



Experience The Energy

How to Prepare for Your Shirdi Baba Holy Bath (Abishek) Energy Transmission

WATCH LIVE ON: [YOUTUBE](#), [FACEBOOK](#), [TWITCH](#)

An abishek is bathing a holy object. This ancient spiritual practice washes away lower vibrations which manifest as fear, depression, and lack of what you need in your life and replaces them with vibration of God's creative energy. During an abishek and immediately following, when you pray with an open heart in a higher vibrational state, you can match the higher frequency of whatever you want in your life. This is one of the secrets of the science of the soul used by saints for centuries!

BEFORE THE HOLY BATH:

- Be as peaceful and relaxed as you can before the ceremony. It's best if you can be undisturbed during the process as much as possible - avoid phone calls, internet communications, visitors, etc.
- Light a candle and offer incense to a photo of Shirdi Baba. Offer your thanks to the Divine Mother, Divine Father, and the lineage of masters. Ask for Baba's blessing to connect with him. If the candle goes out, simply light another.
- Join the broadcast and position yourself so you can see the screen and are comfortable.
- If you have a power object or objects, keep them with you. If you have a power object charged by Sri Kaleshwar, hold it in your hand during the process.

DURING THE HOLY BATH:

- You can chant this mantra silently to connect to Baba or just listen peacefully, experiencing the vibrations:

Mantra to Connect to Shirdi Sai Baba

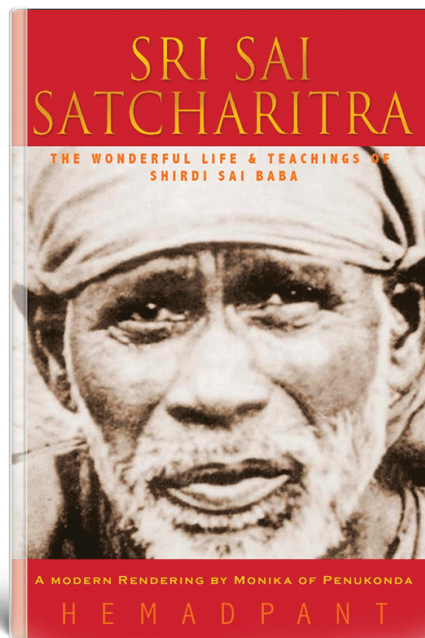
ōṃ sra naṃ sadguru
sāyi natāya namaha

- You will most powerfully receive the benefits keeping your eyes open, watching the washing of the murthi.
- As the water is being poured, imagine the water is being poured over you and any frustrations, fears, and negativity is being washed away.
- When the milk is being poured, envision what you need and all of the beautiful things you want to create in your life.

IF YOU CANNOT WATCH LIVE:

- At any point while the holy bath is happening pause for a moment and quietly turn your attention to connect with the holy bath at the Divine Mother Center. Think on your prayers, your desires, ask internally for what you need, then say a prayer of thanks.
- You will receive the energy transmission wherever you are, even if you're not able to watch live.

Baba Is for Everyone!



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