



Marina Chand Author

Media Kit

www.saisaileshwara.com.au/the-book

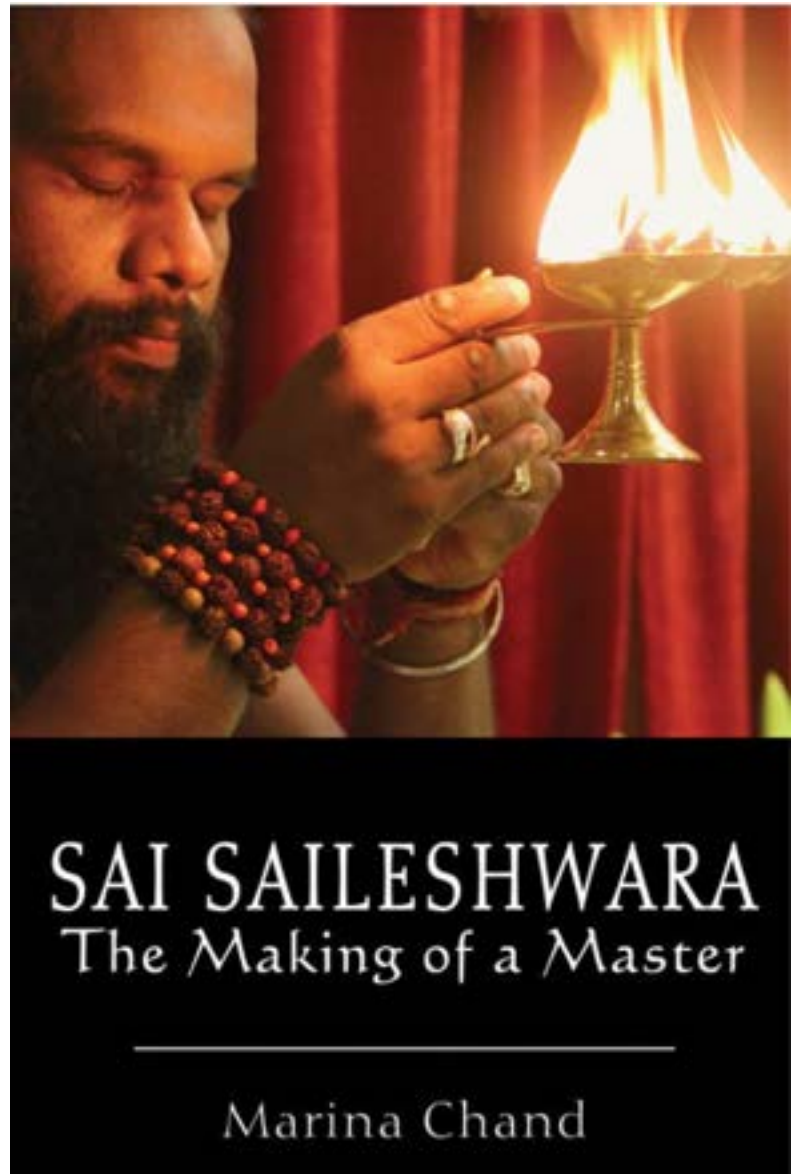
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The book – Sai Saileshwara The making of a master

This true story is about the life of Saileshwara, born into a poor family in Fiji who set out on a journey seeking a cure from a life-threatening condition. Through an extraordinary journey that took him half-way around the world to India, New Zealand and then Australia, he not only survived, but he tapped into his own source, triggering the yogic path to self-realisation. Despite the challenges of having a physical disability, Saileshwara's mind-blowing and uplifting story reveals some of the super-human achievements possible on this path.

This biography, written by Saileshwara's wife Marina, is an up-close and personal account of a traditional yogi living a bi-cultural life in the suburbs of Australia with his family, while guided by an ancient mystical world.

The reader will be touched by Saileshwara's enormous capacity to love, guide and transform seekers on the path of self-knowledge, whose experiences are sprinkled throughout the book. Saileshwara is living proof you don't have to retire to a Himalayan cave to master yourself.



The author – Marina Chand

This is Marina's first book, venturing away from reports, conference papers and articles which have kept her busy in her day-job as a social entrepreneur and co-founder of a not-for-profit multicultural health service in Brisbane.

Marina, Sai Saileshwara's wife, provides an intimate account of the yogic accomplishments and stages of spiritual blossoming, and the hilarious cross-cultural challenges of being married to a master! 'East meets west' and 'science meets ancient wisdom' is how their relationship has been described and this is also the flavour of the book which provides interpretations of Eastern yogic philosophy.

An accomplished meditation teacher and speaker in her own right, Marina wanted to take her writing to the next level by capturing this inspiring, extraordinary true story of Saileshwara's life and to make accessible the hidden experiences encountered on the yogic path to self discovery.



About the author

Marina lives in Brisbane, Australia, with her husband Saileshwara and their two children Eashan and Vaishnavi and their cheeky Labrador Jimi.

Marina is from a bicultural Dutch and Fiji-Indian background, and has credentials in bioscience. Her career has focused on human rights and working with vulnerable populations for health equity and justice. Currently she is an executive manager in a health social enterprise she co-founded ten years ago. She has written articles, conference papers and research papers in a professional capacity and is regarded as a leader in the not-for-profit health sector.

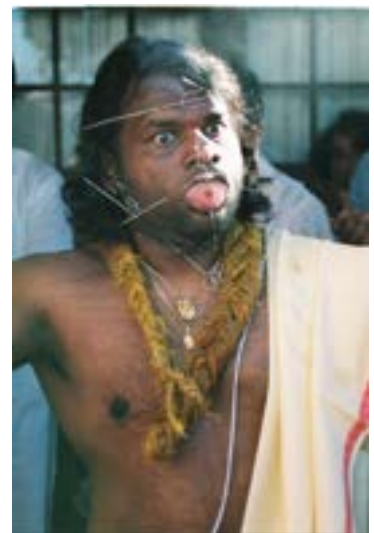
Marina is well travelled, and her true love is trekking in the Himalayas in desolate high-altitude places. Her sense of adventure has taken her to some incredible places and she has led some daring treks. She is also a qualified homeopath and meditation teacher and she often joins Saileshwara at talks and workshops where they complement each other's styles – east meets west. She has a deep personal understanding and experience of yogic philosophy that she explains and interprets for a Western audience.

She wanted to bring to life an honest, up-close and personal story of a traditional yogi living a outwardly ordinary life in the suburbs of Australia, while guided by an ancient mystical world. The reader will be touched by the book's transformational narrative and spiritual guidance at the same time. This is her first book.



Book images to get you interested

Here is a collection of images in the book - sometimes a picture does tell a thousand words!



Testimonials

Here is a collection of reviews and testimonials from people who have read the book:

This inspirational biography of a great Saint/Soul living in our modern world presents the reader with a fascinating tale of one mans journey to freedom and the far reaching impact that has on a community and the world at large. As the reader dives deep into the life of Saileshwara, a stirring from deep within arises, a feeling that may have been buried for some, during these challenging COVID days. That feeling is love, and it's love that this biography exudes but also draws out of the reader.

A delightful read for the devotional since the teachings within speak directly to the heart.

Keenan Crisp

(NSW, Australia) Co-Owner of one of Australia's most successful Yoga Schools, Power Living Australia, Certified High Performance Coach, Master Trainer, Yoga Facilitator.

This book has so many profound and inspiring truths in it. I have been reading spiritual, self-help books for about 5 years. This book is certainly one of the best I have found. It is an inspiring and incredible read. Marina Chand has captured the struggle and triumph of overcoming serious illness, disability, depression and pain in this captivating book of a truly remarkable man, yogi and master with a mission. The book also offers outstanding tools for all kinds of people, including those seeking to develop inner peace, joy and gain clarity about the sweetness of life.

Swami Vishwanand Maharaj

(Maharashtra, India) Swami in meditation ashram Atma Malik Dyanpeeth Ashram, Kokamthan, India

When it comes to meditation, self-awareness and realisation, there is no one better placed to provide guidance than Sailesh. This biography isn't just a tale about one person's journey, it's a guidebook that will serve many on their own. I am one of the fortunate people who have had the honour and privilege to have spent time with Marina and Sailesh and this book is the next best thing.

Simon Kerle

(Queensland, Australia) owner of Raw Power Yoga, former captain of the Brisbane Bullets

Target audience

Spiritual seekers
Yoga practitioners
Meditation practitioners
Indian background communities
Self-help
Overcoming life threatening illness/
disability



Themes

Human spirit
Stages of yoga
Spirituality
Disability
Meditation
Biculturalism
Yogic science
Hinduism

Book biography

Written in Brisbane, Australia
The biographer Marina Chand wanted to capture an Australian story about a master's life and how he came to be regarded a maser.
It took 2 years to write the book and 21 years of living and observing the book's biographee

The book was launched on 9 July 2022



INTERVIEW QUESTIONS

Why did you write this book?

What did you learn from writing this book?

How did you manage to explain complex yogic spiritual subjects to an Australian audience?

What does your family think of your book?

There are short stories from people who have had experiences with Sai Saileshwara throughout the book, how did you gather those?

What was the hardest thing about writing your partner's biography?

How will this book help others?

EXCERPTS



We had been trying for a child for a few years but were unsuccessful. This happened in October 2014, during one of the Navarātrī festival nights he blessed us and said, 'Your prayers will be answered before next Navarātrī. Just have patience and faith. Everything will come to you at the right time.' Then he gave me a lime and said to make lime drink out of it and drink it. He also said to plant a hibiscus tree in the temple garden. We followed both the instructions that were given to us. Five months later, a beautiful hibiscus flower blossomed on that plant, and that's the same time my wife got pregnant. We were so happy with that good news.

Mohit Sharma

Sai Saileshwara has helped many people, including me. He has had a direct and very personal impact on my life. He has revealed knowledge of things in my life that no one else was aware of, including things that only existed inside my head! He has also given crucial guidance on several matters, including my marriage to Shirley. It is amazing, the way he weaves apparently unrelated elements into a meaningful whole.

Stephen Craig

THE STORY

SAI SAILESHWARA - THE MAKING OF A MASTER



SPIRITUAL PATH & FAMILY LIFE

He married Marina in 2000 and they had two children. They opened a beautiful temple next to their home in Brisbane, fulfilling community and family responsibilities whilst Saileshwara underwent deep, transformative yogic experiences not widely understood nor known about in the West. These were experienced and witnessed by many people, whose experiences are also included in the book.

SELF MASTERY & MEDITATION MASTER

Through many amazing journeys to India, Saileshwara met many masters who recognised his spiritual achievements. He became a meditation master and spiritual mentor to thousands around the world, whilst living a simple, bicultural life in the suburbs of Brisbane, where he still lives today.

CHILDHOOD

Saileshwara was born in a poor hard-working family in Fiji. His father died when he was very young, leaving the family in despair and poverty. He was initiated into spirituality by the village priest who first introduced him to a mystical world. At the age of 19 he developed a tumour in his leg. With no medical options, he pursued spiritual options. It led to a journey to New Zealand, India, where he met his master, and eventually Australia.

OVERCOMING ILLNESS & DISABILITY

Saileshwara plunged himself into intense spiritual practices after meeting his master in India. He self-healed from lesions in his lungs and consented to a leg amputation in Australia. Whilst suffering from depression, no permanent visa, expensive rehabilitation and a permanent disability, he blossomed spiritually.





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Contact info

SOCIALS & CONTACT

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