

SHRI SWAMI SANARTH SEWAR
PRATISTHAN,
BRAHMAKAL ASHRAM DEVRUKH
KATAVALI ROAD OJHRE(KHURD)
TAL SANGAMESHWAR DIST
RATHAGIRI MAHARASHTRA INDIA
TEL: 91-2354-241322
WEB: WWW.REIKIBRAHMA.ORG

Reiki Vidya Niketan

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Beginning of a new Era

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With 2012 have started our new initiative on Study Circles. As you all know we mooted the idea of study circles basically with an intention that we need to create a platform for everyone who wants to walk and grow on this path. I have always been feeling that no technique or no therapy really heals or even takes someone to the ultimate goal of liberation depending on what one looks for. The techniques or therapies just connect you to that divine space. That space has the ability to heal. Technique or spiritual practice or even seeking knowledge can only lead to that space. These things only show your intention to reach there. The moment you reach there the healing, in every sense, just happens. Healing is more of a happening than a doingness. The need that felt was that only teaching the spiritual practice may not necessarily may help sadhaks unless we provide them a platform to stay connected and grow with the space. The divine cosmic space is growing anyway. The moment you are a part of it, the growth may just happen effortlessly.

The second aspect of the intention was that the limitation that the Reiki seminars put us into as far as the timings are concerned. How much can one teach and learn in 15 or 16 hours? The knowledge and experiences are bursting all around. The new dimensions are added not necessarily at the cost of old ones, but many a times in addition to the earlier ones. I have always been wondering how come the sciences like Medicines, Engineering, Architecture etc are managing to complete their courses in the same time as they were taught earlier without depleting the quality of education? No expert in these fields have answered me satisfactorily. Is this causing the quality of all these to deteriorate in spite of modern resources?

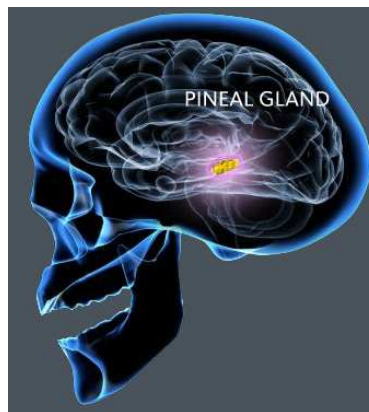
We have started an experiment of Study Circles from this month and have more than 300 sadhaks responding from all over till now. The number is still swelling. And mind you we have just started in only 6 centres to begin with viz. Devrukh, Mumbai, Thane, Nashik, Baroda and Rajkot. Chicago and Ahmedabad are waiting to join in the next month or two. The curriculum for these study circles which will be held once a month for each subject like Reiki, Agnihotra, Meditations and Scientific Knowledge on advanced and ancient wisdom for about an hour. More than that each of the members of the group will also be supported by the written materials, CDs, Clippings etc on an ongoing basis for the person to learn as much as she or he can. I am sure everyone associated with the project is equally excited about this. I am sure the days to come will prove to be full of going opportunities towards ascension as some of my senior sadhaks would like to say.

May God bless you all.

Ajit Sir

Foods that Feed The Pineal Gland

Our pineal gland otherwise known as our master gland or the gland that governs over our third eye is the center of psychic awareness in the human mind. It is about the size of a pea and sits inside a cave located behind the pituitary gland. It naturally produces a hormone called melatonin which regulates human daily body rhythms that deal directly with the day and night cycles. Developing and expanding the function and the energy of your pineal gland is extremely important as it affects every system in your body physically and it has the potential to determine the expansion or the contraction of your psychic awareness, consciousness, and experience.



Sunlight is extremely important for the pineal gland and yes sunlight is a form of food as food is any substance that nourishes the body. Sunlight can be taken in and digested through the eyes, skin, hair, nose hairs, and ears and should be consumed for at least 30 minutes a day. To fully engage the pineal gland, sunlight should be taken in through the pupils.

Seaweed vegetables that are sun-dried by the sun contain high amounts of vitamin D, many vitamins in the B-vitamin family and iodine. Those vegetables include and are not limited to kombu, arame, wakame, dulse, nori, etc.

Dark leafy greens like our kale, turnip greens, mustard greens, bok choy, collard greens etc are extremely nourishing for the pineal gland as this gland absorbs the properties of the green color of the vegetables and properly distributes them to the appropriate systems of the body so that the body is thoroughly nourished.

Ajit Sir

Foods that Feed The Pineal Gland.. contd

Consuming meats including fish that has high amounts of mercury, carbonated beverages, fluoride in our water and our toothpaste and access to smog negatively affect the pineal gland and can block its ability to function properly. When you consume meat from an animal, you are ingesting the DNA of that animal and therefore taking on the negative and positive experiences of an animal which could interrupt the ability of the pineal gland to take on its own psychic awareness blueprint of the individual.

The proper foods can positively affect your pineal gland but you can also activate your pineal gland by eating more of a raw foods, vegan, or vegetarian diet, running an ozone machine in your home to clean up the air in your home, and drinking filtered water. As much as the pineal gland needs sunlight, it also needs to produce enough serotonin to be activated so that it can increase its psychic awareness therefore serotonin is produced when the brain is asleep and therefore sleeping in a very dark room is extremely nourishing for the pineal gland as well. Foods that produce serotonin are almonds, bananas, hot peppers, rice, potatoes, and black-eyed peas and when consumed can also nourish and feed the pineal gland as well

(Contributed by Rakesh Kumar, Mumbai)

Devrukh Sangeet Mandir is on the song....

This is the first year of operation for Devrukh Sangeet Mandir which started at our Math in Devrukh under the leadership of Ms Bindiya Pandya. This unit has already started creating ripples in the music world with many lining up to enroll. This year 7 of the students appeared for the Prarambhik and Prathamik exams conducted by a reputed Musical Institution under the aegis of Gandharva Sangeet Mahavidyalaya. The good news is that all these students passed the examination giving Devrukh Sangeet Mandir a unique record of 100% success in the first attempt. One of the students, Mr Abhay Nandlajkar passed with first class in merits. Kudos to Bindiya and her team who are running this activity so efficiently and effectively.

This Sangeet Mandir is now expanding and will also hold classes for segments like Housewives, retired people, teachers who will be teaching music in local schools and school going children. Some of the classes will be held in the town at the residence of Mrs Upadhye, one of our senior sadhaks in Devrukh and mentor to many.

We are proud of them

During the last month, we had two events to be proud about, as two of our sadhaks came to limelight in different fields.



(1) Our sadhak from baroda, Mr Janardan Dave, Superintendent of Central Excise & Service Tax presently posted at Ankleshwar in Gujarat Customs and Central Excise department has been selected for the **Presidential Award of appreciation certificate for the meritorious services** this year. The award is being conferred for extraordinary services to **customs** and excise officials every year and declared before Republic Day. This year, 35 officials from the country have been selected for the award. Senior **customs** officials said that the award is given after assessing 15 years' performance of an official.



(2) Our sadhak from Devrukh, Mr Rajendra Gaekwad won laurels from one and many in the whole of Maharashtra state for his exemplary act of bravery on 21st December 2011. Raja as he is known is a mountaineer, a hiker and also a member of the friends of the animal society is always known for his daredevil acts for the cause of humanity. All those who traveled with him in Kardalivan trip would never forget him for the amount of help and support he rendered to one and all. It so happened that on the same night we all returned to Devrukh from a very tough Kardalivan trip, he got an emergency call from the local Devrukh Police Station, seeking his help urgently.

One person who was traveling on the Amba ghat section in the hills had fallen in the valley at around 8 in the night and could not be traced by the local police and volunteers. They could not track this person in spite of descending down to the level of 200 ft down the hill. Raja, in true spirits of a sadhak decided to respond to the situation and drew Reiki symbols with intention on the way to the site. He reached the spot around 11 in the night and descended down upto 200 ft with the help of a rope. He could not trace the person who was taken to have been dead by then. But Raja was sensing that a person must be alive and had a total trust on his intentions. He asked for more rope and in that dark, dusty mountains infested with wild animals out on prowl around that time he descended even further down to 450 feet. He could track the person and started bringing him up on his own. This was difficult task. Raja could however establish contact with the police team up there and could convey that he has saved the guy who was badly injured. The police team with volunteers came down to help Raja and ultimately the team was successful in bringing the person up with only a fractured leg and some bruises on his face. A life was saved. The news of Raja's brave act spread soon all over the district and people appreciated his courage. *Raja says, "I went there with an energy of Kardalivan. I drew symbols and used my Reiki intentional power, which I had full trust in. He say Swami's name was on his lips throughout the deed. Swami has got everything done through me. I was just an instrument in the hands of Swami"* What else one expects from a true soldier of spirituality?

आंबा घाटात ५०० फूट दरीत कोसळलेल्याला वाचविले

कै. राजू काकडे सर्पसंरक्षक समितीच्या कार्यकर्त्यांचे अफाट साहस

देवस्थळ : कार्याध्यक्ष राजू काकडे (३५, रा. आंबा, जि. सांगली) या सर्पसंरक्षक समितीच्या कार्यकर्त्यांच्या अफाट साहसाबद्दल आंबा घाटात कोसळलेल्याला वाचविले. राजू काकडे यांनी आंबा घाटात कोसळलेल्याला वाचविले. राजू काकडे यांनी आंबा घाटात कोसळलेल्याला वाचविले.

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Poem on Reiki Seminar

Deepak Jain, Nashik

रेकी कर, नेकी कर

जिंदगी की अस्मि बहती धारामे नहाकर,
अपने अंतःकरणकी शुद्धी कर
चल रहे है क्रिया-कलाप उनसे "Neutral"
रहकर,
अपने चित्तको साफ कर
वैश्विक चेतना का है यह "Reservoir"
इसमे डुबकी लगाकर
रेकी कर, नेकी कर ॥१॥

भेजा है उस परमात्माने तुझे इस धरा पर
कोई काम (उद्देश) appoint कर
मिला है यह शरीर, मिला है यह संसार;
बस चलता बन यहा से, अपना किरदार निभाकर
इस संसार मे रहकर अपने चित्त को विचलित न
कर
इसलिए रेकी कर, नेकी कर ॥२॥

कर भला तो हो भला इस बात पे विश्वास कर
नेकी कर, दरिया मे डाल इस वचन को सार्थ कर
रेकी यह वो ज्योती है जिससे तू सेंकडों
मोमबत्तीया जलाकर
रख सक्ता है अपनी ज्योत कायम बीना इक्सी
नुकसान पर
इसलिए रेकी कर, नेकी कर ॥३॥

अपने कर्मोंके कारण चढती रहती है धुल इस शरीर पर
इस मैलको हरदम साफ कर
वरना हो जाएगा दुसवार
गर मजबूत हो जाए यह जैसे ईट या पत्थर
सफाई में भी है अलगसा मजा, इसे duty न समझ
क्या नही मिलता तुझे सुख-चैन रोजके स्नान-सौच से
निवृत्त होकर?
इसलिए रेकी कर, नेकी कर ॥४॥

संस्कार है तो संसार है यह बात तू स्विकार कर
देना है तो लेना भी है
इस लेन-देन के व्यवहार मे कांटता रहेगा चक्कर लगातार
फिक्क मत कर, खिलता है कमल, किचड मे भी रहकर,
अपने कर-कमलोंसे सभी चक्रोंको साफ कर
विलिन कर अपने संस्कार यही पर
इस्लिए रेकी कर, नेकी कर ॥५॥

रास्ता तो मिल गया है पर मंजिल है बहुत दुर
जानाहै तुझे प्रकृति की और, ना हि विकृति की और
वक्त है अभी सभल जा, नही हुई है देर
चिडीयाँ खेत चुगने से पहले प्रयश्चित कर
नौबत न आएगी पछताने की तुझपर
अभी count down शुरू कर
बाकी उमर बची है उसका सदुपयोग कर
इसलिए रेकी कर, नेकी कर ॥६॥

*You don't have to listen to the rumours and hype,
Or let others brand you with a stereotype
You don't need clothes or the shoes, or the car
Just believe in your self, and be who you are.*

Emily Adams.

Make Some Noise...**A song by Miley Cyrus**

*It's easy to feel like you're all alone to feel like nobody knows
The great you are, the good that's inside you Is trying so hard to break through
May be it's you're time to lift off & fly You won't know if you never try
I'll be there with you all of the way You'll be Fine. (1)*

*Don't let anyone tell you That you are not strong enough
Don't give up. There's nothing wrong
With just being yourself That's more than enough...
So come on & raise your voice Speak your mind & make some noise*

*You want to be known, You want to be heard
And know you are beautiful, You have so much to give
Some change you wanna live, So shout it out & let it show*

*You have the diamond inside your heart A light that shines bright as the stars
Don't be afraid to be all that you are You'll be fine (2)*

*Don't let anyone tell you That you are not strong enough
Don't give up. There's nothing wrong
With just being yourself That's more than enough...
So come on & raise your voice Speak your mind & make some noise*

*You can't just sit back & watch the world change
It matters what you have got to say,
There's no one else who can stand your place
So come on it's never too late (3)*

*May be it's you're time to lift off & fly. You won't know if you never try
Don't let anyone tell you That you are not strong enough
Don't give up. There's nothing wrong
With just being yourself That's more than enough...
So come on & raise your voice Speak your mind & make some noise*

The scientific findings on Cow's milk

In the milk of Gir cow and Desi cow there is ample proportion of Vitamin A which improves our eye sight and it is full of Vitamin D which helps us to digest Calcium from Milk. Deficiency of vitamin D causes pain in joints.

In the milk and ghee of cow there is an element named Ceribrocide in ample proportion which is a unique substance to increase intellect, grasping power and memory.

A substance named Stronciem is found in milk, ghee, butter milk, urine and cow dung which protects us from atomic radiation. Not only that, a house made from cow dung also protects us from damaging effects of nuclear radiation.

In the milk of Gir Cow there is 0.07mg of Suvarna kshar while in milk of buffalo and Jersey cow all these i.e. Suvarna kshar, Ceribrocide and Stronciem are not found. That should make one understand why Cow's milk and the products made from them are considered better than the Buffalo's and Jersey Cow's milk and milk products made from that.

(Contributed by Mrs Praibhaben Choksi, Rajkot based on Research on Gir Cows)

About AVES...

by Rakesh Kumar

What is AVES?

AVES is the study of Chitta or pure Consciousness itself. Universe is made of certain Holographic patterns which manifest as pure waves of energy, vibration and reiki.

Why we need to study AVES?

Since we are part of this grand Universe, Life itself depends upon the study of Universe. This study is intended for only those fellow earth travelers who have chosen to study this aspect of the Life and Universe. Basically Once we are initiated on path of Reiki, the only path we have is the path back Home. (Moksha) So with awareness growing Swadhyay becomes integral principle of Sadhana. Study Circle AVES intends to create a platform to take sadhaks into the very core of the Universe itself, which is called Hiranya Garbha, the source of all creation and knowledge.

What we can do through AVES?

We can attempt to create a Space of Learning and Sharing with the intention to raise our vibrations as Earth enters a new vibratory level of consciousness. It also helps in understanding how Reiki, Agni-hotra, Inner Meditation, Rudra and Trymbakam are very critical at this point of Human Evolution. The Space of Satsang helps fellow travelers on path of Ascension with the Synergistic effect. Where 10 sadhaks gathering have an effect of peace and harmony on the whole of Baroda Gujarat and.....

How it can be linked with Reiki?

AVES is Reiki.

Ajit Sir has always been a strong advocate of applying spiritual practices during pregnancy of ladies. He has documented more than 50 cases by now of such children who are born with their mothers receiving Reiki Energy Healing throughout pregnancy period. One such boy who is just about 5 years old showed the glimpses of his brilliance.

This boy asked Guruji about 2 years ago, (when he was hardly 2) "Why do we have mandirs on the ground when the God is in heaven?" Guruji explained to him about how energy descends from form to formlessness and the boy, to everybody's great surprise could understand. About a year ago, the boy came out with another question to his mother. He asked his mother, "Where does the road begin and where does it end?" The mother thought this was an innocuous question coming from a small, inquisitive boy and answered "It starts from the mountains and end up in ocean" The boy was not pleased. He did not approve of that answer. He said that is what rivers are all about. Not roads. He never answered this question for almost 2 months. One day he told his mom, "The road begins at one's home and ends up at one's home" What a brilliance. A small boy said the truth which Vedas have been saying all throughout the ancient times. And possibly the new science may endorse that soon. The road ends where it begins. Right within you.

What an answer. We wonder even whether a great philosopher after spending his lifetime on such seekings, can ever answer this so swiftly. Probably they never would have thought of such a question at first place. It requires a terrific innocence and absolute purity of mind to even think about such questions. Reiki balaks (children) we know of have been at it and go much deeper in their understanding of human life. No wonder Guruji wants to start a special campaign for Reiki Treatments for pregnant ladies. Reiki has the potential to create a new, better world an a new hope for humanity.

There is only one corner of the universe you can be certain of improving... and that is your own self.

Aldous Huxley

Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	4th & 5th Feb	Nashik	Ajit Sir	1st
2	7th & 8th Feb	Mumbai	Ajit Sir	1st
3	11th & 12th Feb	Mumbai	Ajit Sir	1st
4	25th & 26th Feb	Devrukh	Ajit Sir	1st
5	3rd & 4th March	Baroda	Ajit Sir	1st
6	17th & 18th March	Devrukh	Ajit Sir	1st