

Mirabai Devi
Darshan Announcements

(short version)

Welcome everyone and thank you for coming to this darshan with Mirabai Devi. (Thank the host and sevite). I would like to ask everyone to please make sure that your cell phones are turned off!

For those of you who are not familiar with Mirabai Devi, she is an international spiritual teacher and speaker. Originally from Johannesburg, South Africa, currently residing in S. California, she is a conduit for healing, mentor for thousands of people around the world, author of her book Samadhi. She has dedicated her life in service to the spiritual awakening and healing of humanity. Mirabai embodies the deepest, most profound love, and offers it tirelessly to everyone who seeks her out.

I have a few announcements to make and then Mirabai will be joining us to lead us all in a short guided meditation, and teaching then we will be receiving darshan.

We have a bookstore set up in the back, where you will find beautiful malas, jewelry, books, CD's, prayer shawls and photos. Everything in the bookstore has been blessed by Mirabai, so I encourage all of you to find your way at some point during the evening as these products can be used as tools for meditation and for your spiritual practice.

Please be sure to visit the website for all the upcoming programs, and the website is www.mirabaidevi.org <<http://www.mirabaidevi.org/>>

Also Mirabai is available for one on one private sessions in person or by phone. If you would like to book a private session with Mirabai please contact the website for details or you may talk to Heidi, whose number is on the handout.

Please make sure that you remain in silence during today's program as it allows you to fully embrace the Divine energy that gets created during the event with Mirabai. It is also very important that once you leave here, that you begin to practice in earnest your meditation or spiritual practice to enhance the benefits of your having received the Light and to anchor it deeper into your being.

Darshan Introduction

Darshan is the Sanskrit word that means "to have the vision of God."

During darshan you will receive the transmission and blessing of the Divine Light, which is transmitted through Mirabai. This transmission of light is also called "shaktipat," or awakening of the inner spiritual energy, and happens when Mirabai touches you on your

third eye point with vibhuti (holy ash) and pours Light into your spine and entire being. This awakening begins and deepens a journey that accelerates the soul's evolution, removes karma, burdens, sickness, sin and death and purifies the subtle energy centers of the body. People will typically experience some deep level of healing and transformation in their bodies, their lives their relationships and the lives of their family members.

THE DARSHAN PROCESS

When you come before Mirabai, kneel close in front of her, and relax your body into her embrace. Gently wrap your arms around her in a hug and she will begin to transmit light and energy into you at that time, relax and allow your body to open to the transmission. The more soft, relaxed, flexible and open you are during darshan, the more light you are able to receive. The shakti or spiritual energy will begin to stimulate the dormant spiritual energy called kundalini at the base of your spine, and raise the energy up through the body. Then Mirabai will move you away from her, and place vibhuti on your third eye. The shakti will then move down through your energy centers and completely balance your body, mind and spirit.

Catcher

There is no right or wrong way to receive shaktipat. Everyone is wired differently and experiences Darshan in their own unique way. Some feel a wave of bliss, the urge to laugh or cry. Some may feel very little at all, or a sweet, joyous feeling moving through the body.

Some people may have a spontaneous feeling that they want to fall back. It is common as the energy rises that you can have this feeling. It is perfectly fine and if you do fall, there are people up front who will gently catch you. Let whatever comes up for you in darshan flow through you and trust that the energy is removing blocks and negative emotions that need to leave.

When you have come back to awareness of the room, Mirabai will be giving you blessed rose petals. Hang onto these, they are filled with spiritualized energy and can have powerful healing effects on you.

After darshan, if you feel you need to lie down, please let one of us know. We have room set aside where you can lie down.

Process

Please prepare yourself before coming up by sitting in silence. Come to darshan with an attitude of a surrendered mind and ego, and a heart that is devoted to God and the Light. Try to make yourself empty and witness everything that arises for you in the darshan.

You may also bring a photo, mala (prayer beads), shawl or jewelry (washed in water) to darshan to be blessed by Mirabai.

- Please form a line over here and exit on this side.
- To keep the line flowing, it is best when at least three people are in the line so please come up when you are ready.
- You will be asked to wipe your face with a Kleenex when you come up, and if you have any barrettes, hair ties or chopsticks in your hair, please remove them, as well as glasses, before coming before Mirabai. There will be people up front to assist you with this when its your turn.
- When it is your turn for darshan, please step up quickly and kneel close to the chair to receive darshan.

After your darshan, it is recommended that you continue to remain in silence and enter into meditation for at least 15 minutes, allowing yourself to fully absorb the transmission of Light.

Sick?

We ask that if you are feeling sick or have any type of cold or virus, please do not come up for darshan. You can contemplate and pray and still receive darshan from where you are sitting. Many people report that when they do this, they have powerful experiences even though they do not come up.

Now we will begin to OM, and continue OM'ing to welcome Mirabai into the room, and our program will begin.

Begin to OM. Mirabai will enter . . .