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Reiki Vidya Niketan

VOLUME 3 ISSUE 3 & 4

1ST APRIL 2011

HDFC formula for Ego realization....

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Well, this HDFC has nothing to do with HDFC Bank, an established large bank in India. This formula actually came out in Devrukh while one of the sadhaks asked Guruji, "We all know that Ego is bad for sadhaks. But how does one know that we have an ego?" Guruji answered, "Look, Ego does not come just like that. It announces itself before it strikes. All that one has to do is to listen to those signals. There are some indications. Mostly they come in the form of 4 indications. The first one is **Hurt**. Look, if someone says something and you get hurt, believe me the ego is there right at that movement. Without ego, nothing gets hurt in the human existence. Not Mind, nor intellect nor even heart and body. It is the ego which has the ability to get hurt. And believe me, hurt is not sadness. Sadness is just a feeling. One can not react through sadness. Sadness just dissolves after a while. Hurt is a wound, while sadness is a sprain. Hurt has a terrific power to react. So that becomes the first indication. The second one is the **Defending tendency**. If one keeps on arguing and defending what one has said, then remember that he/she is now going through the experience of ego. Ego will make you defend to the last point. It is proven ness. And you need to prove to win the argument. Thereafter comes the third one which is **Facade**. If you are in ego, always remember that you are going to put on some mask so that you can show to the people what actually you are not. Ego comes out of unnaturalness and insecurity. Both these things demand that you need to be artificial. Naturalness can not lead to ego. Because naturalness is a manifestation of acceptance. The last one indication will be **Comparison**. When you start comparing with someone else, remember you are likely to head towards the ego situation. Ego always demands the comparison. To show that you are better than others or others are worse than you. It gives you a false pleasure to do that. You create situations where you can get opportunities to do that. So this is a simple formula by understanding which you can understand that you are getting onto a ego trip. In short remember the word **HDFC (Hurt, Defense, Facade and Comparison)**. Also note that all these are inter-related. They may not necessarily be the situations in isolation. They work together. One needs to be alert to listen to these indications. The best part about the ego is that you do not have to do anything once you are aware about your ego. Awareness dissolves that by itself. Ego is like a darkness and awareness like a torch of light. The moment you switch on the torch, the ego is dispelled. The toughest part is being aware about that. Many a times ego is so strong that it will not allow you to be aware. Awareness is a state of mind. Ego is something which is beyond mind. Sadhak may have to practice all the time about such opportunities of awareness and take those opportunities to stay away from this disastrous dimension of life. To make matters worse the material life keep on projecting that Ego is a must for growth. There is a also a segment of people who believe that Ego can not be got rid of. These are nothing but rumours spread by those who can not manage their ego."

Mahashivratri Anusthan at Devrukh Ashram

February and March are generally very busy months at Devrukh ashram. This year was also not an exception. It started with Mahashivaratri on 28th February and the festival lasted full 72 hours, till the midnight of 2nd March. About 42 sadhaks converged on the ashram right from the day of 27th February. Gurujii had declared that from this year onward Mahashivratri will not be treated as a festival but as a serious spiritual practice. Only those who were participating in a hard Anushtan were supposed to be participating at Devrukh ashram. So all those sadhaks who came to ashram this time were the ones who had kept the abstinence over the one month starting from 2nd February. Mahamrutyunjay Mantra was chanted non-stop for 72 hours while the abhishekam and the swahakar was also performed for the same time. 3 times each with about 14 members worked on this by rotation. The highlight of this event was basically the scientific presentation of Shivaling as an Orgone which was conceptualized and compeered by Kalpita Kumar and was presented in form by Milind Chavan & his creative team. A team of our sadhaks is working on this concept of Orgones the basic research for which was done by Wilhelm Reich many decades ago.

Swachetana Shibir at Devrukh

Swachetana Shibir was conducted at Devrukh this time between 4th and 6th March. 42 sadhaks participated in this shibir. It was like a great festival. The sessions included advanced training on aura treatments, Omkar energy cycles, Trust walk and awareness, Chakra Healing, Channelising Kundalini and many more interesting topics. The highlight of this shibir was long sessions on questions and answers which was a great feast to every participant. Gurujii ensured that every sadhak's quest for spiritual knowledge was fully satiated. The shibir ended with candle light meditation where many of the sadhaks experienced the divine and had some blissful experiences. Participants decided to form groups for sending reiki to various causes in the interest of humanity. Each of the villages around Devrukh will form teams to manage these intentions. All participants also resolved to create the OM movement nationwide so that a nation can have one sound vibrations where all the energies can be canalized to make India a peaceful and strong country which can lead the whole world on the path of peace and happiness. Sadhaks decided to launch a movement by chanting OM every morning at 6.00 am. They will also request others to do that with a clear idea that OM is a basic vibration beyond all religions and faith. It would purely be an experiment based on the energy science.



Manthan (Churning) of thoughts....

You have forwarded the mail telling about the 100 benefits of meditation, so is it talking about which meditation? There are so many options available, so which one is good? but as we are doing our reiki regularly then isn't it also one type of meditation? what difference between Sadhna & Meditation?

Another question is yesterday i could only take 12 points, because i didn't get time, but I have given reiki to my sister & father so how the rule of debit & credit is working in reiki? Further it was too late so i have instead of taking my reiki for some time i have given reiki to my reiki box, because there are so many intentions for others , so i gave priority to reiki box instead of me, so is it OK? & if not than what to do? Pleas explain on this all aspects...

Ever yours
Manthan

1) Meditations is a process or philosophy, There are many processes of meditation. 100 is just a number. It could even be 1000 if one likes it that way. I think here the author wants to talk about the meditation as a way or a process which offers a lot of benefits. They are like vitamins for the author. But some tablets are not vitamins. They are antibiotics for a particular purpose. So are the meditations. Some are like serious medicines and some are like the vitamins. But both are medicines generically.

2) Yes Reiki is also a meditation. It connects you to your self. Any dialogue between your mind and soul is a meditation. Meditation is a process while sadhana is a way of life. Like what is the difference between eating and living? Eating is a subset of living. Eating is a process, Living is a larger term.

3) One has to take Reiki to one self. The basic idea of Reiki is purifying yourself to such an extent that those who are a part of you also get healed. 2nd degree provides only a way to connect your purity to the others' existence. If you are not pure within, how can you heal others? And if you do not go through your own cleansing, how can you be pure?

With Love, Light & Reiki

Ajit Sir

GAYATRI MANTRA & Its Scientific Meaning

Gayatri mantra has been bestowed the greatest importance in Vedic dharma. This mantra has also been termed as Savitri and Ved-Mata, the mother of the Vedas.

*Om bhur bhuvah swah
Tat savitur varenyam
Bhargo devasya dheemahi
Dhiyo yo nah prachodayat*

The literal meaning of the mantra is:

O God! You are Omnipresent, Omnipotent and Almighty, You are all Light. You are all Knowledge and Bliss. You are Destroyer of fear, You are Creator of this Universe, You are the Greatest of all. We bow and meditate upon Your light. You guide our intellect in the right direction.

The mantra, however, has a great scientific importance too, which somehow got lost in the literary tradition. The modern astrophysics and astronomy tell us that our Galaxy called Milky Way or Akash-Ganga contains approximately 100,000 million of stars. Each star is like our sun having its own planet system. We know that the moon moves round the earth and the earth moves round the sun along with the moon. All planets round the sun. Each of the above bodies revolves round at its own axis as well. Our sun along with its family takes one round of the galactic center in 22.5 crore years. All galaxies including ours are moving away at a terrific velocity of 20,000 mile s per second.

And now the alternative scientific meaning of the mantra step by step:

(A). OM BHUR BHUVAH SWAH:

Bhur the earth, bhuvah the planets (solar family), swah the Galaxy. We observe that when an ordinary fan with a speed of 900 RPM (rotations Per minute) moves, it makes noise. Then, one can imagine, what great noise would be created when the galaxies move with a speed of 20,000 miles per second. This is what this portion of the mantra explains that the sound produced due to the fast-moving earth, planets and galaxies is Om. The sound was heard during meditation by Rishi Vishvamitra, who mentioned it to other colleagues. All of them, then unanimously decided to call this sound Om the name of God, because this sound is available in all the three periods of time, hence it is set (permanent). Therefore, it was the first ever revolutionary idea to identify formless God with a specific title (form) called upadhi. Until that time, everybody recognized God as formless and nobody was prepared to accept this new idea. In the *Gita* also, it is said, "*Omiti ekaksharam brahma*", meaning that the name of the Supreme is Om , which contains only one syllable (8/12). This sound Om heard during *samadhi* was called by all the seers *nada-brahma* a very great noise), but not a noise that is normally heard beyond a specific amplitude and limits of decibels suited to human hearing. Hence the *rishis* called this sound *Udgith* musical sound of the above, i.e., heaven. They also noticed that the infinite mass of galaxies moving with a velocity of 20,000 miles/second was generating a kinetic energy = $1/2 MV^2$ and this was balancing the total energy consumption of the cosmos. Hence they named it Pranavah, which means the body (vapu) or store house of energy (prana).

(B). TAT SAVITUR VARENYAM:

Tat that (God), savitur the sun (star), varenyam worthy of bowing or respect. Once the form of a person along with the name is known to us, we may locate the specific person. Hence the two titles (upadhi) provide the solid ground to identify the formless God, Vishvamitra suggested. He told us that we could know (realize) the unknowable formless God through the known factors, viz., sound Om and light of suns (stars). A mathematician can solve an equation $x^2+y^2=4$; if $x=2$; then y can be known and so on. An engineer can measure the width of a river even by standing at the riverbank just by drawing a triangle. So was the scientific method suggested by Vishvamitra in the mantra in the next portion as under:-

(C). BHARGO DEVASYA DHEEMAHI:

Bhargo the light, devasya of the deity, dheemahi we should meditate. The rishi instructs us to meditate upon the available form (light of suns) to discover the formless Creator (God). Also he wants us to do japa of the word Om (this is understood in the Mantra). This is how the sage wants us to proceed, but there is a great problem to realize it, as the human mind is so shaky and restless that without the grace of the Supreme (Brahma) it cannot be controlled. Hence Vishvamitra suggests the way to pray Him as under

(D). DHIYO YO NAH PRACHODAYAT:

Dhiyo (intellect), yo (who), nah (we all), prachodayat (guide to right Direction). O God! Deploy our intellect on the right path. Full scientific interpretation of the Mantra: The earth (bhur), the planets (bhuvah), and the galaxies (swah) are moving at a very great velocity, the sound produced is Om, (the name of formless God.) That God (tat), who manifests Himself in the form of light of suns (savitur) is worthy of bowing/respect (varenyam). We all, therefore, should meditate (dheemahi) upon the light (bhargo) of that deity (devasya) and also do chanting of Om. May He (yo) guide in right direction (prachodayat) our(nah) intellect dhiyo.

**So we notice that the important points hinted in the mantra are:-
The total kinetic energy generated by the movement of galaxies acts as an umbrella and balances the total energy consumption of the cosmos. Hence it was named as the Pranavah (body of energy). This is equal to $\frac{1}{2} mv^2$ (Mass of galaxies x square of velocity.)**

Celebrations of 11th Anniversary of the Math

11th anniversary of Devrukh ashram was celebrated with a lot of pomp and vigor. The celebrations began on 14th night itself when our sadhak Mr Mahesh Bhagwat who has attained a proficiency in Keertan (a traditional art of singing devotional music) performed in front of Swami Samarth. On 15th night, a renowned Music composer and singer Mr Nandu Honap and his colleagues Mr Kaustubh Datar and Ms Seema Damle performed their popular programme Dattachi Palakhi. The audience was spellbound for almost 3 hours. This musical programme is the most sought after in Maharashtra. Almost 95% of the songs on Shree Swami Samarth are composed by Mr Nandu Honap. He was to have performed during our celebrations on 10th anniversary last year, but could not do that as he went into coma for almost two and half months. Miraculously he came out of that without any effects and started devoting his art to sing Swami's bhajans.



Think for ever...the 10 commandments of life

Contributed by Ms Krupa Choksi

- 1) Prayer is not a spare wheel that you pull out when you are in trouble; it is a steering wheel that directs us on the right path throughout our life.
- 2) Do you know why the car's windshield is so large and the rear mirror is so small? Because our past is not as important as our Future. So look ahead and just move on.
- 3) Family is like a book It takes few seconds to burn but it takes years to write.
- 4) All things in life are temporary. If going well enjoy it. They will not last for ever. If going wrong don't worry they cant long last either.
- 5) Old friends are like a gold, new friends like Diamonds. If you get the diamond don't forget the gold. Because to hold a diamond, you need to have a base of gold.
- 6) Often when we lose hope and think this is the end, God smiles from above and says" Relax! This is not the end, this is just a bend.
- 7) When God solves your problems you have faith in HIS abilities. When he does not solve your problems, he has the faith in your abilities.
- 8) A blind persons asks Saint Anthony, " Is there anything worse than losing an eye sight?" The Saint replies "Yes. Losing the vision"
- 9) When you pray for others God listens to you and blesses them. And sometimes when you are safe and happy remember that someone has prayed for you.
- 10) Worrying does not take away tomorrow's troubles, it takes away today's peace.

Only Two short and sure ways to get Peace in life;

"Forgive what you can not forget

Forget what you can not forgive"

Experiences at Devrukh Ashram....

By Vinay Nair

Vinay Nair, our young sadhak from Mumbai was on sewa schedule during the month of January 2011 in the ashram. He was asked to be in silence for 5 days. Here are his experiences of these moments in his own words:

1. It was amazing to observe how many times I spoke of irrelevant things. These speeches, that almost fell from my mouth, were not required to get my work done or to express myself. I realized that I unnecessarily brought noise in my own communication.
2. I started listening. With my useless banter, I think I have stopped listening to others. Listening according to me is more than the words uttered by others. It also includes subtle voice modulations, body language. I could sometimes even hear other person's thoughts. It's wonderful. Everyone should try it.
3. It was also interesting to see how others were trying to adjust with me. Sometimes it was funny to see them try to communicate. It was like a game of dumb charades, where they were guessing my gestures. Yes, sometimes they also got frustrated. I imagined how it must be for a person who is actually dumb and has never had a chance to utter a word.
4. Not talking helped me to start to think. Two thoughts came in my mind. One was external which included as to how I could explain my need at any moment and one was internal which included introspection. This introspection helped me in identifying key facets in my own life. It made me conscious. My awareness was increased.
5. Last but not the least, I realized that voice like any other tool is a double edged sword. We can bad-mouth people, spread evil or waste our time and energy by talking senseless things OR we could spread happiness, sing a beautiful song or encourage and motivate people. The choice is ours.

Now I am wondering how it would be if I keep my eyes closed for a day... Hope I do get a chance to do that one day.

Jai Gurudev

Vinay Nair

Swami Vivekanand says:

**“ Love me or Hate me. Both are in my favour.
Because if you love me, then I am in your heart.
If you hate me then I am in your mind”.**

Formation of Devrukh Music Academy.(Devrukh Sangeet Mandir)..

15th March here onwards may not be known only as an anniversary for Devrukh ashram. There will be another reason to salute that date. On this day, this year Devrukh Sangeet Mandir was inaugurated. It is not only the inception of an institution that is important here. It is the spirit behind that which needs to be saluted. Our sadhak Ms Bindiya Pandya, one of the greatest singing sensations in Gujarat decided to quit the mundane world and decided to settle down in the ashram with an idea to help the villagers learn the different dimensions of Music. Bindiya along with her Doctor father has settled in the ashram to perform seva of Swami. Bindiya will teach Indian classical and semi classical music to the students Her father Dr. Kishorbhai Pandya will give guidance about Ayurveda and heal patients with Ayurvedic treatment. The blessings of Swami will always guide them.



Initiative for Ambulance Service at Devrukh ashram

On 15th March Swami Samarth Sevak Pratisthan also bought an ambulance for the people in Devrukh. In the entire village there is no ambulance and patients needed to be hospitalized for medical treatment had to undergo a lot of inconvenience and a loss of critical time. The trustees of Shri Swami Samarth Sewak Pratisthan decided to take initiative in this matter. The donation of ambulance will give great relief to the patients who needs to be shifted to hospitals in emergencies. A part of the funding for this project has been donated by some of our sadhaks. This vehicle will also be used for picking and dropping the sewekaris who come from far of places to offer their services to the ashram. The sadhaks will be picked up from the nearest points to ashram like Sanagmeshwar (Railway station & Bus stands), Ratnagiri Railway station and Devrukh Bus station.



My job here on earth is twofold. My job is first to make amends. My second job is to awaken people who might be sleeping. Almost everyone is asleep. The only way I can awaken them is to work on myself.

Dr Ihalaekela hew Len

Invariably every spiritual practice insists that one has to clean your past as the current and future are all emanations of the past. Not many really get the meaning of that. A lot of people get fauxed by this idea of cleansing the past. They ask, "Does it mean we should have no memory at all? How can we survive if we erase all our memory?" They unfortunately do not understand the real meaning of memory. The past is nothing but the event or a set of events which have occurred in the past times. The event gives birth to two entities, (i) the memory of the event and (ii) the knowledge out of that event. That knowledge truly is the essence of the past event. It is this essence which needs to be a part of you, means your existence. The event memory needs to be dropped. The way exactly what the body does to the food. It just assimilates the essence of the food and throws out everything else. Anything else retained besides the essence could be dangerous to the body. Same is the case with our mind. Many a times we try to remember the whole event without discrimination of the useful and useless. Every event of the past should make "You" more enriched in terms of knowledge and experience. That would mean a growth. That is the healthier way of managing your past.

If one does not do that the memories (the events) create blockages in the path of divine energy flowing down your existence. Our thoughts can only emanate from either the divine or the memories. The thoughts originating from divine are called Inspirations while those coming from the memories are classified as Intentions. The divine thoughts lead to divine, inspirational actions. The thoughts which have the memories as the base may not have that purity and power. That is what cleansing of past really means. The incomplete memories is the cause of most of our evils.

Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	4th, 5th, 6th March	Devrukh	Swachetana Shibir	———
2	12th & 13th March	Devrukh	Ajit Sir	1st
3	12th & 13th March	Baroda	Sangita Kulkarni	1st
4	26th & 27th March	Nashik	Ajit Sir	1st
5	26th & 27th March	Kota	Sangita Kulkarni	1st
6	16th & 17th April	Devrukh	Ajit Sir	2nd
7	21st & 22nd May	Mumbai	Ajit Sir	1st