
Shiva *Bhakta*-s. It is said that at the end of his life Sahasrarjun transferred all his strength to this Shiva linga. There are eleven *Akhaṇḍa Jyoti*-s burning continuously since many years.

The next destination was Nemavar, known to be the navel, *nābhi sthān* of the figurative Narmada Maiya. When the water level is less, the natural *nābhi* stone can be seen here. We had *snān* here. On the bank is Siddheswar Temple, built in 11th Century by Parmar Dynasty. Pink Sandstone & Yellow Sandstone are used to carve walls and pillars beautifully. Behind the temple, there is Chinmaya Ashram. Many *siddha yogi*-s stay here. The current yogiji was on *parikramā* by foot, so we could not meet him. We heard a number of true stories from one Desai Kaka as he visits here regularly. They provide food and accommodation for a day or two to *parikramā yātri*-s.



On the way to Jabalpur, we stopped at Dhuwadhar fall, Bhedaghat. This is where the river falls through marble rock taking about 30 meter plunge and looks like a cloud of smoke. Hence, the name Dhuwadhar. We found a beautiful spot to perform *pūjā*, offer lamps and could dip our feet in cool water.

Next we stopped at Gauri Shankar Temple and the 64 yogini temple. It was quite an unusual Shiva Temple with a *mūrti* in the sanctum instead of Shiva linga. Next day, as usual we had an early start and we could see a magnificent sunrise on Gauri ghat. We offered lamps, our daily *pūjā*, *Ārati* & *Aṣṭakam*. Then we had long ride to Amarkantak, which is close to the border of Chhattisgarh and Madhya Pradesh.



Before Amarkantak we stopped at Kapil Dhara water fall. It was a trek through the jungle. Here, near the waterfall, is Kapila Muni's place of penance. There is also another smaller fall - Duguh Dhara. Both these have a long trek through jungle. After Kapil Dhara fall is Sri Sri Narmadaswaroop Meera Mayi's Ashram. The Ashram provides free food to *yātri*-s doing *parikramā* by foot. Meera Mai known on Siddha Mai, is over 110 yrs old. There are a number of true stories about her *siddhi*-s and the blessings she has given to number of a devotees which have come true.

Amarkantak is a lovely hill station too. We stayed in a hotel amidst a couple of Ashrams. We visited Ram Ghat for daily *pūjā*, *Ārati*, Diya & *Aṣṭakam*. We went to see Kalyan Ashram and Mrityunjay Ashram. There were beautiful gardens with variety of Dahlias and other flowers. Large colourful carved *mūrti*-s from our *Itihāsa*-s were attractive. The temple was magnificent with ॐ in the centre and four *Mahāvākya*-s of Vedas were written on both sides. There were a number of rooms for *yātri*-s to stay for a day or two during their *parikramā*. But most important is that, they have a *gurukul* which educates young students about our Vedas along with regular academic

education. They give *seva* to the temple routine which is very well maintained. Many Swamijis and Gurujis are doing all this.

From here, we took *kalaśa* with us and walked down a jungle trail to reach Mai ki Bagiya. It is a place where Narmada Maya originates i.e. *Udgam sthan*.

To be continued ...