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Reiki Vidya Niketan

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Now knowledge is proving the wisdom right

Teaching for us is basically the means to make a change in those who desire to bring the change within but not able to. Reiki or any spiritual teaching will create options in approaches towards life. Having options is a beginning of a freedom. One has to take those options when available and try to relate to one's own life so that a change can occur. We have been talking about many issues about human life and lifestyles of today. Humans have adopted certain lifestyles which were more convenience driven than the real solutions to problems. Some where we all have started realizing that the convenience is not the only thing in life. In fact if the convenient ways prove to be a cause of miseries, one may have to have a re-look at the whole life process.

This issue carries a couple of articles about what scientists have found about the working during pregnancy and about the shift working, and have established how dangerous these things are for humans. This is what exactly we have been promoting through our Reiki seminars for the last 16 years. Even before the scientists have proven after more than 2 million interactions with people that night shift working leads to more heart attacks, more strokes and more sugar problems, we have been advocating people to look at their lifestyles. Spirituality knows what science believes. These are all fact for one to see. They are not subjective. We have been saying that human bodies work on solar cycles and one has to relax and not work while the solar cycle is ebbing. The cosmic energy (Reiki) is used for activities during the day while in the night it is used more for maintenance. No wonder the Kundalini energy comes under pressure when works more in the night. It is like a battery unit when the main power supply is unavailable. The battery has limitations and can not be used beyond a limit. Our ancestors knew it through wisdom. The modern life does not know values of wisdom. It is more process oriented. It needs knowledge developed through process. One is spontaneous, the other is procedural. We have lost the spontaneity in our life. We do not like someone telling us that 19X14 is 256. We need someone to work out that on calculator and tell us that it is 256. Then we believe that. We need to change the lifestyle to save the life. Style without life is nothing. It is the life which is the core. Styles are secondary. I hope when science has started looking into all those things, the world will sit and take notice. The only problem is that the world will replace one lifestyle with the other again based on the limited and fragmented knowledge of a process of life.

Ajit Sir

“The greater part of our happiness or misery depends on our dispositions, and not our circumstances.”

- *Martha Washington*

Guru Purnima Utsav 2012



Guru Purnima this year was celebrated at the foothills of the sacred Girnar mountains in Junagadh, Gujarat. Hundreds of sadhaks converged from Rajkot, Baroda, Devrukh, Nashik, Mumbai and other centres of Reiki Vidya Niketan to enjoy two days celebrations on 3rd and 4th July.

Girnar always provides that mystical background for such spiritual events and never disappoints those who look for something special. The whole mountain enveloped in the smoky fog with divine drizzles happening intermittently itself was a great backdrop to this event celebrated with a lot of love and adoration.

Last year Nashik students started a good trend by making this event as an opportunity of learning advanced knowledge. Rajkot centre who managed this event this year, did not lag behind. They continued this concept and also organized debates, discussions and lectures on healing and the nuances of that in a very systematic way. The presentations from Rakesh Kumar, Krupa Choksi and Deepak Garge were exhilarating to say the least. It gave a glimpse of Study circles' environment to those who did not have such opportunities before. During Guru Pujan, the sadhaks sang beautifully letting out their emotions of love and compassion towards their master.

In fact, Guru Purnima celebrations began well ahead of the actual event in Girnar mountains, right from 27th June as Guruji was in Gujarat right from 27th June. He conducted a 2nd degree seminar in Baroda on 30th June and 1st July before moving over to Girnar on 2nd. Baroda centre took the opportunity and celebrated Guru Purnima on 29th June. Devrukh also had big celebrations on 3rd July at the ashram which was attended by a large number of sadhaks from Devrukh. Thane had some special celebrations on Guruji's return to his home town on 8th July where many of Mumbai sadhaks also attended.

Concept of Vital essence in Egyptian Culture

The Ka was the Egyptian concept of vital essence, that which distinguishes the difference between a living and a dead person, with death occurring when the ka left the body. The Egyptians believed that Khnum created the bodies of children on a potter's wheel and inserted them into their mothers' bodies. Depending on the region, Egyptians believed that Heket or Meskenet was the creator of each person's Ka, breathing it into them at the instant of their birth as the part of their soul that made them be alive. This resembles the concept of spirit in other religions.

Night shifts can raise risk of heart attacks and strokes by more than 40%



Shift work can dramatically increase the risk of heart attacks and strokes, warn researchers.

A study of two million people found shift workers are almost 25 per cent more likely to suffer. Night shift workers run the highest risk of 41 per cent, says a study published on the British Medical Journal website bmj.com.

Occupational hazard: Night shift workers are 41 per cent more at risk than day workers of suffering a stroke or heart attack. People working shifts also have higher levels of unhealthy behaviours such as eating junk food, sleeping badly and not exercising, which are linked to heart problems. But researchers said they took this into account - and the excess risks remained.

The latest study is the biggest analysis of shift work and likelihood of vascular problems including heart attacks, strokes and angina. Shift work has long been known to disrupt the body clock and be linked to high blood pressure, high cholesterol and diabetes, but the overall impact on cardiovascular health has been unclear. A team of international researchers analysed the results of 34 studies involving 2,011,935 people to investigate whether shift work was associated with major vascular events

Shift work was defined as evening shifts, irregular or unspecified shifts, mixed schedules, night shifts and rotating shifts, and the studies also contained day workers or the general population for comparison. Altogether 17,359 had some kind of coronary event, 6,598 had heart attacks and 1,854 had ischaemic strokes caused by lack of blood to the brain. These events were more common among shift workers than other people. Shift work was associated with a 23 per cent increased risk of heart attack, 24 per cent rise in coronary events and five per cent extra strokes.

These risks remained consistent even after adjusting for factors such as study quality, socioeconomic status and unhealthy behaviours in shift workers. Night shifts were linked with the steepest increase in risk of 41 per cent for coronary events. However, shift work was not associated with increased death rates from any cause. Daniel Hackam, Clinical Pharmacologist, Stroke Prevention & Atherosclerosis Research Centre (SPARC), London, Ontario, Canada, said the relative risks might appear modest, but millions of people do shift work which means the overall risks are high.

He said screening programmes could help identify and treat risk factors, such as high blood pressure and cholesterol levels.

‘Shift workers should be educated about cardiovascular symptoms in an effort to forestall or avert the earliest clinical manifestations of disease’ he added. There has been mounting evidence that night shift working might boost cancer risk because of the disruption to the body clock and hormone production. Previous research found a link between night shifts and increased risk of breast cancer in women.

THE TIMES OF INDIA, MUMBAI
MONDAY, JULY 30, 2012

TIME FOR A BREAK

In your 3rd trimester? Baby's the boss

Working Late Into Pregnancy As Bad As Smoking

London: Expectant mothers note! A new study has claimed that continuing to work during the late stages of pregnancy is as bad as smoking during the phase.

According to the study by University of Essex, women who work upto their due date are likely to have babies with a lower birth weight. The study found that women who worked into their ninth month of pregnancy had babies on average around half a pound lighter than those who stopped work between six and eight months, the Daily Mail reported. The University of Essex research drew on data from three major studies, two in the UK and one in the US.

Previous research has shown babies with low birth weights are at higher risks of poor health and slow development, and may suffer from multiple problems later.

The researchers identified 1,339 children whose mothers were part of the British Household Panel Survey, conducted between 1991 and 2005. PTI



Guruji has been advocating a use of Reiki during pregnancy. He has also been saying through his seminars that a lady has to be extremely careful during the pregnancy period between the 6th and 8th month. A pregnant lady has to avoid working on Computers during this period as it is dangerous for the health of a baby. This research validates those opinions.

It is strongly recommended that ladies during pregnancy have to take as much Reiki as possible so that the pregnancy period is without any trouble and the chances of natural delivery are very bright. In fact in an informal research we have done with 51 pregnancy cases in the past 10 years, where ladies were reportedly taking Reiki regularly, almost 44 have reported a natural delivery while only 7 had to resort to Caesarian. That should be an excellent ratio for any research to substantiate.

We need to create more Reiki groups among women so that many more ladies can be offered Reiki treatment during the pregnancy period. This initiative will help create a healthy society in times to come. A society free from terror, crime, corruption and violence. Whatever has happened has happened and need to be buried deep. One has to start building up a new world which is full of happiness, health and harmony. We shall appreciate more sadhaks willing to rise to the task.

The Palawi Project at Pandharpur for AIDs affected



Reiki Seminar in progress at Palawi

Sangeetadidi's observations.....

I had heard about Palawi from Bindiya and Daxaben earlier. I was imagining a gathering of sick children. But when I saw them, I realize that they look much better and fitter than I expected. Obviously Agnihotra therapy had worked on them. Guruji had visited this institution in April and had started Agnihotra therapy and that was showing all over the place. So full of energy.

The children looked to be disciplined, a discipline which has come through love and compassion, not coerced on them. They were all keen to learn Reiki. They were very attentive throughout the seminar. They asked some good questions. They seemed to be fond of stories. Their teacher Sanjay Sir had a marvelous experience at the time of initiation. A ball of golden light entered his body from his head. Practically everyone responded to initiation very well. One of the children, Archana had a fever. She felt alright after Reiki. The fever vanished.

Self Reiki was also a good experience for them on the first day. Many were coughing on the first day. But it all subsided by 2nd day. One other girl, Neeta was not well and could not attend seminar. Dr vasudha used to give her a water charged with Agnihotra ash. We all gave her a group Reiki. She felt fresh and went to toilet without any assistance.

Everyone looked fresh next day. There was a separate seminar for young children between 3 to 8 years. They also enjoyed. The seminar ended on sweet notes of Bindiya's song.

Daxaben's Feelings...

I was quite excited when Guruji selected me to work on this Palawi Project.

Till then I had heard about the experiences of Reiki and Agnihotra from our sadhaks only. When we first went to Pandharpur and met all the children with HIV+, we could see helplessness in their eyes. Each and every child had some skin disease or some kind of injury. It seemed as if they are defeated by life. At that time, we started Agnihotra over there and decided to teach reiki to them in June. When we went there in June, the whole atmosphere had changed. We could feel freshness in air. Every child looked fresh and there were no signs of injury on their face or on their body. We saw glow on their face and the expression of helplessness had vanished. It seemed as if they have got a ray of sunlight after a long darkness. This was also confirmed by Mangalatai. She said we are feeling very good after your visit. Earlier, one child used to die each month but since your visit none has passed away.

All the children learnt reiki very well and they were very disciplined. There were so happy to see us that they used to keep on asking you will come to meet us again or not. We felt that reiki has changed every child. Truly speaking, I feel as if we are immersed in the ocean of love of compassion. by the grace of Swami. I pray to Swami that all these children may get lot of love and compassion and may their life be full of happiness.

Mantras

Some words possess the power of creativity. On accepting this fact we are lead to believe the all powerfulness of the Vedas which are the original words an have come into existence in the similar manner, bearing the power of creativity as they came. This is the mantra phenomena. Words of the Vedas are, therefore recognized and revered as Mantras (first there was Word, the word was with God, the word was God)

In the present day, technologically advanced world there are instruments which can graphically draw patterns (forms) of sound waves created by combination of certain words. We already know that sound has a sure effect on the growth of plants, animals etc (like Cow giving more milk etc)

The mantra forming alphabetical system, the words or the cluster of words are bestowed with di-vine power and made eternal by the most ancient sages by virtue of their rigorous penances. These sages have themselves seen the revelations made by the supreme power, the Veda as breathed out by the Absolute truth. This is a reason behind the power present in the mantras.

The words are of 2 types: “**constant**” words and “**material**” words. Words which are constant and which create vibrations of a regular (constant) nature are known as “**constant**” words. These words which vanish in oblivion immediately after the result of the word is achieved or from which vibrations created are of temporary (irregular) nature which words are known as “**material**” words. The words of the Vedas are of “**constant**” nature and are therefore, the power that was experienced as bestowed in them thousands of years ago, is still present and will remain present in future too. **Such “constant” and powerful words are known as Mantras.** (to continue in next issue)

Civil Defence Programme at Vadodara on 27th July

Guruji was felicitated by the Civil Defence unit of Gujarat State on 27th July 2012, by inviting him to be a key note speaker for their Chintan Shibir (Introspection Conference). Guruji spoke for about an hour on the subject of Managing the Manageable covering a wide range of spiritual dimensions like Reiki spiritual healing, Ag-nihotra, Transcendental Meditation, Resilience management and



Counseling to highlight the need and power of spiritual practices in preventing and managing traumatic events in society.

The whole theme of the chintan shibir was to look into possibilities of identifying the manageable factors of life and find out the ways to manage them. Guruji created awareness about how a few people when empowered spiritually can change the environmental problems. Guruji

iterated that about 204 sadhaks if regularly do TM-Siddhi every day for one year, can change the life of Vadodara city. He threw the mantle of organizing for this required number to the authorities and said he will be waiting for the authorities to rise to the occasion.



Centre activated in Goa



Goa, the Motherland of Guruji also came along as a part of our mission on 14th July 2012 when a seminar was held at Madgao which was attended by 36 participants. In fact about 3 seminars were held earlier in Goa, the last being somewhere in 2007. However, Reiki Vidya Niketan has taken a decision to start a full pledged Centre there now onwards. The seminar was organized at Siddha Datta Mandir and the name of the hall was Chaitanya Hall (Energy Hall) What else can

one ask for to have the wonderful Reiki seminar? Well the things did not stop there. When a team of RVN peeped in the hall on the evening of 13rd, they could see a huge photo of Swami Samarth on a backdrop. And then the moments of ecstasy . A team of Reiki Vidya Niketan spent about 4 days in Goa and had some lovely experiences visiting various temples in and around Goa. As it is monsoon trip to Goa is a heavenly proposition. Our sadhak Naresh Dige made huge efforts to make this a great event.



Hemil's Hummings....

By Hemil Thaker, Vadodara

Every sadhak at some or other time on his spiritual path get confused and lost on the balancing of spiritual and material lives. On one side he wants to go deeper in spirituality and on another side relations don't allow him to do so. He is confused. What to choose?

When I was traveling in a bus yesterday Swami taught me that the life is nothing but a long journey in which all relations are nothing but the co-travelers. We have all boarded the same vehicle of time. The moment you term life as a journey, the whole dimension twists. Now the concern is not about the journey, not about the passengers around, not about the vehicle but all about the destination. The confusion is in the ignorance that the travel is more important than the destination. When the means become end, the life becomes a big confusion. The passengers around may be nice and warm, very helpful and friendly. But one has to remember that he/she has to get down at some station or the other. No matter how much you have liked him/her, one can not continue with oue once the station comes. Each passenger has a destination. To have a nice company as passengers is a destiny, to have an ultimate goal is your destination.

Once one realizes this, one has to act and start realizing the truth. Now you can not behave like an ignorant. Doing wrong thing without knowledge is mistake but doing wrong thing with knowledge is stupidity and crime. Spirituality is station of health and happiness. It is station of love and light. it is the station where you will meet yourself. What else we want?

Ashram Wisdom

“I firmly believe that if the entire material medica as now used could be sunk to the bottom of the sea, it would be all the better for mankind and all the worse for the fishes”

Oliver Wendell Holmes.

The other day I was in Rajkot for Guru Purmina celebrations. I was invited to visit a house which was newly built by one of our sadhaks. The house is little off the city and remotely located. The house however is wonderful in every sense. Wide spaces, excellent breeze, good light coming in at right times and so natural surroundings. Even the interiors of the house are so wonderfully crafted.. The lights, the fountains, the furniture.. Everything. I realized that the owner of the house has not shifted there from his earlier house in proper city and I wonder whether he will shift there in the next few months at all. The funniest part is that a caretaker who occupies the place now is enjoying single bit of luxury there and mind you without any hassles of earning for that. In fact he is earning out of that being paid his remuneration to look after the place. That is what life is. One does not have to tire oneself to achieve anything like wealth and luxuries. There are two kinds of owners for every wealth or property. One is a legal owner who owns the property for all legal purposes. The second is the one who uses those properties. (UPABHOKTA). The one who enjoys the benefits of that property or wealth. Unfortunately the legal owner may not necessarily be enjoying the benefits of his properties all the time, though he/she is toiling for it, slogging for it and brooding over it when it comes to be a liability. The user owner just enjoys the asset part without even thinking of liability. That is an effortless life. In fact if the two parameters, Efforts and Enjoyment are drawn on XY Cordinates, we have 4 situations: (1) Make efforts and enjoy (2) Make no efforts and don't enjoy (3) Make efforts and no enjoyment and lastly (4) No efforts and just enjoy. Of course the efforts and enjoyment here is of the present moment. One who is enjoying now may have made a lot of efforts in the past to enjoy now. But in a given time period or the limited framework of time, you may not find any correlation between efforts and rewards. So the best option is appropriate efforts to enjoy rewards. Please do not be in a position that you put in efforts to such an extent that you have no time and life left to experience the rewards.

Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	4th & 5th August	Pune	Ajit Sir/Kalpita	1st
2	18th & 19th August	Devrukh	Ajit Sir/Kalpita	1st
3	25th & 26th August	Goa	Ajit Sir/Seema	1st
4	1st & 2nd Sept	Nashik	Ajit Sir/Seema	1st
5	8th & 9th Sept	Vadodara	Ajit Sir/Seema	1st
6	8th & 9th Sept	Vadodara	Ajit Sir/Seema	2nd
7	15th & 16th September	Devrukh	Ajit Sir/Kalpita	1st
8	24th & 25th Oct	Vadodara (Deaf & Dumb)	Ajit Sir/Seema	1st