

# **DHYANA VAHINI**

## **(Stream of Meditation)**

by  
**Bhagawan Sri Sathya Sai Baba**



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## PUBLISHER'S NOTE

**T**his edition of the *Dhyana Vahini* is an attempt to improve upon the previous edition. Some grammatical errors and typos have been corrected, and some sentences have been modified to smooth and clarify the presentation — of course, without disturbing the original meaning. So also long paragraphs have been split into two where it made sense and provided easier reading.

The earlier version of *Dhyana Vahini* had no Chapterwise or Sectionwise titles. Now subtitles have been inserted in appropriate places in order to make it more accessible to the reader. The subtitles appear in the Table of Contents too.

Sanskrit words have been replaced by their English equivalents. However, most of the Sanskrit words have been retained (in parentheses, following their English replacements). Many Sanskrit words have to exact English

equivalents; and retaining the Sanskrit as it is keeps the edition accurate.

It is a well known fact that several Sanskrit words have made their way into the English language and can be found in most dictionaries - e.g. *dharma*, *guru*, *yoga* and *moksha*. These words are mostly used without translation, although their meanings appear in the Glossary at the end of the book.

A large format is another speciality of this edition. It is hoped that the computerized typesetting, using a larger size and a different font, will provide more comfortable reading.

With these changes, the revised *Dhyana Vahini* is being presented to the readers with the hope that it will benefit all earnest seekers in the spiritual realm.

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## PREFACE

**T**o be living as a contemporary of Bhagawan Sri Sathya Sai Baba is itself a unique chance, for His is the authentic voice of the Lord Himself; and He is easily accessible and eager to receive pious souls and persons afflicted with physical handicaps or spiritual confusion. His advent itself is to restore *Dharma* in human relationships and instill courage in the hearts of *sadhakas* and purity in the ranks of *sadhus*. He began this mission at the tender age of fourteen, when He announced Himself as the Saint of Shirdi, Sri Sai Baba come again, according to the promise the saint had made that He would reappear to complete His work eight years after His *Mahasamadhi*. Bhagawan Sri Sathya Sai Baba unostentatiously proclaims His divinity by a continuous manifestation of miracles beyond the reach of the laws of science. He counsels, consoles and confers boons; and, above all, encourages the faltering aspirants to march forward towards Him; for He is

the Absolute, the Goal. Every word of His, spoken or written, is a *Mahavakya*; for He has the authority to make it so.

This book is the translation into English of His invaluable advice to all *sadhakas*, which was first published in the “Sanathana Sarathi” as a series of articles in Telugu by Him. Baba’s Telugu is sweet and simple and goes straight to the heart. To translate it into English is indeed to squeeze out much of its native nectarous taste. But for those unacquainted with Telugu, this is the best means of listening to His directions and so this book is presented to all such aspirants. May success come to all who read and follow the teachings of Baba and may they be led to His Holy Presence by His Grace.

**N. Kasturi**

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