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Reiki Vidya Niketan

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Why we do what we do?....

Why do we have a prayer room?

Prayer room is basically for praying. Prayer is nothing but a conversation between a gross consciousness called bodily existence and the subtle consciousness called as God. For such conversation one needs to maintain the purity in every sense. The way the studio rooms (or even the STD Booths) are isolated or dark rooms are isolated so that there is no contamination of noise and undesired light respectively, the prayer room also needs to have a divine environment of purity. The noises of mundane world disturb the process of communication. Prayers rooms should have a prominent place in the house as that literally decides the vibrations of the house. Unfortunately not many understand that and even in the larger houses we can see the prayer rooms being pushed to the corner places like below the staircase, some small gallery etc the places where the host himself may not like to live. **Giving God a least priority means getting the least priority from HIM too.**

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The Arts & Science of Life...

The question has been asked enough times to me. Is Reiki an Art or a Science? The problem is not with the question. The problem I believe is with our tendency to put labels on everything that exists or seems to be existing. We can not accept things as they are without putting labels. In fact we forget somewhere that putting labels makes the things lose their essence. We can only put labels on those things which are finite in nature, which are limited. Unlimited things can not be put labels on. We need to make these unlimited things limited first even to apply labels. In the process, the unlimited things lose their essence. A lot of people in India bring in a small quantum of water from the river Ganges whenever they go to the banks of river Ganges. They make it seal-tight and keep it home for many years. I feel like laughing at that as truly, the moment you hold the water of the river in the small pot, it has ceased to be a river. The essence of river is in flowing, the ambience and so on.

The Touch of a Master's Hand



It was battered and scarred, and the auctioneer thought it scarcely worth his while
To waste much time on old violin But held it up with a smile

"What am I bidden, good folks," he cried, Who'll start bidding for me?"

"A Dollar, a dollar," then, two! Only two? "Two dollars, and who'll make it three?"

"Three dollars, once; three dollars twice; Going for three..."

"But no," came the sound. From the room, far back, a grey haired man came forward and picked up the bow; And tightening the loose strings' He played a melody pure and sweet
As a caroling angel sings. The music ceased,

And the auctioneer, with a voice that was quiet and low,
Said "What am I bid for the old Violin?" And he held it up with the bow.

"A Thousand dollars, and who'll make it two?"

Two Thousand! And who'll make it three? Three thousand once; three thousand twice;

And going and gone," said he

The people cheered, but some of them cried,

"We do not quite understand

What changed its worth?" Swift came the reply;

"The touch of the Master's hand"

And many a man with life out of tune and battered and scarred with sin
Is auctioned cheap to the thoughtless crowd
Much like old violin.

A "mess of potage", a glass of wine;

A game and he travels on.

He is "going" once, and "going" twice,

He's "going" and almost "gone".

But the Master comes and the foolish crowd

Never can quite understand

The worth of a soul and the change that's wrought

By the touch of the Master's hand."

(By Myra Welch)

Just replace Master with Reiki and may be it fits to all of us.

The Arts and Science of Life (contd from page 1)

Ajit Sir

When you bring the water in a pot, where is the flow, where is the ambience? Everything has gone. Then it is only a water.

The question about Reiki is no different. The terms Arts and Science are truly the experiences as one takes them. And there could be many dimensions to the same experience. Can one tell me whether Painting is an art or a science? For a painter it is a science he knows exactly what he is doing. He knows which color will be formed by mixing two base colors. The one who appreciates the painting may not necessarily know that. He/she may call it an art. Same is the case with any other so called arts like singing, playing music etc. The singer knows which ragas and notes he is mixing to get a particular result. For him/her this is a science. For the listeners this could be an art.

I believe everything is an art and also a science. You can not separate them. The modern world and the knowledge of this world is full of such questions which have dual answers. Take for example this event :

Soon after man succeeded in splitting the atom and discovering the electron, science found itself in deep water. The behavior of the electron put scientists in great difficulty; how to describe it? Never before had science been faced with such a dilemma; everything was going very well, as science should go. Everything was clear-cut, defined and logical. But with the discovery of the electron science was confronted with a tricky problem; how to define the electron. On being photographed sometimes the electron appeared as a particle and sometimes it appeared as a wave. And there is a great difference between a particle and a wave. If they called the electron a particle it could not be a wave, and if they called it a wave it could not be a particle. Therefore they had to coin a new word in English to define the electron. This new word is "quanta". This word is not found in any other languages of the world, because they have not yet reached that depth in science. Quanta means that which is both a particle and a wave simultaneously. But quanta is a mysterious phenomenon; it is both a particle and wave, an egg and chicken together

With quanta science has entered a new phase of its journey

The question of single answer to a particular question may not necessarily be true to all questions.

Reiki Intensive at Rishikesh 21st Jan to 23rd Jan 2010

REIKI VIDYA NIKETAN



For Reiki Sadhaks of Reiki Vidya Niketan.

Maximum 100 Sadhaks.

First 100 applicants to be registered.

Contribution towards charges (including Staying & Food at Vanaprastha Ashram, Rishikesh) - 4 Nights & 3 Days : **Rs 800 per Participant**

No tuition fees.

Travel charges to be borne by one self. Group travel booking can be arranged for those who register their names before 25th Nov 2009

Reporting at the ashram by 6.00 pm on 20th Jan 2010

For Registration contact : Mrs Mangeshi Surve (Cell # 09869411434)

Last date for booking : 3rd December 2009

(Even 1st Degree Sadhaks can register)

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*From the
Lotus feet of
Swami*

Data Jayanti Celebrations at Devrukh



30th November to 2nd December 2009.

DATTA YAGA

30th Nov. 5.30 am Invocation

2nd Dec. 12.00 noon Poornahuti

(One million Ahutis of the mantra "Hari Om Tat Sat Jai Guru Datta")

1st Dec. 10.00 am SATYA DATTA PUJA

1st Dec. 9.00 am SATYA NARAYAN PUJA

2nd Dec. 1pm—3pm BHANDARA



***From the Lotus
feet of Swami***

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Why Affirmations work? ... by Sri Sri Yoganand Paramahansa

In the second degree of Reiki we activate the power of Intentions. Invariably it is said that the Intentions should always be affirmative in every sense (in letters and spirit). How do they exactly work? Here are some interesting pearls of wisdom from Sri Sri Yogananda Paramahansa who was one of the most known saints of the modern world (the author of An Autobiography of a Yogi).

While explaining why affirmations work, Yoganandji says “Man’s word is spirit in Man. Spoken words are sounds occasioned by the vibrations of thoughts, thoughts and vibrations sent forth by the ego or by the soul. Every word that you utter should be potent with soul vibration. A man’s words are lifeless if he fails to impregnate them with spiritual force. Talkativeness, exaggeration or falsehood makes your words as ineffective as paper bullets from toy gun.

Words saturated with sincerity, conviction, faith and intuition are like highly explosive vibration bombs, which, when set off, shatter the rocks of difficulties and create the change desired. Avoid speaking unpleasant words, even if true. Remember “सत्यं ब्रूयात्, प्रियं ब्रूयात्” from Vedas? Sincere words or affirmations repeated understandingly, feelingly and willingly are sure to move the Omnipresent Cosmic Vibratory Force to render aid in your difficulty. Appeal to the Power with infinite confidence, casting out all doubt; otherwise the arrow of your attention will be deflected from its mark. After you have sown in the soil of cosmic consciousness your vibratory prayer seed, do not pluck it out frequently to see whether or not it has germinated. Give the divine forces a chance to work uninterruptedly.

Use of Will, Feeling and Reason:

As one used different affirmations, his/her attitude of mind should change for example with affirmations should be accompanied with strong determination; feeling affirmations by devotion; reason affirmations by clear understanding. When healing others, select an affirmation that is suitable to the conative, imaginative, emotional or thoughtful temperament of your patient. Intensity of affirmations come first, but continuity and repetition mean a great deal too. Impregnate your affirmations with devotion, will and faith, intensity and repeatedly, unmindful of the results, which will come naturally as the fruit of your labours.

During the physical healing process, the attention should not be on the disease, lest one’s faith be dampened, but on the infinite powers of the mind. During mental overcoming of fear, anger, bad habits and so on, one’s concentration should be on opposite quality that is, the cure of fear is consciousness of bravery, for anger, Peace for weakness, strength and for sickness Health.

Mental responsibility for Chronic diseases:

Each thought of depression or happiness, irritability or calmness, cuts subtle grooves in the brain cells and strengthens the tendencies towards sickness or well beings. Stubborn mental or physical diseases always have a deep root in the sub-consciousness.

Attention and Faith are necessary:

All affirmations, in order to reach the super-consciousness, must be free from uncertainties and doubts. Attention and faith are lights that lead even imperfectly understood affirmations to the sub-conscious and super-conscious minds. Patience and attentive, intelligent repetition are wonder workers. Affirmations for curing chronic, mental or bodily afflictions should be repeated often. Deeply and continuously until the become parts of one’s profound intuitional convictions.

The Subconscious Mind....

by Ashwini Telang, Clinical Psychologist

“The subconscious idea – habit of Disease or health exerts a strong influence. Stubborn mental or physical diseases always have a deep root in the subconscious.” says Shri Shri Yogananda Paramahansa in one of his articles, the excerpts of which have also been given in this newsletter earlier. These kinds of articles when read by common persons or even by spiritual seekers create a lot of confusion in their minds as the terms “Subconscious” as well as “Unconscious” are frequently used. Many a times, the term “Subconscious mind” is inappropriately used instead of the term “the Unconscious mind” either due to our confusion or because of the lack of appropriate knowledge regarding the two terms. It has thus become very essential for us to understand exactly by what we mean by Conscious, Subconscious and Unconscious minds. The term “Unconscious” means that which is actually not conscious whereas, the term “Subconscious” means that which is below, under/ beneath the consciousness.

The **conscious mind** is the part of our mind that is responsible for logic and reasoning. It is the awareness about what we are doing now as well as whatever we can remember from our memories. For example: When one decides to take any voluntary action like moving one’s hand or leg, it is done by the conscious mind. The **subconscious mind** is that part of our memory which is responsible for all of your involuntary actions like Emotions, one’s heart beat or one’s breathing rate. It also serves as the storage room of all our beliefs and memories.

The Subconscious mind is not inventive as it works with unquestioning accuracy and is automatic upon the plans as well as concepts which are fed upon it. The Subconscious neither is completely self – conscious nor knows what it is / whether it exists. It only knows how to do what it does; but it never cares or knows why. It accepts all the things (the input data) as true and doesn’t search for truth beyond that. Because the subconscious knows nothing beyond its own experience, it can’t predict anything of the future. If one’s subconscious mind accepts anything as reality, it becomes the reality to that person. Then even a false premise is accepted uncritically and later on whatever would follow from that premise indeed does happen. Thus, the subconscious mind acts on whatever it believes or perceives to be true. This belief may be based on declarative statements rather than on inductive or critical reasoning. For instance, if a person has the feeling/ believes that s/he would not be able to speak anything in front of the crowd on the stage and imagines his/ her failure in conveying what s/he is supposed to convey. Then this becomes the truth for our subconscious mind (an intention) and in turn s/he would have failure in conveying s/he had to convey. Thus, the Subconscious mind gets programmed according to what we perceive and imagine like the computer being programmed. The Subconscious mind can do many things which indeed the sum of all conscious minds of the world can’t do. It is infinitely complex & beyond the full comprehension of the conscious mind. ALL WE CAN DO IS TO LEARN TO UTILIZE ITS GREAT POWERS INTELLIGENTLY.

The body is the servant of the mind. It obeys the operations of the mind, whether they be deliberately chosen or unconsciously expressed. At the bidding of unlawful thoughts the body sinks rapidly into disease and decay, at the command of glad and beautiful thoughts it becomes clothed with youthfulness and beauty.

Disease and health are rooted in thoughts. Sickly thoughts will express themselves through a sickly body. The people who live in fear of disease are the people who get it. Anxiety quickly demoralizes the whole body and lays it open to the entrance of disease, while impure thoughts, even if not acted out will sooner shatter the nervous system.

Strong and happy thoughts build up the body. The body is a delicate instrument, which responds readily to the thoughts by which it is impressed and habits of thoughts will produce their own effects upon it.

Men will continue to have impure and poisoned blood, so long as they propagate nuclear thoughts. Out of a clean heart comes a clean life and a clean body. Out of a defiled mind proceeds a defiled life and a corrupt body. Thought is the foundation of action, life and manifestation make the fountain pure, and all will be pure. Change of diet will not help a man who will not change his thoughts.

Clean thoughts make clean habits. The so called Saint who does not wash his body is not a saint. He who has strengthened and purified his thoughts does not need to consider the malevolent microbe. If you would perfect your body, guard your mind. If you would renew your body, beautify your mind. Thoughts of malice, envy and disappointment, despondency rob the body of its health and grace. A sour face does not come by chance, it is made by sour thoughts. Wrinkles that mark are drowned by folly passion and pride.

The shift in consciousness happens the moment you say 'yes' to what is, because the entire structure of the egoic mind-made self lives on resistance and opposition and on making the now into an enemy. The beautiful thing is that we can step out of thousands of years of collective conditioning, without needing more time to step out of it.

Eckhardt Tolle

Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	4 & 5 Dec	Devrukh	Ajit Sir	1st
2	15 & 16 Dec	Deolali (Army)	Ajit Sir	1st
3	18 & 19 Dec	Mumbai	Sangeeta Didi	1st
4	18 & 19 Dec	Nashik (Bosch)	Ajit Sir	2nd
5	2 & 3 Jan	Baroda	Ajit Sir	1st
6	9 & 10 Jan	Mumbai	Ajit Sir	2nd
7	21 to 23 Jan	Rishikesh	Ajit Sir	Reiki Intensive
8	20 & 21 Feb	Rajkot	Ajit Sir	2nd