

ANUBHAVS



For All Aches and
Pains, I Reach Out
to You



- Akshata Achrekar, February 2008

Since June of 2006, I had been having pain in the lower back which continued unabated for almost three months. As per Suchitdada's guidance, I was undergoing physiotherapy and was religiously performing the prescribed exercises but I felt no relief from the pain. The fact that my job required me to travel a significant distance every day was of no help and in fact added to my misery. Subsequently Suchidada asked to get an MRI scan done and my worst fears came true. I had a slipped disc. The disc between the 4th and the 5th lumbar vertebra had protruded out and was causing the pain. Orthopedic specialist Dr. Vaccha suggested that I undergo a surgery. However, I had decided that until my Suchitdada advises thus, I would not be undergoing the surgery. Slowly the pain progressed from the back region to my legs and that was when Suchitdada asked me to get myself operated. I was relieved to hear it from Dada.

It was decided that the surgery would be performed in Dr. Jayesh Shah's hospital. Before stepping out of the house to get admitted to the hospital for surgery, my husband and I performed the Chidananda Upasana. I slept well that night and the next day, while going to the Operation Theatre, I did not experience any anxiety at all. I did not even realize when the anesthesia was administered to me. I woke up after my surgery chanting (of course due to Bapu's grace) "Jay Jay Aniruddha Hari" in my mind. I asked Dr. Shah if the surgery was over and also enquired about Dr. Vaccha as I wanted to thank him. However, he had left for the day by then. I had not met or seen him after my surgery. I strongly believe that it was my Bapu and Dada who



performed the surgery for me. I was slightly dazed at the time I was brought back to the ward. When I woke up, the sweet sounds of the 'Aniruddha Kavach' and the 'Dattamala Mantra' fell on my ears. It felt like Bapu had provided me with this shield for my protection which was the reason why I did not feel any pain related to the surgery at all. When my friend Rashmiveera Mantri came to the hospital to visit me, I told her that my Bapu is with me and that I was absolutely okay.

Many friends came visiting during my hospital stay and they all enquired about my well being. People not having any blood relation with me were taking such efforts which even relatives would not do for many. It seemed like Bapu kept sending me his moral support through them. It is because of this that I just did not realize that I was in a hospital recuperating from a major surgery.

During this time, I used to feel very strongly that I should perform Nandaai's Chidanada Upasana because of which I did not end up wasting my time while being in the hospital. One night, Nandaai appeared in my dreams and cuddled and pampered me, just as a mother does her child. I woke up the next day feeling extremely pleasant and cheerful. During this time by Bapu's grace I was able to complete a specific number of Ramnaam Books that I had set out for my hospital stay. Today I am getting ready to attend the Balvidya class of Ahilya Sangha. I bow to the lotus feet of Bapu, Nandaai and Dada who delivered me from this major surgery safe and sound.

“Jago Tujhiye Payee Iman

Itukechi Daan Dae Maj.”

(Shree Saisatcharitra, Chapter 36, Stanza. 142)

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HARI OM