

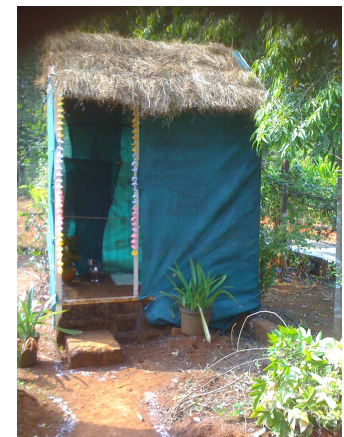
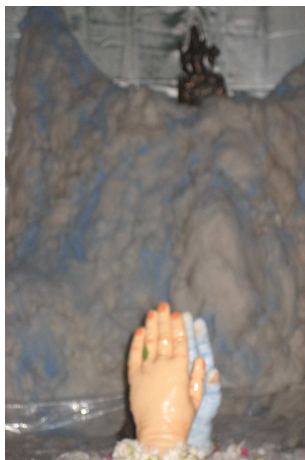
## Maha Shivaratri Celebrations at the Ashram...



Mahashivaratri is one event where every sadhak and even a common villager who is associated with the ashram looks forward to with a lot of curiosity. The increasing number of sadhaks who follow austerities for one month prior to the D-day descending on Devrukh ashram is of course one reason. But we believe the major attraction has always been for the last 3 years is the decoration that creates some divine pilgrimage site. Last year's 12 Jyotirlingams had created enough interest people to expect something like that. Milind Chavan, our sadhak who is the heart and soul behind this creative work and his team of dedicated and skill-full sadhaks did not disappoint people either. This time they created the Kailas Mansarovar ambience. Kailas descended on Devrukh soil complete with the snow clad mountains all over, Supreme Lord sitting on the apex of the mountain range in the deep meditative posture with flowing Ganga from his matted hair and the the two hands one each of Shiva and Shakti blessing the devotees. On the back drop of a team of 44 sadhaks planning to go to Kailas Mansarovar Yatra in

June this year, this setting looked to be even more appropriate.

On this background of kailas, this time 50 sadhaks who followed austerities for one full month performed the 72 hours non-stop Trimbakam chanting. 3 teams performing Abhishekam, Swahakar and Chanting at different locations at the same time created the subtle vibrations of kailas on the back drop of the Vyakta Swaroop of Kailas. What better combination of subtle and gross one can imagine? Last year there were 30 sadhaks under this anushthan programme as against 50 this time. The most wonderful thing was they were mostly from the younger generations ranging between 19 and 30 years. One can imagine the vibrancy of Shiv tatva in the ashram environment.



The blessing hands of Shiva and Shakti with the Lord sitting atop the Kailas

Scenes of Trimbak Kuti (top) and Abhishek site (middle)

## Ancient Rushis arrive in the ashram..

On the occasion of the Mahashivaratri, Guruji's favourite project of naming the trees with the names of sages from the past materialized. 27 revered sages's presence can now be felt in the ashram premises now. Performing sadhana in the presence of all those sages of the past is going to be even more enchanting experience now.



### Why Lord Shiva sits on the Tiger Skin while meditating... (from Shiv Sutra)

It is said that Tiger has 6 virtues which a Sadhak needs to master if he/she wants to be successful on this path. Tiger when going for a prey is always **focused** towards his prey and does not get distracted even a bit. So that becomes the first and foremost virtue. He uses all the **power** that he has to achieve what he is set for. The tiger is so **committed** to his task that he does not have anything else on his mind at that time. He acts with **Speed** which is rare, does not waste time in getting where he wants to. He has developed the necessary **skills** even before he sets on the prey and is confident about the same. The tiger sets his **strategies** to bring the prey into his grasp by thinking prior to his actions. He selects the time to strike, understands the habits of the prey etc. Tiger skin represents the conquering of these 6 virtues for ever. Then the meditation is a meaningful exercise leading to the Sadananda.

### The Salt lake

(contributed by Divya Rajan)

The old Master instructed the unhappy young man to put a handful of salt in a glass of water and then to drink it.

"How does it taste?" the Master asked.  
"Awful," spat the apprentice.

The Master chuckled and then asked the young man to take another handful of salt and put it in the lake. The two walked in silence to the nearby lake and when the apprentice swirled his handful of salt into the lake, the old man said, "Now drink from the lake."

As the water dripped down the young man's chin, the Master asked, "How does it taste?"

"Good!" remarked the apprentice.  
"Do you taste the salt?" asked the Master.  
"No," said the young man.

The Master sat beside this troubled young man, took his hands, and said,

"The pain of life is pure salt; no more, no less. The amount of pain in life remains the same, exactly the same. But the amount we taste the 'pain' depends on the container we put it into. So when you are in pain, the only thing you can do is to enlarge your sense of things....."

## The Ashram Wisdom.....

*Many sadhaks were wondering why one has to follow the austerities like growing beard, not cutting nails & hair during the anushthan. Guruji's answer was "cutting anything signifies violence of some kind even if it is at subconscious level. Secondly, cutting anything means rejecting something. We cut nails, hair because we do not want them on our body. Rejection means moving away from total acceptance. The third aspect is that the nail, hair, beard is all external to the inner existence. The sadhak during anushthan is required to be non violent in every aspect, in total acceptance and oriented more towards inner core. Lastly, normally we are more concerned about the environment & what it feels about us than our inner feelings. During anushthan, the reaction to the environment has to be minimum so that all our energies can be channelized within.*

*First we meditate and then we find we are getting clearer vision of life. We don't have to change anything. We find ourselves changing.*

*Maharshi Mahesh Yogi*

## Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	6th & 7th March	Devrukh	Ajit Sir	1st
2	6th & 7th March	Nashik	Seemaben	1st
3	20th & 21st March	Ahmedabad	Bharatiben	1st
4	27th & 28th March	Nashik	Ajit Sir	1st
5	3rd & 4th April	Rajkot	Ajit Sir	2nd
6	3rd & 4th April	Rajkot	Seemaben	1st
7	17th & 18th April	Baroda	Ajit Sir	1st
8	24th & 25th April	Delhi	Ajit Sir	2nd
9	29th April	Akkalkot	Annual Guru Charitra Recitation	-