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# Reiki Vidya Niketan

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## Wishing all of you a very Happy New Year

Dear Sadhaks,

*Jai Gurudev*

*2010 is now out and gone. It has become a past. It has left its own marks on the sands of time for us to learn and grow. The first decade of the new millennium is already gone. Many of you may remember the excitement we had about Y2K not long ago. Now looking back even that was a decade ago, though quite fresh in the minds of many. The new excitement of 2012 and all those predictions of Mayan calendar will now start looming on the horizons soon. The global warming and the repercussions of that will start echoing again this year with the visible changes in the climate patterns all over the world. Pollution and the Kyoto protocols will be in the news once again. All these will be an external and environmental aspects of life which no doubt are the repercussions of an outward behaviour and life styles in the human existence.*

*The real challenges this new year may pose will be more internal. How the human being reacts to all these chaos around is something that may change the face of the coming world. The message that managing the manageable so that the un-manageables get managed has to be thrown to the whole human community. The realization that we all can only manage ourselves need to be drilled into the confused human minds, sooner than later. If each of us manage oneself, the world though may not be a heaven but still be a better place than what it is now and what it is going to be otherwise. We need to realize that it is not the safety of the humans which is a problem but the safety of the humanity is the key issue. Humanity if preserved the world will have a peace and happiness. Preserving humans without those divine human values will be catastrophic to the world. Let us all pray to the divine that such understanding may prevail throughout this year.*

*Let us pray that let every human heart experience its own love and compassion every moment of this year. Compassion and Love are the basic cores of human existence. In the testing times, these are the only two virtues that are going to see us all through. That may be the only way to survive. Your tolerance may be tested during the year, pass that test. Love and compassion may manifest into a tolerance and acceptance. Allow the compassion to grow within so that the whole universe will experience that during this year. The war between the good and the bad has been eternal. Let this year the war be won by the goodness. Let the light prevail in the darkness around. Let the fragrance prevail in the stench around. Let us declare this year as a year of Compassion.*

..... Ajit Sir

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## You Become Like the Company You Keep

Contributed by Ketaki Shah, Chicago



A University of Georgia study has revealed that self-control -- or the lack thereof -- is contagious. In a series of studies involving hundreds of volunteers, researchers have found that watching or even thinking about someone with good self-control makes others more likely to exert self-control. The researchers found that the opposite holds, too, so that people with bad self-control influence others negatively. The effect is so powerful, in fact, that seeing the name of someone with good or bad self-control flashing on a screen for just 10 milliseconds changed the behavior of volunteers. **"The take home message of this study is that picking social influences that are positive can improve your self-control,"** said lead author Michelle van Dellen, a visiting assistant professor in the UGA department of psychology. **"And by exhibiting self-control, you're helping others around you do the same."** People tend to mimic the behavior of those around them, and characteristics such as smoking, drug use and obesity tend to spread through social networks. But vanDellen's study is thought to be the first to show that self-control is contagious across behaviors. That means that thinking about someone who exercises self-control by regularly exercising, for example, can make you more likely to stick with your career goals or anything else that takes self-control on your part. VanDellen said the magnitude of the influence might be significant enough to be the difference between eating an extra cookie at a party or not, or deciding to go to the gym despite a long day at work. The effect isn't so strong that it absolves people of accountability for their actions, she explained, but it is a nudge toward or away from temptation. "This isn't an excuse for blaming other people for our failures," VanDellen said. "Yes, I'm getting nudged, but it's not like my friend is taking the cookie and feeding it to me; the decision is ultimately mine." *-Personality and Social Psychology Bulletin*

Everything is energy. The sun, light, heat, the book, the chair, the words spoken and written, your body are all energy. Studies have shown that energy is transferred from one individual to the next. The term is called entrainment. Entrainment means that when two different energies come together they will eventually become the same or equal energies. If you spend time with negative people, that negative energy goes inside of you and like it or not you will become more negative. The opposite holds true: positive makes more positive. What this study is showing is that if you want to do what is in your heart in this life then associate with people that have that same desire. If you do it will help you and them both, fueling each other.



## Reiki Experiences I



Jai Gurudev

Dear Sir,

Would like to share my experience as i am very excited. I had 2-3 Warts (Human Papilloma Virus) on my left hand thumb and elbow for around two years. Each size was almost 4-5mm.

What suddenly strike me i really don't know and i started applying agnihotra ash on each of them for regularly 15 days. And Sir! amazingly all of them were fanished. Its so great. I would like to thank you for making me aware about the importance of the agnihotra.

Aparna Phayde

Delhi



## Reiki Experiences II



**Name:** Ms. A B C

**Age:** 21 yrs.

**Gender:** Female.

### COMPLAINT:

**SEVERE MENTAL & PHYSICAL TRAUMA FROM TOTAL SEXUAL ABUSE (CAN B CALLED RAPE) IN LAST WEEK OF OCT.** (I was informed 5 days after the incident.)

### SYMPTOMS:

The patient seemed to be in totally depressed state with 24 hr sleep & weeping for days together. She was unable to talk or perform any activity since few days. As the patient used to take many sleeping pills she was not able to even take bath/ brush her teeth. She enclosed herself in her room with dreaded fear & was trembling. The patient had 1 suicide attempt at home.

### TREATMENT:

**Everyday distance reiki for long hours; twice full body distance reiki.**

**After 3 days:** Patient started doing routine activities like bathing, brushing & eating once a day.

**After 1 week:** The patient has begun to talk normally with family members, but has no guts to go out of the house or talk on phone with anyone.

**On 12th day:** She makes her 1st call to me for follow up & counseling.

**On 14th day:** She starts moving out normally near the house.

**On 18th day:** The patient tells her family members to cheer up & go for Diwali shopping at a mall. All things seem to be normal.

**Reiki is still being given to her till she forgets everything 100%; out of which more than 90% work is done. She has started her occupation of teaching school children for tuitions. She has gone for shopping & out of Baroda for 3 times.**

— Mohak Thakkar, Baroda.

Respected Guruji,

Jai Gurudev!

Its really unfortunate that in spite of my intense urge to go to Devrukh I had to sit back like a caged bird. Since last one week. My desire has caught a fire so great that I turn on the Devrukh Aarti CD every morning and find myself amidst you all. Hence my emotions have taken the form of a verse.

*Where the lush green road to the temple winds,  
For all the sadhaks worries to unwind.  
Where the air breathes so fragrant and pure,  
To relieve them, of the pains that they endure.*

*Lies here the paradise in heaven - a small temple DEVRUKH,  
Where in the lap o nature one discovers life's real truth.  
A small temple,  
Yet with a Titanic love, solace and overflowing bliss.  
Stands the statue of Swami Samarth,  
That listens to all his sadhaks on this earth.*

*Resound here are the words so harmonious,  
Which echo in ones heart and leave us so pious,  
The voice of GURUJI vibrating the hills and vales,  
With Digambara, Digambara.....  
that reaches us while we are far away,  
Oh ,how we wish then to reach you right away!!!*

*LO! Only to join our hands and wish  
To be in the arms of swamijis outstretched fist  
And gather the joy ,that ,with his presence he gives.  
Though we are far away,  
Still we thank thee, for all the goodwill you sway,  
With your vibrant presence in an imaginary way.*

*Love is what we were born with. Fear is what we learned here. The spiritual journey is the relinquishment, or unlearning, of fear and the acceptance of love back into our hearts.*

## Maha Shivratri Celebrations at Devrukh



**Mahamrutyanjaya Japa for 72 Hours**

**Mahamrutyanjaya Abhishek for 72 hours**

**Mahamrutyanjaya—Trambak Homa for 72 hours**

**on**

**28th Feb, 1st and 2nd March, 2010**

A group of 30 Sadhaks who will keep Anusthan for a period of 28 days (starting from 3rd February) will perform the above rituals.

(All of you are cordially invited to join either as volunteers or just to enjoy the Divine space. Please register your names before 20th Jan., 2010 at Devrukh  
\*Ashram Ph 02354 241322 or \* Krupa Choksi 08097033220

## Datta Jayanti Celebrations at Devrukh Ashram



Datta Jayanti is a major festival celebrated at Devrukh ashram every year with a lot of enthusiasm and vigour. This year 2010 was no different. The sadhaks and the devotees of Lord Dattatreya descended on the Devrukh ashram right from 17th December itself, to prepare for the event to start from 18th December.

The event began with the invocation of Fire on 18th morning at 06.00 am just before the Sunrise among the chanting of the Vedic Mantras. The first batch of 10 sadhaks sat around the

Homa fire chanting the mantra “Hari Om Tat Sat Jai Guru Datta” with an intention to chant this mantra with Ahutis to be offered to the fire 1 million times. Every hour saw a new batch of sadhaks would take over and continue the Japa & Homa. There were waves of sadhaks coming after one other. The counters were fixed to count the mantras. Another interesting thing this time was a deployment of a scientific team with an idea to understand what happens to the environment when the holy fires are lit and the mantras chanted with offerings of ablations. A team of around 5 young sadhaks with a scientific background was hovering all over under the expert guidance of Gururji himself.



Around the same time the holy fire and chanting began, a group of 21 sadhaks in 7 teams started reading Shri Guru Charitra ( a holy scripture describing the acts of Lord Dattatreya and HIS incarnations ) at a Kutir which was self made by sadhaks earlier this year near the Goshala. This event was also to have lasted for 3 consecutive days during which the holy book was to be completed. On the first day the reading lasted for about 6 hours.

The chantings and the holy fire continued throughout the night of 18th and continued on 19th. The sadhaks from outside Devrukh as well as locals started pouring in on that day with the target of 1 millions mantras looking easy now. The environment started getting charged even more on 19th. It looked as if the whole universe was dancing on the tunes of the mantra that day. Some sadhaks caught up the dance of the moon in the sky in the evening during the Aarti time and the photo feature of that is provided on the last page of this newsletter for those who missed that divine universal event. The recordings of the energy measuring team also started showing the alarming rise in the environmental energy.



The last day of the festival was full of events and the schedule was packed for hundreds on sadhaks in the ashram that day. The padukas made from the Banyan Tree under which Shree Swami Samarth used to sit during his bodily stay in Akkalkot were received by the math in the previous year. The same were coated with Germa Silver in Nashik over the past 3 months and were consecrated during this Datta Jayanti by the vedic rituals and mantras. That added to the already rising energy in the ashram environment.

Guruji chose a sadhak couple from Baroda to be the hosts of the ceremony and the consecration was done with great devotion. The math now has its own set of consecrated padukas.

Another event that took place on this day was a Pooja of Satya Datta. This was performed in the Reiki Arogya Mandir of the math with an idea that all those patients who visit there for treatments get the enhanced healing effect. This pooja was also performed by a sadhak couple with the help of local priests.

Guru Charitra being read by 7 teams had also concluded by the afternoon of 20th. The energy at the site is something to be experienced to be believed.

The poornahuti (the completion) of the chantings and fire was performed exactly at around noon as the sadhaks had already completed their intention (sankalpa) of chanting it for 1 million times by then. The whole environment became so divine and one could literally feel the presence of the almighty around. The poornahuti was immediately followed by the Gayatri Yagna performed by the experts from Gayatri Parivar from Shantikunj, Hardwar who anyway perform this rite on every full moon day at Devrukh ashram for the past one year. Datta Jayanti being on the full moon day this was only a part of a regular routine schedule of the ashram.



Thereafter there was a bhandara or Annakot as some people may like to call it. This one day the ashram provides food to every one who comes to the ashram and practically the whole village attends this event as a Prasad bhojan. It really kept sadhaks on their feet most of the time as they had to cater to many who came in large numbers. The arrangement made by the trust was immaculate and absolutely efficient.

The Palakhi of the idols of Lord Dattatreya and Shree Swami Samarth was taken out in the village as per the traditions which gave an opportunity to many sadhaks to shake their legs to the tune of divine bhajans and chantings. This is one event the residents in the village look for with a lot of eagerness as they invite the palakhi to their homes to be blessed by the presence of the divine. The Palakhi came back to the ashram in the late evening amongst the big show of firecrackers and lights. The Maha Aarti was performed thereafter which gave the audience another chance to dance on the chorus of Guruji's divine Digamabra, Digambara....

It indeed was great festival.

### Scientific Study of Yagna (Datta Yaga) at Devrukh Ashram



Guruji has always been a strong proponent of the view that there is enough science the ancient culture all over the world. The modern science unfortunately does not look at that viewpoint due to its closed nature towards a new learning. To bridge the gap in understanding between the ancient and the modern life styles, the ashram has been making some special efforts. Guruji was donated a small energy meter by the Chicago sadhaks a few months ago. This meter was employed this time to find out how the Yagnas and chanting make a difference to the environment. Around 32 readings were taken every hour by a team of young scientists for 3 consecutive days in different directions and distances. The research paper on this will be published soon.

## Corporate Fraud & the Stress Levels...

*Can you sell the same commodity to more than one person? Is it legal? Guruji asked this question to many sadhaks who are employed in senior positions in a professional way. The answer of course was No. Guruji told his audience during the Datta Jayanti day that most of the people are doing that today any way. Earlier the corporate world used to hire employees' time (say 8 hours a day) while today they are hiring a person and not a time. The concept of over time is practically driven out as where is the time over and above your 24 hours? Thanks to new gadgets like Blackberry and Laptops one cannot stay away from his/her work even for a minute. The management chooses when to contact you, not the other way. In the process the corporate world today is buying your entire 24 hours. No wonder they are offering fabulous salaries. But the question here is have you not committed some time to your wife? To your children? To your parents? To your society and your hobbies? How can the same time as a commodity be offered to more than one entity? When all of these contracted parties start demanding your time then the fraud bursts out. That is where the stress begins and that is where begin even the disorders like blood pressures and diabetes. Each of us have to ponder over this if we need to manage a balance of life*

*There is enough in this world for every person's need but not enough for one man's greed"*

*Mahatma Gandhi*

## Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	4th & 5th Jan	Nashik	Ajit Sir	1st
2	8th & 9th Jan	Mumbai	Ajit Sir	2nd
3	11th to 13th Jan	Pandharpur	Ajit Sir	For Aids affected
4	19th & 20th Jan	Mumbai	Ajit Sir	1st
5	22nd & 23rd Jan	Rajkot	Seema Trivedi	1st
6	19th & 20th Feb	Devrukh	Sangita Kulkarni	1st
7	<b>28th Feb, 1st &amp; 2nd March 2011</b>	<b>Devrukh</b>	<b>Mahashivaratri</b>	
8	<b>4th, 5th &amp; 6th March</b>	<b>Devrukh</b>	<b>Swachetana Shibir</b>	
9	9th & 10th April	Devrukh	Seema Trivedi	1st

### A gesture towards the Senior Citizens

Devrukh ashram administration realized that few of the Swami devotees and our sadhaks who are very senior in age can not visit Ashram regularly due to some handicap or the other emerging as an old age phenomena. The trustees took initiative and has decided to provide the free service to all those senior sadhaks for travel to and from their respective homes and the ashram on every Thursday between 6 and 8.30 pm so that these devotees can attend the Aarti that they long for so much. This facility was started on Datta Jayanti Day and will be continued thereafter.

### Geeta Jayanti Celebrated at Devrukh Ashram

Geeta Jayanti—a day on which Shrimad Bhagwad Geeta is supposedly been told to Arjun by Lord Shri Krishna more than 500 years ago, was celebrated this year at Devrukh ashram on 17th December 2010. Sadhaks residing at the ashram recited the whole Geeta in front of Swami's idol in the main temple in the morning time around sunrise, just around the time Geeta was to have been told on Kurukshetra. Local sadhaks also joined in this program. Our sadhak Mr Sutesh Mehra from New Delhi led the reciting team.



### New Publications released on Datta Jayanti Day



#### Lamp Unto Yourself

Language: English

This book is a compilation of 64 Questions asked by sadhaks at different points of time and the answers of these questions. Most of these questions are related to Reiki and some are also related to general spiritual practices.



#### Samarpan

Language: Gujrati

This is a compilation of bhajans composed by Late Mr. Vinod Rana, who was a staunch devotee of Shree Swami Samartha & a great Reiki healer from Baroda. He past away in January 2007 in an accident while on duty at his workplace. He had composed some of these bhajans just a night before. This is a tribute to his memory.



#### Manasarovar (Audio CD)

Language: Hindi

This is a compilation of bhajans sung by Bindiya Pandya & Guruji.

# Dance of a Moon in Devrukh sky..



This is how Moon looked when aarti began

This Datta Yaga between 18th and 20th Dec proved to be unique. People saw some phenomena in the sky on the 14th lunar Day (19th Dec) Some of the sadhaks present there captured the movement of the moon on their digital cameras. What was seen with naked eyes was captured live on the camera. Here are some pictures which should make a scientific mind to take note.



At the call of Digambara.. Moon looked like this: 19:42 pm



The Moon was tossed to the left soon : 19:43 pm



One more posture of the Moon during Aarti: 19:45 pm



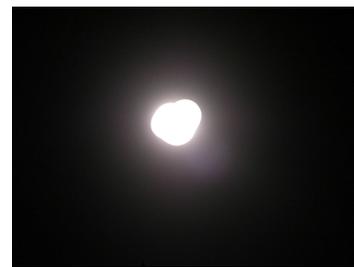
Something unique with the Moon: 19:48 pm



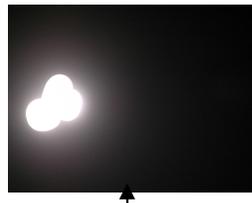
Amazing Moon: 20:02 pm



Can we believe this is a moon? 20:10 pm



The heart shape of a moon 20:11 pm



The Trinity? 20:13 pm



Tossed up in the sky 20:14 pm