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Inner Spark : Using Music to study Creativity

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Scientific American magazine in its issue of May 2011 carried the feature article under the above title. It is an article on Charles J. Limb who has been a jazz saxophonist. He grew up in a musical family and showed early signs of talent. He idolized John Coltrane and, as a student at Harvard, directed a jazz band. Although he ultimately went to medical school, he chose his specialty (otolaryngology) in part because of his musical interest. As a hearing specialist and surgeon at Johns Hopkins Medical Center, he performs cochlear implants in patients to restore hearing and enable the deaf to appreciate music. His sensibility and passion as an artist continue to inform his research. Here are some excerpts from this interaction about creativity which may be very interesting:

Why should scientists study creativity?

While I think creativity is amazing, I don't put it on a pedestal. I view it as a very normal biological process that some people are able to take to extremely profound levels but that fundamentally is a basic requirement of human civilization and how we advance. It infiltrates every aspect of human life. I don't know that there's an attribute that is more responsible for how we've evolved as a species than creativity. From a scientific perspective: if it's a biological behavior, if humans are creative beings, we really ought to study it like you study any other complex biological behavior. Furthermore, because it does seem to be important, not just for the arts but for life, it's probably something we should understand better.

What happens neurologically to the brain during creativity?

As far as my studies have revealed, creativity is a whole-brain activity. When you're doing something that's creative, you're engaging all aspects of your brain. During improvisation, the prefrontal cortex of the brain undergoes an interesting shift in activity, in which a broad area called the lateral prefrontal region shuts down, essentially so you have a significant inhibition of your prefrontal cortex. These areas are involved in conscious self-monitoring, self-inhibition, and evaluation of the rightness and wrongness of actions you're about to implement. In the meantime, we saw another area of the prefrontal cortex—the medial prefrontal cortex—turn on. This is the focal area of the brain that's involved in self-expression and autobiographical narrative. It's part of what is known as a default network. It has to do with sense of self.

Sathya Sai Baba on Sankalpas.



Good sankalpas (thought impulses) can elicit the best out of man and help him to use all his mental strength for his uplift. Ships at sea are guided by the compass along the desired direction; without it they risk being wrecked on rocks or icebergs. Man has to sail safe across the ocean of the sansara (worldly existence) so he needs one-pointed, unruffled mind to guide him and guard him. Man has to recognize bad sankalpas as soon as they arise and render them ineffective by the systematic cultivation on beneficial sankalpas. The latter alone can save a person from disaster and confer a Pasanthi (Supreme Peace)

Rudradhyay Classes at Devrukh Ashram

Since April 2011, Guruji has decided to stay consistently for about 10 to 12 days every month at Devrukh ashram. During this stay he has decided to hold one Reiki seminar at the ashram on a regular basis as well as to conduct Rudradhyaya classes. The first batch commenced on 12th April and concluded on 20th April. This batch was attended by 21 participants who learnt to chant Rudra Adhyatas proficiently. The programme is designed to be of about 20 hours and the practice sessions thereafter would be conducted by Ms Bindiya Pandya at the ashram on a regular basis. These batches will also be made to understand the meanings of various terms chanted in these ancient scriptures as well as to do research on various revelations these mantras bring out in terms of healing the human body and the mind. These classes are conducted free of charges and are conducted in 2 sessions every day—between 7 and 8 in the morning and 8 to 9 in the evening.

The next batch has been announced to be held between 25th May and 4th June. The sankalp is to create so many sadhaks proficient in chanting so that the ATIRUDRA (consisting of 11 Maharudras) can be conducted at the ashram soon. The scientific meanings are also likely to be revealed by the groups to be formed for the purpose.



My experiences with Shree Sathya Sai Baba... Ajit Sir

Sathya Sai Baba has left his body for his divine abode on 24th April. There is enough debate about the issue whether he was a God, a Godman or just a magician. I will go by the most scientific approach that I know and that is inferring about the matter by pure experience through repeated experimentation. In fact that is exactly what I did way back in 1974. I was a fresh postgraduate and that too in a complex subject like Nuclear & radio Chemistry. Besides the degree I had also acquired an ego which generally gets attached to a higher degrees of knowledge. Ego about my science, about my knowledge, about the approach that I had been taught in my academic career. The story goes like that. My brother had freshly married a few months ago and as it happens with new marriage we all had expanded relationship with people we did not know before. The new people had come in life. One of those was a decent businessman and a staunch devotee of Shirdi Sai Baba. He narrated me an episode which occurred at his residence in Mahim in 1967 which involved Sathya Sai Baba who was just coming to light and there were a lot of debates about his reverence in The Illustrated Weekly of India, a premium weekly magazine in India then. I never believed that episode as it was not fitting within the boundaries of my knowledge till then. I casually asked this gentleman to let me know if such thing ever happens.

It happened in 1974, somewhere in September. Got a call on one afternoon at my office and I rushed to Mahim to witness what was happening. What I saw was an ash coming from the small photo of Sathya Sai Baba, a size of 2X 2 inches which was placed underneath the half inch glass of a dressing table. Not believing in Sathya Sai Baba in 1967 when his small photo was bought by his school going child from the vendor sitting near his school at four annas that time. The parents were disturbed when they saw the photo as they thought they can not worship that neither they can destroy the photo as they were not sure about the reality. They did not want to take a risk of a sinful act. They just slid the photo beneath the glass on dressing table as a middle path. The photo remained there for some days. On one fine morning, the photo started emanating the ash and it came for 7 days at a stretch. The same thing was happening now after 7 years. I was there at the site for 3 to 4 hours. I witnessed the whole episode. I touched the ash. I collected and brought home the ash. I helped them collect and put it into the sacks after 3 hours. There was no publicity about this. No Media people. No news. Nobody was invited. No claims were made. No ulterior motives seen. I went for next 6 days to witness. Measured the glass width. Tried and tested everything that my science had taught me. Nothing worked. The options now in front of me were either reject the whole episode because it did not fit within the science that I studied and was not written in any book that I had studied before or accept it because I had seen it. I witnessed it with full awareness. That was the time when Dr Abraham Kowoor a scientist from Shri Lanka (Ceylon then) and Dr Narsimhaiah (VC of Bangalore Univ) had challenged that anyone who can prove the miracles of Sathya Sai Baba will get an award of Rs 1 lakh (a huge amount then). I wrote about this episode in the local paper Maharashtra Times (a sister publication of Times of India) and sought the explanation saying that I would not like to believe if someone explains me the science behind this phenomenon. No one did till now. I had number of such incidences thereafter when I visited Puttaparathi an abode of Baba at least 4 times. One has to decide these matters on one's own conscious experiences. I did mine. Baba was a phenomenon by himself.

Eating Fruits... meaningfully.

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! * FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH If you eat fruits like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD. Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc - actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat! Graying hair, balding, nervous outburst, and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins. But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: A good source of potassium, magnesium, vitamin E & fibre. Its vitamin C content is twice that of an orange.

APPLE: Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE: Sweetest medicine. In take of 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

The Magic of Hooponopono

Joe Vitale is a big name today in the field of modern spiritual science. He is the same guy who came to limelight after the release of *The Secret*. He has another book named **Zero Limits** where he talks about a revolutionary technique for healing. That is Hooponopono. The name of the technique sounds very funny indeed. But you may appreciate that at the same time it also emanates very positive feel, something that makes you smile. The technique is no different than the name which makes many smile. This technique as I suspect is nothing but our second degree of Reiki. It was discovered by Dr Hew Len a Hawaiian Psychologist who was employed at Hawaii Mental Hospital in the last decade. The story goes that somewhere in mid nineties, the Psychiatry ward at this hospital was considered to be one of the most dangerous places in the world if not exaggerated. The ward was full of violent, insane persons mentally derailed to such an extent that no medical staff could even attend to them. It is said that the inmates in this ward were chained to the beds and windows so that they could not create any violent act. Dr Hew Len, who joined this hospital was never expected to stay there for more than a month based on the history of the other staff, not only stayed there but also healed the inmates in the span of 6 months in record time of 6 months. The ward was empty as all inmates had become alright and were sent home. This was a miracle of a modern world. A Psychological revolution.

Dr Hew Len then explained how he did it, which was revealed first on the internet and that is how people became aware about this technique. He used a technique of Hooponopono, a Hawaiian method of healing mind, body and spirit. Dr Hew Len believed that the mind which is pure has the ability to get connected to the divine space and this space heals on prayers or intentions of such pure minds. Dr Len says that he did not counsel any of the patients, neither he met any of these with an intention to treat them. The philosophy is that the moment you come to know about someone's sadness, it becomes yours. The moment it becomes yours you have every right to do something about that. Once that sadness is complete the healing happens. Dr Len says that his prayers confined to four powerful statements as: (1) I love you, (2) I thank you (3) Forgive me and (4) I am sorry. All these statements are addressed to the divine itself. According to Dr Len this connectivity and the intensity of healing depends on how empty we become. According to him, and we also believe that in Reiki philosophy, one needs to become zero to become everything. When you achieve the state of zero limits you automatically achieve the levels of un-limitedness. That state empowers you to heal. His state can only be reached by understanding that there are two energies that work through you. (1) The divine or inspirational and (2) The referential or conditional based on human knowledge and experiences of the past. The second state truly corrupts the first one and needs to be negated. That can be easily achieved by negating your memories so that there is no interference to the inspirational energy flow. Making your memory zero does not mean forgetting the past but means taking the essence of knowledge from the past events and throwing the balance part of the events. We generally try to memorise the events and miss out on the essence of a knowledge body. Managing the past is again the crux of the whole philosophy. Believe me it works if it is allowed to. More about that in future.

Girnar Yatra of Reiki Sadhaks

Exactly 4 years ago, the sadhaks in India started a divine project. A project to read Guru Charitra a divine scripture of the ancient times over 52 months consecutively in 4 different centres like Mumbai, Devrukh, Nashik and Baroda. The idea was to bring sadhaks together once a month, spend their time together over reading a divine book, at different house every day so that the energy spreads all around in the areas of this centre. This was taken as a mission by many sadhaks.

Guru Charitra which carries various episodes from the lives of Shripad Vallabha and Shri Narsinha Saraswati, two of the reincarnations of Lord Dattatreya about 6 to 8 centuries ago. It has 52 chapters which were to be read in one day, non-stop, each chapter by one of the sadhaks. The whole exercise takes about 17 hours. Sadhaks keep on rotating taking some time off from their daily routine once in a month. The reading is done on one of the Thursdays of the month. It was also decided that every 12th such reading would be done at a place where such episodes and miracles have reported to have happened in a book. The first one chosen by us was Narsoba wadi the Karmakshetra of Shri Narasinha Saraswati. That was in April 2008. Generally this is where all sadhaks from all centres merged. This was arand success as it increased the energy of sadhaks to a great extent. The next year we celebrated reading of 24th episode at Ganagapur again a very pious place where the Lord played a lot of leelas (miraculous deeds). This was followed by Akkalkot, a place known as abode of Shree Swami Samarth, in April 2010. Keeping up this schedule this year the sadhaks went to Girnar in Jna-gadh Gujarat where the footprints of the Lord Dattatreya are there on the top of the steep hill. One has to climb almost 10,000 steps to reach the spot through the dense forest.

There were more than 120 sadhaks who took this opportunity to be in the divine space this time. Sadhaks from Mumbai, Nashik, Rajkot and Devrukh descended on the place by train while those from Baroda came by a bus.on 27th April itself. The sadhaks has a great fun that evening and a batch of sadhaks, almost about 70 to 80 climbed up the mountain the whole night to reach the summit by early morning. Possibly for the first time in the history of the mountain, the Guru Charitra was recited at that height in front of the divine footprints of the Lord. The reading commenced at 5.00 am and ended at around 6.00 pm. One group also read Guru Charitra in front of Gebi Nath Dhuna in Prerana Dham which was an abode of Gebi Nathji. Even this group started their readings at 4.00 am and ended around 6.30 pm This was a unique experience of reading at two locations in the precincts of Girnar. Sadhaks celebrated the event the whole night and many of them stayed back the next day to leave for their destinations agin by railway on 29th April. It indeed was a great event. Now sadhaks are waiting for a Poornahuti (Completion) of the mission in Devrukh on Datta Jayanthi day on 9th December.



← Sadhaks at Junagadh Station



Guru Charitra being read at Gebinath Dhuna



← Education in the ancient style.. Under the Banyan Tree



↑ The majestic Girnar view from Prerana Dham

Pearls of Wisdom...

“It is very Easy to Defeat Someone, But it is very Difficult to Win Someone.” - Abdul Kalam

“Never Play with the Feelings of Others, Because you will Win the Game; But the Risk is that you will Surely Lose The Person For Life Time.” - Shakespeare

“The suffers a lot. Not because of violence of Bad People, But Because of silence of Good People.” - Napoleon.

“I Am Thankful to all those who said NO to me. Its because of them I did it myself.” - Einstein

“If Friendship is your weakest point then you are the strongest person in the world.” - Abraham Lincoln

“Laughing faces Do Not Mean that there is Absence of Sorrows; But it means that they have the Ability to Deal with It.” - Shakespeare.

“Opportunities are like Sunrises, If you wait too Long you will Miss them.” - William Arthur.

“When you are in the Light, Everything Follows you. But when you enter into the Dark, Even your Own Shadow Doesn't Follow you.” - Hitler.

“Coin Always Makes Sound, But the Currency Notes are Always Silent. So when your Value Increases, Keep Yourself Calm & Silent.” - Shakespeare.

New Book released

Guruji's new book Lamp Unto Yourself has now been translated into Gujarathi language. This translation has been done by Mrs Pratibhaben Choksi, our sadhak from Rajkot. The book is titled as Tamaso Ma Jyotirgamay.

Pratibhaben has also undertaken a task of translating Guru Charitra as well as Shri Swami Samarth Saptashati, both scriptures in Marathi into a Gujarathi language. These should be available for our Gujarathi readers soon.



With the thoughts empty, free, LOVE then fills them with itself. The therapist is restored in LOVE. As the therapist is renewed so is the client and all involved in the problem

Dr Hew Len

Being Responsible

“How can I shed the responsibilities that I have? Responsibilities towards my wife, my children, my parents, my this and my that...” I have been hearing these kinds of statements for the past few years since I have started walking on this path and had to interact with members of society at large. And mind you all these who say this stuff are all very stressful and looking for remedies to come out of these situations any way. I feel like laughing at them as they have not even understood what they are saying. Responsibility is only the word in their life to be used as a shield to protect themselves from the clarion call. As I understood from someone the real meaning of this word Responsibility is nothing but an ability to respond (to the environment) That word Ability is a key word here. Today most of us are trying to be responsible without the adequate ability to respond. That is a stressful proposition. It is like asking a small boy of 8 years to guard the police station. Or rather asking a common citizen to counter the terrorism. Are the citizens really empowered? Are they made able through the training and development that is demanded by the situations like these? Spirituality is nothing but empowering yourself to respond in the most appropriate manner to any situations. Response in a secondary aspect here. One needs to empower oneself all the time so that the situations can be managed with a smile. The tragedy today is that all those who are not capable are made to be responsible to handle issues beyond their abilities. No wonder we can see a lot of stressful situations all over. The world has become a bomb of stress ready to explode anytime at a slightest provocation. So be careful. Be able and then be responsible. That is the least we can all do for this otherwise wonderful world.

Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	8th & 9th May	Devrukh	Sangeeta	1st(Child)
2	21st & 22nd May	Mumbai	Ajit Sir	1st
3	28th & 29th May	Devrukh	Ajit Sir	1st
4	15th & 16th June	Rajkot	Ajit Sir	2nd
5	18th & 19th June	Baroda	Ajit Sir	2nd
6	25th & 26th June	Devrukh	Ajit Sir	1st