



*Sai Maa*

## ***Sai Maa Diksha Frequently Asked Questions***

### **What is *Diksha*?**

Sai Maa Diksha is a powerful technique for pouring Light into the brain to initiate and support the process of Enlightenment by bringing Light into the seeds of fear in the brain. The word *Diksha* means "initiation" and has existed for eons. Every Diksha is unique to the Master who offers it. *Sai Maa Diksha* carries the energy of Sai Maa's lineage and is a transmission of Light that we can *all* be trained to offer.

### **Can I give *Diksha* to myself?**

Yes. Those trained in *Sai Maa Diksha* can now offer Diksha to themselves. When offering to ourselves, we follow all the same steps: 1. Offer our gratitude to the Light; 2. Bring the hands together; 3. Rest the center of the palms above the frontal lobe (at the hairline).

### **Can I give *Sai Maa Diksha* from a distance?**

Yes, when someone is unable to be physically present, it is possible to give Distance *Diksha*.

The technique for giving Distance *Diksha* is the same as giving *Diksha* in person. Imagine the person is in front of you and go through the same procedure as though they actually are—either by moving your hands or by imagining hands of light.

### **What are the benefits of *Sai Maa Diksha*?**

During and after *Sai Maa Diksha*, many kinds of experiences may occur. When you receive *Sai Maa Diksha*, you may experience deep peace, a spreading of warmth, or maybe a lightness of being. You may experience a general sense of wellbeing, stillness, or silence. You may see Divine Light and find an increase in your joy for life or you may not notice much at all. It is best to remain innocent without expectations knowing that, whatever the experience, the Diksha is bring benefits on many levels. All of us are born with that great seed of beauty, power, wisdom, knowledge, peace, harmony, and more. When *Sai Maa Diksha* is received, the energy evaporates the clouds that veil your Divine essence. Your potential starts to express itself in joy, abundance and bliss and you empower yourself to reveal the Master that you are.

### **What is the difference between *Diksha* and Reiki?**

Reiki is believed to heal the body by raising the vibratory level of the energy field in and around the physical body. *Diksha* is the physical transference of Divine energy, or Light, directly into the brain, which initiates the process of enlightenment. In addition *Sai Maa Diksha* is charged with the energy of Sai Maa and Sai Maa's lineage.



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### **What is the difference between *Diksha* and Brain Illumination?**

Brain Illumination is the process of bringing Light into all of the parts of the brain through visualization, to recreate oneself as Light. *Diksha* is the physical transference of the Light of Sai Maa's spiritual lineage, which dissolves seeds of fear in the brain and initiates the process of Enlightenment.

### **What is the difference between *Sai Maa Diksha* and other forms of *Diksha*?**

The difference is the spiritual lineage through which the Light is transmitted and sometimes the process through which the *Diksha* is offered. Different spiritual lineages offer different intentions with their *Diksha*. *Sai Maa Diksha* is the initiation of bliss; bliss being an aspect of Enlightenment.

### **Can children receive *Sai Maa Diksha*?**

Yes, children, infants, and even babies in utero can receive *Sai Maa Diksha*. It is a tremendous service to offer children *Diksha*, because it transforms the seeds of fear in their brains before the seeds have an opportunity to sprout. Children and infants receive *Diksha* for one to one and a half minutes.

### **Is it okay to give *Diksha* to pets?**

Yes, animals can receive *Diksha*. Again, be conscious of the time, and limit it to a minute or less. You can also give *Sai Maa Diksha* to your plants and even trees.

### **Who is in Sai Maa's spiritual lineage?**

Sai Maa's spiritual lineage includes Sathya Sai Baba, Sri Satuwa Baba Maharaj, Master Jesus, Mahavatar Babaji, Lord Matreiya, Lord Shiva, Archangel Michael, Saint Germaine and many others.

### **Where does *Diksha* come from?**

For thousands of years, Masters, Gurus and Saints have offered *Diksha* to their devotees and students. Every tradition has some form of the practice of *Diksha*. *Diksha* can be given in many forms including by sight, by touch, by intention; or by the student seeing the picture, hearing the name, reading the words, or hearing the voice of the Master. Sai Maa is the holder of three lineages: the Siva lineage, the Vishnu lineage and the Mother Divine lineage.

### **When is *Sai Maa Diksha* used?**

One can receive *Sai Maa Diksha* anytime one desires, and as many times as one desires. *Sai Maa Diksha* helps to release all that no longer serves us, allowing us to realize the Presence within.



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**Can I practice *Sai Maa Diksha* if I belong to another lineage or practice a religion?**

Absolutely. *Sai Maa Diksha* and all of Sai Maa's work is designed to support you in whatever lineage you are a part of or whatever religion you practice.

**Do I need permission to offer *Sai Maa Diksha*?**

When giving hands-on *Sai Maa Diksha*, it is appropriate to ask permission to offer. When giving *Sai Maa Diksha* from a distance, there is no need to ask permission, as souls are all hungry for the Light during this profound time on the planet.

**Should I have my eyes open or closed when giving *Sai Maa Diksha*?**

Most people prefer to close their eyes when giving *Sai Maa Diksha* however, you may open your eyes if it helps you to stay balanced.

**What if I feel light-headed after giving *Sai Maa Diksha*?**

Sit down, close your eyes and allow the energy to move inside of you.

**What should I do if the recipient's head begins to move when I am offering *Sai Maa Diksha*?**

It's not uncommon for a person's head to move slightly during *Sai Maa Diksha*. Make sure the pressure of your hands is light enough for the head to move freely. Don't try to stop these movements. If, in very rare cases, the movements become stronger, gently raise your hands from their head.

**What if a person complains of head pressure after receiving *Sai Maa Diksha*?**

This may occasionally happen due to a buildup of Light in the brain. It is not harmful. Ask him/her to remain seated with eyes closed and to have the intention of allowing the Light to disperse throughout the body and down to the feet.

**How should I be internally when giving *Sai Maa Diksha*?**

When giving *Sai Maa Diksha*, we are in sacred service to the Light. We become clear channels, conduits through which Light may pass from our crown chakra, through our heart chakra, and out through our arms and hands. Visualize yourself standing in a column of Divine Light. Have the intention that you are pouring this Light directly into the brain, especially the midbrain, of the recipient.

**What do I do externally when receiving *Sai Maa Diksha*?**

Sit comfortably on a chair with your upper body upright and forward from the back of the chair. Your chin is to be slightly tucked towards the chest. Arms can be relaxed, resting the hands in the lap. Either have your legs together so they touch at



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the knees, or open knees wide enough for the *Diksha* giver to stand between your feet. Eyes are to be closed.

**Is there any time when I shouldn't give or receive *Sai Maa Diksha*?**

One of the great gifts of *Sai Maa Diksha* is that whatever is happening in you personally—whether you are feeling ill or upset—you may offer without your state impacting the energy of *Sai Maa Diksha*. You may receive *Diksha* at any time that is comfortable for you.

**How should I be internally when receiving *Sai Maa Diksha*?**

Remain relaxed and open, without expectations, allowing the Light to flow easily.

**Is it appropriate to charge for *Sai Maa Diksha*?**

*Sai Maa Diksha* is a free-will gift from Sai Maa and therefore it is never appropriate to charge for giving someone *Sai Maa Diksha*. If someone would like to make a donation to Humanity In Unity after receiving *Sai Maa Diksha* training and activation, they may do so. Donations help to support the spread of this knowledge.