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# Reiki Vidya Niketan

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## The light that makes a difference..

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*The participant in the recent seminar complained, "when we go out of this space we face a lot of obstacles in life. Why does it happen and what do we do about that? How do we manage life with all these obstacles?" I listened quietly till she completed. I asked this good lady, "Can you not see the articles in this hall right now? Are there not many chairs and tables and sofas around? We call these things as objects or furniture. When you are all walking in this space for the past two days, you have not stumbled at any time. Why? Because there is a light inside here. You can see these articles. You can go around them. You can avoid them. You can see them as articles and furniture items. But if we switch off all the lights here, what will you do? You will have problems in moving around. You will stumble upon these things and possibly may get badly hurt. These furniture items will then no longer be the things or articles but they will become obstacles for you. It is the light which is making all the difference. Even if I do not switch off the lights here and shift the same items out of this hall which is not lighted you will have the same problems again. The stumbling blocks. Beyond the recognition that they are articles. It is the question of light. It is the question of space. That is a beauty of getting connected and staying connected. The space is a magic. A light is a magic. The light creates a difference between the articles and obstacles.*

*Here I am not talking of the physical light, nor of the physical space. We all have the pure awareness, a pure consciousness within us that provides the light within. The problem believe me, is not that of, external environment. It is all about inner environment. The obstacles are not from outside they are very much from inside. What we are doing in this space is not external, it is all creating an inner space. Reiki is all about that. Let the inner light be experienced.*

Ajit Sir

## Something New....

(Translation of a Marathi article sent to us by a sadhak)

*Arrows of hate have been shot at me, too, but they never hit me, because somehow they belonged to another world with which I have no connection what so ever. I live in that solitude which is painful in youth, but delicious in the years of maturity.*

*Albert Einstein*

As the doorbell rang, I opened the door. It was Shivram in the door. Shivram looks after the cleaning the vehicles of the society members. "Sir, I have some work with you", Shivram said.

"Have I not paid your salary for the last month?" I asked. "No, Sir, I got it long back. I have come to give you some sweets, sir My son has passed his tenth today" Said Shivram. "Oh, come in, congratulations" I said. Shivram came in, probably for the first time he was coming inside my house. I asked him to sit down, but he hesitated. But after I insisted he sat, little awkwardly. He kept some sweets in my hands. "How many marks did your son get?" I asked him. "62%" he said. "Oh, Good!" I said that just to make him feel good. Nowadays everyone is talking of 90-95% and if one does not get that one gets dejected. But Shivram was looking happy. "I am extremely happy, Sir. He is the only one who has learnt upto this level in my whole clan." Shivram said. "Oh, that is why these sweets!" I mumbled. Possibly he did not like that. He said" Not that way. If I could afford, I would have distributed sweets every year for the past 10 years he is studying. Not that he is very studious & brilliant, but every year he is getting by 2-3 percents. I do not see this because he is my son sir, but he has studied under tough conditions. No calm environment and all that like you people have sir. But still he managed. I would have been happy even if he had just passed." Shivram said with a lot of emotions. Seeing that I have not reacted, he said" Sorry sir, if I have talked something wrong. My father always used to tell me that a joy has to be shared. One should not enjoy it alone.

He thanked me and went away. I felt extremely happy. After a long time I had met a contended person. Such people have become rare now. You try and talk to anyone, he will give a big list of grievances. Even if the son or daughter has got more than 90%, the parents look so sullen and withdrawn. We are all missing the opportunities of happiness. We are all trying to postpone the moments of celebration. We have started avoiding the happiness. How much time does it take to smell a fragrance of a flower? How much does it cost you to look at the beauty of sunrise and sunset?

When we are born, our fists are clenched. Possibly we carry the happiness and contentment in these fists, gifted by that divine. On the way of life we keep on spilling it somewhere. Then we look for some reasons and situations to make us happy. We need something external to happen to feel happy. We have forgotten that the source of Happiness is within us. We just need to go in and take a splash. We are waiting at the bank of a beautiful lake waiting for a water tanker to come from somewhere.

## Feedback from some sadhaks....

*By practicing and experimenting with REIKI I discovered it is unending and immense we still need to explore more on REIKI to live a better healthy happy and fulfilling life. Everything abt REIKI is not available in the books or articles we learn a lot by applying REIKI to our day to day life.*

*Regards*

*Priyanka Singh  
New Delhi*

*Pujya Ajit Sir,*

*I have written a letter to you after returning back to Bhavnagar. I learnt a lot from your 2nd degree seminar at Baroda last week end. I thank you a lot. Reiki has totally changed my inner self. It has transformed me totally. I was in a bliss in your presence. that I can not express in words. I will try and put everything in my life what I learnt in these days. I am planning to visit ashram for a week from 25th December and take more learning opportunities.*

*Heena Gohil  
Bhavnagar ( a participant in 2nd degree seminar at Baroda)*

(Translation from the original letter recd in Hindi)

## Interesting phenomenon experienced by our sadhak



One of our sadhaks from Mumbai, Mrs Vinaya Sawant has been experiencing something strange for the past few months. Lord Ganesh is appearing at her home in various forms through various different means. It has been consistently happening for the past few months, that when she brings home some vegetables from the market and cut them at home prior to cooking, the Ganapati shape emerges from that. Here is a picture of one of the forms she has got during the last month. In fact the first time it happened at the beginning of the year she rushed to Guruji to show him that piece immediately after she cut and saw that. It has been happening consistently thereafter.

1) What is Contemplation in regards of human? Why do we feel lonely? What can we do to help turn unwanted loneliness into welcome solitude?

***Ans: Contemplation is nothing but looking deep within. Contemplation is nothing but a mediation of some kind. It is nothing but looking at the things as they are. We feel lonely when we are disconnected from our own self. When the senses of the existences like Mind, Heart and Head gets disconnected from the soul we experience the loneliness. All that we can do is to stay connected with the inner self. We will no longer feel lonely then. .***

***As Ramana Maharshi one of the greatest saints of the modern world says, " There is solitude everywhere. The individual is solitary always. His business is to find within and not without. Do not allow yourself to be distracted. Enquire for whom there is distraction. You say the answer does not come from the search inwards. The enquirer is the answer and no other answer can come. What comes can not be true. What is, is true."***

2) Once I read something about Pyramid with Reiki in Paula Horan's book, namely 108 QUESTIONS AND ANSWERS WITH REIKI. She was telling that giving Reiki with pyramid is very much n quick and effective. so pleas tell me that what it is?

***Ans: Honestly I would not know what and why Paula Horan says that. In my past 15 years of teaching and about 19 years of my practicing Reiki I have never come across a situation where I felt that Reiki needs any reinforcement. Of course the problem many a times is people need many shapes and figures to understand the formless. That way they relate better with the unknown. May be that is her way of getting people related something that they find easier to relate so that they can learn better. That has merits and it was called as Indu Shakha Nyaya way of teaching.***

3) I want to prepare plan for my studies so that I could finish my all the syllabus timely so how to prepare, how to get that plan?

***Ans: You can not really plan the study. You can plan your time and plan your priorities of life. That will automatically make a plan for your studies. Do not try to plan to much as you may lose most of your available time in Planning and will be left no time to study. Studying I believe is more an art that a science. Keep it that way.***

4) At the time of drawing symbols, and after time have to declare the intention, but some time we (i) get confused that which intention should be given, at that time what to do?

***Ans: The reason for your sending Reiki itself is an intention. If you do not have an intention which clearly means there is no reason for the process of sending Reiki. Then do not do the process. Do not be a ritualistic. The need if is there will create its own intention. Be with that principle.***

## Reiki Experiences

by: Mithu Chenji, New Jersey

Jai Gurudev,

It was a great joy hearing from you. Thank you for looking into my requests. I immensely enjoy reading the reiki brahma newsletter - it is a kind of virtual satsang which keeps me connected to my teacher and the Reiki community.

Today is the second month anniversary of my second degree Reiki course. I have been practicing Reiki for the past 8 weeks. Every day I am seeing Reiki working. Some of the outcomes were very positives and some problems reappeared after a while.

My father who is currently visiting us was showing early signs of dementia, memory loss to the point he was not able to remember me or my sister. He is doing much better now after receiving reiki for 21 days. Reiki also helped me accept certain realities and be objective with regard to my father's health

My mother in law (suffering from chronic spondilites for past 15 years) was able to take off her collar and was be without it for several hours at a time

Apart from health issues, Reiki has also worked relationship issues. A couple was going through severe marital discord and was about to separate. After sending Reiki for several days there is there was relative peace in the house and the couple is thinking of reconciliation.

In children the outcomes were quicker and more visible with regard to change in their attitude such as anxiety, nervousness, and addiction to TV.

But the most important thing that needs to be mentioned here is the effect reiki has on me. It had made me more awareful, appreciative of beauty in apparently mundane things. It has brought out the compassionate being in me. When I come in contact with people (known or unknown) suffering physically or emotionally I now know that apart from empathizing with the person I have the option to take an action. I can send an intention or a silent prayer which I know will work for the highest good of the person. Also I am experiencing some fringe benefits of Reiki also. Reiki has removed some of the creative blocks in me. I have enrolled myself in a art class and undertaking art assignment I could never imagine attempting before.

Occasionally like a 'spasmodic bhakta' I go from high (when I feel very connected, practice Reiki) to low (the energy wanes due to overwhelming situations, feel guilt for not being able to give Reiki to myself or others). This is more so because we do not have a Reiki circle or Reiki share group here in NJ like you have at Devrukh or Chicago. During those times how do I stay connected and re-enforce my practice? Please suggest some ways to keep the sadhana going.

We will be very happy if you visit NJ next year. There are lot of people who are interested and would be benefited by Reiki. For me I am looking forward for a real satsang. Thank you again for bringing Reiki into my life.

Regards,  
Mithu

## The Story of Healing...

## A Tibetan way

This is taken from a book *The Tibetan book of living and dying* by Songyal Rinpoche. A true story of how he experienced the healing by his master.

*“ I remember a middle aged American woman who came to Dudjon Rinpoche in New York in 1976. She had no particular interest in Buddhism, but had heard that there was a great master in town. She was extremely sick, and in her desperation she was willing to try anything., even to see a Tibetan master. At that time I was his translator.*

*She came into room in front of Dudjorn Rinpoche. She was so moved by her own condition and his presence that she broke down into tears. She blurted out;” My Doctor has given me only few months to live. Can you help me? I am dying?”*

*To her surprise, in a gentle yet compassionate way, Dudgom Rinpoche began to chuckle. Then he said quietly,” You see, we are all dying. It’s only a matter of time. Some of us just die sooner than others.” With these few words, he helped her to see the universality of death, and that her impending death was not unique. This eased her anxiety. Then he talked about dying and the acceptance of death. And he spoke about a hope there is in death. At the edn he gave her a healing practice, which she followed enthusiastically.*

*Not only did she come to accept the death, but by following the practice with complete dedication, she was healed. What is it telling us? When we accept death transform our attitude towards life, and discover the fundamental connection between life and death, a dramatic possibility for healing can occur.*

*Tibetan Buddhists believe that illnesses like cancer can be a warning, to remind us that we have been neglecting deep aspects of our being, such as our spiritual needs. If we take this wqarning seriously and change fundamentally the direction of our lives, there is a very real hope for healing not only our bodies but our whole being”*

## The life of enlightened..

*“Master, how do you put enlightenment into action? How do you practice it in everyday life?”*

*“By eating and by Sleeping” replied the Master.*

*“But Master, everybody eats and everybody sleeps”*

*“But not everybody eats when they eat, and not everybody sleeps when they sleep”*

*From this comes the famous Zen saying,” When I eat, I eat, when I sleep, I sleep”*



Couple of days ago , in the evening , I was on the terrace of my house in Baroda. The atmosphere was very nice and very calm. In the sky , there were clouds with the orange shades of sunlight. The light-blue sky between the clouds was looking extremely beautiful. (*The sky between the clouds is what a meditation is all about*) The small but dark rays of orange sunlight was spread all over the sky. Sir, it was such a great feeling at that time to be a part of this beautiful world. As James Redfield says in his "The Secrets of Shambala" when you are seeing a beauty around you are closest to the God. All the time the mother nature is inviting us to be a part of this beautiful picture but we are busy in some other materialistic things. Even a small child has that sense that if he has some problem he immediately reaches to her mother. He just goes to the lap of her mother and then he does not worry at all. He has full faith that now I am safe , nothing is going to happen. But now a days, the child of mother nature , man , has become so elder and mature that while he is having some problem , in spite of reaching to his mother , man tries to face him. In fact man is having the problem because he is going against the nature. If a child is doing something wrong than mother will punish him. When mother nature is punishing the man , he is attacking the nature.

On that day I was not feeling well. I had so much to study and time was very limited. But after spending time like this , I really don't know what happened but suddenly I was feeling very energetic and charged. When I began to study, in no-time I finished my work. I was surprised with it because the subject which I was studying was the most difficult for me. After that day I couldn't stop myself spending time like that. I determined that everyday at evening I am going to sit with mother nature, I am going to talk with her. Now it is a part of my daily schedule. The feeling is just great Sir

On the day of my examination , I was extremely nervous. Since it was my first examination of university I was very much tense. I was also very disturbed because at that time I couldn't do 'kavach'. I was feeling very low. While I was going to give examination, I don't know what happened, I took a glass of water , put in front of Swami and prayed to him. after a couple of minutes, I drank that water. After few minutes I realized that I am back to normal. I was calm, balanced and focused. I don't know what happened, but all the tensions, all the worries just vanished. There is type of water surfing , in which , one end of rope is joined to the boat and another one end is in the hand of the person who is surfing. The boat starts and runs , the person just has to maintain balance and hold the rope. Sir, for me adhyatma is all about this. It is all about holding the rope which is connected to you and maintaining the balance. I don't know much other things and I am not able to understand it.

### A sadhak's letter to Guruji.....

by Ajit Katakdhond

Dear Sir

I keep listening to Bhagvata talks. As you once said, Swami Avadheshanand Giri also says " jaisi drishti vaisi srishti" - the world he says looks exactly as you want to perceive it. I have lately found this to be true by personal experience. Cultivating awareness has revealed more of me to my self. The things I used to blame on others are directly or indirectly the results of my own choices and past actions

I have found the law of expectation also works as described. Changing my expectations has turned around many an unfavorable situation into neutral situations at least. The trouble comes but passes by and never actually reaches me.

Following your teachings and daily Satsang (via the media) has made me comparatively better behaved. I thank all the Siddhas for their constant companionship and guidance.

Regards,

Always recognize the dreamlike qualities of life and reduce attachment and aversion. Practice good heartedness toward all beings. Be loving and compassionate, no matter what others do to you. What they will do will not matter so much when you see it as a dream. The trick is to have positive intention during the dream. This is the essential point. This is a true spirituality.

Tibetan Master

Suddenly a few days ago Ajit Guruji had a great insight. He was sharing that with some of the sadhaks at the ashram in the early morning over the first cup of tea. He said "Everyone is borne with a core statement. A statement that states that I am like this or I am this. Throughout a life he/she keeps on creating situations to ultimately substantiate that core statement. Believe me, this statement is happening deep within and may not be known to a person at all. Most of live this life in peripheral existence. We hardly go to our core. This statement comes deep within the core like a small spring coming out from the womb of the earth. That core statement is your driving force. It drives you to create situations without even your knowing that, you are driven from within. Not knowing this we blame the whole world around. We forget that your inner driving force is creating these situations. They are all made by your self. That explains while a lot of people when they seem to be on a beautiful path of life, suddenly change their course and turn around for no known reasons. Possibly, they are start realizing that if they continue of this course, they may go away from their core statement. They sense it some or other at their core and the core commands the peripheral to take a turn away. Just apply this to your life and see where this fits in your own life. You will realize that many of the situations in your life have ultimately ended into the same place, living the same feeling. It is like a classical singer after a lot of aalaps and twists and turns to his musical notes, lands finally on where he started. I have a strong belief that when this happens the person is extremely blissful, having achieved the equilibrium. That equilibrium is a bliss. What happens the momet you are aware about your core statement? You become enlightened. The moment your consciousness descends from peripheral environment to the core, you have arrived. Now that you know your core statement, you can rewrite that and keep on changing that all the time at will. Then you are no longer the slave. You become a real master of your own life. "

## Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	1st & 2nd Oct	Devrukh	Ajit Sir	1st
2	8th & 9th Oct.	Vadodara	Ajit Sir	2nd
3	12th & 13th Oct	Rajkot	Seemaben	1st
4	15th & 16th Oct	Pune	Ajit Sir	1st
5	29th & 30th Oct	Devrukh	Ajit Sir	1st
6	12th & 13th Nov	Rajkot	Ajit Sir	1st
7	19th & 20th Nov	Nashik	Ajit Sir	1st