

REIKI VIDYA NIKETAN,
SHRI SWAMI SAHARSH MATH,
DEVRUKH KATAVALI RD TAL
SANGAHESHWAR DIST
RATHAGIRI
MAHARASHTRA STATE INDIA
TEL: 912354241322

Reiki Vidya Niketan

VOLUME II ISSUE II

1ST NOVEMBER 2010

Wishing all of our sadhaks a very Happy Diwali

The festive season is begun in India. The festival of light known popularly as Deepavali or Diwali is just beginning. Let there be a lot of Light & Delight in your life. The most interesting part of this festival is that it is celebrated on No Moon day (Amavasya as it is called locally). Each one is supposed to light one lamp.



When everyone's lamp burns with glory the whole environment becomes full of light. Dispelling the darkness of no moon night. That is what the spirituality also teaches. Lamp un to yourself. You light your own lamp. If each one does that in the world, we can dispel the darkness of violence, corruption, restlessness within

no time. Let it happen now. You, as sadhaks on this divine path have the power to do that. Let us all make a resolution this day that we will all light the lamp of our wisdom, love and compassion and I am sure the dawn of hope will awakened. I wish you all a very happy Deepavali which may bring a joy, peace and the prosperity to all of you.

With lots of love on this day of light.

*Ajit Sir
Deepavali
November 05, 2010*

INSIDE THIS ISSUE:

Diwali Greetings 1

Story of a Tea Cup 2

Reiki Experiences 3
(1)

Reiki Experiences 4
(2)

Getting rid of Gall-
stones in Natural
Way 5

Beautiful thought 6
by Lord Buddha

Cures From Cucum-
ber 7

Ashram Wisdom 8
Seminar Schedule

Story of Tea Cup...

shared by Divya Rajan



There was a time when I was just a dumb lump of red clay. Then one day my master came. He took me, brought me home, rolled and pounded me on a wooden table. Again and again, he poked his fingers into me until finally I yelled out: 'Don't do that! Leave me alone!' But he only smiled and gently said: "Not yet!"

Then, whoommmm! I was placed on a spinning wheel and suddenly spun around and around and around until I lost all my sense of direction: 'Stop it; don't you see that I'm getting sick? Quickly, take me from the spinning wheel!' But the master only nodded in understanding and quietly said: "Not yet!"

Then he placed me carefully into an oven. I never felt such heat. I yelled and knocked and pounded at the door: 'It is hotter than hell - I'm burning to ashes. Please get me out of here before it is too late.' I could only read his lips as he shook his head from side to side and silently pronounced, "Not yet!"

After I had cooled down he carefully picked me up, looked at me and brushed some dust away. Then he brought the colors! The fumes were horrible! 'Please... you have no mercy! Please, Stop it!' But he only shook his head and said: "Not yet!"

An hour or later he came back and placed a mirror before me and said: "Look at yourself!" And I did. What I saw amazed me. 'That's not me!' I said. 'It is too beautiful...!' With a very compassionate voice he spoke: "This is what you are meant to be," and then he explained: "I know it hurt you when I rolled and kneaded you on the table. But if I had not gotten the air out of you, you would have broken. I knew you must have lost all your sense of orientation when I was spinning you. But without this you would never have come into this form. I know the fumes of the colors were intolerable when I painted you all over. But if I had not done that, you would not have had any color in your life."

God is the potter and we are the clay. He will mold us and will expose us to just enough pressures of just the right kinds that we will become a perfect piece of His liking.

Reiki Experiences (1)

by Amrut Kirpekar,

Jai Gurudev Sir,

How are you? We all are fine here.. missing you as always we do...

Its always pleasure writing to you..... Today i am writing you to share one great experience i had in last week...

Sir, last week one of my clients called me up in the midnight, saying– “*Can you do something with reiki for my 16 year old son?*”. as he had got a sudden acute attack in his stomach and was getting unbearable pains because of that. He asked me to come at his place and so I went there. In the mean time for precaution he had also called up his doctor who advised immediate hospitalization and further formalities like Sonography etc...

When I reached at his place they were about to get to hospital. Suddenly I did not know what happened but some internal force drove me and I stopped them going to hospital and told them to wait for sometime till I give reiki and even then if the son won't be feel well, then they may immediately proceed to doctor. And so I started giving him reiki. After about five minutes or so I realized all their family members were there staring at me with inertness, anxiety about what is so special going to happen. But i knew as Swamiji is always there with each Sadhak and I continued giving reiki. After about 10 minutes or so pains increased severely .and after 15 minutes or so that boy just got up and ran to the toilet where he vomited for 5 minutes. Thereafter again he came back for reiki. For next 20 minutes I gave him reiki and he slept deep and fast. I came back home. In the morning my client called me up and asked me “*what have you done to my son? Because without any medicine he is quite fit and fine now.*” .All his family members were surprised to see all this. As usual the doctor is not ready to accept the fact that something like this can happen...

I missed you a lot at that moment and hence mailing you to thank you for making all sadhaks so capable that we can flourish happiness everywhere in form of Divine Reiki.

Once again thank you sir and Jai Gurudev,

Amrut

October 10, 2010

Reiki Research Group has started functioning

Our readers will be happy to know that Mumbai sadhaks have already formed the research teams to find out various aspects of energy healing. Guruji during his recent trip acquired a Natural Energy Meter which measures the human energy field in calibrated terms. It is a combination of small probe and a plate connected to the electronic system which can be used to track and note any changes in the energy fields (Auras as they are normally called) in the environment. The group is currently working on the effects of Reiki healing practices on the human body and diseases. The parameters for experimentation are already drawn and the training on the use of this system is being conducted.

Dear Sir,

Jai Gurudev...

I gave reiki to the Sun today at 8am & following were my experiences:

- 1) I saw 2 Suns
- 2) I saw circular orbit of radiation of light coming from sun towards the earth
- 3) I saw a cross and JESUS CHRIST on it where sun was the face of CHRIST & other parts of the body were in black..

Sir, after i took 2nd degree from you on 15thoct., following changes i observed in me in the order of appearances:

- 1) Temperature & heat on day 1
- 2) Mental & physical restlessness on day 2 with heat
- 3) No heat and restlessness but very hot, red & turbid urine on day 3 which continued till yesterday midnight despite of taking regular water
- 4) Today no symptom

Mohak Thaker
October 19, 2010

Another experience shared by Mohak Thaker

Here is a Case which I treated recently.

Ms. NM, Age-24yr. Place- Jam Nagar, Gujarat, India
Complaint Fever since a week.

- 27-10: Patient suffered with high fever with cough n cold, body pain.
28-10: Went to a General physician for a Medical treatment.
31-10: No relief in any complaint. Finally admitted in hospital
1-11: Drips, IV fluids, Injections gave no relief to fever n other complaints. Doctors suspected SWINE FLU.
At night Reiki given with an intention of 24 hours
2-11: 12p.m report- Persistent Temperature. I started full body for 2hours
Evening 6p.m: fever subsided. But a lot of weakness 24 hr reiki was on & to be closed at 12 a.m
3.11: Patient sent to Swine Flu ward for check up.

Evening report- SWINE FLU ruled out as all Symptoms have vanished.
Patient absolutely normal

Getting Rid of Gallstones in the Natural way...

I got a mail a few days ago from one of our sadhaks Mr Ramesh Sapre about curing the gall stones by a natural method. Generally you get so many such mails that not every mail is required to be taken seriously. However in this case as many of people that I know including some sadhaks have a gall stone problems, I decided to actually try that and verify whether it works. One of our very senior sadhaks who has been having this problem for the past about 4 years and was asked to go to surgery, which she never wanted to undergo, volunteered to try on her own and verify.

She did this process exactly as prescribed and has reported that she could get rid of all 8 stones in her Gall Bladder on the seventh day morning. Now that it has been proven, I would strongly recommend this procedure to anyone having a similar problem. The procedure is as under:

This process is invented by Dr Chiu Nam, a Chinese Doctor.

Gall Stones may not be everyone's concern but they should be concerned as we all have them. It is a matter of how big or small they are. Moreover Gall stones may lead to Cancer. "Cancer is never a first illness" Chiu Nan points out. "Generally there are a lot of other problems that lead to cancer".

One of the symptoms of gallstones is a feeling of bloatedness after a heavy meals. You feel like you can not digest a food. If it gets little serious you feel pain in the liver arena. So if you feel you have gall stones Chiu Nan offers the following method to remove them. The treatment is also good for those with a weak liver because the liver and gall bladder are closely linked.

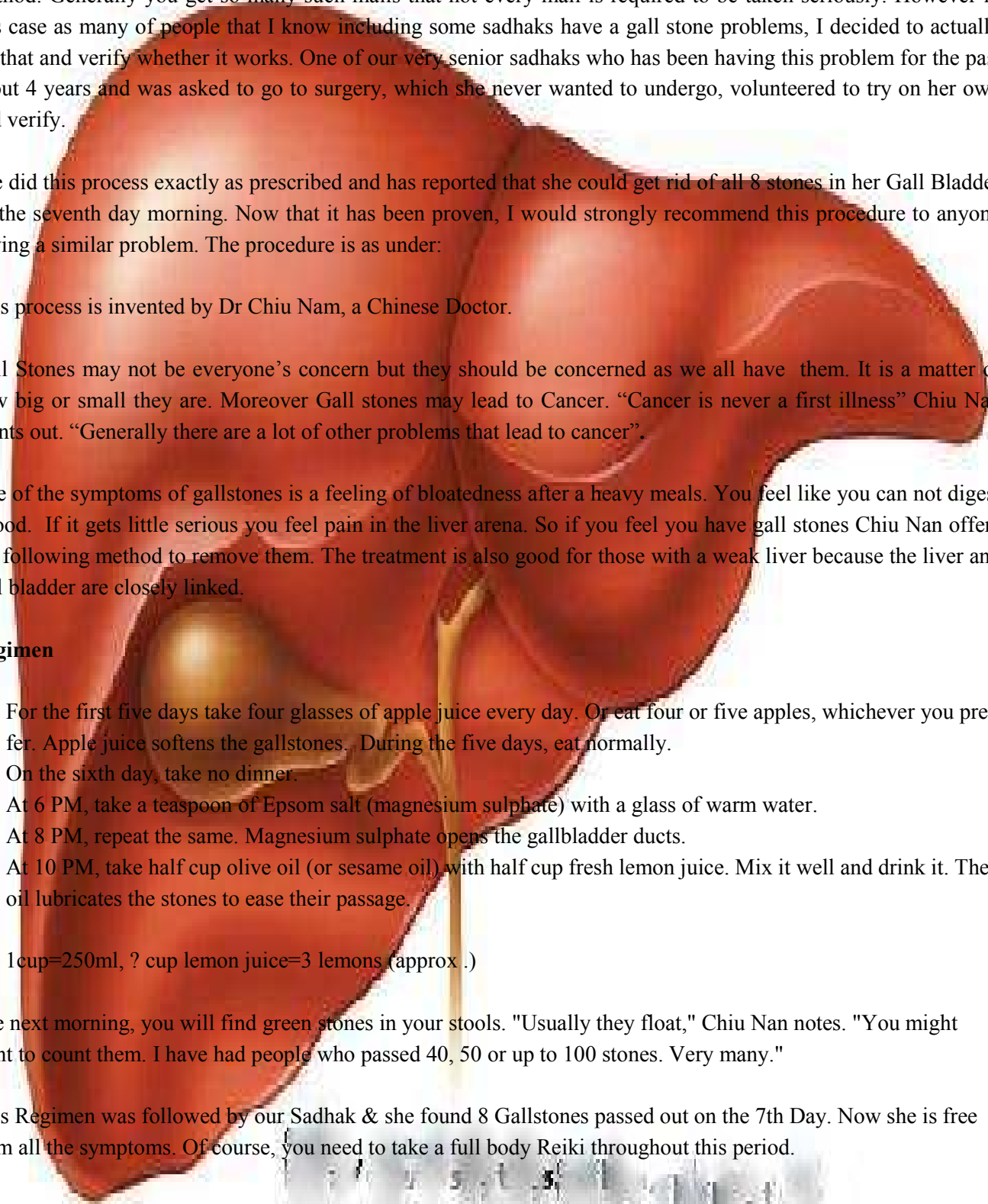
Regimen

1. For the first five days take four glasses of apple juice every day. Or eat four or five apples, whichever you prefer. Apple juice softens the gallstones. During the five days, eat normally.
2. On the sixth day, take no dinner.
3. At 6 PM, take a teaspoon of Epsom salt (magnesium sulphate) with a glass of warm water.
4. At 8 PM, repeat the same. Magnesium sulphate opens the gallbladder ducts.
5. At 10 PM, take half cup olive oil (or sesame oil) with half cup fresh lemon juice. Mix it well and drink it. The oil lubricates the stones to ease their passage.

PS. 1cup=250ml, 1/2 cup lemon juice=3 lemons (approx .)

The next morning, you will find green stones in your stools. "Usually they float," Chiu Nan notes. "You might want to count them. I have had people who passed 40, 50 or up to 100 stones. Very many."

This Regimen was followed by our Sadhak & she found 8 Gallstones passed out on the 7th Day. Now she is free from all the symptoms. Of course, you need to take a full body Reiki throughout this period.



Beautiful Thought by Lord Buddha

shared by Rakesh Kumar

Once Buddha was traveling with a few of his followers. While they were passing a lake, Buddha told one of his disciples, "I am thirsty. Do get me some water from the lake."

The disciple walked up to the lake. At that moment, a bullock cart started crossing through the lake. As a result, the water became very muddy and turbid. The disciple thought, "How can I give this muddy water to Buddha to drink?"

So he came back and told Buddha, "The water in there is very muddy. I don't think it is fit to drink." After about half an hour, again Buddha asked the same disciple to go back to the lake

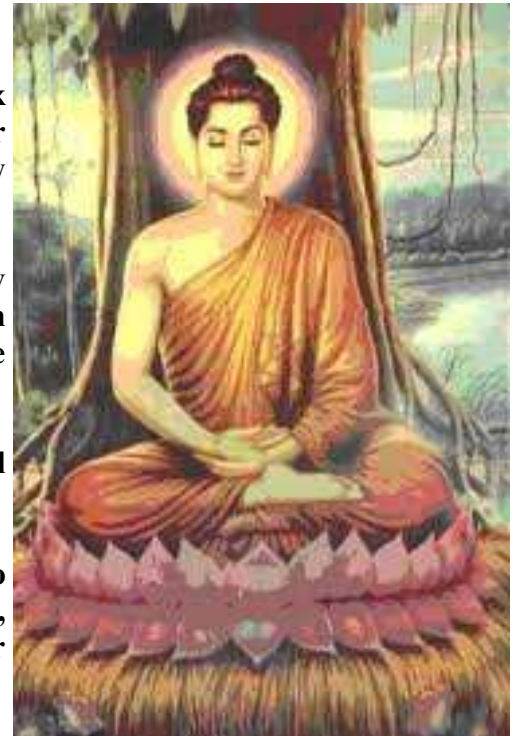
The disciple went back, and found that the water was still muddy. He returned and informed Buddha about the same.

After sometime, again Buddha asked the same disciple to go back. This time, the disciple found the mud had settled down, and the water was clean and clear. So he collected some water in a pot and brought it to Buddha.

Buddha looked at the water, and then he looked up at the disciple and said, "See what you did to make the water clean. You let it be, and the mud settled down on its own -- and you have clear water.

Your mind is like that too ! When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don't have to put in any effort to calm it down. It will happen. It is effortless."

Having 'Peace of Mind' is not a strenuous job; it is an effortless process!



“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”

Buddha

CURES FROM CUCUMBER

Shared by Sachin Vyas

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Ashram Wisdom

Those who know the spiritual world relationships well, may realize that the friendship is one term which has 3 different words in Indian languages. These terminologies are based on 3 different dimensions of friendship. The first one is called as a **Maitri**. The friends are called Mitras. This is what the friendship that the normal world calls as a friendship. Like a typical friendship between the two persons in school & colleges or even at work place etc. In this kind of relationship, both the parties in the realm of friendship expect something from each other. This may also be a tangible expectation. Something that is material in nature. If one is not satisfied with what one gets in return from a friend, the friendship practically gets dissolved. This is considered the lowest of the types of friendships. The second category is little different, though the duality still exists. This is called as **Sakhya**. The friends here are called as Sakhas. This word itself shows the closeness. The relationship is basically on emotional nature and beyond the mundane terms. But the expectations are not of the material in nature. They are more emotional expectations. Like if one loves the other and that love is not reciprocated the ship of friendship may start rocking and may ultimately sink. The third one is of supreme nature. These friends are called as **Suhrudas**. The word literally means person with a good heart. Here the duality is practically not there. Obviously there are no expectations. And of course no un-fulfillment of expectations. This is truly how a Guru— a Master relates with his disciples or even to the whole world. He is a compassion personified. No matter what a disciple does, the love and the relationship is intact. This is the zone in which saints operate. Compassion and Love beyond any giving and taking is the essence of such relationships. This is what the true Mother does for her children. No matter what they do to her she forgives and loves them.

“Bliss is very simple, spontaneous. All that is needed is not to create misery and you will find Bliss.”

*Osho
Rajneesh*

Reiki Seminars Schedule

Sr No	Dates	Location	Master	Degree
1	14 & 15 Nov	Mumbai	Ajit Sir	1st
2	27 & 28 Nov	Baroda	Sangeetaben	1st
3	4 & 5 Dec	Rajkot	Ajit Sir	1st
4	11 & 12 Dec	Nashik	Ajit Sir	2nd
5	18 & 19 Dec	Devrukh	Ajit Sir	1st
Dec 20th: Datta jayanti Utsav at Devrukh Ashram				