

## Devrukh Ashram Day at Chicago

Chicago sadhaks celebrated 7th September as a Devrukh Ashram Day in the presence of Guruji at Arvindashram, a residence of Shri Arvind Modi in Des Plaines. Everything that is done in Devrukh ashram was performed with same time schedule. The day started at



**Idols of Shree Swami Samarth and Lord Dattatreya at Arvindashram**

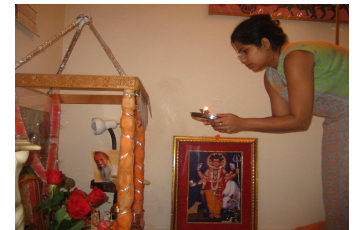
4.30 am and the first Mangala Aarti was performed at 5 am waking up Swamiji. Thereafter Agnihotra, Trimbakam Homa, Rudra Swahakar were performed by the sadhaks who were doing their sewa at Arvindashram

Thereafter the morning prayers were said by the whole group. This was followed up by Gayatri sadhana, and Inner Meditation (Antardhyan) After the rituals of

breakfast and discussions of some important topics of sadhana with Guruji, the afternoon aarti was performed. Sadhaks took reiki after the lunch and thereafter a healing session for outside patients was performed at 5 pm. This was followed by evening aarti and then Satsang. After dinner Shayan aarti was performed. Sadhaks were enchanted with this unique experience.



**Sadhaks enjoying meals**



**Vidhi Joshi performing afternoon aarti**

### INSIDE THIS ISSUE:

Devrukh Ashram Day at Chicago 1

World Peace Day 1

Balancing Material & Spiritual Lives 2

Chicago on Swing 3

Remarks from Participants 3

New Centre opened at California 4

Reiki Seminar Schedule 4

Scientist's View on Cow's Ghee 4

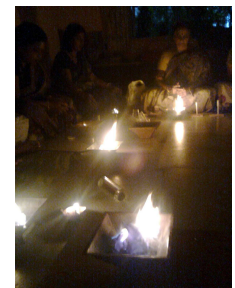
## World Peace Day celebrated on 9-9-9

Agnihotra is a ancient vedic fire performed during sunrise sunset with mantras. We had a Agnihotra sankalp under the guidance and grace of our Guruji Sri Ajit Telang which was performed by Reiki sadhaks across India with a minimum of one agnihotra performed on each longitude passing through India, covering a total of **29 longitudes** from west to east of the Indian peninsula on

09/09/09 for world peace and harmony These fires were done individually or in groups at houses and temples both at sunrise and sunset to spread the ripples of love to engulf the whole earth joining many thousands across the globe who were participating in this wave of change. We had support from the Maheshwar Ashram team who spread Agnihotra under the guidance of Sri Vasant Paranjape. We were

lucky to get the Agnihotra sacred fire coverage on eastern states of India through their support.

(By Rakesh Kumar Mumbai)

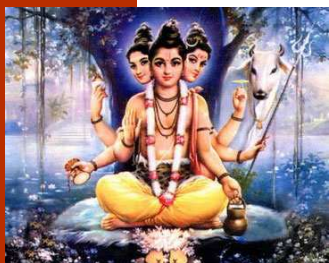


## Balancing Material & Spiritual Lives



*It is well known  
that the Mind can  
strongly influence  
the body, causing  
symptoms, disease  
and even death.*

*Dr Brian Weiss  
(Through Time  
into Healing)*



Shri Guru Charitra

One of our sadhaks asked me recently “How do I manage these two lives? The spiritual and the material ones?” I had to ask him to do one thing first and that is dropping the idea that these two are different. The moment you drop the idea, you are suddenly in the midst of a lot of options. These are not 2 lives but these are two dimensions of life created by our own mind. One can not sustain without the other.

On this day, we had all assembled in Mumbai to read Guru Charitra at one of our sadhak's place. It was very hot afternoon. It was practically impossible to sit without a fan. So the fan was on hovering around with full speed. Right in front of Guru Charitra normally we keep a lamp burning, till the recitation is over. Well that is the tradition. Normally a lamp can not burn under the moving fan at that speed. So what the host had done was that he provided a beautiful lamp with a glass shield around that and a small canopy with some holes drilled in that on the top. That actually ensured the lamp will burn no matter how much air was moving around. At the same time a lamp also giving a light out due to its glass shield.

I pointed out that lamp to my sadhak who had asked this question. I said “Look how beautifully we are managing two so called contradictory things together. The lamp's burning flame and the breeze above us. If we just light the lamp and keep it exposed to the environment, it will die, it will extinguish itself. So a shield is provided, to shield it from the breeze around. The other option was to switch off the fan. But then it would be nearly impossible for all of us to sit there in such a hot environment. While providing shield too, the care has been taken to keep some holes on the top canopy. If the holes were not there the lamp can not burn as it requires some oxygen from the environment without which it can not keep on burning. The holes regulate the flow of air to ensure that there is an air but just enough for lamp to keep burning and not too much so that the lamp will go off. The glass shield around not only protects the lamp from the breeze but also allows the light to spread around. The lamp is your spiritual aspect of life, the breeze is your material comforts and the shield is your sadhana. The spiritual practices are essential to keep your inner light burning and at the same time you should be able to live comfortably in this world. Sadhana is a regulatory mechanism to give meaning to your life activities. The inner and outer aspects of life are needed to be maintained in the right way. The glass around is nothing but your purity and transparency that will make your inner light available for the world. Your sadhana should be useful to the whole world around. And at the same time give you that inner joy that bliss which is your own form”

The sadhak was quite moved and understood the whole matter in the right perspective. He later confessed that actually he was at the crossroads that day and had decided to either leave his material life or a spiritual life that day. He said that he does not have to think on those lines any longer. He will keep on doing Reiki, Meditations and Agnihotra as he has realized the real idea behind the spiritual practice.

Guruji

# Chicago on Swing...



Dattayag at Wooddale Chicago

Chicago students of Reiki Vidya Niketan had a great time during Gururji's recent visit. About 4 reiki seminars were held in Chicago this time. Chicago visit ended with a

seminar for 1st degree at North Eastern Illinois University which was organized jointly by the University and Indian Students Association at the University. This was attended by 20 participants.

Chicago sadhaks had another event to celebrate this time during Gururji's trip. Gururji read Guru Charitra over 7 days at Janardanbhai Engreji's house in Wood Dale between 26th August and 2nd September. The completion of Guru Charitra pathan was celebrated by performing a Datta Yaga on 3rd

September when sadhaks chanted Hari Om Tat sat Jai Guru Datt 10,001 times and performed the swahakara. This event was well attended by sadhaks from Chicago.

Gururji had an inspiration during this event and had a sankalp of having a Lord Dattatreya Temple in Chicago. Sadhaks in Chicago have decided to go ahead with the sankalpa and are all preparing and moving towards the ultimate goal.

**"Whenever a work performed with the knowledge of the essential divinity of man with faith and with constant remembrance of this truth it becomes more powerful"**

(Chandogya Upanishad)

## Remarks from Participants on Reiki Seminars

*I can hardly express how genuinely I am grateful I feel for having been able to listen to your wisdom and feel the bliss of your presence. Words, as you said have limitations. Therefore I simply thank God for making for making all this possible and for you for sharing His gifts with us.*

*I have a different perspective since yesterday, eyes opened for the world's beauty and certainly feel more compassion for things and people, all of which I feel will deepen as time passes by. As opposed to intellectual encounters with book wisdom that has stayed with me more or less throughout my life I feel that guts feelings that I have experienced something far more existential and true now and I pray for it to stick with me.*

*Thank you from all my heart.*

**Nadia Edreva**

**(Neperville Batch 1st degree on 30th August 2009)**

*I have done level I last year, but was not practising. I have recently started practising reiki for myself. Today my office colleague came in with his mobile dead. It was not responding to any charging nor getting powered on. I held the mobile for some 5 mins in my hand and then put it on charging. It came back to normal and is now working*

**Ajit Katakdhond**  
**Mumbai**



Reiki Seminar at the University



With one of the students at the University Seminar



**1st Degree Reiki Seminar  
at Thousand Oaks in Cali-  
fornia USA**

#### LIGHT

*It emerged not  
with a quick flip of  
the switch but with  
a slow breaking of  
the dawn.*

*...From Scientific  
American.*

## New Centre opened at California

Reiki Vidya Niketan's mission of spreading happiness and health through Reiki sadhana was further boosted by California sadhaks in Los Angeles coming together to form a centre there. First reiki seminar for first degree was held in Thousand Oaks near Los Angeles on 12th and 13th September. The seminar was attended by 25 participants. Seminar went to great heights and gave lot of experiences to participants.

Initiative to start this centre was taken by Mrs Neeta Shinde and Mr Ashok Shinde who are the staunch devotees of Shri Swami Samarth. A rudra Swahar was performed the very day Gurujii arrived in Oak Park where he stayed at the residence of Shinde family..

## Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	3 & 4 Oct	Rajkot	Ajit Sir	1st
2	10 & 11 Oct	Vadodara	Ajit Sir	2nd
3	10 & 11 Oct	Vadodara	Ajit Sir Sangita	1st
4	7 & 8 Nov	Mumbai	Ajit Sir	1st
5	14 & 15 Nov	Ahmedabad	Ajit Sir	1st
6	21 & 22 Nov	Nashik	Ajit Sir	1st
7	24 & 25 Nov	Deolali (Army)	Ajit Sir	1st
8	28 & 29 Nov	Devrukh	Ajit Sir	1st

## Scientist's view on Cow's Ghee

The ingredients of Cow's ghee once they enter into human stomach the least energy is used to digest that. Similarly, there are certain chemical processes which occur produces a lot of energy & vibrations. It is like consuming less & producing more of energy. It does not much of cholesterol & steroids. It does not leave behind

any glycerides & toxins.

In any other ghee you will find cholesterol, glycerides & toxins. Cows ghee is free from that. When burnt, what comes out is methane and from that ozone. On experiments we have found that with 1 gram of cow's ghee burnt with a gram of rice grain, the bacteria pollution within the radius of 150 me-

ters is taken care of. No wonder the ancient science promoted cow's ghee to a great extent.

*(From a Book of Dr. R. N. Shukla who has 5 Ph.D's & 5 BSC's to his name. Dr. Shukla was a senior Scientist for 33 years with National Chemical Laboratories in India.)*