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Reiki Vidya Niketan

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A re-look at Medical science... a need of the hour

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Our research team stumbled upon a concept of water cure and that proved to be a moment that literally shook many of us in our team. The website www.watercure.com was studied in details. That was followed by ordering the books on the subject. The team members read every word number of times and also tried the remedies given there on their own before even talking to people around. And lo! What a dimension of science opened up. The knowledge that Dr Batmanghelidj M.D. has attained through his scientific research in the past 3 decades is amazing to say a least. It is totally a paradigm shift in medical knowledge. I have a feeling that a time has come to look for some serious alternatives to the current medical science. The views of Dr Batmanghelidj who is M.D. from Imperial College in UK and has been actively practicing in Pennsylvania can not be discarded easily, even if one does not want to believe in that.

I have been seeing that for the past few years, the scientific community has become rigid in their approach and attitudes. They do not seem to be open to new ideas. They have forgotten the basic tenet of any science for its growth is the tolerance, openness and acceptance. All these virtues seem to be missing today. No wonder science has started creating doubts and aversions in the mind of common people. The science mainly a medical fraternity has started creating shivers in the minds of the patient instead of producing comfort. A couple of years ago, I was reading in London Times an article which was stating that in England people are going away from modern science and 6 major science institutions in UK have closed down due to not many students in the past 5 to 6 years. Mind you, these institutions have created 6 Nobel laureates between them. That is serious.

Reiki Vidya Niketan is taking a new initiative to create a platform to bring all those related to health care to come together and sort out what is what. We are starting with the platform on Water Therapy of Dr Batmanghelidj and will invite the healers from every field (all pathies) to have an open debate so that a common man gets educated. A patient or a common man has every right to know what are the options fed to him/her by all those different therapies. It is not only about therapies, but the doubts are now about the basic understanding of human life in totality. You should be hearing more about that soon.

Ajit Sir

Dashavataras: Ladder of life with 10 steps

Human existence travels through ten different stages in their life, right from the time we are born till we die. Each of the stage is a quantum change— where everything that relates to human life changes, the body, the ideas, the thoughts, the emotions & urges, the memories and above all our personalities. Nothing remains from the past. These stages are not only biological but are also spiritual. What truly happens in these stages is a change in energy levels available at different aspects of human existence.

The basic premise behind his theory of Dashavataras, exclusively researched and discovered by Reiki Vidya Niketan, is that we all are given the same amount of energies by the divine or the creator. These overall energies are however distributed in different frequencies of human existence differently. That is what actually creates human characteristics and natures. That is what possibly creates some people more intellectual while some are emotional. Possibly that is why the age old idiom that the brawn and the brain do not stay together makes a sense. Your development in one faculty of life is always at the cost of the other faculties. No wonder those who are visually impaired may have a stronger other senses with respect to a person with normal senses.

This theory throws out many more insights:

- 1) At each stage of our life, we have certain amount of energies available for a particular functionality. If the activities related to those functionalities demand less energy than available, one remains happy, healthy and harmonized. If the situation is adverse in terms of demand and supply of energy, one faces the situations of stress and diseases in life time.
- 2) A common man is not aware about this concept at all and possibly suffer in life due to this ignorance
- 3) The people who know about the concept may not have the abilities to apply that to their lives.
- 4) Those who may even know about the relevance of this to their lives, may not have the ways and means to manage the situations. They may not be aware about the methods to help them manage.
- 5) A common man has no ways to manage this and is helpless. The spiritual path actually helps one to attain the ability to shift one's energy levels at will. One can understand the situation demands and decide to shift the energies from one band to the other to manage the situation. One can then choose to be back to any other level of consciousness as one may feel fit.
- 6) If one can keep the activity levels appropriate to the available levels of energy, one does not have to bother in life at all. It is just like your money or wealth. If your expenses are always less than your income or your liabilities are less than your assets, one is always comfortable and the stress levels are very much under control. This understanding will automatically curb the tendencies of desires and unachievable ambitions in life. This would truly be renunciation of some kind.

Our vedik traditions probably understood the whole game better than what we do in modern times. The four stages like Bramhachryashram (the age of studentship), Guhasthashram (the stage of householders), vanaprasthashram (the stage of active withdrawal) and the San-yashram (the stage of passive withdrawal or renunciation) are nothing but that solution.

*I firmly believe
that if the en-
tire materia
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.*

Reiki Initiative for HIV affected : PALAWI Project

HIV infected persons has always been a challenge to any therapy. With the growing HIV cases all over the world, possibly this disorder is going to offer the biggest threat to human life, if not already done so. There are many social organizations who are trying their best to make the lives of HIV affected little comfortable before they die. That is all that they possibly can do. Their efforts without any support from any healing therapies have proved to be futile and a frustrating task for many of these organizations. What is really driving these noble people to continue their efforts is the spirit of humanity.

One of such organizations in Maharashtra State in India is PALAWI (which literally means blossom of a tree) This organisation was founded by an initiative of a noble lady Mrs Mangalaben Shah in the pious city of Pandharpur (the place where Lord Vitthala has his abode from mythological days). Mrs Mangal Shah started these efforts about 10 years ago on a humble note with only 2 HIV affected children taken to take care of. Today that small stream is becoming a kind of a river. Today this institution supports about 50 young children in the age group of 2 to 17 years. Today Mangalaben has a team of about 14 dedicated social workers, including her immediate family members which has taken this task as a mission. One of our students Dr Vasudha Katdare joined this mission a couple of years ago, offering her life and professional skills for the mission. She knew about Ajit Guruji's ideas of taking Reiki and other spiritual practices for these kinds of noble deeds. She along with Mangalaben approached Ajit Sir about 2 years ago with an idea to work out a plan where something can be done to treat these unfortunate children.

During these two years, Ajit Sir came to know about 3 HIV affected cases, who came to learn Reiki and reported that they are totally cured of the disease. This feedback actually proved to become an impetus for the mission to move in the direction we were all looking for. On 18th and 19th of April a team of Reiki Vidya Niketan under the leadership of RVN Reiki teacher Ms Bindiya Pandya accompanied Guruji to visit Palawi to see their set up and chalk out the plan. The team comprising of Reiki Teachers Mrs Seema Trivedi & Mr Milind Heghetye as well as a senior sadhak Mrs Daxaben Patel went through the entire set up available at Palavi and launched the Agnihotra therapy on 18th itself. They trained about 60 residents on doing Agnihotra and explained how the Agnihotra ash can be used to make medicines and how to apply them for what diseases etc. The group has also decided to conduct Reiki training for all children and the care takers on 16th and 17th June this year. The healing groups will be created which will visit every month and see how Reiki and Agnihotra therapies is helping the children there. Guruji has also appealed to all other sadhaks to join the healing efforts in whatever way they can.



↑
Agnihotra being performed at Palawi HIV affected children care centre at Pandharpur



↑
RVN Team with team members of Palawiat Pandharpur during their visit to Palawi on 18th April



↑
Agnihotra was taught to about 50 habitants of Palawi at Pandharpur

Can you hear the silence
Can its “abstract noise” you feel
Do you know what it wants to say
With the suspicion can you deal?
I am trying to hear its whispers
& I hear someone crying
After that I hear his high spirit
Which makes him say that he won’t stop trying
In the background I hide
Observing like an eagle’s eye
I try making sense of the shadow
I try peeping but his identity he won’t show
So I listen to silence again
I listen to the determination
In the man’s voice
Who is at ease even after making the difficult choice
I am not afraid for what is going to come
I am ready to face it I won’t run
With my mistakes I will learn he says
I admired his rational & simple ways.
I wanted to know who he was
What was he fighting against and for what cause
In the darkness light came
Now I could clearly see
That what silence had was “a voice inside me”.
The voice that I just won’t hear
Which had faded despite of being so clear.
I learned that if your inside you hear
In the darkness light you try to see.
There is nothing & absolutely nothing that can
Stop you from reaching your destiny.

Healing Experiences of Mrs Takata

The newly available history on Mrs Takata brings out some interesting things about Mrs Takata's teachings and healing methods. Mrs Takata used to say, "Except for shock or accident, use the full treatment and this is the same for all things. Don't try to take only parts. The body is a complete unit, so whatever possible, treat it completely. Start with the abdomen or head- it does not matter-then proceed with the whole treatment. It is the same for all, physical or mental. There is no difference in the treatment." (Haberly, 99)

When treating someone who had experienced trauma Takata would "release shock from the adrenal glands" by placing the hands over the adrenal glands and giving Reiki until the flow of Reiki diminished. Takata used to say ***"there will not be complete healing after an injury if you do not release the shock from adrenals."***

At the end of the treatment, Takata used technique that involved running the fingers on either side of spine and manipulating tissue from the neck to coccyx to improve blood circulation. (This technique is sometimes referred to as Reiki Finish or Nerve strokes). Since performing this technique requires a massage licence in many jurisdictions, Grey and other practitioners have devised alternate technique that accomplishes the same goal without manipulating the tissue. One method is to sweep the hands through the energy field from head to foot several times.

To ensure that her patients received treatment on a regular basis, Takata often attuned members of their families and in at least one instance, their neighbours. A story goes that young woman who had advanced Tuberculosis, Mrs Takata gave her treatment every day for a week and then gave classes to her mother and their neighbours so that she had many people treating her. According to Takata, she completely recovered within 6 months.

After a treatment, especially one for a chronic condition, Takata expected the client to experience a "healing reaction". This was a release of toxin by the body and could take the form of gastro-intestinal upset, flu like symptoms, headache or in some instances an intensification of the condition itself. Takata welcomed healing reactions because "the reaction shows whether the healing is moving forward". Takata taught that chronic conditions requiring long term treatment are more likely to be accomplished by reactions that release toxins. If injuries are quickly treated they are not as likely to produce reactions.

Although most of the Takata stories focus on the treatment of illness, she also emphasized the importance of Reiki to ensure health and well being. For instance regarding Reiki and Pregnancy she quoted as saying "the best plan is to start Reiki before becoming pregnant and then have treatments to strengthen her during the pregnancy; and if any symptoms then appear, Reiki could be applied immediately.

In many shamanic societies, if you came to a medicine person complaining of being disheartened, dispirited, or depressed, they would ask one of four questions.

"WHEN did you stop dancing? WHEN did you stop singing?

WHEN did you stop being enchanted by stories? WHEN did you stop finding comfort in the sweet territory of silence?"

Kyun? Why?

A poem by Deepak Jain

क्यु आज भी लोग निराश है, जहा विज्ञान ने हर चिज कर दि है आसान और आरामदायी ।

क्यु हर तरफ है उदासी जहा भौतिक चिजों की है विपुल उपलब्धियाँ ।

क्यु दिल मे है मयुसी पर चेहरे पे सजी है जबरनकी मुस्कान

क्यु कागज के फूलोंसे सजते है टेबल और विरानसी है बागान

क्यु रिश्तों मे है दूरे, जहा दुनिया क हो गया है “Globalization”

क्यु रिश्तों मे है दिवारे और लोग कहते है “Keep safe Distance”

क्यु दिलोंमे है बेरुखी और लोग बन गये है “formal”

क्यु हमारे दिल नही दहते किसी को मरते—मारते देख

क्यु यहा कोई कबीर देखकर नही रोता

क्यु दिलमे पिडा नही उठती कोई किसी को बिछडते देख

क्यु हम इत्ने संगदिल बन गए है

क्यु हमारा दिल नही पिघलता किसीके सितम देख

क्यु इंसानने बारुद बनाकर किया है उसका रुख दुसरो के घरोंदों पर

क्यु वह नही जानता की यह बारुद उसे भी रख देगी बेचिराख कर

क्यु जलबिन मछली तडपती देख उसे होती है खुशी

क्यु थोडेसे दुखडेसे करलेता वह खुदखुशी

क्यु चलाता है छुरियाँ पशुपक्षियोंके गर्दनो पर

क्या उसका पेट नही भरता, रसना तृप्त नही होती शाकाहार कर?

क्यु चिडीयों ने चहकना बंद कर दिया

क्यु इंसानने अपनी दिल की आवाज को अनसुना कर दिया

क्यु कोरे कागज पे भी उसकी नजरें डुंडती रहती दाग

आज हमने “IQ” तो बढा लिया है

मगर “EQ” मे रहे गए गरिब

आज दुनिया मे बेशुमार है

गलत चिजें सुनने तथा देखने को मजबूर करती है

आज जरूरत है हर माँ को ‘श्यामकी आई’ बनके यह कहने की, की,

‘बेटा पैर को गंदगी नही लगने देना उस तरह मन को भी मलिन न होने देना’

आज जरूरत है हर बाप को अपने लाडली बेटी से यह कहने की

‘बेटा घर के बाहर तूने कदम रखा है, तुही मेरी आबरु ह, तुही मेरी पगडी है,

इसे कभी उछलने मत देना, अपना आँचल मैला न होने देना!’

Reiki Experiences...

I am resident of Kanganewadi in Devrukh. I had a terrific pain in the lower back for almost over a month. I could neither sit or stand without pain. Standing was very painful. I went to the doctor & he advised me to take my x-ray. The X-ray showed the gap in my vertebrae. The doctor prescribed medicines but nothing worked. The pain just did not go. Around that time, one of my acquaintances Mrs. Charuta Khanvilkar came to see me & told me about Reiki. She said, if you have the faith go to Swami's Math & take group reiki. I believed her & started going to Reiki Arogya Mandir in Shree Swami Samarth Math. On the first treatment of Reiki itself I experienced the change. I could stand on my feet without any pain. The pain that I had while wearing sandals before just vanished. On 9th day of treatment I was totally free from all the pains & discomfort. Truly, Reiki is great divine power. The pain that I had which couldn't be taken care in spite of spending Rs. 5—6,000 over a month just vanished over 21 days of Reiki. That is most beautiful experience in my life & I then and there I decided to learn Reiki and attended the first degree course on 21st & 22nd April.

⇒ Mrs. Prabhavati Pendhari, Devrukh



Prabhavati Pendhari

श्री स्वामी समर्थ

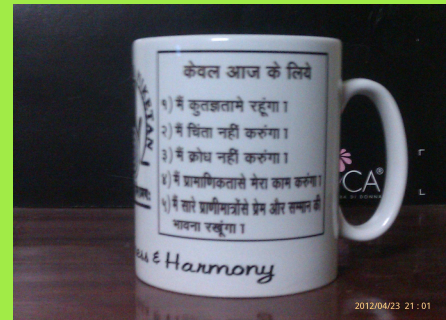
मी सौ.प्रभावती प्रकाश पेढारी राहणार देवुरुख कांगणेवाडी माझी एक महिन्यापासून कंबर खूप दुखत होती. उठता बसता मला खूप त्रास होत होता. पायावर नीट उभारी राहता येत नव्हतं नवकी काय दुखणं आहे हे पाहण्यासाठी मीएक्स-रे काढला तेव्हा असं कळलं की, मणक्यात गॅप आहे. औषधे चालू झाली पण त्यानं काही शोध येत नव्हता. सौ. चारुता खानविलकर या माझ्या ओळखीच्या असल्यामुळे त्यांना जेव्हा कळलं तेव्हा त्या माझ्या घरी आल्या आणि त्यांनी मला रेकि विषयी सांगितले. म्हणाल्या, तुमचा जर विश्वास असेल तर स्वामींच्या मठामध्ये ग्रुप रेकि दिली जाते तिथे जा. त्याप्रमाणे मी रेकिवर विश्वास ठेवून रेकि घेण्यासाठी मठात येवू लागले. रेकिच्या पहिल्याच दिवशी मला असा अनुभव आला, मला माझ्या पायावर नीट उभं राहता येवू लागले. चप्पल घालताना होणारा त्रास निघून गेला. त्यानंतर नवव्या दिवशी माझा पूर्ण त्रास निघून गेला. आणि मी पूर्णपणे बरी झाले. खरचं रेकि खूप मोठी दैवीक शक्ती आहे. कारण पाच-सहा हजार खर्च करूनही मला बरं वाटलं नव्हतं ते 21 दिवसांच्या रेकिने करून दाखवलं. असा सुंदर अनुभव आल्यावर मी स्वतः रेकि शिकायचं ठरवले आणि दि. 21/22 एप्रिल 2012 ला मी रेकिची पहिली डिग्री केली. मी स्वामी तसेच श्री. अजित सरांची खूप खूप आभारी आहे.

A Coffee Mug with Five Principles of Reiki

Five principles of Reiki as we know by now are not only confined to those who are practicing Reiki, but have become the 5 principles of life. In fact the historical records show that these were basically the codes of conduct advocated by Meiji emperor in Japan in the nineteenth century. The time has come to promote these wonderful principles which can change the world, if followed by many. Reiki Vidya Niketan has taken initiative to make people aware about such noble attitudes by making them visible to a larger public who may not be initiated on the Reiki path and are not aware about them. One of the first initiative is to print them on a coffee mug. These mugs are being made available to all those who are interested by paying a sum of Rs 110/- per mug which is a cost of a mug, on no profit no loss basis. The mug looks like this:



You may register your orders with payment to your centre coordinator before 5th May 2012 or by writing to Mr. Rajesh Kale (our Baroda Coordinator) either by cell : 09427015170 Or by email to his ID: kalerajeshp@gmail.com





Creation of Swami's
Picture in Rangoli

You are carrying a masterpiece hidden within you, but you are standing in the way. Just move aside and then the masterpiece will be revealed. Everyone is a master piece because God never gives birth to anything less than that. Drop the idea of becoming something because you already are a master piece.

.....

OSHO, the Zen Master



One of the sadhaks came to Gururji the other day in a dejected mood. Gururji asked, "What is the matter". The sadhak said she has been doing so much for others for the past few years but no one is appreciating that. She was talking about all adjustments and compromises in life she has done. And now she feels that no one else is willing to reciprocate that gesture of adjustments and compromises. The question Gururji asked was, "Have you compromised and adjusted with others and the environment for the sake of others or for your own sake? By doing all these adjustments did you not benefit at all? Did you not buy peace by offering your gestures of adjustments and compromises? If you have done it for your own comfort and peace then how can you expect others to pay off? " One has to be good not for the sake of others but because you feel good about it. Goodness is more inherent and nothing to do with the outside world. And if it has nothing to do with outside world, how do you expect them to react the way you want them to? Goodness is your virtue, a trait that shows you that the divinity is a part of you. That is your nature or that is what it should be. That is something which you should never trade off. It is not an object to sell and make wealth out of. It is to be cherished for ever. The moment you realize that you will never relate that with the outside world. If you do not relate that with the outer world, you will never forcefully expect anything in return. That forceful expectation is your desire. If there are no such expectations, there are no unfulfilment of such expectations either. Obviously there are no frustrations in life. Always be good, whether others reciprocate or not. Be good so that you feel good.

Reiki Seminar Schedule

| Sr. No | Dates | Location | Master | De-gree |
|--------|---------------------|----------|------------|-----------|
| 1 | 5th & 6th May | Baroda | Seemaben | 1st |
| 2 | 7th & 8th May | Devrukh | Sangitaben | 1st Child |
| 3 | 26th & 27th May | Devrukh | Ajit Sir | 2nd |
| 4 | 16th & 17th June | Devrukh | Ajit Sir | 1st |
| 5 | 30th Jun & 1st July | Baroda | Ajit Sir | 1st |