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Healer should be like a plain glass..

The question that is invariably asked in Reiki classes is, "Do the results of the healing depend upon a quality of a healer?" And invariably most of the master teachers would like to flinch from this question. The answer could be tricky. It could be yes or even no. And may be both the answers are right or both could be wrong. Healing is a dynamic phenomenon. This question has many connotations or dimensions. One really needs to have the ability to define correctly the terms like healing, results, quality and healer. The wrong understanding of any of these terms may lead to wrong results.

When one talks about a healing, one has to have a prime understanding that we are not talking of a process. It is something much beyond. It is more to do with the state of wholesomeness, holistic aspect of life. Result is another term that foxes many. Most of the time the results of healing are as hidden as the causes of diseases. We know they are there but our five sense may find limitations in understanding both of them. In fact there is nothing like a healer if we are talking about a human life activities. Any human can just be a medium in the hands of divine. Divine is the only healer. All that, as a medium, we can do is to try and become a pure medium and maintain that purity. That is what all the spiritual principles will tell you. That purity of existence is the quality. That transparency in life is what makes a process. It is just like sunrays entering into your house in the early morning hours, seeping through the glass panes of your windows. The dust and dirt on the glass will decide the quality of experience. If the glass is not well cleaned, you may miss out on that divine moments of beauty enetering your housing searching for your existence. The dirt and dust may well keep the divine visitor away from you.

Someone was asking me about a type of healers based on their healing abilities. There are different types. The one who transmits exactly what is received and with little more love added is the supreme healer. The one who transmits without adding anything divine from one's own existence may stand next etc. e.g. if you are given by someone a currency note of Rs 500 to handover to someone, you may choose options. Some of us will take a note, wrap it nicely in an envelope and offer to the recipient. Someone else may just hand over the note without even an envelope. They both have delivered whatever was given to them. The third type may think for some time and may have some smaller notes to get rid of, may change the notes though will deliver the value. The last one may possibly offer lesser amount than Rs 500 and keep some money with him. So there are types and types of people. The quality of healing will depend on this purity.

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Media's error or Terror? Contributed by Rakesh Thaker

Every time some drastic act of terrorism happens in India, News channels on TV get busy with showing footage of such acts vehemently and at the same time Reiki channels become busy in answering queries of the people about "How come terrorists did Reiki and still did these horrible things?" I always thought that a time has come for people and media to understand that our dear Reiki has nothing to do with the so called Raiky (that too wrongly) of terrorists. I really wish the terrorists do our Reiki so that they can never ever do the acts of terror. Here is a translation of an article which appeared in Sandesh Gujarati daily on 6th March 2012

I tell you the Truth: Anyone who has faith in me will do what I have been doing."

Jesus of Nazareth, quoted in John 14:12

One of Gujarati Poet Shri Akharam Soni (in Gujarat he is known as Akha) in his poem wrote that Languages are those which are accepted and applied by the regions they enter like a winner warrior is accepted without any resistance by submissive people of the state. Some time totally wrong words are used and adapted in routine language. Many a times it gives birth to a good humour. Earlier "BA" or "MA" was used for mother in Gujarati language in every family. Then eventually BA became MUMMY and even a MOM over a period of time (in Gujarati it's meaning is wax). And Father known as PITAJI in Gujarati language is now "DAD" (Dead) in routine life These are only an examples for one or two words. In Delhi when Jehadi Terrorists were arrested and in Ahmedabad bank robbers were arrested, news agencies has reported that these people has done REIKI before they committed crime. This particular word is creating wide misconception. Reiki is a very pious and spiritual activity in which diseased, disabled people are treated with prayers to the divine for their wellbeing. Criminals and Terrorists do not have any kind of relationship with this activity.

Then what these terrorists and criminals are doing with pronoun RAIEKEY ? Question will obviously arise in every body's mind! RECONOITRA is a French word from which English word RECOGNIZE was derived. In oxford Dictionary this word is explained in this way," **RECONNOITRE – meaning – Approach and try to learn positions and conditions or strategic features of enemy or place.** A very simple description of the word is provided in this language. This word is used mostly by the under ground criminals or army to find either enter or escape route to secure position in performing specific operations. As we are using SMS by shortening the words, the RECO word is also used in the same way in communication in army and terrorists. Particularly Italian drug mafias and terrorists are freely using this word to analyze how much crowd is their, how much traffic is their, how far away is the police station or fire brigade and hospital which may help them to perform the operation easily and escape from the place. Terrorist attack on Mumbai on 26th Nov 2008 is well known to everybody where in they came from sea and perform their activity in Taj hotel before that they have done RECO to analyze and escape route. But our REIKI has got no relevance with RECO. REIKI is pious and spiritual activity used for healing purpose where as RECO is used for how much intensive damage can be done. These two words are mixed somewhere and unknowingly used by the media and because of that a most healing and pious branch of knowledge is condemned. Reiki Sadhaks are healing grave diseases without using any kind of medicines or injections. Use of Reiki is for the common cause and welfare. REIKI is Japanese word where as RECO is abbreviated French word. Proper use of language and its words may help in preventing a damaging of the prestigious use of Reiki.

John Hopkins Hospital Updates on Cancer.... Contributed by Nadia Edreva

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY ('TRY', BEING THE KEY WORD) TO ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY .

Cancer Update from Johns Hopkins:

1. Every person has cancer cells in the body . These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has nutritional deficiencies . These could be due to genetic, but also to environmental, **food** and lifestyle factors .
5. To overcome the multiple nutritional deficiencies, changing diet to eat more adequately and healthy, 4-5 times/day and by including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc., and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

Mother Teresa's Anyway Poem

contributed by Uttara Shinde

Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives;

Be kind anyway.

If you are successful, you will win some false friends and some true enemies;

Succeed anyway

If you are honest and frank, people may cheat you;

Be honest and frank anyway.

What you spend years building, someone could destroy overnight;

Build anyway

If you find serenity and happiness, they may be jealous;

Be happy anyway.

The good you do today, people will often forget tomorrow;

Do good anyway

Give the world the best you have, and it may never be enough;

Give the world the best you've got anyway.

You see, in the final analysis, it is between you and your God;

It was never between you and them anyway.

*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.

Reiki and Psychology...

Ashwini Telang

First of all, what are those spiritual practices which you are administering to your clients/ participants/patients to eradicate their mental problems?

I have been using various techniques like Reiki, Transcendental Meditations as well as some of the meditations designed special for management of mind. In spiritual science one understands the concept of chakras which are the whirlpools of energy. Emotions as one understands in spiritual context, is nothing but an experience of environment of chakras through which your consciousness passes through at any given moment. As we all know life is nothing but a continuous movement of energy, a flow of energy which gives one the experiences of life.

These methods depending on the need of the patient when applied give tremendous results. In fact people who had been taking as many as 18 tablets a day for their psychiatric problems are now free from medical dependence.

Secondly, what is actually spirituality to you?

My understanding of spirituality is that, it is an exploration of unknown beyond the realms of known. It is an understanding of something which is beyond the matter and at the same time awareness that it is the basic cause of a matter itself. To that extent one can call it a science as that is what the idea of science is all about.

According to my understanding Spirituality is everything that one does with realization; it has nothing to do with Religion. It is the way one lives. Spirituality is the understanding of cause and effect relationship and reaching the cause. It is nothing but managing the unmanageable.

Thirdly, what is the relationship between Psychology and Spirituality?

Actually speaking, According to me, Psychology & Spirituality are not different entities. As we all know that everything that is happening to us in our life is our own perception and that every feeling is literally psychological. So is the case with Spirituality it is the inbuilt phenomenon which we are born with. Everything that we do (react to the situation) in life if is backed by Spirituality, every action that we do comes from full awareness.

If you look at the larger canvass of life one can say that life is nothing but a series of emotions. Every movement physically we breathe and metaphysically we emote. That consistency in breath and emotions is what the life is made up of.

Reiki is a remedy for fear. It rinses fear away, because fear is a condition of the temporary and not the eternal.

Randolph Shipon author of a book Reiki Psychology.

Gokai: The Five Principles of Reiki

Five Principles or percepts as advocated by Dr Mikao Usui the founder of Reiki Usui System of Natural Healing truly provides the core to the whole Reiki healing system. We cover that in the first degree curriculum. Naturally not much time can be devoted to this part though these principles really warrant a lot of understanding. In fact on understanding these principles in their truest essence, one can possibly understand the principles of life. These are not only the philosophical statements. They are the resolutions, the commandments for Reiki healer. As you all know the five principles that we, as Reiki healers, commit ourselves to are:

- (1) Just for Today, I will be in attitude of gratitude
- (2) Just for Today, I will be free from Anger
- (3) Just for Today, I will be free from Worries.
- (4) Just for Today, I will be honest to my work and my self.
- (5) Just for Today, I will be loving and respecting all the living beings on this planet.

Though the contents and the emotions behind the five principles have not changed from the time Dr Usui pronounced them, the language did change and so did the sequence. Mrs Takata reportedly passed on these principles in the form as above. The research shows that the original five percepts which were taken by Dr Usui from Meiji Emperor's five rules of life. The reason could be that he wanted to give the members of his organisation a solid ethical foundation. It is believed that Reiki has been preserved for us because of this reason and has not like many other methods of healing been buried along with its founder. These ethics actually is a heart of Reiki and more the people (who have been commercially misusing Reiki) know about that, the better it will be for the world. Otherwise the only hope for the world will be lost for ever.

The Meiji Emperor's five principles (known as Go Kai where Go means 5 and Kai means principles) were:

- | | |
|--------------------------------|----------------------------------|
| Kyo dake wa | (Just for Today) |
| 1. Okoru-na | (Don't get angry) |
| 2. Shimpai suna | (Don't worry) |
| 3. Kansha shite | (Show appreciation) |
| 4. Goo hage me | (Work hard (on yourself) |
| 5. Hito ni shinsetsu ni | (Be kind to others) |

To highlight the importance of ethical practices in Reiki healing, our first session of Reiki Study Circle is totally devoted to these five principles. The training of trainers is in progress at all our centres worldwide. Gokai blessings as it is called is an effective method of mental healing and those who have done 2nd degree are being offered this knowledge now as a gift of Reiki energy.



Healer being trained for
Gokai blessings



Kalpita Keer, Reiki Study Circle Leader
explaining Gokai in Devrukh



Students of Gokai class in rapt attention

Mahashivaratri at Devrukh

Mahashivaratri festival has always been an exciting event in Devrukh ashram for the past few years. Guruji had decided that Mahashivaratri will not be celebrated as a festival this year onwards but as a Vrat as a penance for only those sadhaks who would follow the penance rules set for one month prior to the event days. This year the penance was made even more stiffer. In spite of that almost 33 sadhaks participated with three groups of 11 sadhaks. The groups were named as usual, as Ganga, Trishul and Damroo. The groups alternated the rituals between Abhishekam at the Shiva Linga site in the backside, Trimbakam Homa near the Yagna Kunda in front of the temple and the chanting of Mahamrutyunjaya Mantra in the Kutir near the gate of the ashram. These rituals were performed non-stop for the span of 72 hours. No wonder the atmosphere of the ashram was charged with the chants of Mahamrutyunjaya echoing in every corner of the place.

Sadhaks themselves created a beautiful Jyotirlinga using the earthen pots filled with oil and lighted in the night of Maha Shivaratri on 20th February. The event which started on the sunrise of 18th ended on the wee hours of 20th after all groups chanted Rudradhyayas at all these 3 locations.



Marathi Ram Charita Manas echoes in Devrukh ashram

Revered saint Swami Pradnyanand Saraswati, also called as Goswami Tulsidas of Maharashtra has translated the original Ram Charita Manas of Goswami Tulasidas. To popularize this among all those devotees of Lord Rama in the nook and corners of Maharashtra, Swamiji's disciple Mrs Rajashree alias Shyamala Bhalechandra Diwakar along with a group of 12 ladies recently completed 111 collective recitation traveling all over India. When this sankalpa was completed, Mrs Rekha Patwardhan, a Miraj based devotee of Swamiji also resolved to do similar 111 collective recitations moving all over along with a group of 12 ladies. This group recently performed their 72nd recitation at Devrukh ashram between 27th February and 2nd March 2012. The recitation which happened about 5 hours a day in front of Shri Swami Samarth sanctum sanctorum proved to be a sweet melodies for the ears of sadhaks in the ashram. The whole atmosphere was so charged with the name of Rama, that the ashram place literally was transformed to the times of Ramayana.



“Become the sort of person you would want to meet – because that’s who you have come here to meet. Everyone else is a reminder of yourself: who you want to be - who you don’t want to be - and who you are becoming. Sit with yourself, face yourself, and find out who you are.” –

Dr Jeff Mullan

We have been hearing the stories of Ramayana since our childhood. The story of Sage Vishwamitra taking young Ram along with him to protect his Yajnas being attacked and spoiled by demons (Rakshasas) is too well known to be repeated. I feel that we are missing the point that this story is making while appreciating the story for its dramatic values. I cannot imagine demons bringing the bones, flesh and blood and sprinkling from the sky in the holy fires lit by the sages while performing the Yajna rituals. That seems to be too far fetched idea. These demons I believe are not outside entities flying in the sky. They are our own traits of personality like Anger, Temptations, Desires, Lust etc coming from within. They are the ones corrupting the whole flow of energy flowing through our Chitta (the intellect, mind and heart) and ultimately corrupting our karmas to create more impurities in our existence. That cuts us from that divine connection.

Ram is also, I believe, not a human or a God as we made him to be. Ram is the love in your heart. Activating that love, that faith is what calling Ram for the help. You need to really reach your heart (Ayodhya- where no war can be fought) to counter these demonic tendencies. Only pure, divine, uncontaminated heart can do that. Vishwamitra represents only a sadhak who wants to be friendly with the entire universe, the one who is doing spiritual practices to reach the ultimate goal to become a part of universe.

The times are bad. Next few months will see a lot of demons and a lot of blood, bones and flesh being flung on the sadhak’s spiritual efforts. Do not bother. Just be with your heart. Just be with Ram. Just activate that divine within so that you can win over those demons who will try to challenge your intellect and distort your mind. Be aware of that. And have a faith and trust. Else your yagnas will be shattered, contaminated and disturbed. You may have to reset your sadhana all over again. Be careful, be watchful and be with a heart.

Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	3rd & 4th March	Baroda	Ajit Sir	1st
2	6th & 7th March	Baroda	Ajit Sir	2nd
2	17th & 18th March	Devrukh	Ajit Sir	1st
3	31st March & 1st April	Thane	Ajit Sir	1st
4	7th & 8th April	Baroda	Ajit Sir	1st
5	14th & 15th April	Nashik	Ajit Sir	2nd
6	21st & 22nd April	Devrukh	Ajit Sir	1st
7	28th & 29th April	Mumbai	Ajit Sir	1st