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Reiki Vidya Niketan

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Wonders of pineal Gland

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Pineal gland is the true master gland. It is situated between the eyes. It is the organ of clairvoyance, Third eye. It secretes melatonin which is anti ageing in effect and anti oxidant in nature. This also secretes melanin which colours our skin.

The pineal gland, the most enigmatic of endocrine organs, has long been of interest to anatomists. Several millennia ago it was thought to be a valve that controlled the flow of memories into consciousness. René Descartes, the 17th-century French philosopher-mathematician, concluded that the pineal was the seat of the soul. A corollary notion was that calcification of the pineal caused psychiatric disease, a concept that provided support for those who considered psychotic behavior to be rampant; modern examination techniques have revealed that all pineal glands become more or less calcified. When activated, the pineal gland becomes the line of communication, with the higher planes. The crown chakra, reaches down, until its vortex touches the pineal gland. Prana, or pure energy, is received through this energy center in the head. With Practice, the vibration level of the astral body is raised, allowing it, to separate from the physical.

To activate the 'third eye' and perceive higher dimensions, the pineal gland and the pituitary body, must vibrate in unison, which is achieved through meditation and / or relaxation. When a correct relationship is established, between personality, operating through the pituitary body, and the soul, operating through the pineal gland, a magnetic field is created. The negative and positive forces, interact and become strong enough, to create the 'light in the head'. With this 'light in the head' activated, astral projectors can withdraw themselves, from the body, carrying the light with them. Astral Travel, and other occult abilities, are closely associated with the development of the 'light in the head'. After physical relaxation, concentration upon the pineal gland, is achieved, by staring at a point in the middle of the forehead. Without straining the muscles of the eye, this will activate the pineal gland and the 'third eye'. Beginning with the withdrawal of the senses and the physical consciousness, the consciousness is centered in the region of the pineal gland. The perceptive faculty and the point of realization are centralized in the area between the middle of the forehead and the pineal gland. The trick is to visualize, very intently, the subtle body... escaping through the trap door of the brain.

A "popping sound" may occur at the time separation of the astral body, in the area of the pineal gland. Visualization exercises, are the first step, in directing the energies in our inner systems, to activate the 'third eye'. The magnetic field is created around the pineal gland, by focusing the mind on the midway point, between the pineal gland and the pituitary body. The creative imagination visualizes something, and the thought energy of the mind gives life and direction to this form.

Love is not to be cultivated. Love cannot be divided into divine and physical; it is only love—not that you love many or the one. That again is an absurd question to ask: "Do you love all?" You know, a flower that has perfume is not concerned who comes to smell it, or who turns his back upon it. So is love. Love is not a memory. Love is not a thing of the mind or the intellect. But it comes into being naturally as compassion, when this whole problem of existence—as fear, greed, envy, despair, pain, hope—has been understood and resolved.

Kundalini– Energy or Nerve messages

There are a number of schools of thought as to what Kundalini really is. Many yogis say that Kundalini is a flow of Pranic Energy along an esoteric pathway associated with the spinal axis. They consider that it is a part of the flow of prana within the mesh work of the pranic body & that there is no anatomical counterpart. Other Yogis relate their perceptions of Kundalini to the flow of messages along the nerve fibers. These arise in the networks of the autonomic plexuses & ascend along tracts in the spinal cord to define anatomical centers in the brain.

All these schools agree that the experience of Kundalini, is a total psycho-physiological event centering around the spinal cord. Within the spinal cord there is a cerebral spinal fluid which gets excited on awakening which happens in Mooladhar Chakra. When the cerebrospinal fluid moves through the vertebral column which alters the phases of consciousness & this is very important process as far as evolution is concerned.

It is the Chitta or consciousness which undergoes evolution in man. Chitta is psychological in nature & is controlled by the information supplied by Indriyas or senses. This constant supply of information blocks evolution but on preventing the passage of information Chitta evolves quickly. If you isolate Chitta from the information being relayed through the eyes, nose, ears, skin & tongue, Chitta is compelled to experience independence. When the cerebral spinal fluid is affected during Pranayama, the senses become dull & messages are relayed to Chitta slowly. The experiences take place within the Chitta. You might see light, feel the whole earth trembling or experience your body as light as cotton. The world renowned scientist the late Itzhak Bentov, put forward the theory that Kundalini is an effect caused by the rotation of nerve impulses around the cortex of the brain during meditation. He considered that this is caused by rhythmical pressure waves which result from the interaction of the heart beat, breathing & the fluid inside the skull thereby causing the brain to oscillate up & down which stimulates specific nerve currents in the brain.

(The excerpts from the book Kundalini Tantra by Swami Satyanand Saraswati.)

You are Beautiful

You are Beautiful ~ You are a beautiful soul. The light that emanates from you has the power to heal and transform others. Your unique and magnificent expression is unlike any others' on the entire planet. Your beauty makes the world a better place... the beauty that radiates from your heart is a gift to others. Remember this today, no matter if you're feeling otherwise in this moment. You ARE beautiful.



YOUR LIFE IS NOT A COINCIDENCE. IT'S A REFLECTION OF YOU!

A son and his father were walking in the mountains.
 Suddenly, his son falls, hurts himself and screams: "AAAhhh!!!"
 To his surprise, he hears the voice repeating, somewhere in the mountain: "AAAhhhh.."
 Curious, he yells: "Who are you?" He receives the answer: "Who are you?"
 Angered at the response, he screams: "Coward!" He receives the answer: "Coward!"
 He looks to his father and asks: "What's going on?"
 The father smiles and says: "My son, pay attention."
 And then he screams to the mountain: "I admire you!" The voice answers: "I admire you!"



Again the man screams: "You are a champion!" The voice answers: "You are a champion!"
 The boy is surprised, but does not understand.
 Then the father explains: "People call this ECHO, but really this is LIFE.
 It gives you back everything you say or do.
 Our life is simply a reflection of our actions.
 If you want more love in the world, create more love in your heart.
 If you want more competence in your team, improve your competence.
 This relationship applies to everything, in all aspects of life;
 Life will give you back everything you have given to it."

YOUR LIFE IS NOT A COINCIDENCE. IT'S A REFLECTION OF YOU!

Sir this story reminds of what you always teach & share with us. Thanks Sir, we all are very Lucky & Blessed to have you as our Guruji.

Thanks,
 Vinaya Sawant

(Cont...)

Wonders of Pineal Gland

'Third eye' development, imagination, and visualization are important ingredients, in many methods to separate from the physical form. Intuition is also achieved, through 'third eye' development. Knowledge and memory of the astral plane, are not registered in full waking consciousness, until the intuition becomes strong enough. Flashes of intuition come, with increasing consistency, as the 'third eye' is activated to a greater degree, through practice. Universal Knowledge... can also be acquired.

The pineal gland, corresponds with divine thought, after being touched by the vibrating light of Kundalini. Kundalini starts its ascent, towards the head center, after responding to the vibrations from the 'light in the head.' As human beings continue to evolve, further out of matter, on the journey from spirit to matter... back to spirit, the pineal gland will continue to rise from its state of age - long dormancy, bringing back to humanity... astral capacities and spiritual abilities.

Source: International Institute Of Astrology and Occult science



Jai Gurudev.

My name is Kalpana Patel & I stay in Chicago. I am bestowed with lots of experiences after Reiki has touched my life and from that moment the life has entirely changed. While taking Reiki daily, my mind has become full of positive thoughts & I experience this positive energy at each and every moment of life. By taking Reiki our nature changes and we feel every time a very different calmness, peace and happiness and it also energizes our body. When I take Reiki every day, I don't require any medicine on diseases like cold & cough. One can feel this Reiki energy in every cell of body. Our positive vibrations have effect not only on our body but to the entire environment including all people around us. My life has totally changed due to Reiki. I have lots of experiences of Reiki. Here-with I am writing one of my latest experiences. On March 11, 2012, Sunday, I went to buy grocery. After going for few miles I had to take left turn. At that very moment I saw one car coming towards me with tremendous speed. And I felt that I was dreaming. But when I saw it for second time I came to know that it is not a dream & that my car won't survive this any more. Even in such situation I did not have any negative thought or fear. When the impact happened, I become totally unconscious. However when I came back to my consciousness, I realized that I was in hospital in emergency.

Doctors had done all necessary scanning and X-rays & they came to discuss with me about the report. At that time I found that it was difficult for me to speak properly due to pains. Doctors told me that there is no major injury found on external parts of the body. However there was a possibility of bleeding internally & therefore they needed to keep me under observations for next 24 hours. After passing of one day, possibility of internal bleeding did not exist & I was totally out of danger. But important point is that I was experiencing Reiki with me whole day and night. Next day doctor discharged me & I came back to home. Due to pains to my whole body I could not sleep well for few days. In such painful situation also I did not take any medicines because at that time I was receiving lots of blessing of Reiki through all Reiki Sadhaks, which had positive effect not only on my physical body but also on my mind. I was experiencing total bliss inside in such situation also. It is that experience which can not be expressed in words. After taking rest for three weeks, I went back to doctor for check-up & doctor recommended me to have M.R.I. of neck & back. According to doctors there was a problem of herniated disc.

My car was totally damaged and if one had seen it, one would never believed that the occupant had survived. Due to Reiki I recovered very fast. I would like to express my heartiest gratitude towards Guruji as because of him only Reiki has come in my life & **has given a new birth to me**. Once again I thank all Reiki sadhaks, Guruji & Swamiji for being with me every time.

GOSHALA PROJECT

Shree Swami Samarth Sevak Pratisthan,

Devrukh—Katavali Marg, Ojhre (Khurd) Tal: Sangameshwar, Dist. Ratnagiri, Maharashtra State 415804 India.



In our Ashram at Devrukh, we started 'Goshala Prakalp' in the year of 2006. Initially we were having only 4 cows. With the blessings of Swamiji this '**Godhan**' is increasing every year. Now we are planning to expand this upto 20-22 cows. This activity has running & maintaining cost approximate to Rs. 100000/-. For financing this activity we are launching new schemes which are as follows:

One Rupee a Day Scheme:

With an idea that a poorest of sadhak can contribute to this novel project of social interest, we are starting this scheme where those sadhaks interested will contribute **only Re 1 per day**. Each of the sadhak taking part can keep a small box, where he/she can deposit one Rupee every morning/evening remembering Swami through his/her heart. For that moment sadhak will feel a connection with Devrukh ashram space. You may appreciate that Rupee One contribution per day will not tax anyone but will make a lot of difference to the project when contributed by thousands of our sadhaks. At the end of the year, a sadhak in the scheme can just deposit the collected amount to the Centre Coordinator, who in turn will deposit that money in the account of the trust.

Interest on Fixed Deposits scheme:

It is proposed by our trust that those sadhaks interested in helping the Goshala operations, may keep a particular amount in the fixed Deposits in their own names. (No Deposit should be kept in the name of the Trust). All that is expected is that the amount that the sadhak gets on such deposits as interest may be offered for the funds of Goshala. The sadhak can choose his/her own bank and deposit schemes of their own choice. Even the offering of interest to the trust is optional and will be entirely at the discretion of a sadhak. Whenever a sadhak feels like withdrawing from the scheme, he or she can just do that.

In case of any queries on any of the above schemes you may kindly contact **Mrs Monali Rakshe** (our trustee looking after the Goshala funding project) on her mail ID monali.rakshe@gmail.com or on her cell # 9420692136.

Special Purpose Yajnyas

Medicinal Yajnyas

It is stated in Ayurveda the vedic science of life, that at the junction of two seasons there is a likelihood of epidemics and hence medicinal homas should be performed for the sake of community. By performing such HOMAS the diseases in those areas are reduced. It is both prevention and cure. There are several medicinal herbs that could be offered by chanting of special mantras to bring about a desired effect of removing disease in an area. Following are some examples:

Eucalyptus can be put in Yajnya fire with certain oils to cause healing effects. You can change a whole area, a whole community by doing a certain mantras and offering in HOMA fire oil from sandalwood, clarified butter and some certain musk. Sandalwood put into HOMA fire has an astounding effect on the mental fibre. The cannabis plant is also medicinal when put into fire with certain other herbs and with certain disciplines. To abuse the plant for one's sense pleasure is misuse of its properties.

The following will cure any virus, even virus of the muscles and skin: mix baby's breath (gypsophila) and comfrey with clarified cow's butter and cow's milk. Stand and offer the mixture into HOMA fire with the right hand and chant certain mantras. (Why right hand? It is stated that electrical type impulses come through a hand of a holy man. They are really like charges. For this purpose normally right hand should be used)

Catnip put into Yajnya fire is good for allergies. Camomile and Spearmint put into HOMA fire is good for cold and virus germs that accumulate in an area.

Dorian and Camomile when mixed in Tea are medicinal, when put into HOMA fire in some combination, they heal skin fungus.

When Lemongrass is put into HOMA fire by a person with standing, accompanied by a certain mantra, it has a tremendous curative effect of cold and respiratory diseases like Bronchitis, Whooping cough and the like. It also has a good effect on soar throats.

When Peepal (ficus religiosa) wood is burnt in HOMA fire there is a reduction of tension and stress brought about in an area. The ancient science of Yajnya also states that certain medicinal herbs grow only in HOMA atmosphere.

For brain disorders and strengthening of nervous system there are certain HOMAS which can be practiced.

Due to pollution, Heart conditions begin to pop up out of nowhere. Children begin to develop heart conditions because of pollution. Yajnya is the way out. If we do **Satyam, Sharanam Gacchami**, in front of Yajnya fire, it has a purifying effect on the front portion of the brain.

(From: Homa Therapy: Our last chance by V.V. Paranjape)

Reiki Experiences

My Blood Pressure became normal

I learnt my 1st degree Reiki in the batch of November 2011 in Nashik. That time I had just started with a problem of high Blood Pressure. I became mentally depressed and was worried about my physical fitness. I was totally shaken after detection of hypertension. After learning Reiki, I have been practicing the same regularly. I achieved the following benefits:

- (a) My mental tension vanished. I was no longer anxious.
 - (b) My physical problems like pains etc vanished.
 - (c) My blood pressure which became high earlier became normal.
- These experience truly brought me to a 2nd level course of Reiki.

Sunildutt Jadhav,
II-A-941, HAL Township
Tal: Niphad, Nashik Dist

My life has turned around

I had heard about Reiki from my uncle. Right from that time I was curious to know what Reiki is about? Is it really possible to have the result that I had heard? I was not clear what miraculous power this could be. Once I realized that we have a Reiki seminar in Nashik, I decided to attend and experience for myself what the reality is.

When I walked into a class, I was worried about whether I can do all that which will be taught. I was full of self doubts. Before Reiki I was irritated most of the time, used to get angry over small things and used to have a body pain most of the times. I used to fight with my Mom on small issues. After Reiki, the life and mianly my nature has turned around. I am experiencing a transformation of a kind. I have become much calmer. My irritation has vanished. Earlier I used to get worried about whether I could do a particular task or not, today after Reiki I am free from all anxieties. Things just happen. I have no stress. I am surprised about how Reiki manages such situations. Today I am so confident & empowered that I can manage any situation in my life. I have also experienced the great pleasure & peace that one gets while giving reiki to others. Once it so happened that a small boy from our neighborhood fell down & started crying loudly. He was badly injured. Immediately, on hearing his cry, I rushed & gave reiki to him for 5 minutes where he was injured. He was in deep sleep after 10 minutes and everyone around including me were shocked to see a child was crying & could not be controlled by his own mother became free of pain & quietened within 5 minutes of Reiki.

Arpita Shah,
Nashik

Ashram Wisdom

Professionalism and commercialism

Guruji has always been insisting that one has to be professional in every activity that one performs, but should stay away from being commercialized. Unfortunately many sadhaks confuse themselves when it comes to that. The other day Guruji was explaining a sadhak at ashram that there is nothing wrong being professional. Professionalism is an attitude, it is an approach while the commercialism is a method. Both do not necessarily go together. The whole world is possibly making a mess of these two terms. Many a good people mix these two terms and while trying to be non-commercial also become un-professional. That affects their performance. He said, "I am strictly against commercializing every thing. Today we can see a commercialization of even spirituality. People are there to sell even the God. Shri Swami Samarth is reported to have said in his life time before he took a Samadhi that within 150 years from then there will be a businesses run using his name. Today we see that at many places. It is happening in every religion, every sect, every faith.. On visiting many ancient temples you find them commercialized in the name of modernization. You get lost when you visit them after long years. The other day, about 5 years ago, I visited Shirdi Sai Baba place and thought I was in some 5-star city of a modern country. There was nothing that I could relate my values and beliefs. The old Prasad room had gone, where a rich and the poor used to sit shoulder to shoulder. You have a swanky place of marbles instead where you pay money and "buy" Prasad. I sat in meditation and Baba gave me an insight saying that "You may not come here again. I no longer stay here in this jazzy place of tourists." There is everything there but Sai Baba now. The darshan of the lord is being sold to those who have amassed money by any means. The basic tenet of simplicity and compassion towards the poor and downtrodden is lost in the midst of commerce. Mountains are crumbling, the forests are infested by humans and the temples have become a tourist spots. Where will the divine soul go now?

*Let what
comes come.*

*Let what
goes go.*

*Find out
what re-
mains. ~*

*Ramana
Maharishi*

Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	7th & 8th July	Nashik Road	Seemaben	2nd
2	7th & 8th July	Ahmedabad	Bharatiben/Krupa	1st
3	14th & 15th July	Goa	Ajit Sir/Seemaben	1st
4	14th & 15th July	Devrukh	Kalpita	1st
5	21st & 22nd July	Mumbai	Ajit Sir	1st
6	28th & 29th July	Baroda (for Indian oil)	Ajit Sir	1st
7	4th & 5th August	Pune	Ajit Sir/Kalpita	1st