

Why we do what we do?....

Everything has a reason or a logic behind that. The traditional ancient knowledge of our ancestors is also not an exception to that. We have been trying to work on a project to bring out the science behind the ancient wisdom so that one can verify how appropriate it is for today's world. Nothing is good or bad only because it belongs to the past. Each such thing needs to be evaluated before acceptance and rejection. That is a scientific outlook. From this issue we will bring out some of the findings..

1. Why do we light a lamp?.

When it comes to worshipping, lamp has a special significance. Lamp means fire, flame. The fire element connects the elements like Earth through the medium of water to the subtle elements like Vayu and Aakash. Worshipping is nothing but getting connected to the supreme consciousness which is operating at the subtle levels of Vayu and Aakash. As it is what lamp does is that it shows the things around which were there but were not seen through our visual senses earlier. There are many things which do exist but the limitations of our senses do not feel them. Eyes also have that limitation of not seeing things in darkness, the things which very much exist. Light brings them out. Not knowing the things which are around is what is truly called as Adhyan (Ignorance) and becoming aware about such existing environment is an enlightenment or wisdom. Light takes one from ignorance to Wisdom. Tamaso Ma Jyotirgamaya

Tripura Rahasyam - talks about diseases

भोगेषु रोगभीतिं वै प्रवदन्ति मनीषिणः। त्रिदोषसम्भवे देहे दोषवैषम्यसम्भवाः ॥१७॥

आमयाः प्रायशः सर्वदेहान् व्याप्यैव संस्थिताः। सर्वथा ह्यप्रतीकार्यं वैषम्यं दोषजं ननु ॥१८॥

अशनाद् वसनाद् वाचो दर्शनात् स्पर्शनादपि । कालाद् देशात् कर्मतश्च दोशा वैषम्यमाप्नुयुः॥१९॥

अतस्तस्योद्भवो लोके सर्वथाऽलक्ष्यतां गतः । इत्यतः सति वैषम्ये चिकित्सा सम्प्रकीर्तिता ॥२०॥

Learned ones speak of the fear of diseases in enjoyments. When there is the arising of the derangement of the three humours of the body, diseases produced by the unevenness born in the three humours of the body is indeed irremediable altogether by reason of food, dwelling (or clothing), speech, seeing, touching time, place & work, the disorder of the three humours may suffer the unevenness. Therefore, the origin of those disorders has gone entirely unobserved in the world. Consequently, when there is unevenness (of the disorder of the humours) medical treatment is prescribed.

INSIDE THIS ISSUE:

Why do we do what we do? 1

Tripura Rahasyam— talks about diseases 1

Is knowledge creating stress? 2

You are a Nucleus 3

Deepavali Celebrations in Devrukh ashram 3

What is expected from a Teacher? 4

Reiki Seminar Schedule 4

The true meaning of Non Violence 4

Is knowledge creating a stress?

Ajit Sir

When you look all around, you can find yourself lost in a huge Ocean of knowledge. Every moment the knowledge is expanding. The problem is not that. The problem is with every moment the stress levels in the world are increasing. One really need to look at a close co-relation if it is there between these two growing phenomena.

I do not think it is the knowledge which is to be blamed, but the way it is coming to us, more so to the new generation. Knowledge is like a food. If it is consumed based on what one can digest, it will make the one more stronger. But if you eat it without being able to digest that may prove to be fatal. That seems to be the precise problem. The inappropriateness of the knowledge. That is the problem. Somewhere we need to know that the knowledge needs to be regulated so that it can lead to a better quality of life. In the age old teaching traditions, I do not believe that the knowledge was not existent. It was very much there. But it was given by the authorities in the portion that was needed for the intellectual growth without disturbing the mental and emotional aspects of the personality. When I talked about regulation of knowledge, a gentleman, who was supposed to be representing the modern world outlook objected furiously. He thought that would be the breach of freedom which is the essence of the modern world. I asked the very gentleman about why does he follow the laws of the land knowing fully well that restricting the speed of the car is a breach of his freedom to drive the way he wants. Even stopping at lights was a curtailment of his freedom. Why do we not object to these restrictions imposed by various governments all over the world? The guy answered saying that if we do not follow that, it may cause a lot of damage, a lot of problems for the society at large. Believe me, he is talking about the physical damage, the physical problems. The gentleman had forgotten that there is more than physical aspect of the life. The un-regulations of knowledge is causing more mental accidents. That could be even more fatal as we are seeing all around. The restlessness and the terror that we are seeing around is nothing but a culmination of excessive and inappropriate knowledge made available to the people who are not capable of digesting the same. If parents want their child to be stronger do they have to feed child with more food or more nutritious food? If parents start serving a child 10 meals instead of 2 per day the chances are that the child may become weak and not strong. More food does not lead to more strength. It is the appropriate food which matters. Knowledge is no different. The right knowledge for the right people should be the ultimate goal. No wonder the ancient seers and spiritual masters never wrote anything. They just passed on the knowledge orally to the deserving students. Knowledge was not for every body as every body may not be able to convert that into the experience. We do not have to forget that it is not the knowledge that makes us grow. It is the experience which does that. The knowledge if can not translate to experience is like a food not translated to blood. It is the quality of blood that decides the health. Not the food that you eat. The great sage Patanjali used to say that it is the bread that you eat should get converted to blood at the earliest. If it doesn't, it may play havoc with human body. How true it is even in today's environment. It is worth thinking on this issue. Is the so called freedom more important or the healthy existence? The modern outlook may have to answer that question seriously.

*If I don't see you,
remember I am working
for you in some other
place. My seeing you all
the time will not
necessarily help you.
You will receive more by
meditating deeply and
regularly. I am not here
only to help you in this
life, but in the beyond
life also.
Sri Sri Paramahansa
Yogananda*



You are a Nucleus...

Do you want to be a positive influence to the world?

First, get your own life in order. Ground yourself in the single principle so that your behaviour is wholesome and effective. If you do that, you will earn respect and be a powerful influence.

Your behaviour influences others through a ripple effect. A ripple effect works because everyone influences everyone else. Powerful people are powerful influencers.

If your life works, you influence your family. If your family works, your family influences the community.

If your community works, your community influences the nation. If your nation works, your nation influences the world. If your world works, the ripple effect spreads throughout the cosmos.

Remember that your influence begins with you and the ripples outward. So be sure that your influence is both potent and wholesome.

How do I know that this works? All growth spreads outward from a fertile and potent nucleus.

You are a nucleus.

Deepavali Celebrations in Devrukh Ashram

Deepavali festival was celebrated in full glory and joy at Devrukh ashram this year. Many sadhaks converged to join the local sadhaks at Devrukh to celebrate between 16th October and 20th October.

Each day there were different programs scheduled. Multiple Agnihotras in different shapes and sizes was the most celebrated event. Each day a different pattern of Agnihotra was formed at the times of sunrise and sunset to create different energy cycles. It was a marvelous effort.



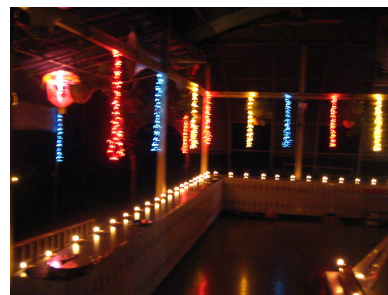
The whole ashram was decorated with lights and the lanterns. It could come very close to the idea of heaven that day. The villagers lined up the whole day to have darshan of Swamiji bringing with them the home made sweets (called as Faral in local language). In the evening, sadhaks performed aarti and a lot of crackers were burst to celebrate the first evening of Deepavali.

The last day of Deepavali proved to be even more interesting as the ladies from the village assembled to perform Aarti of Shri Swami Samarth declaring HIM as their brother. Almost 25 young sadhaks from the ashram were also honoured by lady sadhaks in

the ashram declaring them as their brothers in a traditional way.



Sanctum sanctorum fully decorated for Diwali Celebrations



Enlightenment of a different kind in Devrukh ashram



*The spirit must heal
first & then the body
heals itself*

*Dr Mikao Usui
From The Legacy of Dr
Usui*

What is expected from a Teacher?

A teacher is an eternal student. The moment he stops being a student, he is not a teacher anymore. That is the way it is. The day he thinks, "I am a teacher", he is finished. It is over. This is a constant process of learning. Once you are in the moment, there is no past. Everything is new, everything is seen fresh. If at any moment you think you know, and you teach, that means you are carrying the past burden. May be right now this is convenient, but the same convenience will become a tremendous torture after some time. It will. I have seen people systematically destroy themselves., step by step. The process of training people to carry my message is not to go out and do some nonsense to somebody else. The whole process is a way of growth. It is an effective tool for your growth. **Teaching is for you to grow** and during the process somebody else might be benefited. While the lion feeds, many animals eat. It's not a service that you are doing. It is just that you have chosen that path. When something is left unfulfilled within you, when a complete illumination has not happened within your own being, there is nothing that one can really teach.....

Sadguru Jaggi Vasudev

Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	7 & 8 Nov	Mumbai	Ajit Sir	1st
2	7 & 8 Nov	Ahmedabad	Bharatiben	1st
3	7 & 8 Nov	Rajkot	Seemaben	1st
4	14 & 15 Nov	Ahmedabad	Ajit Sir	2nd
5	17 & 18 Nov	Mumbai Matunga	Ajit Sir	1st
6	21 & 22 Nov	Bhavnagar	Bindiya	1st
7	21 & 22 Nov	Nashik	Ajit Sir	1st
8	28 & 29 Nov	Devrukh	Ajit Sir	1st

The true meaning of Non Violence....

Non violence does not mean that we remain indifferent to a problem. On the contrary, it is important to be fully engaged. However, we must behave in a way that does not benefit us alone. We must not harm the interest of others. Non violence therefore is not nearly the absence of violence. It involves a sense of compassion & caring. It is almost a manifestation of compassion. I strongly believe that we must promote such a concept of non violence at the level of the family as well as at the national & international levels. Each individual has the ability to contribute to such compassionate non violence. We must try to develop greater perspective, looking at situations from all angles. We must also care for our environment. This is our home our only home. This is what a great saint Dalai Lama said in his book "An Open Heart" And this is what we expect the reiki sadhana to create in our mind and heart.