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What is distress? When there is Love, is there a distress?

Distress is basically a disease, where you are far from comfortable situation. You are disgusted. This is one situation where you are unfulfilled, where you expect something and do not get it. In fact, to put it simply distress means being unnatural.

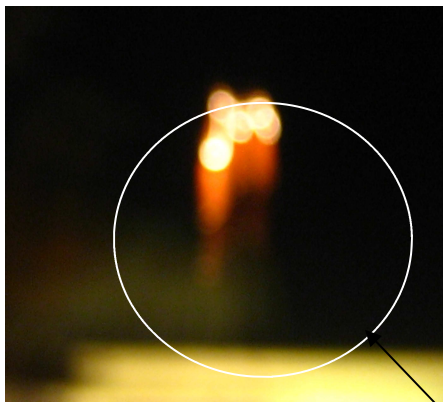
I would not say that where there is Love there is a distress. One needs to define love more than distress in such matter. The real Love is the one, which is divine phenomenon. Love is sublime. It is basic core of human existence. It is vital force for our existence just the way the Oxygen is vital force for our bodies. It should be in the purest form to qualify for that however. The pure divine love will never bring distress as an end result, mainly because in pure love there is no give and take, there are no expectations. And when there are no expectations, there are no unfulfilments. There are no frustrations resulting out of the unfulfilments. Hence there is no distress. But one has to remember that there is another kind of love too. The impure love. The love that is truly lust passed under that divine name. The love, that is demanding something in return. The love, that is a process and not natural state. That may be the cause of distress.

..... Ajit Sir

INSIDE THIS ISSUE:

Love & Distresses	1
Miraculous Phenomenon	1
Visitors' Feelings	2
Reiki Experiences	3
I feel more of a One with the Existence	4 & 5
From Brahmakamal Ashram	6
Appeal for 10th Anniversary	7
Mahashivratri Report	8
Tiger Skin	9
Reiki Seminar Schedule	10

The Miraculous phenomenon of Orbs at the ashram....



The picture alongside was snapped on the evening of 10th February 2010, when the Shiv Ratri Anusthan had entered into its peaked phase. This appeared in the skies above the ashram temple immediately after the Aarti was over. Nothing was actually seen with naked eyes in the sky around that time, but the photograph when taken came like this. Such phenomena are quite common mostly after Aarti on every Thursday. One can visualize the yellow dhoti (Pitambar) like object with two divine feet descending. (marked areas in the picture)

Visitors' feelings about Devrukh Ashram....



Dear Guruji,

Jai Gurudev,

Being with you was not a co-incidence, but was a desire of Swami Samartha..

Swami is within us, but there in Devrukh he was with us in your disguise.

We really do not have any words to express, but Guruji you know what we feel and what we want to express yes, truly as you say we, a drop have merged with the divine ocean and now it is impossible to differentiate or find out which the drop was.

The place around Ashram, Temple and all around is so beautiful nourished with nature love. Every moment felt as if each and every tree, birds, mud, water, the sky, air, the cow, the rays, all the people at Ashram made us feel like heaven our own home. The food even water gave the presence of almighty god. We are missing everything, every moment spend in Ashram.

Our regards, & Love to Kalpita, Krupa Didi, Bhasiji, Rohit, Nandkishore, Snehatai Mandatai (one who gave us cow dung) Sampada, Gandha, Modak kaka and all who were present there, but we do not know their names to mention.

It is very difficult to express our feelings. Expressing our love & gratitude would be like a drop in an ocean. But truly only in a day and half, feeling and getting so much love & homely & making us so special for everything is nothing but the **DIVINE & BLISS SHOWERED UPON US.**

Our wish is to come every month for a week to Devrukh for seva, we hope it will be fulfilled with your blessings & whenever you will call us for seva we will come with our love and content
With lot of love,

Vinaya Sawant / Veena Deshpande
Jai Gurudev.

February 5th, 2010





Reiki as I am experiencing....

Divya Rajan



Dear Guruji,

Been sometime since I wrote to you. I have been wanting to share some more very beautiful experiences I have been having with Reiki.

The most thrilling for me being, I have started driving the car. I have been owning a license for more than 7 years now; but I could never bring myself to drive on the roads. I had some kind of an inhibition, although I ride a two wheeler. I knew the operations well, but sitting on the driver's seat I could never enjoy my drive and I used to be rather tensed; and I had to prepare myself long before I thought of moving it. 4 days back, out of the blue, I started driving and it actually feels like magic. I still cant believe it. And this time, its as though driving comes naturally to me. Without my knowledge, Reiki seems to have cleared out the inhibition in me, because somewhere I always wanted to overcome my inhibition. Today I ventured out during heavy traffic hours, where bikers almost brush you; I put symbols around the car, and all through I realized, cars, bikes and people were at least 2 feet away.

My sister in law suffers from multiple problems. She is under medication for depression, she constantly falls sick, has gastritis and a lot of gynecological problems. She has also been very low on her hemoglobin. She had taken an ultrasound of her ovaries last month which showed PCOS, with the cysts more than 1 cms in size. I gave her 21 sessions of mental healing, with a general message that she has been healed and she is the happiest person in the world. I couldn't give her 21 days at a stretch, so on a few days I gave 2 healings a day. We can now see a noticeable change in her moods and attitude, she is relatively more cheerful than before. However the best part being, a latest ultrasound of her ovaries, reveal absolutely normal, clear ovaries. And when she mentioned about PCOS, the doctors were sort of taken aback wondering if she is talking about a problem that doesn't even remotely seem to exist. She has been addicted to Ghutka. I have asked her to give it up in return for Reiki. I think she has reduced it already, if not completely stopped yet.

This apart, lot of people I have been given Reiki to have got a lot relief - knee pain, tendonitis, neck ache, stomach ache. I have been using symbols to keep mosquitoes and pests astray. Nothing upsets me or worries me. I seem to be super calm all the time. It feels so beautiful. Guruji, thank you so much initiating us into Reiki.

Warm Regards,
Divya Rajan



I feel more of a One with the existence.

Nadia Edreva, Chicago, U.S.A.



Dear Guru,

Months go by and the closer we get to spring and summer the more I envision our next, Chicagoan meeting and the encounter with your wisdom and love. Do you have clarity yet on when your visit to Chicago is going to be? See, for some reason I'm so certain you WILL be coming over, the only question remains about the exact dates. In addition to my longing for the presence of The Guru, I do have to arrange for a family summer trip to Bulgaria. First and foremost to me is not to miss your visit here, so please let me know if you have already gotten any approximate time for your trip to Chicago, please.

As for me, I had one of the most amazing experiences of my life back in late September (between the 23rd and the 30th day after finishing First degree Reiki, which seems to be for me like a new calendar in place – before and after, similar to before and after Christ). You may remember my fearful e-mail to you then about my mom's terrifying diagnosis. The diagnosis thank God was completely wrong but because of it we sought professional help of another doctor (not the one who was initially supposed to operate on her eye Cataract), which turned out to be the best possible solution. The synchronicities in time and the miraculous appearance of helpful people was beyond words. In fact, I virtually felt the intense sensation of God presence in every moment of these emotional several days. On top, I had probably the most open and true contacts and relationships with people who I knew for years during that same time.

It was my intention to write to you and share my gratitude and amazement right after I returned back in the US, because there was no doubt in my soul and mind that all of that blessing I had been in touch with, was because of you, because of the flow of that generous energy which I had access to thank to you – my Guru. The problem was, that at that point I suddenly felt somehow drained and doubtful. Even the flow seemingly stopped... I lost the newfound compassion towards people, I lost the simple happiness of just being existent...I did not completely discontinue practicing Reiki but it wasn't as vigorous and with such great spiritual motivation and perseverance as in the first 30 or so days right after completing the First degree course. Please, forgive me for not making any attempts to cast light on this reverse process of mine by asking you, by seeking your guidance! I didn't know if that was appropriate, if I would fit in your busy schedule I had gotten a feel of at that point. As always in times of doubts I sought perspectives in books. I sought cultivating love and an open heart in Dalai Lama's books. I read your “Mirages” and “Rainbow in the Heart” over again. Your truly wonderful monthly newspaper kept me in touch. In fact, in your Nov. issue was a quote from “An Open Heart” I was reading at that time, which I considered as a sign that I was still on the same page. Then there was the festivity of Christmas (a significant tradition for my family and friends) among the everyday pace and events, which additionally postponed my letter to you...

I feel now I have again gotten perspective, I can sense the flow, once again I feel more of a One with the existence. Is this the usual cycle of up and down, in and out of touch with the spirituality and God? How do I escape the vicious cycle? How do I put up with such great task? God bless all sadhaks who have the benefit of being physically around you and having their dilemmas and questions answered directly. What I'm trying to convey I think is that I really miss your direct guidance..

With a true concern not to take too much of your valuable time, I will ask you to please address one more of my questions here! I have been suffering from a varicose vein for years. An ugly, swollen vein appeared all around my left shin out of nowhere one morning in my late 20s with no visible reason.

For the conventional medicine there is one solution – a drastic surgery, which I have not ever considered as a problem eliminator, but only as a problem creator. Now, that I know that Reiki can restore tissues, will I be able to fully cure that vein by placing hands onto it and of course practicing everyday full body Reiki? Or do I need more skills? Or is it at all possible after all? Please, let me know your feeling and thoughts about it?

In conclusion, let me just once again express my profound gratitude! Thank you for the spiritual guidance you provide in your e-mails to us and in your lovely newsletters every month – they have been a source of inspiration for me! Thank you for sharing all wonderful events in your ashram and in Rishikesh – it all seems like a beautiful fairytale to me and every photo and word from that fairytale resonates deeply in my soul!

I do look forward to hearing from you when you kindly find time in your eventful schedule!
Wish you all the Divine Guidance and Light!

With Love, Light & Reiki:

Nadia E.

24 hours Tryambakam Homa in Pierceton, Indiana USA



With God and your Blessings we had a 24 hrs Tryambakam Yagna here at Pierceton Center. We started Yagna on 12th Feb at 12am ended on 12th midnight. I believe we are chosen by God because he makes it happen. Last year was our first year of performing 24hr Yagna, because of the cold weather we had little smoke problem in the house but this year we had idea of having exhaust fan. Guruji amazing thing was every thing we need for ventilation was right by us. Plywood for window was right outside the window. Fan was in garage, hose to vent air out was also in garage. It simply went smooth, Yagna was meant to happen. I started at midnight and young kids helped me out through the night. Guruji all the kids volunteered, last year they were little hesitant. Hemant took over at 4am, Sanjaybhai Gokhale came at 5.30am did yagna for hour and half. Rest of the friends showed up hour after hour. There was not a single minute empty. People were waiting for their turn. We almost had 50 to 60 people participate. We also had time to prepare food for everyone. Guruji it was very peaceful and Blissful day. We would like to have this 24hr Yagna every Year on Maha Shivratri. Please give us all your Blessings. We had some new friends from Warsaw, they said after 20 years they experienced the feeling of yagna they were very thankful. They said this place feels like a Temple. Guruji we had a wonderful Yagna. We all thank you from bottom of our hearts for bringing this experience in our lives.

Jai Gurudev,

Ursula Patel
Coordinator, Indiana State