

Reiki Vidya Niketan

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Investment of time..

Dear Sadhaks,

There are a couple of issues as a sadhak, one has to be careful about. Not getting involved in results does not mean not making efforts at all. Many of the sadhaks while referring to Lord Krishna's famous statement in Geeta about "The present Karma is your right, the fruit is not your right" misunderstand the whole essence due to a lack of focus & awareness. The statement has to be read and understood fully. You can not just take a right side and ignore the left one. The Lord never said not to make efforts. The whole statement gyrates on the present karma (the Karmani). One may have to be with the present karma and perform 100% to our abilities towards what one is doing, no doubts and disputes about that. But the effects or results that you are getting now may be due to your past karmas. So the whole idea is not focusing on the past whether the karma or the fruit. The only manageable thing is your current karma. That is your right. Not doing anything is not. Getting involved in what you do NOW is more important than what happened in the past. That NOW is a critical word. One can only manage the time that you have now. And there you have a choice, either spend it or invest it. Like money. Having got a money or any other asset, you can either invest or spend. Time is something which is a very dynamic phenomenon. Hence it is very essential to know whether you are using your time correctly. Managing time productively is a key to your reaching your ultimate destination. A common man invests so many other things but not the time. A true sadhak must invest his/her time instead of spending it and throwing it away. What do you mean by investment? Use a time in such a way that it multiplies itself in the future. Do something today with full awareness in such a way that you do not have to do everything all over again in future. The future has to evolve from the present. Staying in present does not mean not looking in future. Looking in future is different than living in future. You should not live in future. Live in present but look in the future. Like when you drive a car, you need to have limbs firm on your steering wheel and brakes and clutch respectively, but the eyes should look ahead. Sometimes you can look into your rear view mirror to have some references of the things behind us. Because you never know something which we might not have completed in the past may overtake you or try to influence your present driving status. So be careful about the past, be watchful about the future but be aware about the present. Only that awareness of present may create options for the solutions of the future.

Ajit Sir

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To be content with little is difficult, to be content with much, impossible.

German Proverb

Formation of Study Circles

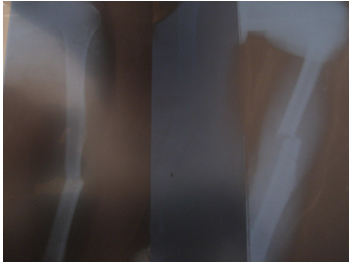
Guruji has decided to organize all efforts on the healing front as the times to come seem to be very challenging from the human health point of view. When Guruji talks about health, it does not mean only the physical aspect of human existence but the holistic dimension to human existence.

Reiki Vidya Niketan's mission so far has been spreading a correct knowledge on (1) Reiki healing principles & practices (2) Passive Meditation techniques (3) Agnihotra- a Vedic holy fire to counter the growing pollution on the external and internal environment fronts and lastly (4) The modern outlook of energy science and happenings around. The coming times will demand much deeper knowledge and the solid experiential foundations for these sciences to pave a new path towards better living. With this idea in mind, we are starting Study circles in the 8 major centres of Reiki Vidya Niketan all over the world. Each of the centre will be led by a senior sadhak who will receive a thorough training from Guruji on their respective topics on a continuous basis so that they can propagate the same to a group of sadhaks who are interested to get deeper into these subjects. The following sadhaks have been nominated by Guruji to lead the respective groups in the local centres:

Centre	Agnihotra	Meditations	Reiki	Advance Knowledge
Ahmedabad	-	-	Bharatiben	-
Baroda	Chandresh Parmar	Vivek Pande	Sangita Kulkarni	Riddhi Patel
Chicago	Varsha Delwadia	Kalpna Patel	Ursula Patel	Bhavik Pandya
Devrukh	Kishor Pandya	Rashmi Mangale	Bindiya Pandya/ Smt Upadhye	Sachin Gadre
Mumbai	Mahesh Shukla	Vishal Shridhankar	Kalpita Keer	Rakesh Kumar
Nashik	Sukhlal Patel	Rajendra Patharkar	Deepak Garge	-
Rajkot	Rohini Joshi	Krupa Choksi	Seema Trivedi	-
Thane	Milind Chavan	Pravin Kulkarni	Ashwini Telang	Zinnia Darukhanawala

These study circles will meet with the interested Sadhaks once in a month between 6 & 7 pm on a given Saturday which will be announced soon. These group leaders will be trained using the internet conference facility being setup by RVN Team. The study circles will start from 1st January 2012.

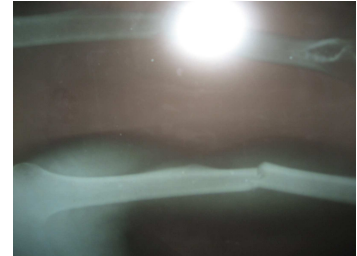
The exciting Aura Operations/ Treatments



Images: Right (Before) & Left (after)



Images: Right (Before) & Left (after)



The corrected bone

Aura has always been an exciting phenomenon when it comes to the Energy science. A phenomenon which was considered to be a myth by a modern science and always been ridiculed as one of those game of mind. This has always been looked with a lot of skepticism and ridicule. However the things have started changing dramatically on the bio-medical front, as not many diseases today can be recorded by the conventional as well as modern gadgets and technologies like X-Rays, Endoscopes, MRIs and CT-Scans which predominantly look to bodily phenomena to understand the cause of any disease. In my 15 years' of teaching Reiki healing and about 18 years of my experience as a reiki practitioner, I have come across many a situations where the diagnostics could not identify the cause of a disease and the medical profession was clueless about the same. Invariably in such cases, I have found the problem to be on the aura level reflecting on the bodily disorders and pains. Reiki science has certain ways to go about managing these aura disorders which in many a cases have given a tremendous relief to innumerable cases. Medical profession has always been looking for a proof about how this treatment really works, if it works really and the efforts have been made to achieve something on that front by many healers of the yore. Unfortunately any proof can be got only by referring to something that you know and some or other something that you do not know does not fit within this scheme. Our research has made us realize that the effect of aura treatment generally takes about 3 days to reflect on the blood while it takes few minutes to reflect on the bones. This has opened a new vistas in healing now. The energy is the uppermost layer in terms of frequency which manifests into consciousness and then to prana, only to manifest as Vayu and finally to the blood. If you see the conventional understanding of the human beings has been confined to Blood and unless the changes occur on the blood level one can not have any concluding proof. Bones however have been giving almost instant results. This has been tried at least on 25 cases in the past few years. The latest case is presented here in terms of X-Rays of a patient taken before and after the Aura treatment.

The patient, one Mr Prabhakar Mangle, our sadhak in Devrukh met with an accident on 4th October 2011 at around 03:25 pm and was admitted to Dr Chodankar's Hospital (a local Hospital) in Devrukh itself by 03:30 pm. His hand was fractured and the X-Ray was taken at 03:40 pm. The bone in the upper arm can be seen broken into two in the X-Ray above. We brought him to our Devrukh ashram at around 04.15 pm from the Hospital on his own request and administered Aura treatment to relieve him of his pain. The treatment was given between 04:30 and 05:00 pm. He was later taken to a big Orthopedic Hospital in Ratnagiri, a relative larger town and the X-Ray was taken at around 08:20 pm. The X-Ray image can be seen in the picture above. Doctors opined that no surgery is now required. Not even a plaster had to be put on his arm. The patient is totally alright now. Believe me, this is not the only case to talk about.

Alternative Cancer Treatment

The purpose of this page is to educate you on what alternative cancer treatment really is and what it is NOT. We will be sharing news on alternative cancer treatment that is not focusing on killing cancer cells with chemicals and radiation but instead working to balance the systems of the body so it can do what God designed it to do from the beginning – heal naturally.

So often people from around the country contact Total Health Institute and ask our staff these questions:

Do you do alternative cancer treatment?

Do you treat cancer?

The answer is NO!

We do not treat any symptom, condition or disease. We never have and never will. But what we do is treat the cause of all symptoms, conditions and diseases instead of treating the effects which are the actual symptoms, conditions and diseases that have manifested from imbalances in the body/mind complex.

It is important to understand that alternative cancer treatment has the objective to heal the whole body and mind naturally. **The World Health Organization defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.**

Every symptom, condition and disease is able to heal naturally without drugs or surgeries if one does not wait too long or toxify the body with too many chemicals.

Think on this

If a person who has been diagnosed with advanced cancer has two weeks to live and you cut that person's finger, what does it do? **IT HEALS!** If the finger heals why doesn't the malignant tumor heal in the breast, or the lung? The answer is **BLOCKAGE**. There is no blockage of the flow of life to the finger but there is blockage in the flow of life to the breast, the lung, etc.

Remove the blockage then you will see life and health restored, naturally.

To heal you must bring these systems of the body back into balance:

Priority is everything:

1. **Nervous system-** brain, brainstem, hypothalamus sympathetic/parasympathetic
2. **Immune system (circulating nervous system)-** WBCs T cells, B cells
3. **Hormonal system-** pituitary, thyroid, thymus, pancreas, adrenals, ovaries/testes
4. **Respiratory system-** the route to bring the oxygen into the body and remove CO2 and waste products from the body
5. **Vascular system-** blood brings oxygen and food to every cell and removes CO2 and waste products
6. **Digestive system-** if you do not digest- you become deficient and toxic
7. **Elimination system-** toxins both endo and exo need to be removed
8. **Lymphatic system-** 2/3rds of the WBC and sewer system for toxin removal
9. **Reproductive system-** produces the hormones that maintain vitality
10. **Structural/Musculoskeletal system-** coordinates movement in the body and protects the nervous system
Along with balancing the:
 1. **Biochemistry of the body**
 2. **Mental/emotional state by balancing the neurotransmitters and releasing stored mental/emotional toxins**

Alternative Cancer Treatment (contd.)

Everything in Life exists because of ENERGY.

- Energy gives life to every cell in your body. There are four forms of energy that keep the human body healthy. Symptoms, conditions and diseases begin when the flow of this energy is blocked. If all forms of energy were unblocked then the body would do what God created it to do-it would HEAL. You will not heal until all these forms of energy are unblocked.
- Energy is the power to run the body and mind. This is the circuit breaker or fuse box in your house.
- Once the power is turned on then you must learn how to keep it on. We teach you how to live the total health lifestyle. You cannot plug 20 things into one outlet, only 2 things or else you blow the fuse, you shut off the power.
- The treatments turn the power on to all organs.

ALTERNATIVE CANCER TREATMENT NEWS

Is cancer really trying to kill you?

According to the toxicity and disease model, cancer forms when toxicity builds up to the point that it spills over from the blood to the space between the blood and the cells called the extra-cellular matrix and then finally spills over into the cell itself and enters the nucleus of the cell where the DNA and genetic material are made. When toxins enter into the nucleus the cell has one final attempt to survive, it dedifferentiates into stem cells to try to adapt to a toxic, hostile environment. The stem cell can change into any cell type and also grow very rapidly. So if the cells have a God given wisdom to transform into cancer stem cells to adapt to a toxic environment then how do you cause the cancer stem cells to revert back into normal cells? Is this done by adding more toxins like chemotherapy or by removing the toxic load and upgrading the performance of all systems, glands and organs? The answer is obvious. Cancer cells are not some foreign invader that should be killed. Cancer cells are your cells with the inherent wisdom to survive. To get them to change back into normal cells calls for an change in the internal environment. Cancer cells grow rapidly with high toxins, low oxygen, high sugar and an acidic environment. Cancer cells would have no reason to be cancer cells if the environment had no toxins, high oxygen, low sugar and alkaline. This is because this is the environment that healthy cells thrive in. **Change the environment and you change the cancer cells back into normal cells.** Any alternative cancer treatment must understand this basic premise in order to be successful. The new research in cancer treatment is to find a way to target cancer stem cells which are the cells that drive the cancer growth. Chemotherapy up to date has only had success in killing the non-stem cell cancer cells. These are the cancer cells that grow from the core stem cancer cells. The problem is when you use toxic chemotherapy to try to kill the cancer cells all you accomplish is a temporary killing of the outer layer of non-stem cancer cells. The true source of the cancer proliferation is the cancer stem cells which are not killed with chemotherapy. So when a person has multiple rounds of chemotherapy and everyone is pleased because the tumor is shrinking do not get too excited because what is usually happening is a killing of the non-stem cell and a production of a more aggressive growing cancer stem cell that is drug resistant. The term is MDR or multiple drug resistant. This is similar to when a person takes too many antibiotics and the bacteria grow stronger and more antibiotic resistant. The same happens with cancer stem cells. This is why people see a shrinking of tumors but then the cancer returns worse than ever before. This is because you did not change the internal environment to make it one that promotes health but instead you tried to kill your cancer cells.

(To be continued in next issue)

Diwali Celebrations .. The hidden meaning

Diwali Celebrations are always something that provides a great excitement to many. It is a festival of light, festival of joy. As Diwali approaches the environment around starts changing. The nature around takes a turn around as if it is waking up after a deep slumber. When it is raining all around, the skies are cloudy, the sun is missing most of the time, everything looks so dull and damp. Even the human activity barring possibly the agricultural activity is down and out. The energies are drained. And suddenly as the monsoon starts retreating, comes the first wave of fresh breeze, announcing the change in the nature. The human bodies and minds start sensing something different, something to cheer about. The Sun appears with a large amount of hues and shades missing in the sky for many months before. The celebrations begin in the nature even before humans could wake up from that damp and dull environment. The crops in the fields are brimming with joy and dancing on that light, swinging breeze. The human minds know that the harvesting time has come. That is where truly the celebrations begin.

Then comes the actual Diwali, loaded with stories and myths of the past. Invariably the divines overpowering the evils. Ravana is one, Narakasura the other. The essence is that the goodness will prevail now. The dark days are over. No wonder on the no moon day (Amavasya as it is called in India) everyone light the series of lamps, to dispel that darkness. The darkness of fear, the darkness of ignorance, the darkness of terror. Everyone contributes to get rid of that darkness. A message that all that we need to do is to dispel the darkness by lamping into our own self. The environment changes with you. Every lamp drives away the darkness around. Then comes the second day of Diwali, the worship of Goddess Lakshmi, a Goddess of Wealth (not necessarily of money as many believe). Wealth has a different dimension which money does not have. Money is not a total concept of wealth. It may be a small part of that. In Sanskrit it is called ARTH. Which itself means a Meaningfulness. If the money does not have that meaningfulness, then it may lead to disaster. A wealth is something that you earn through your hard toil, not by looting someone. We salute to our own abilities that day. Abilities to work hard. Abilities to co-create putting shoulder to shoulder with the nature. Thereafter starts the emotional and relational aspects of the festival. On the third day, a wife is supposed to be worshipping the husband. Saluting the divine relationship of togetherness. Invoking the love within. Creating the opportunities and possibilities of a loving and affectionate future relationship. And then on the fourth day, the last day of the festival, the ladies go even deeper in their heart. That day the ladies worship the brothers. Brother is someone who has been a close aide of a girl and left behind while creating a new dimension of relationship after the marriage with a spouse, is respected that day. Brother is where your love finds your roots. A companion of your childhood. All those sweet memories, all those nostalgic moments of life, all those impressions which made you what you are today. You visit your childhood that day. Look how beautiful the whole festival looks like. The whole philosophy of life spreads in front of you. First you cleanse evils in your own life, then rejoice those positive things left behind after cleansing (which are still external to you) and then move within your heart to salute the beautiful relationship that you have chosen to connect (and the one who was not with you from the birth) and finally revisiting your early life moments deeper in your heart rejoicing with someone who was born as your companion of the childhood, your own brother. How divine!



11-11-11 ~ Awakening the Hearts of Humanity

By Estaryia Venus
(shared by Rakesh Kumar)

The 11-11-11 gateway is upon us. Many are speaking about it and many are beginning to feel on an energetic level the deeper awakening that is about to occur.

As we continue to move towards **2012** and beyond, the hearts of humanity are going through an energetic shift from separation to an inner knowing of oneness and a sense of unity consciousness that will raise the vibration of this planet into its next evolution.

This evolution is occurring on a planetary level as well as on human level. The biology of planet Earth and our own human biology is in a transformation. The human DNA has stored within it

all the codes and information for this next evolution. Awakening this dormant information is what is happening on planet Earth at this time. With this awakening, new consciousness is being birthed, and with this new consciousness comes a new era, a new way of being that is connected with the environment and with all life.

11-11-11 and Human DNA

Human DNA is triggered by digital codes, awakening genetic sequences which release information (light) into our consciousness. This genetic memory that is being turned on, begins to release us from the constructs of time as we have known it. 11-11-11 is one of the codes of this activation process. It is part of the binary code that is part of the matrix of this reality and plays a role in the next phase of planetary awakening.

This master number, digital code, is part of the process of turning on our original blueprint and genetic memory held within the spiraling strands of our human DNA. These numeric codes awaken the mind to change and experience new levels of consciousness and more of our infinite human potential.

The 11-11-11 gateway is opening us to receive our divine purpose as a crystalization into the matrix of this Earth. During the 11-11-11 gateway, the elemental structure of Gaia, will be activating through 2 planetary grand trines, one of Earth and one of Air. These grand trines will overlay and create the perfect harmonious structure for the new energies of light to enter the Earth and enter our human form, through the cellular matrix of our DNA. Through the geometry of the 2 grand trines, equilateral triangles, energy comes into the Earth in perfect harmony.

The new higher frequencies of light will assist us in evolving into the next phase of consciousness and light on planet Earth. Through this gateway of light, we will be opening into more of a ***timeless sequence*** so that we may be more connected to our multi-dimensional nature, where we are in alignment with our soul essence and creation occurs through this connection in a sequential rhythm that transcends the duality and illusion of time.

These digital codes, 11-11-11 will imprint our DNA structure turning on a blueprint for a higher state of consciousness to emerge. These codes are activated within the cellular memory of our DNA, allowing us to remember the truth of who we are, our divine purpose as a ***"conscious vibrational embodied experience."***

“Your Vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside awakes.”

- Carl Jung

Someone asked me this question last week while Guruji was in the ashram, “what does Jaggi Vasudev mean when he says one has to be 100% in what one does?” The sadhak was really confused. Guruji explained the whole phenomenon to him this way. “Look, we are all walking on a path which has two banks on either side. On one side is the Material life while on the other there is a spiritual life. Most of us are walking in between. So we are not 100% with either of the dimensions of life. It is like if someone goes to a liquor bar and does not drink, believe me, the person is bound to be stressful. Because he is an odd man out there. Everyone else there would be without any stress as they are a part of the environment. They have already become a bar while you are not. You are still maintaining your separate identity. So you are bound to suffer. Similar is the case with someone who does not believe in God goes into a temple. The guy is bound to be full of stress. He can not become a temple. That makes him comfortable. When we merge with an environment the duality ends and that is what the bliss is all about. Even those corrupt people who thrive on corruption are very blissful and comfortable because they are no longer different than the environment. They are not only corrupt but they are corruption personified. Have you ever entered the Ganges in Hrishikesh or Haridwar ? When you enter the river, the first thing you should do is to smear the water from the river on your body before you enter into the river. You will not find river uncomfortable no matter how cold it is. The moment you smear your body with water, the outer surface of the body actually becomes a water and then the separatedness dissolves. You become a river. When you sit in front of the fire, apply ash on the body and sit. You will not feel the heat. You will not get irritated. Because you become a fire. You need to go on either side of the road to be stress free. You can not hang around on the road in between. That way you are likely to meet an accident. The question now is which side you will go. On one side you will be comfortable but will keep on gyrating in the same position. On the other hand the other side will make you comfortable and will also allow you to go further to the destination. You have to choose. That is what is meant by being 100%”

Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	5th & 6th Nov	Jamnagar	Seemaben	1st
2	12th & 13th Nov	Rajkot	Ajit Sir	1st
3	16th & 17th Nov	Rajkot (Old Age Centre)	Seemaben	1st
3	19th & 20th Nov	Nashik	Ajit Sir	1st
4	26th & 27th Nov	Devrukh	Ajit Sir	1st
5	24th & 25th Dec	Devrukh	Ajit Sir	2nd