, positive steps toward a meaningful and lasting relationship.

Join Sai 9 Bandhan today and begin your journey toward finding someone who truly values commitment, connection and companionship.



VISIT THE WEBSITE HERE

## The Spirit of Donation (Daan)



At Sai 9 Healing, the practice of donation has been central from the very beginning. When the centre first opened over 18 years ago, Baba guided its name and purpose. He also inspired a simple daily ritual: placing a small amount of rice into a bowl at the Healing centre, which at the end of the month is donated to local temples or offered to clients as directed by Baba. A portion of the healing fees is also set aside for donation. These practices remind us that healing involves an exchange and that giving is an expression of gratitude for the blessings in our lives.

Sai Baba taught that true charity comes from the heart. The Sai Satcharita repeatedly illustrates that whatever is offered with faith is never wasted, it comes back as blessings. Baba distributed everything He received – money, food, and clothes – ensuring no one left Dwarkamai hungry. Sometimes, He cooked and served food Himself, showing that feeding the hungry is among the highest forms of worship.

Donation is not just about money. It includes acts of kindness like feeding others, helping the poor or sick, supporting temples or gurdwaras, caring for animals, or offering comforting words. Even small offerings, like lighting a candle in a temple, creates a ripple effect of hope, compassion, and community. Gau Daan, the care of cows, is another sacred act symbolising nourishment, abundance, and spiritual merit.

Baba also highlighted the importance of intention in giving. In Chapter 36 of the Sai Satcharita, He reminds a devotee of a vow to donate fifteen rupees after receiving a salary, guiding him back to fulfil his promise. Acts of donation can also mark gratitude – offering a small contribution or service after a wish is fulfilled, or dedicating food and resources to others with love and devotion.

Through these teachings, Baba showed that giving is both practical and spiritual, it uplifts others, nurtures compassion, reduces attachment, and brings divine grace into our lives. When we give with love and clear intention, we not only share our blessings but invite Baba's guidance and abundance into our own lives.



SCAN TO  
DONATE HERE

# Baba's Teaching on Nine Coins



In 1918, shortly before Baba took Samadhi, He gave His devotee Laxmibai Shinde nine coins. This was to remember Him and His teachings by. Laxmibai worked in the masjid where Baba lived, cooked meals for Him and looked after Baba, all with love and devotion.

The nine coins were to remind Laxmibai and other devotees of the nine types of devotion required for an individual's progression on the spiritual path. The coins were consecrated by Baba's hand.

The nine coins represent the following:

1. Shraavan  
(Listening)
2. Kirtan  
(Praising)
3. Smaran  
(Remembering)
4. Pada Sevan  
(Serving Feet)
5. Archan  
(Worship)
6. Vandan  
(Prostrating)
7. Dasya  
(Service)
8. Sakhyat  
(Friendship)
9. Atma-Nivedana  
(Self-Surrender)

In Baba's teachings, the number 9 holds a sacred, powerful energy that symbolises completeness, spiritual awakening and divine guidance. No matter what number you multiply 9 by, the digits of the result always add up to 9. This pattern symbolises the end of a cycle, the closing of a chapter, and the readiness to begin a new one.

The nine coins continue to reflect this timeless teaching today, offering the reassuring presence of Baba in each step and in every moment of our reflection and self-discovery.

Over a hundred years later, in 2023, Ravi guided a group of her clients on a pilgrimage to Shirdi, where they received the blessing to have darshan of the nine coins Baba gifted to Laxmibai Shinde, preserved in her family's home.



## Ravi's guidance in our daily lives

Ravi teaches her clients to use the power of the number nine as a spiritual tool. Whether you are sending a CV, a job application, an important email, or even donating, she encourages doing so at a time that contains the number 9, such as 9:00, 9:09, or 9:29.

We chant Baba's name in multiples of nine: 9, 18, 27, or 36 times. This can take place during meditation, before asking for guidance, starting something new or reflecting on a difficult situation. It can be practised at any time of the day. This practice helps clear the mind and create space so that we respond with clarity and steadiness rather than react impulsively. This also deepens our connection with Baba's guidance and energy.

The number nine is also traditionally honoured in many spiritual practices, for example, offering donations in amounts or multiples of 9, performing pooja with nine coins, and recognising 9 as an auspicious and spiritually significant number.

## *Nine Thursdays Vrat of Shirdi Sai Baba*

The Nine Thursdays Vrat is a beautiful practice dedicated to Shirdi Sai Baba. When a devotee begins this vrat, they are not merely performing a ritual, they are taking nine steps toward Baba, and in His grace, Baba takes a thousand steps toward them.

This vrat is practised by devotees who have a sincere wish or desire that they hope Baba will fulfil. On each Thursday of the vrat, devotees fast, read the Sai Baba vrat book, recite prayers, and offer prasad, sharing their love and gratitude with Baba.

Through this vrat, devotees strengthen their faith and devotion each Thursday. The vrat is easy to follow, for Baba's teachings are simple and require only sincere faith.

Many devotees testify, "After my ninth Thursday... a miracle happened." Yet the true miracle is not always external. It occurs within, where Baba plants the seed of faith and transforms the heart.

The Nine Thursdays Vrat can be followed by anyone, and the vrat helps devotees experience Baba's grace, peace and spiritual growth.

Learn more about the Sai Vrat Story here.



### *Lourdes, France*

Lourdes is one of the most important Catholic pilgrimage sites in the world, located in the quiet beauty of the Pyrenees mountains in southwest France. It became a renowned place of pilgrimage following the 1858 apparitions of the Virgin Mary to Saint Bernadette Soubirous, from when she was 14 years old, at the Grotto of Massabielle.

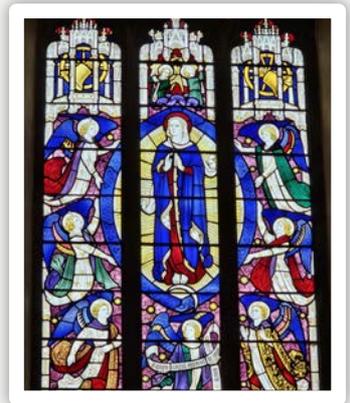
Today, pilgrims from across the globe visit the grotto, drink from the healing spring and pray. Many people visit to seek physical, emotional or spiritual healing. Visitors can also light candles as part of their prayers and fill bottles with holy water from the spring, which is visible behind a glass screen.

The surrounding mountains and flowing river create a peaceful, reflective atmosphere. Walking through Lourdes, visitors often feel a deep connection to their faith and a sense of hope, renewal, and comfort. Experiencing thousands of pilgrims worshipping together inside the Basilica is especially moving, touching the hearts of all who experience it.



# Basilica of Our Lady of Walsingham

[www.walsingham.org.uk](http://www.walsingham.org.uk)



In 1061, Lady Richeldis of Norfolk received a vision of the Virgin Mary, who showed her the house in Nazareth where the Angel Gabriel announced she would bear Jesus. Mary asked Richeldis to build a replica “Holy House” in Walsingham, so that people in England could have a place for devotion to Mary and draw closer to Christ through her intercession.

Visiting Walsingham today, you are immediately struck by a sense of stillness. The beautiful churches with stained glass windows are quiet, bathed in soft light, and filled with peace. Walking through the Holy House, you can sense the prayers and devotion offered by people over centuries. There is a spiritual power that helps you to reflect. It is a place where time slows, hearts open, and the divine presence surrounds you.

# Anglican Shrine of Our Lady of Walsingham

[www.walsinghamanglican.org.uk](http://www.walsinghamanglican.org.uk)

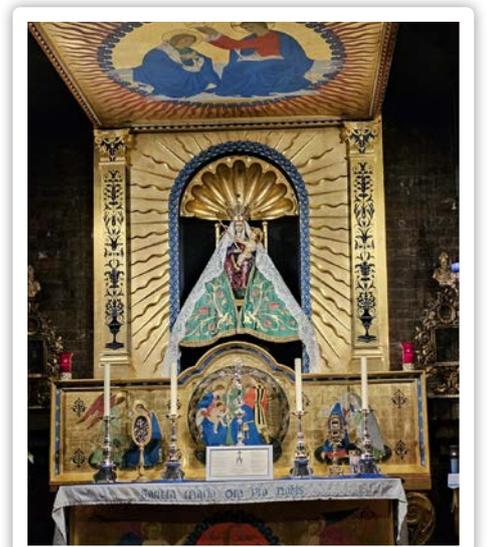
Established in 1897 during the Anglican revival of the Walsingham pilgrimage, All Saints’ Church continues the tradition of devotion to Mary in a sacred space through prayer and meditation. The shrine blends traditional Anglican architecture with modern buildings, including chapels and quiet spaces for private reflection.

Visitors are welcomed into an informal, meditative atmosphere, where daily prayers provide opportunities for individual devotion and worship.

In the chapel, you can write your wish or prayer on paper and place a candle on top for blessings. This sacred space has been a place where many have found comfort and healing through the power of their faith. It remains a quiet place to pray, reflect and experience the peace that has welcomed pilgrims for centuries.

Ravi will be leading trips to these sacred churches next year. If you would like to join and experience the peace and devotion of Walsingham for yourself, please contact us for more details.

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HEALING  
Samadhi



*Keep walking on the right path.  
Step by step, things will change.  
Have faith in yourself.  
Have faith in your journey.  
- Baba and Ravi*