



Sai 9 Healing Newsletter July 2026

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

CONTENTS

A Devotee's Reflection on Visiting Shirdi

What is Baba's Maha Samadhi?

Prayer Letters to Shirdi

Anna Daan (Food Donation)

Connect with Baba – Thursday Guidance with Ravi

New at Sai 9 Healing: Clinical Hypnotherapy with Ravi

Taking an Oath for the Fulfillment of Wishes

Prayer Requests

Upcoming Festivals and Meditations

A Devotee's Reflection on Visiting Shirdi

When you wake up in Shirdi before dawn, you can hear the sounds of the Kakad Aarti playing in the background. Devotees gather and join the lines for the early 6 AM darshan of Baba at the Samadhi Mandir. There is a feeling of hope and joy as people wait for their turn, wishing to spend a few moments by Baba's Samadhi to pray, offer gratitude and share their wishes and worries. The atmosphere is full of energy and devotion.

As the queue moves forward, you notice devotees holding flowers, fruits, shawls, garlands, and personal items they wish to offer to Baba. The feeling of getting these items close to the Samadhi and getting them touched feels like a blessing. Security guards help keep the lines moving as thousands of devotees come every day. As you get closer, you can feel a sense of peace and love around Baba. If you are allowed, you can get a few moments near Baba's Samadhi or you may be able to see the Aarti.

When you step out of the mandir, the soft golden light of the morning greets you. Outside, devotees light diyas and incense and offer their prayers. Many walk around the sacred neem tree nine times, where Baba first manifested Himself as a sixteen year old boy in Shirdi, while others visit nearby temples and Dwarkamai, where Baba used to stay. There is warmth in the way Prashad is shared, and a simple joy in sitting quietly in the Lendi Garden.

Even with a constant flow of devotees and activity, there is an underlying stillness, an unspoken invitation to pause, reflect and connect with Baba. It is a gentle reminder of faith, surrender and inner peace.

What is Baba's Maha Samadhi?

On 15 October 1918, Shirdi Sai Baba took Maha Samadhi, consciously leaving His physical body. For devotees this was not an ending. Baba had already given 11 assurances, promising that He would continue to guide, protect and respond to all who turn to Him with faith. Baba is always present in a timeless way, always accessible. All we have to do is remember Him with devotion, faith and prayers.

Baba's Maha Samadhi took place on Dussehra, a sacred festival that marks the victory of good over evil, when Lord Rama defeated Ravana. This was also during the month of Ramadan. Baba is a symbol of religious unity, bringing together thousands of Hindus and Muslims who worship at the same place each day, guided by His teaching "Sabka Malik Ek", meaning "One God governs all." His message encourages people to move beyond differences, accept one another, and live together peacefully.

This timing is often seen as deeply meaningful, reflecting truth and righteousness.

The Samadhi Mandir in Shirdi is the final resting place of Baba's physical body, but His presence is far beyond the physical form. Many devotees have described experiences, miracles, and moments of deep comfort from Baba's continued grace. For them, the Samadhi is not just a structure, but a centre of devotion where faith becomes personal and real.

Baba's 11 promises offer deep reassurance to devotees.

11 Assurances of Shirdi Sai Baba

1. Whosoever puts their feet on Shirdi soil, their sufferings will come to an end.
2. The wretched and miserable will rise to joy and happiness as soon as they climb the steps of the mosque.
3. I shall be ever active and vigorous even after leaving this earthly body.
4. My tomb shall bless and speak to the needs of my devotees.
5. I shall be active and vigorous even from my tomb.
6. My mortal remains will speak from my tomb.
7. I am ever living to help and guide all who come to me, who surrender to me and who seek refuge in me.
8. If you look to me, I look to you.
9. If you cast your burden on me, I shall surely bear it.
10. If you seek my advice and help, it shall be given to you at once.
11. There shall be no want in the house of my devotee.

These words form the foundation of faith for millions.

Shirdi continues to draw devotees who bring their prayers, hopes, and burdens to Baba. Many leave with a sense of peace and reassurance. The Samadhi is not just a place, it is a living centre of connection and devotion.

Baba's 108th Maha Samadhi will be observed on 20th October 2026, a date considered highly sacred. The number 108 holds spiritual significance, symbolising wholeness, unity, and the connection between all life. Devotees mark the day with prayers, charity, and gratitude.



Before attaining Maha Samadhi, Baba blessed His devotee Laxmibai Shinde with prashad in the form of nine coins, in recognition of her deep faith and devotion. The coins symbolise the nine forms of devotion. Laxmibai's descendants continue to preserve these coins and many devotees visit their home to have darshan of the coins.

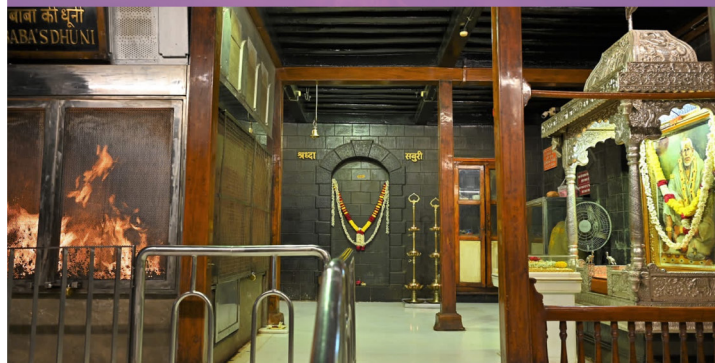
Celebrating Baba's Maha Samadhi is a reminder that throughout His life, Baba embodied compassion, simplicity and unconditional acceptance. He welcomed everyone equally into His masjid, regardless of caste, religion or status. His presence encouraged people to look beyond division and recognise unity in all beings. Baba also guided His devotees to improve themselves, grow stronger, help others and fulfil their true potential.

Even today, the atmosphere in Shirdi carries a unique blend of energy and stillness, a rare combination of movement and peace. It remains a place where faith is lived, remembered and quietly renewed.



A Sacred Journey to Shirdi

Sai 9 Healing welcomes you to join us in celebrating 108 years of Shirdi Sai Baba's Maha Samadhi | 20 October 2026



*Ravi will be leading a pilgrimage to Shirdi in October 2026.
If you feel called, you can participate in many ways:*

- Join Meditation sessions
- Receive personal guidance from Ravi
- Contribute to Anna Daan (Food Offering)
- Request Prayers for yourself and loved ones
- Send Prayer Letters
- Dwarkamai darshan and prasad on request

Contact Ravi

www.sai9healing.com | booking.coordinator@sai9healing.com
📞 +44 7929 037171

Prayer Letters to Shirdi

Sometimes we carry so much inside ourselves, thoughts we don't say out loud, worries we keep to ourselves and feelings that stay unspoken. Writing a prayer can be a gentle way of letting some of that go. It can help you understand your path more clearly and make you feel more at peace with the direction you are taking.

Prayer has a quiet but powerful way to soothe the heart. It can bring comfort in difficult moments, help you see things more clearly, and give you space to reconnect with yourself and Baba.

As part of the upcoming trip, Ravi will be taking prayer letters to Shirdi to be blessed, guided by her deep spiritual connection with Shirdi Sai Baba. If you would like to include your prayers, you are warmly invited to write and send them. Please be assured that all prayer letters will be treated with complete confidentiality.

Please send your prayer letters to: booking.coordinator@sai9healing.com by **Friday 15th October 2026**.

Anna Daan (Food Donation)

During the upcoming trip to Shirdi, Ravi will also be doing Anna Daan (food donation) in Shirdi and the local temples nearby.

Food donation is deeply rooted in Baba's teachings and is considered one of the highest forms of seva (selfless service). Baba Himself would prepare and serve food with His own hands, reminding us of the importance of feeding the hungry and needy and showing kindness to all beings, including the feeding of birds and animals.

Food nourishes the body and gives us the strength and energy to carry out our daily responsibilities with gratitude. Baba also taught that sharing food with others is a simple yet meaningful expression of kindness and devotion.

Anna daan is an act of devotion, nourishing both body and spirit while honouring Baba's message of compassion and service. Devotees who wish to offer Anna Daan may also do so locally at their temple or Gurudwara as a way of serving the community. Feeding all kinds of animals, keeping water and food for the birds, feeding the dogs and cows, is also considered as seva.

For those who would like to perform Anna Daan in Shirdi, please get in touch with us via the link below, and we will be happy to assist you.

Contact us at
Booking.Coordinator@sai9healing.com

Connect with Baba – Thursday Guidance with Ravi

Thursday holds special significance as Baba's sacred day, a time when many devotees pause, reflect, and seek guidance. We have noticed that Thursdays are often when people feel most called to connect, ask questions or simply talk things through.

To honour this, Ravi is offering a dedicated Thursday Guidance call for those who wish to ask questions about Baba's teachings, their spiritual path, or experiences they are trying to understand more deeply. Whether you are seeking reassurance, insight, or simply want someone to listen, Ravi is here to guide you with care.

You may wish to explore questions such as how to feel more connected to Baba, what guidance you are receiving, or how to better understand messages or teachings from the Shri Sai Satcharita.

To book your Thursday guidance call with Ravi, please contact us here.



Connect with Baba
Thursday Guidance with Ravi

If you feel called to seek guidance on Baba, especially on Thursdays, you are welcome to connect with Ravi for a call.

In the guidance call, you will be able to:

- Ask questions about Baba's teachings
- Receive spiritual guidance
- Deepen your connection with Baba
- Gain clarity on life's questions
- Understand the messages Baba may be sending you

Contact Ravi
www.sai9healing.com | booking.coordinator@sai9healing.com
☎ +44 7929 037171

New at Sai 9 Healing: Clinical Hypnotherapy with Ravi

We are excited to announce the launch of Clinical Hypnotherapy with Ravi!

At Sai 9 Healing, Ravi offers different therapies to support your wellbeing. Everyone's journey is different, and people often connect with different approaches depending on their needs and what feels right to them. Ravi's aim is to provide a variety of supportive therapies for healing, so you can find the path that feels right for you.

Clinical hypnotherapy is a gentle, guided process that helps you enter a deeply relaxed and focused state. In this calm and receptive space, Ravi works with you to explore your thought patterns, uncover limiting beliefs, and help you move toward the changes you want in your life. Many people find the experience calming, uplifting, and empowering.

Each session is tailored to your needs. Together, you can work on releasing behaviours or beliefs that may be holding you back, build confidence and resilience, and develop new ways of thinking that support the life you want to create.

Hypnotherapy is safe, and you remain aware and in control throughout the session while gently accessing deeper patterns in the mind where lasting change can begin.

It can support a range of challenges, including anxiety, stress, fears and phobias, unhelpful habits, confidence, self-esteem and pain management.

Ravi's aim is to help you feel more empowered to move forward in life, whilst unlocking your full potential.

[Contact us to learn more or book a consultation with Ravi.](#)

Taking an Oath for the Fulfillment of Wishes

Taking an oath, vow and sankalp mean the same thing; they refer to a sincere promise made with faith before God or Guru.

It is a personal act of faith and devotion. It is a promise made to yourself and to your chosen deity or Guru. It can be something simple, like giving up a favourite food, fasting on certain days, praying regularly, visiting the temple more often, or trying to live more kindly and truthfully.

Across Hindu traditions, devotees often take a Sankalp during times of difficulty, gratitude, or hope. These are made with faith and trust in Divine guidance.

Sai Baba has taught us Shraddha (faith) and Saburi (patience), and has encouraged devotees to pray with sincerity and trust.

A Sankalp should be practical. We suggest not taking vows for very long periods or making promises that may become difficult to keep. Our Guru sees the love and intention behind every effort.

It is also important to remember that a vrat or Sankalp is not a bargain with God. Faith should not be conditional. If a promise is made before God or the Guru, it should be honoured with sincerity and honesty.

The true purpose of a Sankalp is not hardship, but spiritual awareness. Even a small act done with consistency, humility, and devotion can help bring peace, discipline, and a closer connection to God and your Guru.

Sai Baba never measured devotion by the size of the sacrifice but by the sincerity of the heart. A small promise made with true faith is far more meaningful than a difficult promise taken without peace or understanding. What matters most is love, honesty and remembering God in everyday life.

After the completion of a Sankalp (oath or vow), many devotees offer anna daan - sharing food as an act of gratitude and blessing, and as a way of spreading kindness and completing the cycle of devotion with generosity.

A well-known example is from the Shri Sai Satcharita. Mr. Cholkar, a poor man, prayed for a job and vowed to offer sugar candy in Shirdi if his wish was fulfilled. To save money, he gave up sugar in his tea. When he finally visited Shirdi and fulfilled his vow, Baba asked that he be served tea with extra sugar, showing His awareness of Cholkar's quiet faith and sacrifice.

Prayer Requests

If you are looking for prayer support, Ravi offers heartfelt prayers to help support your specific challenges and goals. These could be related to health, jobs, relationships, personal goals, or times when it feels like things are not progressing in your life.

Guided by her deep spiritual connection and the blessings of Shirdi Sai Baba, Ravi offers prayers for emotional healing, family matters, health concerns and life challenges. Many people have shared that the prayer has helped them feel clearer and more peaceful, and that things have started to improve for them.

Before offering prayers, Ravi connects with you to understand your situation and guides you on the next steps.

To submit a prayer request, please contact the Sai 9 Healing Admin team and it will be added to the Prayer WhatsApp group.

booking.coordinator@sai9healing.com | www.sai9healing.com/prayers



Upcoming Festivals and Meditations

Ravi will be holding special guided meditations during these powerful spiritual occasions. These are high-energy days that many people find deeply supportive for inner peace, clarity and spiritual growth.

If you feel drawn, you are warmly welcome to join.

Guru Purnima Meditation – 29th July 2026

Honouring and giving thanks to our Gurus and teachers, who guide us on our spiritual and life journey.

Krishna Janmashtami Meditation – 4th September 2026

Celebrating the birth of Lord Krishna and his divine teachings of love and devotion.

Ganesh Chaturthi Meditation – 14th – 25th September 2026

Celebrating the birth of Lord Ganesha, remover of obstacles and giver of new beginnings.

Navaratri Meditation – 11th – 20th October 2026

Nine sacred nights dedicated to Goddess Durga, symbolising strength, protection, and transformation.

Group Meditation on Maha Samadhi Day

Shirdi Sai Baba Maha Samadhi Day – 20 October 2026

This meditation session honours Shirdi Sai Baba's Maha Samadhi and His blessings and guidance.

Ravi will be hosting a group meditation when she visits Shirdi, and it will be held online via Teams. Please let us know if you would like to join and experience this sacred and powerful time together, and connect with Baba's presence in meditation.



Guided Meditations for Healing, Inner Peace and Transformation

To celebrate the sacred festivals, Ravi will be hosting meditations. You will connect with divine energies through meditation, mantras and reflection. May the blessings of the deities and the Gurus guide and inspire your life's journey.

Details and Registration on our website

www.sai9healing.com | booking.coordinator@sai9healing.com
WhatsApp: +44 7929 037171

To find out more about these, please visit our website or get in touch with us here.



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*