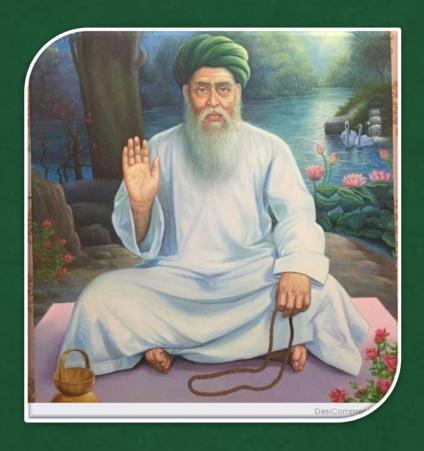
Blessings of Baba Farid



Blessings o Baba Farid



BLESSINGS OF BABA FARID



"Transforming sorrow into sweetness through sacred presence."

Rishi Rohit Sharma



BLESSINGS OF BABA FARID

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S FINAL STATEMENT

"Spiritual protection, empowerment and healing are sacred practices that require dedication, awareness, and respect. May this system/manual/book guide you toward greater spiritual freedom, energetic balance, and personal empowerment."

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GRATITUDE & ACKNOWLEDGMENT

As I write these words, my heart is filled with **gratitude** and humility for the divine forces that have shaped my life and illuminated my spiritual path. Every experience, whether a challenge or a triumph, has been made meaningful by the unseen hands that have gently guided me toward light, wisdom, and empowerment.

The creation of this system/manual/book would not have been possible without the grace and blessings of divine beings, spiritual guides, and higher forces that have walked alongside me on this sacred journey. It is with deep reverence that I express my gratitude to all those who have influenced my spiritual growth.

Reiki Founder Mikao Usui

I bow in gratitude and respect to Mikao Usui, the founder of Reiki, whose teachings have inspired countless individuals to embrace energy healing as a path toward balance and wholeness. His dedication to spiritual awakening and healing through universal life force energy has paved the way for systems like this one to emerge, offering protection, empowerment, and freedom to those who seek it.

The wisdom of **Reiki** reminds us that **healing begins** within and that through spiritual alignment, we can clear

blockages, protect our energy, and connect with the divine source that flows through all living beings.

Pratham Pujniye Lord Ganesh

First and foremost, I offer my humble thanks to Pratham Pujniye Lord Ganesh, the remover of obstacles and the lord of new beginnings. His presence has been a constant source of strength and clarity, helping me navigate life's challenges with grace and perseverance. It is through his divine intervention that I have been able to overcome hurdles and move forward on my spiritual path.

Adi Shakti Durga

To Adi Shakti Durga, the supreme mother goddess, I bow in reverence. Her infinite love, protection, and nurturing presence have fortified me through life's storms. Her energy of transformation and strength has given me the courage to face difficult moments and emerge stronger.

Baba Bhairon and Lord Hanuman

My deepest gratitude goes to Baba Bhairon and Lord Hanuman, my eternal protectors and guides. Their unwavering presence has shielded me from harm, and their divine strength has given me the resolve to stand firm in moments of uncertainty. I am forever grateful for their guidance, protection, and wisdom.

The Divine Trinity: Maha Kali, Maha Laxmi, and Maha Saraswati

To the divine trinity of Maha Kali, Maha Laxmi, and Maha Saraswati, I offer my heartfelt thanks for their grace, abundance, and wisdom.

- Maha Kali: With her fierce protection, she has helped me destroy inner fears and negative energies.
- Maha Laxmi: Her blessings have brought prosperity and spiritual wealth, ensuring balance and harmony in my life.
- Maha Saraswati: Her wisdom and insight have illuminated my path, guiding me to share knowledge with clarity and truth.

Shiv Shambhu, Hari Vishnu Krishna Rama, and Brahma

With a heart full of devotion, I offer my thanks to Shiv Shambhu, Hari Vishnu Krishna Rama, and Brahma, the three pillars of creation, preservation, and transformation. Their divine energy flows through all aspects of existence, reminding us that change and growth are sacred processes.

Deities of the Elements and Cosmic Influences

I bow to the deities of the elements—Indra Dev, Agni Dev, Varun Dev, and Pawan Dev—who govern the forces of nature and remind us of the sacred balance that sustains life. To Surya Dev (the Sun), Guru (Jupiter), Chandra (the Moon), Mangal (Mars), Shukr (Venus), Budh (Mercury), Shani (Saturn), Rahu, and Ketu, I offer my

gratitude for their **cosmic influence** that shapes our **destiny** and karma.

Mother Mary and Jesus Christ

My heartfelt thanks go to Mother Mary and Jesus Christ, who have always been a source of comfort, compassion, and solace in challenging times. Their teachings of love, forgiveness, and humility inspire me to walk the path of kindness and empathy.

The Archangels

To the Archangels Michael, Gabriel, Uriel, and Raphael, I express my deep gratitude for their protection, guidance, and light. They have been beacons of divine energy, helping me stay grounded in truth and aligned with my purpose.

Ghous Pak Peer: Shaykh Abdul Qadir Jilani

I offer my deep respect and love to Ghous Pak Peer (Shaykh Abdul Qadir Jilani), the crown of saints, whose teachings and spiritual legacy continue to inspire seekers across the world. His wisdom and guidance have helped me navigate spiritual complexities and deepen my connection to the divine realms.

Khwaja Peer: Khwaja Moinuddin Chishti

I also extend my deep gratitude to **Khwaja Peer** (Khwaja Moinuddin Chishti), whose spiritual influence has spread across continents, touching hearts with his message of **love, compassion, and service to humanity**.

Spirit Guides and the Ten Mahavidhyas

To my spirit guides and the Ten Mahavidhyas, I offer my sincere thanks for the hidden knowledge and power they have unlocked within me. Their mystical teachings have guided me to embrace my higher self and navigate the unseen realms with clarity and wisdom.

Baba Balaknath, Baba Murad Shah Ji, and Sai Laddi Shah Ji

I extend my thanks to Baba Balaknath, Baba Murad Shah Ji, and Sai Laddi Shah Ji, whose divine blessings have been a beacon of strength and protection on my spiritual journey. Their guiding presence reminds me of the power of devotion and service to the divine will.

Kuan Yin and Tara

To Kuan Yin and Tara, symbols of compassion and mercy, I offer my heartfelt thanks for their gentle guidance and healing energy. Their presence has taught me the importance of kindness, empathy, and patience in all aspects of life.

Lord Buddha

I express my deep gratitude to **Lord Buddha**, whose **teachings of enlightenment** continue to guide me toward **inner peace** and **spiritual awakening**.

The Angels and Higher Beings

To the angels and higher beings, I offer my thanks for their protection and spiritual guidance. They have

illuminated my path, ensuring that I stay aligned with divine wisdom and universal truth.

Every spiritual insight, healing system, and practice I have shared is rooted in the divine grace of these higher beings. Their influence is present in the creation of this system/manual/book, which embodies the balance between spiritual empowerment and protection.

Gratitude to Seekers and Students

To all the **students, seekers, and readers** who have walked this path with me, I offer my sincere gratitude. Your **faith and dedication** inspire me to continue sharing the **wisdom and spiritual insights** I have received.

You are not just **followers**—you are **fellow travelers** on this **path of light**. It is my **honor** to guide and walk beside you on this journey of **self-discovery and enlightenment**.

May we continue to receive divine guidance, remain grounded in truth, and walk the path of light with courage, compassion, and clarity.

With love, light, and blessings,

May your journey be filled with peace and protection.

Rishi Rohit Sharma



"Attainment of this esteemed certification signifies a profound journey into the realms of metaphysical understanding and spiritual wisdom. With dedication and reverence, I have delved into the depths of metaphysical studies, expanding my knowledge and embracing the interconnectedness of the universe. This certificate symbolizes not only academic achievement but also a commitment to the exploration of consciousness, energy, and the mysteries of existence."

DEDICATION

To the Unseen Source, the Eternal Flame, The Whisper in the Silence, the One with No Name. To the Light that Shines in Every Heart, The Cosmic Weaver, of which we're a part.

This work is humbly offered to the Supreme God, The Keeper of Mysteries, the Infinite Rod. The Breath behind Creation, the Pulse of the Stars, The Guide of our Souls, who knows who we are.

To the Presence in stillness, the Voice in the breeze, The Wisdom that flows through rivers and trees. To the Light within darkness, the Calm in the storm, The Eternal Essence in every form.

For every question we've dared to ask, For every truth that's hidden behind the mask, For every journey into the Unknown, We are never lost, for we're never alone.

May these pages reflect Your boundless grace, Your infinite love, in time and space. And as each seeker walks their way,

May they feel Your Light guide every day.

This is for You —

The Eternal, The Divine, The One.

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PREFACE

In the heart of Punjab's sacred soil lies the fragrance of divine wisdom, a fragrance that has traversed centuries and still touches the soul like a whisper from the heavens. This book, *Blessings of Baba Farid*, is a humble offering at the feet of one of the most revered Sufi saints in the Indian subcontinent—Hazrat Baba Fariduddin Ganjshakar (RA). His life, teachings, and presence continue to illuminate the path for seekers of truth, love, and inner transformation.

Baba Farid was not just a mystic lost in ecstasy; he was a living embodiment of divine love, humility, and compassion. His words, infused with spiritual depth and simplicity, speak directly to the heart. Through poetry and silence, discipline and surrender, he became a bridge between the soul and the Divine—a bridge that many still walk today. His langar fed not only the hungry bodies but also the famished hearts of a suffering world.

This book is not a biography in the traditional sense, nor is it merely a collection of his sayings. It is a journey—one that invites you to sit in the presence of Baba Farid, to listen with your heart, and to receive the blessings that continue to flow from his eternal wellspring of grace. Each chapter carries a message, a moment, or a miracle that reveals how Baba Farid's spiritual legacy lives on—not just in shrines or scriptures, but in the hearts of those who remember and revere him.

In a world torn by division, chaos, and noise, Baba Farid's teachings remind us that the path to the Divine is paved with love, patience, and selfless service. May this book serve as a spiritual companion for those yearning to walk that path. May it awaken the longing for inner purity, truth, and union with the Divine. And above all, may the blessings of Baba Farid reach you as you turn each page—with peace in your heart and light in your soul.

With reverence and devotion,

Rishi Rohit Sharma

THE LIGHT OF BABA FARID

In every age, the world aches for light—not the light of the sun, nor the flicker of flame, but the soft, unseen radiance that awakens the heart and stills the storm within the soul. In the dust-covered lands of Punjab, this light took form in the gentle being of Hazrat Baba Fariduddin Masud Ganjshakar, the saint whose name still stirs healing winds through generations.

He was not a king, yet he ruled the hearts of thousands.

He carried no sword, yet he broke the chains of sorrow.

He uttered no command, yet nature itself bowed before his humility.

They called him **Ganjshakar** — "the treasure of sweetness."

For wherever he walked, bitterness turned to balm, and in every word he spoke, the nectar of divine mercy flowed.

***** The Scent of Divine Presence

From the very beginning, Baba Farid was unlike others. Born in 1173 in Kothiwal (near Multan), he was wrapped in the prayers of his pious mother, who whispered the name of God into his ears as if planting seeds of light. As a young boy, he fasted while others played, wept in prayer while others slept. His longing was not of this world.

It is said that once, while still a child, his mother promised him sugar if he completed his prayers. After he finished, he lifted his hands—not just for sugar, but for *something deeper*. That night, angels descended and placed divine sweetness upon his tongue. His mother, finding real sugar beneath his prayer mat, wept. From that moment, his tongue carried a sweetness not of earth—a balm for broken spirits.

Stories of Healing

There was a woman, frail and bent with years of grief, whose son had died in a distant war. Her tears had turned to silence. No one could console her. One day, she visited Baba Farid's gathering, sitting quietly among the seekers. She did not speak. She did not ask. But he turned to her, eyes soft as moonlight, and said,

"Daughter of sorrow, your son's name has not faded from the Divine Book. Rejoice."

That night, she dreamt of her son smiling in gardens of peace. When she woke, the weight on her chest was gone.

She laughed for the first time in years.

There was a soldier, whose wounds had long refused to heal, both flesh and spirit torn by regret. He crawled to Baba Farid's doorstep, more broken within than without. The saint touched his forehead and whispered,

"Not all wounds are punished; some are invitations to return."

From that day, the soldier felt his pain lessen. In weeks, his limp faded. But more than that—his soul stood upright again.

There was a child, mute since birth, whose mother brought him wrapped in hope. Baba Farid simply held his hand and closed his eyes in prayer. Minutes passed. Then, the child uttered his first word:

"Ya Baba."

■ The Radiance That Remains

Baba Farid never sought fame. He shunned kings and praise, choosing the company of the poor, the seekers, the broken-hearted. He taught not through lengthy sermons, but through **presence**—the kind that makes the soul remember itself.

To this day, pilgrims travel to **Pakpattan**, where his shrine rests beneath skies thick with prayers. Some come sick, others grieving, many simply lost. But most leave lighter, healed in ways they cannot explain.

Even in dreams, Baba Farid appears.

Even in silence, his name becomes a balm:

"Ya Farid... Ganjshakar... Madad..."

(O Farid, treasure of sweetness, help me.)

In the hearts of those who whisper his name, his light still stirs like wind through a wheat field—gentle, golden, healing.

And so, we begin this journey...

For here, you will find light.

To sit in the shade of Baba Farid's presence,

To taste the sweetness he left behind,

To let his light mend what the world has broken.

Come with a wound. Come with a prayer.

Come with nothing but longing.

THE JOURNEY OF THE SAINT

Every saint walks a path marked by longing. But the journey of Baba Fariduddin Masud Ganjshakar was carved not only by longing — it was bathed in light, watered by tears, and paved with surrender. His was the path of the lover whose every step burned with devotion, until he vanished into the flame of Divine nearness.

Born of Prayer, Raised by Longing

Baba Farid was born in 1173 CE in **Kothiwal**, near the sacred city of Multan (modern-day Pakistan), in a family descended from the second Caliph of Islam, **Hazrat Umar (RA)**. But it was not lineage that made him great — it was the breath of his **mother**, **Qarsum Bibi**, a woman of pure devotion, who wove the Divine Name into every lullaby she sang.

She would place a stone beneath his prayer mat as a child, telling him it was sugar — if only he prayed. And so, he prayed. Long and deep, far beyond his years. One night, it is said, real sugar appeared beneath the mat. But what had truly sweetened was **his soul**.

By the time he reached his teens, he had memorized the Qur'an and begun his studies in Arabic, Hadith, and jurisprudence. But the hunger inside him was not for knowledge alone. It was for **God** — not ideas of the Divine, but the Presence itself.

The Turning Point: Meeting His Murshid

The true journey began when young Farid met **Hazrat Khwaja Qutbuddin Bakhtiyar Kaki (RA)** in Delhi, the beloved successor of Khwaja Moinuddin Chishti of Ajmer.

As soon as Baba Farid laid eyes on him, he felt as if he had come home. In that moment, the seeker met the mirror, and the disciple met the gate.

Qutbuddin Kaki accepted him into the **Chishti Sufi Order**, initiating him into the path of love, renunciation, and spiritual annihilation (*fana*). What followed were years of **rigorous discipline** — not of the body, but of the ego.

→ The Wilderness of the Soul

To become a **wali** (**friend of God**), one must first become nothing.

Baba Farid spent years in **harsh ascetic practices**:

- **Fasting for days**, breaking only with a few morsels at night.
- **Sleeping on bare earth**, with the Qur'an as his pillow.
- Secluding himself in caves, wrapped in zikr until dawn.
- Washing the feet of travelers, feeding the poor, and embracing the lepers.

He is said to have recited **over 100,000 "Ya Hayyu, Ya Qayyum"** in deep solitude, shaking with divine longing.

He did not seek miracles. He sought **Allah's face**, and in doing so, miracles followed him like fragrance follows rose.

Simplicity, Service, and Sweetness

Baba Farid returned to **Pakpattan**, a quiet village that soon became a spiritual lighthouse. There, he established a **khanqah** (Sufi lodge), not of grandeur, but of deep stillness.

Every seeker was welcome: the poor, the broken, the wanderers of heart. He cooked for them, cleaned their wounds, and fed their souls with his **sweet words and silent gaze**.

He never hoarded wealth. What came, he gave. When people insisted on offerings, he would distribute everything by sunset. He believed healing did not come from gold, but from **presence**, **prayer**, **and purity of heart**.

■ Becoming a Wali — The Friend of God

What made Baba Farid a **wali** was not a title, but the **state of his being**:

- His heart became a **mirror of Divine mercy**.
- His tongue carried words that melted pain.
- His silence spoke to the soul more clearly than books.

In Sufi tradition, a **wali is hidden**, even from themselves. But the world could not help but recognize him. Wherever his name was uttered, healing followed. People wept in his presence, not from sorrow, but from being seen — wholly, lovingly, without judgment.

His teacher, Qutbuddin Kaki, once said:

"Farid is not just my successor, he is my gift to the world."

⚠ The Torch Passed On

As Baba Farid grew older, he did not seek to build monuments. His focus was always the **inner architecture of the soul**.

He passed the torch to his most beloved disciple, **Hazrat Nizamuddin Auliya** (**RA**), whose heart was carved in the same flame. Through him, and countless others, the blessings of Baba Farid spread across India, Pakistan, and beyond — into every corner where longing lives.

He left this world in **1266 CE**, but only in form. In spirit, he remains — in dreams, in shrines, in whispered prayers on sleepless nights.

** Reflection: What is a Saint?

A saint does not fly in the sky.

A saint walks beside you, barefoot, while you bleed.

He listens when no one else can hear.

He lifts you, not with hands, but with remembrance.

And when you are healed, he disappears —

So you can see the Light came from God all along.

HIS PRESENCE LIVES ON

"The saint may return to the soil, but his fragrance never fades.

In the silence between our words, he still whispers."

ome lights do not go out.

They merely change form — from flame to fragrance, from presence to presence unseen.

Though Hazrat Baba Farid Ganjshakar (RA) left this world in 1266 CE, those who call upon him, with hearts open and wounds bared, find that he is still near. His body rests beneath the green dome in Pakpattan, but his spiritual presence — huzoori — is alive, vibrant, and healing.

What Is Huzoori?

In the Sufi path, *huzoori* refers to a **state of presence** — the kind that lingers even when the physical form is absent. It is the **nearness of a saint's soul**, always watching, always responding to sincere calls of the heart.

Unlike memory, *huzoori* is not past-oriented. It is **timeless**. When you sit in silence and remember Baba Farid with love, **he is there.**

Not as a thought, but as **a presence** — **subtle, warm, deeply** real.

Saints like Baba Farid transcend time and space. They are vessels of Divine compassion. Their light continues to flow, **like a river beneath the soil**, watering the roots of those who turn to them in need.

Dreams and Visitations

Throughout centuries, countless seekers have shared stories of **Baba Farid appearing in dreams** — not as fantasy, but as **healing encounters**.

A man once grieving the loss of his mother found no peace for months. One night, he dreamt of a gentle elder in white robes, seated beneath a tree, who said,

"Even sorrow must bow to love. Let your tears become prayer."

He awoke weeping, but lighter. In that moment, he knew it was Baba Farid.

Another woman, facing illness, visited the shrine but could not enter due to weakness. That night in her sleep, she saw Baba Farid placing his hand on her head, and woke feeling strength return to her limbs.

These are not mere stories — they are **echoes of a living connection.**

The Healing Power of His Shrine

The shrine of Baba Farid in **Pakpattan Sharif** is unlike any ordinary place. It is a **gateway between worlds**, where people from all walks — Hindus, Muslims, Sikhs, the rich and poor — come to seek **shifa** (healing), barakah (blessing), and sukoon (peace).

Pilgrims say the moment you pass through the narrow path to the inner sanctum, a stillness descends. Some feel their heartbeat slow. Others begin to cry without knowing why. The **air is thick with zikr**, the walls heavy with prayers soaked into them for over 800 years.

At the **Bahishti Darwaza** (**Gate of Paradise**), it is believed that **wishes whispered with sincerity are accepted**. Many tie threads of prayer, offer sweets, or simply sit in silence with hopes clutched to their chest.

And often — not always instantly, but always in time — they find relief.

Not always in the way they imagined, but in the way **their** soul needed.

Prayers Still Answered

One of the most whispered invocations by devotees is:

"Ya Baba Farid, Madad!"

(O Baba Farid, help me!)

This is not idolatry, nor worship of a person.

It is **turning to a friend of God** and asking, "Please, speak to Him on my behalf. My voice is trembling. Lend me yours."

Saints are not obstacles — they are **bridges**.

Their love is not their own — it is a **reflection of the Divine** mercy they surrendered into.

½ In This Very Moment

If your heart is heavy, if you feel unseen or unloved, try this simple practice:

Sit in stillness. Light a candle if you can. Close your eyes.

Whisper gently:

"Ya Baba Farid, I am here. My pain is here.

Please, turn your gaze toward me.

Let the sweetness you poured into the world

pour into me now."

Wait in silence. Breathe.

Don't expect visions or thunder.

Just wait — with longing.

Sometimes, the gentlest winds carry the greatest healing.

☆ The Light Never Leaves

Baba Farid's presence is not in the earth alone — it is in the **hearts that call his name**, the prayers whispered in shadows, the sweet kindness given to a stranger in need.

He is the hidden hand that lifts you when you fall,

the unseen comfort in a sleepless night,

the warmth in a moment of sudden peace.

His presence lives on - not because we remember him,

but because he never forgot us.

HEALING THROUGH HIS NAME

"Call upon the beloved, not with the tongue alone, but with the ache of the heart — for names carry light, and the light carries you home."

In every sacred tradition, there is a knowing — that names hold power. Not merely labels, but living vessels of presence, memory, and energy. In Sufi thought, to speak the name of a saint is to connect to their barakah (blessing), their presence, their nearness to God.

The name of **Baba Farid**, when spoken with sincerity and longing, becomes a **healing current** — a vibration that calms the heart, clears the mind, and awakens the spirit.

* The Name as Medicine

Saints like Baba Farid are not bound by form. Their names are keys — each syllable a doorway to Divine mercy.

When you say:

"Ya Farid, Madad!"

(O Farid, help us!)

You are not calling on a man. You are calling on a soul drenched in Divine nearness — someone whose every breath was a prayer, whose every tear carved a path to healing.

You are calling on one who **knows suffering**, who sat with the poor, touched the untouchable, and gave sugar to bitterness.

† The Energetic Signature of His Names

Each of Baba Farid's names or titles carries **a unique energetic quality**. Below are a few powerful mantras you can use in daily practice:

🔷 1. "Ya Farid, Madad!"

(O Farid, help us!)

- **Use for**: Urgent need, emotional overwhelm, spiritual despair
- Energy: Comfort, support, quickened presence
- **Practice**: Whisper it softly, like you are speaking to a beloved elder. Repeat during moments of pain or anxiety.

2. "Ya Ganjshakar, shifa de."

(O Treasure of Sweetness, grant healing.)

- Use for: Physical illness, inner wounds, heartbreak
- Energy: Sweetness, mercy, bodily and spiritual healing
- **Practice**: Repeat while placing your hand on the heart or over a place of pain. Let the words flow like honey.

3. "Ya Baba Farid, rooh nu raah dikha."

(O Baba Farid, show my soul the way.)

• **Use for**: Confusion, feeling lost, seeking guidance

- Energy: Clarity, direction, spiritual vision
- **Practice**: Say this before sleep, or in a quiet moment before making an important decision.

🔷 4. "Ya Baba, karam kar."

(O Baba, show grace.)

- **Use for**: Seeking Divine favor, releasing guilt, asking for gentle transformation
- Energy: Compassion, forgiveness, heart-softening
- **Practice**: Let it rise from the heart like a sigh. Repeat slowly, allowing emotion to surface.

🕊 A Simple Healing Ritual

You can create a **daily healing ritual** around these names. Here is one gentle format:

†→ Baba Farid Name Invocation Ritual

- Sit in a quiet space. Light a candle or incense if possible.
- Place your right hand on your heart.
- Close your eyes and breathe slowly.
- Begin repeating one of the mantras above. For example:
- "Ya Ganjshakar, shifa de..."
- Repeat 33, 99, or 108 times.
- After the recitation, sit in silence for 3–5 minutes.

- Listen not with ears, but with the inner heart.
 Over time, many seekers report feeling:
- A softening of emotional pain
- Calmness in the body
- Dreams or moments of unexpected clarity
- A sense of spiritual company like someone is with them

A Whisper Heard Across Time

Even if you feel unworthy, even if your voice trembles — say his name.

Healing does not demand perfection. It asks only sincerity.

"When you whisper 'Ya Farid,' he hears not the sound -

he hears the silence beneath it,

the wound that shaped the word."

A Devotee's Reflection

"I was weeping alone after a long night of fear. I kept repeating 'Ya Farid, madad...'

I felt something shift in the room. My breath slowed. My chest softened.

It felt like someone had laid a blanket over my grief.

I knew he had come."

— A seeker from Lahore

& Let the Name Heal You

The name of Baba Farid is a gift. Not only to call him — but to call yourself back to softness, back to faith, back to love.

Let it be your anchor in the storm.

Let it be the sugar in your sorrow.

Let it be the path that leads you home.

PRAYERS OF THE SAINT

"The heart cannot speak to the Healer unless it breaks open."

Baba Farid's prayers were not loud.

They rose like breath, soft and steady, spoken in solitude, shaped by longing,

and carried by the wind into the **Divine Presence**.

Though few of his actual **written duas** have survived in text, the essence of his prayers lives on — in **oral tradition**, in **verses whispered in Punjab**, in the hearts of those who call upon him today. What follows are **prayers inspired by his legacy**, and the **healing light** he continues to pour.

🐲 1. Dua for Healing the Heart

Punjabi:

Transliteration:

Ya Farid, dil da bojh halka kar, dard nu meethe vich badal de.

Translation:

O Farid, lighten the burden of my heart; transform my pain into sweetness.

Reflection:

This prayer is soft and deeply personal — meant to be repeated when sorrow becomes too heavy. Baba Farid, known as *Ganjshakar*, teaches that no pain is wasted when offered to the Divine. In this supplication, we are asking not only for the pain to leave, but for it to become **something sacred**.

→ 2. Dua for Physical Illness and Strength

Arabic-Urdu:

Transliteration:

Allahumma ishfi jasadi bi-barakati Farid, wajʻal taʻbi raahatan, wa khawfi amnan.

Translation:

O Allah, heal my body through the blessing of Farid. Make my exhaustion ease, and my fear peace.

Reflection:

Baba Farid often healed without touching — through a glance, a prayer, or mere presence. This dua channels his **barakah** (**blessing**) while submitting fully to Allah's healing power. It's ideal to recite after Fajr or before sleep, placing your hand over the area of pain.

♦ 3. Dua for Emotional Peace and Stillness

Urdu:

Transliteration:

Ya Baba Farid, mere andar ke shor ko khamoshi de,

dil ko qarar de, aankhon ko woh aansoo de jo paak karte hain.

Translation:

O Baba Farid, silence the noise inside me, give peace to my heart, and grant my eyes the tears that purify.

Reflection:

This is not just a request for silence, but for **spiritual purification**. In Sufi tradition, tears are not weakness — they are signs of awakening. Recite this dua when feeling emotionally scattered, anxious, or spiritually distant.

4. Dua for Guidance on Life's Path

Punjabi:

Transliteration:

Baba Farid, mainu oho raah wekha jithe Rab milay te nafs maray.

Translation:

O Baba Farid, show me the path where I find God and my ego is dissolved.

Reflection:

This is a prayer of the sincere seeker — not for comfort, but for **transformation**. Baba Farid walked a path of intense self-discipline. This supplication invites him to lead you inward, to the truth of your own soul.

5. Dua of Surrender and Trust

Arabic-Punjabi mix:

Transliteration:

Ya Farid, teri raza vich meri rahat ae, Rab de hawalay kita aap nu.

Translation:

O Farid, my peace is in your contentment. I surrender myself to the care of God.

Reflection:

Sometimes healing comes not through change, but through **deep acceptance**. This prayer is an act of surrender — a letting go. Use it when all efforts have failed, and only **trust** remains.

☆ Suggested Use

• Recite one dua **three times after each salah**, or before bed.

- Light a candle or sit near a plant while reciting, to anchor the energy.
- Visualize **Baba Farid's shrine or gentle presence** as you speak.

A Closing Whisper

"O Baba Farid, the sweetness of your name remains.

Let it fall on my wounds like sugar on flame —

not to burn, but to heal."

PRAYERS OF THE SAINT

Baba Farid lived in a rhythm of constant remembrance — his heart beating with the Divine Name like a drum of love. He believed that healing is not just in words, but in vibration — that the very act of remembering God, with sincerity, realigns the soul, the body, and even the unseen energy around us.

His lineage, the **Chishti Sufi Order**, is renowned for its use of **zikr (dhikr)** — rhythmic, sacred phrases repeated with devotion — as a path to healing, purification, and Divine intimacy.

What is Zikr?

Zikr (remembrance) is the spiritual practice of repeating Divine names or sacred phrases with the tongue, breath, and heart. It is not merely a ritual — it is a **vibrational medicine**, purifying layers of the soul and body, reconnecting you to **the Source**.

In Baba Farid's tradition, zikr was not performed to impress—it was done in **solitude or soft company**, often in whispers, tears, or silence.

☑ Zikr Practices of Baba Farid's Lineage (Chishti Order)

These forms were practiced by Baba Farid and passed to his disciples, such as **Hazrat Nizamuddin Auliya**, and continued through centuries.

1. Zikr-e-Qalbi (Silent Heart Remembrance)

- Focus on silently repeating "Allah" in sync with the heartbeat.
- No tongue movement only inner attention.
- Purpose: Deep purification, energy alignment, inner stillness

Y Practice:

Sit still. Place right hand lightly over the heart.

Feel your heartbeat.

With each beat, inwardly say: "Allah... Allah... Allah..."

2. Zikr-e-Jahri (Vocal Remembrance)

Commonly used in healing circles or in solitude to clear blocked energy.

Recommended Phrases:

A. "Ya Hayyu, Ya Qayyum"

(O Ever-Living, O Sustainer)

- Use: For vitality, emotional renewal, energetic fatigue
- Repetition: 33, 66, or 99 times aloud
- Effect: Revives the soul, energizes body, steadies emotions

B. "Ya Shafi, Ya Kafi"

(O Healer, O Sufficient)

• **Use**: Physical or emotional healing

- Repetition: Softly, with breath inhale "Ya Shafi," exhale "Ya Kafi"
- Effect: Clears energetic blocks and brings a sense of Divine support

3. Zikr with Baba Farid's Name (Iltija Zikr)

Inspired by the tradition of calling on saints with sincerity.

"Ya Baba Farid, Ya Ganjshakar — dil, jaan, te rooh da saaf kar."

(O Baba Farid, O Treasure of Sweetness — cleanse my heart, body, and soul.)

- Use: For spiritual closeness and emotional healing
- **Practice**: Can be repeated 11 or 21 times at dawn or before sleep
- Visualize Baba Farid's **gentle presence**, as though he sits near, listening

№ Breathing Techniques for Energy Cleansing

In Chishti Sufism, **breath (nafas)** is central. It's said that "the one who controls the breath, controls the self."

Here's a simple 3-step healing zikr-breath practice:

☆ The Faridi Breath Sequence (5–10 minutes daily)

- Inhale (slowly through the nose) silently say "Ya Rahman"
 (O Most Compassionate)
- 2. \rightarrow Draw in Divine mercy

- 3. Hold the breath for 2-3 seconds silently say "Ya Farid"
- 4. \rightarrow Feel his presence resting in your heart
- 5. **Exhale (gently through the mouth)** silently say **"Ya Shafi"** *(O Healer)*
- 6. \rightarrow Release pain, fear, and blockages

Repeat 9–11 cycles. Afterward, sit in silence for 2–3 minutes. Let the energy settle. Allow tears, yawns, or emotion — they are signs of release.

A Devotee's Note

"I started repeating 'Ya Hayyu Ya Qayyum' with breath every morning. Within days, I felt like something inside had unclenched. There was lightness in my chest — not all pain gone, but softened, manageable."

— A seeker from Rawalpindi

Zikr as Ongoing Healing

Zikr is not a one-time fix. It is a **daily nourishment** for the spirit.

You may not always feel results instantly, but as Baba Farid once said:

"A dry seed becomes fruit not overnight, but by the sun's hidden warmth."

Let zikr be your sun — your warmth in the unseen places.

Closing Reflection

"In your breath is a hidden door.

In His Name, the key.

In remembrance, the return."

Chapter 7

HEALING THROUGH LANGAR AND SWEETNESS

mong the many legacies of Hazrat Baba Farid Ganjshakar (RA), one of the most beloved is his association with sweetness — both literal and spiritual. He is called Ganjshakar, meaning "Treasure of Sugar", not merely for distributing sugar, but for transforming bitterness into sweetness, grief into peace, hunger into nourishment — by the grace of his presence.

This sweetness lives on today — in the **langar** served at his shrine, in the **blessed sugar** gifted to devotees, and in the countless **stories of healing** that begin not with medicine, but with a simple, sacred meal.

What Is Langar?

Langar is the sacred, free meal offered at a Sufi dargah (shrine), a place where **no one leaves hungry** — **not in body, nor in spirit**.

At Baba Farid's shrine in **Pakpattan**, langar is not just food. It is an **act of Divine mercy**.

Cooked in remembrance, served in humility, and received in longing, each morsel becomes a silent prayer of healing.

🕊 The Healing Power of Langar

* A Story from Pakpattan

A young woman battling depression visited Baba Farid's shrine. She sat outside the langar hall, unwilling to enter, unable to speak. A faqir noticed her and brought her a simple roti and lentils. She ate slowly, silently. The next morning, she returned — and then again, every day for a week. By the seventh day, she laughed for the first time in months.

"I don't know why," she said. "But I feel like someone is lifting my sadness — one spoon at a time."

Blessed Sugar — Shakar-e-Farid

At the dargah, many seekers receive small **packets of sugar** (**shakar**), believed to be **blessed through centuries of prayer**. This is not superstition — it is **symbolic medicine**. Those who take a pinch of it before bed or after prayer report:

- Calming of anxiety
- Reduction in physical symptoms
- Peaceful dreams or presence of Baba Farid in visions

A devotee shared:

"My child had a fever that would not break. A friend brought us shakar from Pakpattan. I placed it under his pillow, and by morning, his fever was gone. Whether it was science or spirit — I only know it worked."

The Symbolism of Sweetness

Sweetness in the Sufi path represents:

- **Divine mercy** (*rahmah*)
- **Inner gentleness** and compassion
- The ability to **transform pain into wisdom**
- The healing that comes from surrender

Baba Farid taught that sweetness is not weakness. In a world where bitterness is common, sweetness is a **spiritual strength** — a sign of the heart's nearness to God.

"Sweeten your tongue with zikr," he would say.

"And your soul will taste the mercy of your Lord."

N Langar as a Spiritual Practice

Offering or eating langar is more than nourishment — it's energy exchange:

- The cook remembers God while stirring the pot
- The servers act with humility and love
- The eaters, often strangers, become equals in Divine hospitality

To eat langar is to say, "I am worthy of grace. Even in my hunger, I am not forgotten."

├ How to Engage with This Blessing

You don't need to travel to Pakpattan to receive this sweetness. You can recreate its **energy** in your own space:

Y Personal Langar Ritual (At Home)

- 1. **Cook a simple meal**, even just rice or bread
- 2. Before cooking, recite **"Ya Farid, Madad"** or **"Ya Ganjshakar,** karam kar"
- 3. Offer the first bite in your heart to those who have none
- 4. Eat slowly, with remembrance, whispering:

"Let this food be healing. Let it be light."

You may feel a shift — not in the taste, but in the space within you.

A Sweet Prayer

Punjabi:

"Baba Farid, jiven shakar meethi, tiven mera haal vi meetha kar."

Transliteration:

Baba Farid, just as sugar is sweet, let my condition become sweet too.

Translation:

O Baba Farid, sweeten my life like sugar sweetens water. Let sorrow dissolve, let joy return.

Final Reflection

"He fed not only the poor, but the unseen wounds.

With food, yes — but more with presence,

with sweetness that stayed long after the meal."

May you find that sweetness.

May you become it.

And may every bitter moment soften in the name of Baba Farid, the treasure of sugar.

MIRACLES OF HEALING

Baba Farid's shrine in Pakpattan is not only a monument of history — it is a living sanctuary, where countless people come broken and leave whole. His barakah — the sacred energy gifted by Allah to His beloved friends — continues to touch the unseen layers of the human being: the body, heart, mind, and soul.

What Is a Miracle in Sufi Thought?

In the Sufi tradition, a **miracle** (*karamat*) is not a performance, but a **moment of Divine mercy** revealed through a saint. Baba Farid never sought miracles, but wherever he went, they followed — not because he wished it, but because he had surrendered his will to the One who heals all.

!→ Historical Miracles of Baba Farid

♥ The Broken Arm That Healed Without Touch

A poor farmer once came to Baba Farid with a son whose arm had been crushed by a cart. Unable to afford treatment, the father carried the boy to the saint. Baba Farid simply looked at the child and whispered a prayer. The boy fell asleep. When he awoke, he began to move the arm freely, without pain.

"The wound was not just on the bone," Baba Farid said.

"It was on the soul. That is where healing begins."

The Girl Who Could Not Speak

A young girl, silent from birth, was brought to him by her mother. They had traveled for days. Baba Farid asked for a sweet, touched it to his lips, and gave it to the child. As she ate it, she spoke her first word:

"Ammi."

The mother collapsed in gratitude. That moment became known as one of his early **karamat** — a healing of not just voice, but family, faith, and hope.

♯ Contemporary Stories from Pakpattan

1. The Woman with the Tumor

A woman from Faisalabad arrived at the dargah after being diagnosed with a tumor in her abdomen. She didn't ask for a miracle. She only wanted to sit near the grave and cry. She recited "Ya Farid, shifa de..." quietly for three days straight. When she returned to her doctor the following week, the scans showed no tumor.

"Whether it was a medical error or a miracle," she said,

"all I know is that something changed inside me — and outside."

1 2. The Addicted Son Who Returned

A mother came seeking Baba Farid's help for her son lost to addiction. She tied a **duaa thread** at the Bahishti Darwaza (Heavenly Gate), asking with trembling lips:

"Baba, bring my child back to me."

Weeks later, her son returned home, asking for forgiveness and seeking rehab. The mother came again, this time with **tears of gratitude**, and served langar to fifty people in Baba Farid's name.

🌲 3. The Dream That Saved a Life

A man battling severe depression had planned to take his own life. The night before, he dreamt of an old man in a green robe who held his face and said:

"Do not return to the soil before your time.

The sweetness meant for you has not yet arrived."

The next morning, he awoke weeping — still alive, and with a strange feeling of peace. When shown a photo of Baba Farid, he recognized the man from his dream.

"That dream didn't just save me," he later said.

"It began my healing."

What These Stories Show Us

These aren't just tales of the past. They are living proof that **healing is not bound by medicine, logic, or distance**. When one calls with a sincere heart, the **barakah of a wali** like Baba Farid can transcend all limits.

"Wherever a soul cries in silence,

a friend of God listens."

💬 If You Seek Healing...

Whether you are facing illness, heartbreak, confusion, or grief—you do not walk alone. You are invited to whisper from the depths of your soul:

"Ya Farid, Ganjshakar, madad kar.

Sweeten my pain. Heal me in ways I cannot see."

And wait. Sometimes, the miracle is not the event — but the **change within you** that begins the moment you ask.

☆ Closing Reflection

"He was called Ganjshakar,
not because he gave sugar,
but because he turned wounds into sweetness,
and left healing in the mouths of the broken."

THE SACRED SHRINE OF PAKPATTAN

In the heart of Punjab, hidden behind the humble walls of a town called **Pakpattan**, stands one of the most spiritually charged places on Earth: the **dargah** (**shrine**) of **Hazrat Baba Fariduddin Masud Ganjshakar** (**RA**). For over 750 years, this sacred ground has drawn **lovers**, **seekers**, **healers**, **and the broken-hearted** — all walking toward the same silence, the same light.

This is not just a grave. It is a living threshold.

A place where heaven meets earth,

and hearts remember who they truly are.

Entering the City of the Saint

Pakpattan is more than a location. It is **a state of presence**. The name itself means "the pure ferry" — a place where souls are transported from pain to peace, from burden to trust.

As pilgrims approach, the air feels heavier — not with weight, but with energy. The sound of **Qawwali**, the scent of **rosewater**, the echo of **footsteps softened by longing** — all weave into a spiritual atmosphere unlike anywhere else.

la The Dargah: Description and Sacred Features

The Main Courtyard

- Open to all rich or poor, Muslim or non-Muslim, young or old.
- Pilgrims often walk barefoot, in humility, out of love.

The Inner Sanctum (Magam-e-Mubarak)

- The chamber where Baba Farid's tomb lies, veiled in green cloth, adorned with flowers and handwritten prayers.
- Only men may enter the inner room, but women offer prayers just outside, and many say **his presence is stronger** where longing is deeper.

Bahishti Darwaza (The Gate of Paradise)

- A legendary silver door opened once a year during *Urs* (his death anniversary).
- Crossing it is believed to purify sins and bring healing if entered with pure intention.
- Pilgrims tie threads or leave slips of paper with du'as in the crevices of the wall.

🔷 Langar Hall

- A place of sacred food cooked, served, and consumed with remembrance.
- Every bite is a prayer, every spoon a silent miracle.

☆ Spiritual Etiquette at the Dargah

Visiting Baba Farid's dargah is not a tourist stop — it is a sacred encounter. The following etiquettes help the seeker receive the full spiritual benefit:

▼ 1. Come with Cleanliness and Sincerity

- Perform wudu (ritual ablution) if possible before entering.
- Clean clothes, covered head (for all genders), and bare feet show humility.

▼ 2. Offer Salaam Gently

• At the tomb, say softly:

"As-salamu 'alayka ya Baba Farid, Ganjshakar."

(Peace be upon you, O Baba Farid, Treasure of Sweetness)

▼ 3. Avoid Loud Talk or Distraction

• The dargah is a space of silent transmission. Keep voices low. Phones off.

▼ 4. Sit in Stillness

- Don't rush. Sit near the courtyard or under the trees.
- Recite zikr, duas, or simply breathe and listen.

▼ 5. Give, Even a Little

• Even a small act of charity — a coin, food, water for a passerby — is magnified when done at a saint's doorstep.

Healing Energy of the Dargah

Many report feeling **a shift** upon entering:

- Tears arise uninvited
- A warmth or vibration in the chest
- A sense that someone unseen is listening
- Relief from physical pain after touching the walls or drinking water from the well nearby

A mother once said:

"My child had not spoken in weeks from grief. He stepped inside, sat down near the tomb, and began to sing. I did not understand the miracle — only that I had witnessed one."

What to Do at the Dargah (Healing Intentions)

For Healing the Heart:

Sit in silence near the walls. Place your hand on your chest and recite:

"Ya Farid, Ya Ganjshakar, my pain is in Your company now."

For Physical Ailments:

Drink the blessed water or touch the tomb gently and recite:

"Shifa de, Baba, jiven rooh nu roshan kita."

(Grant healing, Baba, just as you lit the soul.)

For Life Struggles or Duas:

Tie a thread at the Bahishti Darwaza or place a written prayer near the tomb. Trust that it has been seen — not just by the saint, but by the One he loved.

☆ Final Reflection

"The saint has returned to dust —

but in Pakpattan, the dust itself remembers him."

If you ever visit, don't just ask.

Listen. Sit. Weep. Surrender.

And you may find, as so many have, that **healing was never** far.

It was waiting — behind the gate, beneath the dome, within your own breath.

Chapter 10

INVOKING BABA FARID IN TIMES OF SUFFERING

There are moments in life when pain comes uninvited.

A diagnosis. A heartbreak. A loss. A silence too long.

In such times, many feel alone, helpless — like the soul is unraveling thread by thread.

Yet across centuries, seekers have found comfort in whispering one name:

"Baba Farid..."

Not as a spell, but as a surrender. Not for escape, but for **spiritual companionship** through suffering.

When the Soul Hurts

In Sufi tradition, suffering is not a punishment — it is a **summoning**.

It pulls the heart closer to its Source. And in this closeness, the **Friends of God (Awliya)** often arrive — not always in visions, but in feelings, in dreams, in sudden stillness.

To invoke Baba Farid in these moments is to say:

"I know I cannot carry this alone. Please sit beside me. Please remind me — sweetness still exists."

A Simple Invocation Ritual for Times of Pain

☆ The Light & Whisper Practice

What You'll Need:

- A small candle or oil lamp
- A glass of **clean water**
- A quiet space, dimly lit

Steps:

- 1. Sit in stillness
- 2. Take a few deep breaths. Acknowledge your pain do not fight it.
- 3. Light the candle
- 4. As you do, say aloud or silently:

"This flame is my longing. This light is my prayer."

- 5. Hold the glass of water
- 6. Recite the following invocation over it:

Punjabi:

"Ya Baba Farid, dukh door kar.

Raatan de wech vi teri roshni mildi ae."

Transliteration:

O Baba Farid, remove this sorrow.

Even in the night, Your light still reaches me.

- 7. Drink the water slowly
- 8. With each sip, imagine sorrow softening, fear dissolving.
- 9. Sit in silence for a few minutes
- 10. Imagine Baba Farid sitting nearby, not saying anything just **being present**.
- 11. Allow emotion to rise. Allow healing to begin.

Personalized Prayers for Specific Suffering

In Times of Illness:

Arabic-Urdu:

"Ya Farid, ya Shafi, har dard te har bimari nu meetha kar."

Translation:

O Farid, O Healer, turn every pain and illness into sweetness.

In Moments of Heartbreak or Loss:

Punjabi:

"Dil vich jo tootta ae, Baba, usnu tere zikr naal jor de."

Translation:

What is broken in my heart, O Baba, mend it with Your remembrance.

When Overwhelmed by Fear or Anxiety:

Whisper softly:

"Ya Farid, mere naal reh. Har saans vich tera zikr hove."

Translation:

O Farid, stay with me. May Your remembrance live in every breath I take.

When You Cannot Speak

Sometimes pain silences even prayer.

If you cannot recite anything, **hold his name in your heart** like a secret flame:

"Ya Farid... Ya Farid... Ya Farid..."

Let the repetition carry your grief when your voice cannot.

Even a **single tear**, shed in remembrance, is a prayer answered.

Making Your Own Healing Space

Create a **Baba Farid Corner** in your home:

- A small cloth or mat
- A candle or lamp
- A bowl of flowers, sugar, or water
- A notebook for prayers, dreams, or reflections

Visit this space when you're overwhelmed. It becomes a **sanctuary within a storm**, a doorway to his soothing presence.

†→ Final Reflection

"The night is long. The road is dark.

But somewhere within, a saint walks beside you —

barefoot, silent, carrying a lamp."

Baba Farid does not erase all suffering.

But he holds space for it, so it no longer drowns you.

He sweetens the unbearable.

And slowly, gently — helps you become whole again.

BECOMING A CHANNEL OF HIS LOVE

Hazrat Baba Farid Ganjshakar (RA) was not only a saint — he was a mirror of Divine mercy, a servant to the forgotten, and a hand extended to the broken. His sweetness was not only in speech, but in how he loved without conditions, healed without pride, and gave without waiting for return.

To truly walk in his path is to not only receive his healing, but to **become a vessel for it** — to let the barakah we have tasted pass through us, blessing others in need.

This chapter is an invitation:

Now that you've been nourished, how will you feed another soul?

₩ What It Means to "Carry the Sweetness"

When we say someone is "carrying the sweetness of Baba Farid," we mean they've:

- Let go of bitterness in the face of life's trials
- Learned to respond to pain with gentleness
- Embraced the practice of quiet service
- Become a reminder of God's love in the way they walk, speak, give

It doesn't require perfection. It only asks for **presence**, humility, and intention.

W Using His Teachings to Help Others

1. Offer Sacred Listening

Baba Farid once said:

"If a wounded soul speaks, do not rush to fix — listen until they have emptied."

In a world of noise, offering your **undivided attention** is an act of healing.

Let someone speak their sorrow without correcting or judging. Sit like a dargah — open, quiet, still.

2. Share What He Shared: Food, Prayer, and Presence

- Cook a simple meal and serve it with Baba Farid's name in your heart.
- Offer a glass of water or sugar to someone in distress silently recite:

"Ya Ganjshakar, jiven tusi meetha kita, ehna nu vi sukoon mile."

(O Treasure of Sweetness, as You healed me, may they also find peace.)

These small acts carry his **signature energy**.

3. Teach His Name Gently

If someone is grieving, anxious, or afraid, share the zikr that helped you:

"When I was struggling, I whispered 'Ya Farid, madad.'

Maybe it can help you too."

This is not preaching — this is **offering a candle in a dark** hallway.

4. Live His Message in Your Character

Baba Farid's greatness was in his **gentle strength**:

- He forgave without being asked
- He served without being thanked
- He smiled even at those who insulted him

To carry his sweetness is to **choose softness in a world** addicted to hardness.

Minimum Healing Expands When Shared

Healing is **not meant to be hoarded**. The more we give it, the more we receive.

In Sufi thought, healing multiplies through:

- Service (khidmat)
- **Generosity** (sakhawat)
- **Sincere prayer for others** (du'a in ghayb)

A woman once prayed at Baba Farid's dargah for her friend's recovery from cancer.

Not only did her friend improve — her own anxiety disappeared.

"I gave my dua away," she said, "and found my own healing inside it."

⚠ Practice: Becoming a Channel of Sweetness

Set a weekly intention to:

- Feed someone hungry
- Call someone lonely
- Forgive someone difficult
- Share Baba Farid's name with someone lost

Before doing the act, whisper:

"Ya Baba Farid, let this be from You, not from me."

Then do it quietly — and walk away. Leave the healing to unfold where it must.

Final Reflection

"He did not give us sugar to taste —

He gave it to remind us what we are meant to become."

If Baba Farid's sweetness has touched your life, let it move through you — not in grand gestures, but in **soft kindness**, in **silent prayer**, in **the way you love without needing to be seen**.

This is how healing grows.

This is how the saint lives on - in you.

FINAL BLESSING

You have walked through sweetness, sorrow, silence, and sacred remembrance. You have touched the hem of a great soul's legacy — Hazrat Baba Farid Ganjshakar (RA) — and perhaps, if your heart has softened even slightly, you have already felt him walking beside you.

This book is not an ending. It is a doorway.

A gentle reminder that no prayer goes unheard.

No tear is wasted.

No ache is ever unseen by the One who watches all — and by those beloved to Him.

And Baba Farid is one of those beloved.

***** The Unseen Gaze

There is a concept in Sufism called **nazar** — the gaze of the saint. Not of judgment, but of **loving watchfulness**, like a parent standing at the edge of a child's dream.

You may not see Baba Farid.

You may never visit Pakpattan.

You may never hear his voice in sleep.

But if you have called his name with sincerity —

know this:

His gaze has found you.

Healing does not always arrive as lightning.

Sometimes, it moves like dawn — unnoticed until the room is already full of light.

† Trusting the Hidden Path

You may still struggle. You may forget the man in green robes whose presence once felt near.

But Baba Farid never forgets.

The saint's love is not dependent on our remembering.

It flows — steady, patient, unbroken — because it is rooted not in this world, but in the Divine.

So when fear returns, whisper again:

"Ya Farid... madad."

And when joy surprises you, smile and say:

"Shukar, Baba."

In both pain and ease, keep his name close.

Not as a superstition,

but as a thread back to your center.

The Path Continues in You

You now carry a little of his sweetness.

A little of his light.

A little of the healing you came searching for.

You are no longer just a seeker —

you are a companion on the path,

and one day, someone may whisper *your* name when they are hurting.

Let your hands become healing.

Let your heart become sugar.

Let your presence be a prayer.

Final Blessing

"O Baba Farid,

if ever I forget the light,

do not forget me.

If I fall into darkness,

may your sweetness find me there too.

Walk beside me unseen —

and when I am too tired to call,

answer me anyway."

■ The Saint's Gaze Is Never Lost

You have not come to the end.

You have arrived at a quiet knowing.

That in every tear, every breath, every act of kindness —

the saint walks with you.

His gaze is upon you.

Even now.

Always.

SELF ACTIVATION

In the path of Divine love, a time comes when no guide is needed to place their hand on your head — because the **Beloved places**His light in your heart directly.

You are now invited to enter the **healing stream of Baba Farid's barakah (spiritual blessing)** — not through formal initiation, but through **self-activation**: a sacred process of awakening that occurs when your longing and trust create the opening for Divine energy to flow.

This is your moment to say yes.

Yes to sweetness.

Yes to healing.

Yes to carrying the saint's presence within you.

₩ What Is Self-Activation?

Self-activation is when you, as a sincere seeker:

- Declare your readiness to receive
- Trust the spiritual connection to Baba Farid
- Open yourself as a channel for Divine mercy and healing

This is not symbolic — it is real.

Sufis have long known that **niyyah** (**intention**), not proximity, is what unlocks spiritual transformation.

X A Personal Ceremony of Activation

** Self-Activation Ritual: Aligning with Baba Farid's Healing Stream

You may do this once in a lifetime — or whenever you wish to reconnect.

What You'll Need:

- A small candle or oil lamp (optional, symbolic of divine light)
- A glass of water
- A quiet space
- Your **intention** the real key

Step-by-Step

- 1. Sit in stillness
- 2. Light your candle if using. Take three deep breaths and settle into the moment.
- 3. Declare your readiness aloud or in your heart

"With love, humility, and trust,

I activate my connection to the healing presence of Baba Farid.

I affirm that I am ready to receive his barakah directly.

I open to the sweetness, light, and mercy of this sacred stream.

May my heart become a vessel of healing — for myself and others."

- 4. Place your hand over your heart
- 5. Close your eyes and begin to repeat this invocation:

"Ya Farid, Ya Ganjshakar,

rooh nu roshan kar, dukh nu meetha kar."

(O Farid, O Treasure of Sweetness,

light up my soul, and sweeten my sorrow.)

Repeat 11, 21, or 33 times.

or

Recite the invocation (repeat 11 or 21 times)

"Ya Farid, Ya Ganjshakar, shifa de, roshni de, rehmat de." (O Farid, O Treasure of Sweetness, give healing, give light, give mercy.)

6. Visualize

- o A gentle golden light descending over you
- o It flows into your crown, your heart, and your entire body
- o Feel this light as **the activation** Baba Farid's presence entering your spiritual system
- Let it expand warm, gentle, luminous
- o You are now within his healing stream

- 7. Drink the water slowly
- 8. Say:

"This is now healing water. May it carry the sweetness into every cell of my being."

- 9. Sit in silence for 3-5 minutes
- 10. Notice sensations. Allow any tears, warmth, breath changes. These are signs of receiving.

After the Activation

You are now connected.

You carry the energetic imprint of this healing path.

You can:

- Invoke Baba Farid's name daily for healing
- Offer healing prayers for others
- Return to this ritual whenever needed

▲ Final Affirmation

"By the permission of the Most Merciful,

I now walk with Baba Farid's light.

His sweetness is in my words.

His calm is in my breath.

His healing lives through me."

GROUNDING & DISCONNECTING

Working with energy is a **transformative experience** that raises your vibration, strengthens your aura, and deepens your spiritual connection. However, to maintain balance and well-being, it is crucial to **ground yourself and disconnect from lingering energetic ties** after any energy practice.

Without proper grounding and disconnecting, you may experience:

- Feeling lightheaded, spacey, or ungrounded.
- ★ Emotional fluctuations or mood swings.
- Difficulty focusing or completing daily tasks.

Energy work is about balance. Grounding and disconnecting ensure that you remain stable, centered, and fully present in your physical reality.

• **What is Grounding?**

Grounding is the process of **anchoring your energy** to the Earth, allowing you to return to stability after working with high-frequency vibrations.

- **X** Feeling disconnected from your surroundings or reality.
- 🔀 Experiencing dizziness, fatigue, or restlessness.
- X Increased sensitivity to energy, noise, or light.
- **X** Emotional instability or difficulty concentrating.
 - ▼ Benefits of Grounding
- \checkmark Restores balance between your spiritual and physical self.
- ✓ Stabilizes emotions and thoughts.
- √ Helps integrate energy work into daily life.
- √ Strengthens personal energy boundaries.
 - % What is Disconnecting?

Disconnecting is the practice of **severing energetic ties** that may have formed during energy work. Every interaction—whether with people, situations, or spiritual forces—creates energy links. If not consciously released, these links can drain your energy and influence your well-being.

• Signs You Need to Disconnect

- ➤ Feeling emotionally or mentally attached to someone after a session.
- X Absorbing others' emotions, stress, or negativity.
- X Thinking obsessively about an event or person.
- X Experiencing energetic exhaustion after interactions.

• **▼** Benefits of Disconnecting

- √ Ensures your energy remains your own.
- ✓ Clears unwanted attachments and energetic influences.
- √ Prevents energetic fatigue and spiritual depletion.
- √ Maintains sovereignty over your aura and personal power.

• 4 Why Grounding & Disconnecting Matter

Issue	What Happens Without Grounding/Disconnecting?	Why It's Important
Energetic Overwhelm	Feeling anxious, sensitive, or unbalanced.	Grounding stabilizes your energy.
Lingering Energy Connections	Staying linked to external energies unconsciously.	Disconnecting clears your aura and restores boundaries.
Emotional Imbalance	Intense energy work can cause emotional fluctuations.	Grounding helps process emotions peacefully.
Energy Drain	Feeling exhausted, unmotivated, or scattered.	Grounding recharges and strengthens your energy field.

- 🔞 Powerful Grounding Techniques
- 🧖 1. Rooting Visualization

This technique helps anchor your energy into the Earth.

- Steps:
- \checkmark Sit or stand with feet flat on the ground.
- $\overline{\mathsf{V}}$ Close your eyes and take three deep breaths.
- ▼ Visualize strong roots growing from your feet, reaching deep into the Earth's core.
- ▼ Feel a steady, grounding energy flowing back up into you, stabilizing and strengthening your presence.
 - *Machine Affirmation:*

"I am deeply rooted, strong, and grounded in the present moment."

• 2. Salt for Grounding

Salt is a powerful grounding element that absorbs excess energy and restores balance.

- √ Take a bath with sea salt or Himalayan salt.
- √ Sprinkle salt around your space to clear lingering energy.
- √ Carry a small pouch of salt as a grounding tool.
- **Pro Tip:** Salt is known for its purifying properties—use it to stabilize and strengthen your aura.
 - 🐇 3. Connecting with Nature (Earthing)

Walking barefoot on natural surfaces helps discharge excess energy and restore balance.

Steps:

- **▼** Walk barefoot on grass, soil, or sand.
- ightharpoonup Sit near trees, rivers, or mountains to absorb natural grounding energy.
- ▼ Take deep, conscious breaths, allowing nature to stabilize your energy.

• PAffirmation:

"I am one with the Earth. I am grounded, balanced, and at peace."

• 4. Fire Meditation for Grounding

Fire has a powerful grounding effect and helps transmute excess energy.

Steps:

- ✓ Light a candle and focus on the flame.
- ▼ Take slow, deep breaths, imagining all excess energy burning away.
- ▼ Feel yourself becoming stable, clear, and centered.

• PAffirmation:

"I am grounded, strong, and filled with the warmth of stability."

• 💨 5. Breathwork for Grounding

Breathing techniques help bring energy back into the body and mind.

Steps:

- $\overline{\mathbf{V}}$ Inhale deeply for four counts.
- ✓ Hold your breath for four counts.
- $\overline{\mathsf{V}}$ Exhale slowly for eight counts.
- $\overline{\mathbf{v}}$ Repeat for at least five cycles to feel grounded and present.
 - PAffirmation:

"With each breath, I am more grounded, present, and at peace."

- % Powerful Disconnecting Techniques
- 1. Energy Cord-Cutting Visualization

Just as a sword severs ties, this technique cuts unwanted energy connections.

Steps:

- ✓ Close your eyes and visualize any lingering energetic cords attached to you.
- ✓ Imagine a sharp, radiant blade cutting through each cord, dissolving them into light.
- ▼ Feel yourself becoming completely free, sovereign, and energetically clear.

"I release all energy that does not belong to me. I am free and in my own power."

• **1** 2. Water Cleansing Ritual

Water is a natural conductor of energy and helps wash away unwanted attachments.

Steps:

- $\overline{\mathbf{v}}$ Wash your hands, face, or take a shower after an energy session.
- As the water flows, visualize it carrying away all lingering connections.
- ▼ Feel yourself becoming refreshed, renewed, and fully disconnected.

• P Affirmation:

"As the water flows, I release all that does not serve me. I am cleansed and whole."

• 3. Sound Healing for Disconnection

Sound vibrations can break unwanted energetic ties and restore balance.

• How to Use Sound for Disconnection:

- √ Chant a mantra or affirmation.
- √ Play a singing bowl or tuning fork.
- √ Listen to grounding frequencies (e.g., 432 Hz or 528 Hz).

• PAffirmation:

"With this sound, I dissolve all energy that no longer serves me."

• • 4. Physical Movement for Disconnection

Moving your body helps release stagnant energy and reset your energy field.

- Effective Movements:
- √ Shake your body gently to release excess energy.
- √ Dance freely to uplifting music.
- \checkmark Stretch or do yoga poses that focus on grounding, such as Tree Pose.
 - P Affirmation:

"I move, I release, I am free."

- ***** Final Affirmation for Grounding & Disconnecting
- "I am grounded, strong, and fully present. I release all energies that do not serve me. My energy is sovereign, clear, and balanced."

ABOUT THE AUTHOR

In the mystical realms of Astrology, Metaphysics, and Energy Healing, one name stands out as a beacon of wisdom, transformation, and enlightenment—Rishi Rohit Sharma.



A true legend in the field of **spiritual sciences**, he is more than just a healer, astrologer, and teacher—he is a **spiritual warrior**, **a modern-day sage**, **and a guiding light** for countless seekers worldwide.

His journey is one of mastery, divine calling, and extraordinary contribution, as he has pioneered new paths in astrology, revolutionized energy healing, and unlocked ancient secrets that had been lost to time. With his unparalleled knowledge and an unshakable commitment to spiritual evolution,

he has left an **indelible mark on the world of metaphysics**—a mark that will **echo through generations**.

• 🔻 A Born Visionary with a Cosmic Calling

From an early age, **Rishi Rohit Sharma was no ordinary soul**. Born into a prestigious Brahmin lineage, his ancestry traces back to **Maharishi Sankhyana**, a revered sage in ancient India known for his profound spiritual wisdom and contributions to Vedic sciences. This powerful lineage gifted him with an innate **understanding of esoteric wisdom, astrology, and the secrets of the universe**.

Even as a child, he displayed an unquenchable thirst for knowledge, a rare curiosity for the cosmic laws, and a deep connection with divine energies. Unlike many, he did not merely accept the world as it appeared—he sought to decode its mysteries, uncover its hidden truths, and bridge the gap between the seen and the unseen.

As he grew, his abilities expanded. He studied ancient texts, practiced powerful spiritual disciplines, and honed his intuitive gifts—all while excelling in the field of modern science and technology. This unique blend of spiritual insight and scientific intellect became the foundation of his revolutionary work, enabling him to create powerful energy systems, profound astrological methodologies, and transformative healing practices.

• Scholar, Scientist, and Master of Metaphysics

Few spiritual leaders in history have managed to achieve what Rishi Rohit Sharma has—a harmonious fusion of technology and ancient wisdom. He holds multiple master's degrees in Engineering and Technology from esteemed institutions in India and Australia, making him an expert in fields like Information Technology, Electronics, and Computer Science.



But his quest for knowledge did not stop at the material world. He went further, **delving deep into the mysteries of existence, consciousness, and cosmic energy**, ultimately earning the title of **Doctor of Metaphysical Sciences**. With this, he became a **modern-day alchemist**—capable of transforming not just matter, but **human souls, destinies, and entire realities**.

- He deciphers the cosmic blueprint of every soul, revealing their true path.
- He merges science and spirituality to create systems that are both practical and powerful.
- He simplifies complex metaphysical concepts, making them accessible to all.

His deep understanding of the connection between the physical and spiritual realms has made him a pioneer in astrology, energy healing, and esoteric sciences, allowing him to help thousands navigate their destiny with clarity and confidence.

• **Q** The Master Astrologer Who Redefined the Cosmos

In the world of astrology, **Rishi Rohit Sharma is not just a practitioner—he is a revolutionary.** His approach is unlike any other, as he **sees beyond traditional predictions and dives into the soul's karmic blueprint**. His method is not just about reading charts—it is about **unlocking destinies, understanding soul contracts, and awakening divine purpose**.

• 💫 His Astrological Philosophy:

- **▼** Every human being has a unique cosmic manual—their horoscope.
- **▼** Understanding planetary influences allows one to rewrite their destiny.

▼ Astrology is not just about predictions, but about empowerment.

His system is so precise and effective that many professional astrologers have adopted his methods, finding them more accurate and transformative than traditional techniques. His teachings are sought after by individuals seeking clarity, purpose, and alignment with their higher selves.

- F His Most Influential Works on Astrology:
- Nazm E Jyotish A poetic revolution in astrology, blending celestial wisdom with rhythmic expression.
- Grahon ki Nishaniyan A profound guide to understanding planetary influences on human life.
- Past Life & Karmic Astrology A deep exploration of reincarnation, karma, and soul evolution.

These works have **revolutionized astrology**, making it **more insightful, artistic, and accessible** to seekers at all levels.

• A Legendary Healer & Innovator of Transformative Energy Systems

A master of Reiki and energy healing, Rishi Rohit Sharma has designed groundbreaking healing systems that are celebrated across the globe. His creations are not just energy systems—they are portals to higher realms, cosmic frequencies, and divine transformation.

• **3** His Most Powerful Energy Systems:

- ** Orb of Om A sacred energy system that connects practitioners to the universal vibration of harmony and divine consciousness.
- Sacred Waters Healing A purifying energy system infused with the spiritual essence of holy rivers, designed for deep emotional cleansing.
- Angel Wings Attunement A celestial energy system that opens the pathway to divine guidance, protection, and intuitive expansion.
 - **V** Why His Energy Systems Are Revolutionary:
 - √ They work instantly, creating **real, tangible energy shifts.**
 - √ They are **highly accessible**, even for beginners.
- √ They bridge the gap between ancient wisdom and modern energy healing.

His students and practitioners **consistently report lifechanging experiences**, making his systems some of the **most sought-after spiritual tools in the world**.

• The Mentor of Thousands & A Beacon of Spiritual Awakening

A teacher unlike any other, Rishi Rohit Sharma has personally mentored thousands of students, guiding them toward self-discovery, spiritual mastery, and higher consciousness. Through his online courses, live workshops, and digital platforms, he has created a global spiritual family, empowering

seekers to step into their power and embrace their divine purpose.

His organization, VAYOM, is a center for:

- Astrology & Numerology
- Reiki & Energy Healing
- Vastu & Occult Sciences
- Meditation & Spiritual Awakening

His YouTube channel, Facebook groups, and WhatsApp mentorship circles are filled with devoted students who have transformed their lives under his guidance. Many have even become spiritual teachers, astrologers, and healers themselves, carrying forward his extraordinary legacy.

- In the Legend Who Guides Souls to Their Highest Destiny
- Which Robit Sharma is more than a teacher—he is a legend. He has taken spiritual sciences to new heights, redefined astrology, pioneered energy healing, and guided countless souls toward enlightenment. His work will stand the test of time, continuing to inspire, awaken, and uplift.
 - **@** His Ultimate Mission:
- **▼** To **empower individuals** by helping them understand their divine potential.
- **▼** To **unlock the cosmic truths** hidden within astrology, energy work, and metaphysics.

▼ To **help humanity transcend limitations** and step into their highest selves.

His wisdom, compassion, and profound insights make him a hero in the world of spiritual transformation. He is not just a healer—he is a divine architect, a cosmic teacher, and a guiding force for humanity's awakening.

* "The stars are not just distant lights in the sky. They are part of your cosmic blueprint, guiding you toward your highest self." - Rishi Rohit Sharma



LIST OF ENERGY HEALING SYSTEMS

- Blessings of Baba Farid
- Dragons of Protection
- Blessings of Khwaja Peer
- Blessings of Neem Karoli Baba
- Ram Naam Reiki
- The Rainbow Butterfly
- Blessings of Ghaus Pak Peer
- Ravan Reiki
- Elemental Healing Reiki
- The Vajra of Indra
- Reiki Village
- Ancient Aura Cleaning Technique
- The Cosmic Codes
- Healing The Void
- My Hidden Powers
- The Third Eye of Shiva
- Lord Shiva's Protection Shield
- Chaya Protection Reiki
- Apsara Reiki

- Supermoon Reiki
- The Golden Light of Buddha
- Revenge Reiki
- Brain Enlightenment
- Blessings of Mata Hinglaj Bhavani
- Love from Pluto
- 1008 Cosmic Chakras
- Ice Reiki
- Spirit of Dragon Reiki
- Scars on My Soul
- Archangel Chamuel's Green Pen
- Koi Fish Reiki
- Spiritual Parrot
- Cross Angels Healing Reiki
- Soul Healing Reiki
- Holographic Healing
- The God's Plan
- Mountain Reiki
- Rainbow Light
- Twin Flame Rainbow Reiki
- The Ultimate Protection and Cleanse by Rahu Dev
- Pashupatinath Reiki
- Archangel Uriel's Blessings & Shield
- Magickal Neem Soap

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- Rainbow Rose Reiki
- The Sacred Wisdom of Brahma
- The Golden Mayura
- White Sacred Snake
- Lungs Clear
- Rainbow Eucalyptus
- Shree Ganesh
- Kali Kavach
- Peer Nigahe Wala
- Lady Luck
- I am Blessed
- The Golden Aura
- Chakshushi Vidya
- M.E.N.T.A.L Wellness
- Blessings of Rahu Dev
- The Golden Key
- Light Filter
- Fight for the Right
- The Power of Ram
- Flower of Hibiscus
- I AM THE KING
- Saptrishi Reiki
- Surya Kavach
- Tree of Life

- Dreamcatcher
- White Dragon
- Mirror Reiki
- Krishna Reiki
- Magical Mermaid
- The Feet of Laxmi
- The Axe of Parashurama
- The White Gold Flower
- Time Reiki
- The Golden Skull
- The White Dove
- Kundalini Fire Reiki Upgrade 2024
- Magical Pentagram
- The Lotus of Life Reiki
- Mystical Blue Ocean
- Mystical Prashar Lake
- Panchmukhi Hanuman
- Golden DNA
- Adi Shakti
- Love
- Heart of Jesus
- Mystical Black Cat
- Feather of an Owl
- The white Light

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- The Pitru Crow
- Blessings of Kubera
- The White Rose
- Lottery Blessings
- Wish Me Luck
- Blessings of Hadimba Devi
- Binary Reiki
- The White Candle
- Mystical Blue Lion
- Mystical Guardian Dog
- Blessings of Guru Gorakh Nath Ji
- Blood of Jesus
- The Holy Cross
- Golden Flame Reiki
- The Lamb of Jesus
- Blessings of Sai Baba Ji
- Blessings of Baba Balak Nath Ji
- The Sword of Maa Kali
- Turtle Back
- Chakra Shakti
- Nandi The Bull of Shiva
- Kundalini Fire Reiki
- The Sword of Archangel Michael
- The Rat of Ganesha

- The Eye of Jupiter
- Infinity Reiki
- Blue Lilies
- Pearl of Ocean
- Male Sexual Boost
- Blue Flame Reiki
- Blessings of Maa Baglamukhi
- Laughing Buddha
- Heart Wall Clearing Reiki
- The Gada of Hanuman
- Spiritual Dreadlocks
- Pink Reiki
- The Power of Tulsi
- Parrot of Kamadeva
- The Power of 786
- Essence of Mahashivratri
- Blessings of Baba Murad Shah Ji
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- The Lion of Durga
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- Reiki Bomb
- Reiki Sparkles

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- The Holy Rudraksha
- The 7 Chillies & The Lime
- Orb of Om
- Angel Wings
- The Holy Saffron
- The Holy Ganga