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# Reiki Vidya Niketan

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## ‘Da’ Passes away...

Dr Nabhiraj Upadhye, “Da” as he was popularly known in Devrukh and in the fraternity of Reiki sadhaks breathed his last on 20th July. Da was one of the main pillars of Reiki Vidya Niketan and the Trustee of Shri Swami Samarth Chaitanya Trust. With Da’s demise Reiki family is deeply bereaved and in a great shock. Da has always been in the forefront of all movements in the service of humanity, a true soldier on the path of divinity always ready to help for any noble cause.



Da was a medical doctor by academics and profession and served the society through this noble profession for over 4 decades, working in remotest of the villages, reaching the downtrodden and needy at all times, like a true doctor with a right spirit. Da has been associated with Reiki healing since past 10 years and has been a strong advocate of Reiki as a healing practice. Da brought many sadhaks on this path with a missionary zeal. Da was a main source of strength for me in particular and for this institution in general.

Da had been devoting a lot of time at Ashram always busy with some development or the other and had a large role to play in the Ashram’s progress since its inception. The familiar figure of Da arriving at the Ashram in the early morning to read a chapter of Guru Charitra every day for the last many years will now be missed by everyone who has been associated with the Ashram. May Da’s soul rest in peace at the lotus feet of Shri Swami Samarth.

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***To be truly alive means to know your own self, to know the consciousness that pervades everywhere in the Universe and lives within the human heart. A person who does not recognize his/her own self, a person who identifies with his body, a person who thinks that only worldly life is real and that God does not exist—such a person is not really living. He is already dead.”***

*Swami Muktananda*



Shri Aurobindo

**An illness of the body is always the outer expression and translation of a disorder, a disharmony in the inner being: unless this inner disorder is healed, the outer cure can not be total and permanent.**

*The Mother*  
(Aurobindo Ashram)

## Integral Healing... The Pearls of wisdom

This one book is strongly recommended to be read by every healer who would like to have a deeper understanding of the phenomenon of healing. The book presents the insights of Sri Aurobindo and the Mother into the causes and cure of illness. It examines the mechanism of illness primarily from a psychological point of view taking into account the whole of our being including that which is beyond the range of our normal awareness and understanding. Though Sri Aurobindo calls it "Integral Yoga", I think he is basically talking about the Reiki healing practice. He explores how the hidden causes of physical disorders can be uprooted by discovering and utilizing one's inner power and participating consciously in this accelerated evolution process which is very close to the process of Reiki.

In fact, Sri Aurobindo envisaged this path to eventually lead through a radical change of consciousness to a total freedom from illness and the possibility of physical immortality. This is something which is an extremely enchanting thought. As we have been always advocating, Sri Aurobindo also stipulates strongly that the aim of this practice is not to find out the most efficient method of healing diseases so much as to change the entire consciousness—even the physical—in order that disease may not come at all. In the words of Sri Aurobindo "the entire being must be so transformed that disease becomes impossible".

Curing by inner means and curing by spiritual force are the essential processes that Sri Aurobindo promotes. The attempt of this Integral Yoga to bring a force on the higher spiritual plane into the depths of a matter opens up a frontier whose exploration will alter the equation between consciousness and the body it inhabits, with incalculable implications for the future.

As the Mother rightly puts it in the following words, "We are at a moment of transition in the history of the earth.. It is merely a moment in eternal time, but this moment is long compared to human life. Matter is changing in order to prepare itself for the new manifestation but the human body is not plastic enough and offers resistance; that is why the number of disorders and even incomprehensible diseases is increasing and becoming a problem for medical science". The medical field has to take a note of this dimension of healing if it has to offer any semblance of remedies and solutions to the human miseries in time to come. The Mother also suggests the remedy and say, "the remedy lies in union with the Divine forces that are at work and the receptivity full of trust and peace which makes the task easier." Becoming conscious of yourself, awakening to your nature and movements, knowing why and how do things or feel or think them, understanding the motives and impulses is the key of the healthy life.

## Just for today I will be free from Anger

This has been one of the five principles that we all follow in Reiki sadhana. Let us see how a saint like Yogananda Paramhansa has to say on this aspect. Here are the excerpts of the text from his book "The Inner Peace".

**Anger is caused by the obstruction of one's desires... One who does not expect anything from others but who looks to God for all fulfillments can not feel wrath towards his fellow men or disappointment in them. A sage is content in the knowledge that the Lord is running the Universe. He is free from rage, animosity and resentment"**

**"Whether man be agitated or calm, life will pursue its own strange course forever. Worry, fear, discouragement only add to the weight of daily burdens; cheerfulness, optimism, will power, bring about resolutions to problems. So the best way to live is to take life as a cosmic game, with its inevitable contracts of defeat and victory. Enjoy the challenges as you would in a sport, no matter whether at the moment you are victorious or vanquished."**

## Just for today I will be free from Worries

And here the saint has something to say about the Worries:

**Worry may be compared to an insect that eats away at the inside of the flower. When the petals close in, both the flower and the insect die. Worry consumes all our inner vitality without our conscious knowledge. When we wake up to what is happening, the damage which may have a far-reaching effect on the nervous system is already done."**

The same divine saint says in the same book about Worries something more like:

**Taxing our minds with all kinds of worries and anxieties, we are soon overwhelmed by the load. Fear creeps in as a results and we lose our mental poise and spiritual balance.**

**The trouble with us is that instead of living only in the present, we try to live in the past and in the future at the same time. These loads are too heavy for the mind to carry, so we must restrict the amount of the load. The past is gone. Why continue to carry it in the mind? Let the mind take care of its burdens one at a time.**

## Guru Purnima Utsavs at different Centres

*The Guru will never give you a command in order to make use of you for his own purpose. The Guru will give you a command only to transform your life, to make something happen in your life. The Guru knows exactly what the disciple needs and will tell him to do only what is good for him. Obedience to the Guru is the surest path to attainment.*

*Swami Muktananda  
"I have become alive"*

Guru Purnima Utsav was celebrated at various centers of Reiki Vidya Niketan on 25th July, 2010. At Devrukh Ashram, a Gayatri Yagna was performed by a team of Gayatri Parivar, on this occasion. Besides this, the day long chanting and the evening celebrations were performed by Puja of Swamiji's Vatvruksh Padukas. As Guruji was away with many Sadhaks to Kailash tour this was a low key affair at the Devrukh Ashram.

The Centres at Baroda, Ahmedabad, Nasik and Rajkot celebrated this day by organizing Satsangs and meditation sessions.



Mumbai Centre celebrated Guru Poornima day ahead on 8th July, 2010 at Dahisar. On this occasion, Swamiji's Padukas were consecrated at Miss Ambhore's residence by offering Abhisheka of Milk, Honey, Perfumes, etc in a traditional way by a group of qualified Brahmins. Many sadhaks from Mumbai attended this ceremony.



A group of Sadhaks who went to Kailash with Guruji celebrated this event at the banks of Manasarovar by performing Rudra Yaga as well as in Saga on the way back to the base camp on 24th July, 2010. Some of the sadhaks sang devotional songs on the occasion.



RUDRA SWAHAKAR IN PROGRESS



## Research on Reiki .. A Report.

As you may all recall, we embarked on a research on Reiki learning about four months ago. A research was conducted by a team of our Reiki sadhaks, who collected a data in a structured format from the segment of our sadhaks who have learnt Reiki sadhana from Reiki Vidya Niketan. Though the initial date for conclusion of the data collection was till 30th June the same had to be extended on request of some of the sadhaks upto 15th August. The following findings may be of interest to many.

1. The survey was restricted to those Reiki sadhaks who have learnt Reiki with Reiki Vidya Niketan.
2. Totally 431 Reiki sadhaks responded to the questionnaire in the survey.
3. **183** sadhaks practice Reiki Sadhana **regularly**, while **188** practice Reiki sadhana **sometimes**. 58 respondents have stopped practicing reiki for some reasons or other.
4. **Shortage of time is the most prominent reason** for not practicing Reiki while lethargy is the second prominent reason as shown in the analysis. Lack of experience was shown as the third prominent reason for not taking followed by other reasons.
5. **26%** of the Sadhaks generally **felt better after practicing Reiki regularly** while **24% of the Sadhaks healed their health problems**. **22%** have given their opinion that by practising Reiki they have achieved **better efficiency** and **21%** have achieved **control over their emotions**.
6. **30% of the Sadhaks believed that Reiki is Peace and Happiness oriented technique**, 21% believed that Reiki is for physical healing as well as way of harmonized life, 16% Sadhaks believed it to be a hard core spiritual practice and 12% of the Sadhaks perceived Reiki as an alternative to traditional therapies.
7. Among the respondents Sadhaks **80% of the Sadhaks have offered Reiki for healing**, 19% have not done any kind of healing while 1% did not answer this question.
8. Among the Sadhaks who have not offered Reiki for healing, 31% never came across situation for offering healing, 29% Sadhaks did not have time for healing, 10% were having lack of confidence in themselves, 9% sadhaks said patients not having belief, 8% sadhaks did not have belief in their own abilities, 7% gave other reasons, 4% had fear of disease getting transferred from patient and 2% report that patient did not have time.
9. **81% of the sadhaks said their objective of coming into the Reiki have been fulfilled**, 12% have reports that their objective of coming into the Reiki is not fulfilled and 7% of the Sadhaks have not answered this question.
10. When asked about need for Reiki in the modern world, **85%** of the Sadhak rated it as **strongly needed**, 12% report it as moderate need while 3% have not answered this question.
11. **94% of the Sadhaks are interested in getting further knowledge about Reiki** while 4% were not interested in getting further knowledge and 2% did not answer this question.

***Kailash is not a heap of stones or a mountain alone, it is beyond that. It is an ultimate state of consciousness, it is a Samadhi...***

***Ajit Sir***

## Kailash Manas Sarovar Yatra of Reiki Sadhaks...

A group of 37 Reiki sadhaks from Reiki Vidya Niketan went on a pilgrimage of Kailash Mansarovar between 13th July and 28th July. The tour started from Kathmandu on 15th July to Nyalam. From Nyalam the group marched towards Saga and finally reached the most pious lake - Manasarovar on 20th July. The group got the exotic glimpses of various mountains, rivers and awesome landscapes. The scenic beauty was equally backed by the feel of divinity.



During the entire trip the endurance of all the sadhaks was tested. The journey was very difficult mentally and physically as the level of oxygen was very low at the height of 12,000 ft and beyond. However, the group fought against all odds and did Kailash Parikrama with grace of Shri Swami Samarth. The group performed Rudra Swahakar, Trambak Homa and Abhisheka on the banks of Manasarovar. A glimpse of the Supreme power—Kailash at Deraphuk during Kailash Parikrama moved heart of every sadhak and made them spell bound. The divine presence of Shiva is still felt in the hearts by every sadhak. It was indeed a memorable experience and a spiritual treat for a sincere seeker..

## Shiv Aradhana Book released at Kailash...

Shri Swami Samarth Sevak Pratisthan have compiled 18 different rituals related to the worshipping of Lord Shiva, which was released and inaugurated at the Kailash Yatra in front of the holy Mount Kailash on 20th July 2010. This was done at the hands of Shri Katak who was the Sherpa Leader and the guide of the group of sadhaks of Reiki Vidya Niketan which traveled to Kailash Mansarovar Yatra in July. Shri Katak has done the Kailash Parikrama for 97 times.



**Shri Katak releasing the book**

## Reiki Seminars Schedule for Guruji's USA Visit in Aug/September 2010

Dates	Place/ Location	Seminar No.	Degree	Seminar Address	Contact No.
Aug 28th-29th (Sat & Sunday)	<b>Chicago</b>	1	1st	Mrs Yogi Patel, 127 N Prospect Ave Bartlett IL 60107-4102	Krupa Patel, 224-770-0492 (Cell) krupavb@gmail.com
Aug 31-Sep 01 (Tues & Wed)	<b>Chicago</b>	2	2nd	K C & Jyotiben Patel 1532 Sandburg Dr. Schaumburg IL 60173	Bakul Khara 847-215-1453 (Home) bakulkhara@hotmail.com
Sept 04-05-06 (Sat, Sun & Mon)	<b>Chicago</b>	-	Swachetana Shibir	Great Lakes Retreat CTR, IL Rt 47,526 N Main Street Elburn IL 60119	Arvind Modi, 847-635-7695 (Home) 847-909-9054 (Cell)
Sept 08-09 (Wed & Thurs)	<b>Chicago</b>	3	1st or 2nd	North Eastern Illinois University	Rohit Joshi 773-456-3289 (Cell)
Sept 11-12 (Sat & Sun)	<b>Texas Midland</b>	4	1st	HAWT Yoga Center 4401 Cardinal Lane Midland TX 70707	Nanda Ambore 432-897-0357 (Home) 432-689-2061 (Work)
Sept 15-16 (Wed & Thurs)	<b>Texas Midland</b>	5	2nd	HAWT Yoga Center 4401 Cardinal Lane Midland TX 70707	Nanda Ambore 432-897-0357 (Home) 432-689-2061 (Work)
Sept 18– 19 (Sat & Sun)	<b>California (Upland)</b>	6	1st	Daas,Neha,Hema,Calvin 2171 Albright Ave. Upland, CA 91784	latapatel@yahoo.com 909.981.0474(H) 909.367.3581(C)
Sept 22-23 (Wed & Thurs)	<b>Boston (Andover)</b>	7	2nd	Nikunj & Snehlata Patel 111 Colonial DR Andover MA 01810	Snehlata Patel 978-475-1509 (Home)
Sept 25 –26 (Sat & Sun)	<b>Boston (Andover)</b>	8	1st	Sudha, Sejal & Mitesh 165 Rosemont DR N Andover MA 01845	Kishore Patel 978-475-0476 (Home) 978-688-3968 (Home)
Sept 29-30 (Wed & Thurs)	<b>New Jersey</b>	9	1st	To be determined	Seema Walavalkar 908-756-3455 (Home) 732-310-5721 (Cell)
Oct 2 –3 (sat & Sun)	<b>New Jersey</b>	10	1st	7 Daphne Ct Edison NJ 08820	Seema Walavalkar 908-756-3455 (Home) 732-310-5721 (Cell)



The human body has always been in the habit of answering to whatever forces chose to lay hands on it and illness is the price it pays for its inertia and ignorance. It has to learn to answer to the one force alone.

Shri Aurobindo

## Ashram Wisdom...

There is one question which has been floating in the minds of all our sadhaks who had been to Kailash Yatra and that is "After Kailash, what?" Kailash as all experienced, gave a feeling of fulfillment. Many collapsed in front of Kailash at the first darshan saying that let the life be over for them at that moment. One of our sadhaks called Guruji from a far away place and told him that he is not finding the purpose in life, he is not understanding what is happening around him. What should he do?" Guruji asked "Did you know the purpose of life before?" The sadhak said "No.". The next question Guruji asked, "Did you know what was happening around before?" The sadhak said, "No". Guruji quipped, "Then what is the problem? Earlier you did not know that you know there is no purpose, now you know. That's all. Just be with that. Eat when you feel hungry, sleep when you feel sleepy. Do not eat because it is 12 noon. Meditate when you feel like. But all this without causing harm to others' interests. Remember the beautiful advice from Yogananda Paramhansa : **Ordinary Life is like a Pendulum, ceaselessly swinging back and forth. The peaceful person remains calm until he is ready to work, then he swings into action. As soon as he is through, he swings back to the centre of calmness. You should always be calm, like the pendulum that is still but ready to swing into steady action whenever necessary** That approach is what is after Kailash.

## Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	7th & 8th Aug	Devrukh	Ajit Sir	1st
2	7th & 8th Aug	Nashik	Seema Trivedi	1st
3	14 & 15 Aug	Ahmedabad	Sangita Kulkarni	1st
4	21st & 22nd Aug	Mumbai	Ajit Sir	1st
5	21st & 22nd Aug	Baroda	Bharati Zinzuwadia	1st
6	28th & 29th Aug	Baroda	Sangita Kulkarni	1st
7	4th & 5th Sept.	Ahmedabad	Bharati Zinzuwadia	1st
8	18th & 19th Sept.	Jamnagar	Seema Trivedi	1st
9.	15th & 16th Oct	Baroda	Ajit Sir	2nd
10	23rd & 24th Oct	Nashik	Ajit Sir	2nd
11	14th & 15th Nov	Mumbai	Ajit Sir	1st
12	5th & 6th Dec	Rajkot	Ajit Sir	1st