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# Reiki Vidya Niketan

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## Happy Diwali (the Festival of Lights)

Dear Sadhaks,

Jai Gurudev

*The festival of lights has again arrived. Deepavali as it is called in Indian languages. Deep means light and Avali means a row or series. It is a magical word for Indians. Normally they say that our brain stores all the memories of the past using one of our senses. How true it is in this case. The one word you utter and suddenly the treasure of the past opens. What fountains out is that loud banging noise of fire crackers immediately followed by the odour of smoky air, the wonderful perfume of Mysore sandalwood soap of yesteryears, the chill of the winter months and those early morning baths, those wonderful smells of laddoos, karanjis, and shev.. Getting fried in the cooking oil, the feel of those long paper tails of those paper lanterns fluttering with the morning cool breeze. Deepavali meant all these to many generations in India. This one word brings back the magic of childhood. The whole childhood of our generations was dazzled by those Deepavali lights & smells. When we were children we always wanted to be grown but there was that small anxiety too, of losing those Deepavali days.*

*After starting walking on the path of spirituality, within no time, I realized that I was not getting as excited as I used to in the childhood about Deepavali approaching. The idea of Deepavali coming closer never raised those goose pimples on the skin. And I was terrified. I thought, I have lost my childhood, I have lost that child within. That was frightening. But the feeling did not last long as the realization dawned that the sparkers and lights on Deepavali are for those who are not enjoying them every day. The fragrance of sandalwood was never lost any day. The lanterns kept on shining day in and day out after Reiki. Those sweets never ceased and got over. Every night was lit by the full moon and every day was a basking in the glory of that divine Sun. I realised that those who experience the frightening darkness of every night for 364 days may have to look forward to those glorious lights on Deepavali day. But that darkness could never create a fear in the lives of those light workers. When you become a light, which Deepavali you will celebrate? When the heart renders the perfume of love and compassion to the whole world, which incense sticks will titillate you? Which sweetness of those laddoos will tempt you when there is a touch of nectar on your tongue all the time? Maintain that fragrance of heart, the nectar on the tongue, the light in the soul. These are my wishes to all of you.*

With lots of love,  
Ajit Sir

## Are you emotional or are you sentimental?

The time has come for everyone to ask this question to one's self. These two terms are very different though they are used as synonymous. This is causing a lot of confusion in minds of the people, common and uncommon. You may appreciate that the sensitiveness is a foundation of both these phenomena. That is where one gets confused and start believing that these terms are synonymous.

Emotion is more an expression of heart while Sentiment is an expression of ego. How does one know whether one is acting out of emotions or one is acting out of Sentiment? Simple. Look at your reactions and the difference will be clear. When someone says or does something and you feel hurt or feel proud, believe me you are operating through your sentimental mode. If under the same conditions, one feels sad or happy, one may be sure that one is an emotional mode. Ego is the driving force behind sentiments while the love & compassion is the driving force of emotions.

Emotions lead to Motions (actions) while sentiments lead to reactions. As the ego is a driving force behind the sentiments, the reactions generally are caustic and violent in nature. It has a lot of intolerance. Emotions are more patient in nature with a load of tolerance. No wonder some of the communities are very sentimental about certain things said and written about them and their beliefs, and that leads to mass scale violence. On the other hand if you look at the Hindu religion you will find a lot of tolerance. Hindus as I can see are emotional about their beliefs but not sentimental. They may feel sad but not hurt. Yes, hurt is a derivative of sentimentality while sadness is of emotions. Sadness is a temporary state of mind, hurt may lead to a long time reactions. In sadness one is likely to sulk within while in hurt one reacts violently outward. In sadness, one tends to be philosophical and forgiving over a period but hurt will just worsen with times.

If you look at the younger generation, especially those who are born post 1980s you will realize the difference much more clearly. These generations are more sentimental in nature than emotional as the earlier generations by and large were. They get hurt and react violently at the slightest provocation. Their reactions are instant and may lead to violence of any kind. Lately I have been observing that they have suicidal tendencies. Their violence is not necessarily outward but may also reflect within, creating harm to themselves in many situations. The reason could be they are moving with their ego on their sleeves. If you try to correct them, they take it as a criticism and get hurt in no time. They hardly feel sad about things. They prefer to get hurt. Emotions are the core of human existence. Unfortunately we are moving away from the core and becoming more sentimental. That should explain about what is happening all around you in the world today. Now every time you react, ask yourself where are you acting from? From Emotions or from Sentiments?

*“For I  
Usui, am a  
river. I flow  
from the  
past to the  
future,  
through  
many turn-  
ings, yet I  
am the  
same river.  
In the past,  
in the pre-  
sent, in the  
future”*

*Dr Mikao  
Usui*

## Life without struggle

Balyogi Brahmakumar Nkunji

(reproduced from DNA newspaper of November 3rd, 2012)

It is a common belief in this world that nothing can be achieved without struggle. So if you want to be at peace from within yourself, just become the Master of the self. And in the process get rid of all hardships without struggle.

The word struggle implies efforts and labour for having to choose between what I can have and what I can not in my life. The big question that emerges here is: can there be a life without struggle? And the answer, Yes, why not?

In order to have the life without struggle first we must stop trying to control everything around us. The only entity that we can control is none other than ourselves. There is nothing outside that one can really control. If one isn't in control of oneself, then other people or entities will take the opportunity to do the same. Recognizing that there is nothing that you can control outside allows us to let go and flow with the life.

Secondly, we must stop trying to compete with the world. Striving to keep up with others will only add stress to our lives, making it devoid of happiness. Always remember that one who is internally strong has no need to prove anything to anyone.

We must also leave behind the habit of constant complaining and criticizing. Most of our struggle is created in the mind by our own thought process. We can always find beauty in everything if we have the right vision to look for it. Learning to see the glass half full is an art that we need to cultivate in ourselves. If one follows the right method it will then be a simple task to be at peace without any kind of struggle. The key is to learn the lessons in life and move on. Remember in life nothing is ever a mistake, it's just a lesson.

### What Reiki is?

- A system of energy healing using spiritually guided life-force energy
- A useful tool for self-awareness and transformation
- A non-invasive therapy
- A continuation of teachings given by Reiki Master Dr Usui at the end of the last century
- Used in hospitals, private practice and self care and in combination with many other therapies
- A wonderful complementary healing system on its own or in a personal wellness or healing program.

*(from: Reiki and Seven Chakras by Richard Ellis)*

“Reiki is a God, Reiki is everything, Reiki is something which has come to save the world” These are the words of Arch Angel Gabriel in his book “The second coming of Christ. How true they turned out to be in a recent case of healing a Psoriasis patient in Mumbai. The story goes as this:



Mr. Ishwarsinh Chouhan, a successful business person from Mumbai came with his wife, Mrs. Aruna sinh, to Devrukh ashram in the second week of June this year. He went through the first level of Reiki Session as we had the Reiki seminar at the ashram on that week end. Mr. Chouhan did not talk much about psoriasis, a disease he was suffering from 2001 during the sessions barring a few mentions about the same as a part of routine discussions. After the two days course was over he left for Mumbai. Once he reached Mumbai & started practicing Reiki process, he realized within the first month itself that his disease has totally been cured. He was suffering from this dreaded disease since 2001 and had practically tried every possible treatment under the sun. in the span of 11 years. This included Allopathic practices, Ayurveda, Homeopathy and so on. In spite of all these treatments Psoriasis flared to such an extent that when he came to Devrukh

that day of June, his body practically from the top of the head till the tip of the toe was affected, as he later confirmed. Having reached Mumbai he started taking Reiki regularly at 9 pm every night shunning out all distractions like Television, Radio, Gossiping etc., and within no time the disease dropped out with the new skin emerging all over the body.

He came to share this experience with Guruji at his Thane residence on the eve of his 100th day of learning Reiki. His entire interview was recorded on camera on his insistence and the same was posted on youtube for people to realize that Reiki can cure Psoriasis if learnt & practiced properly while the entire established medicine therapies could find no cure of this dreaded disease in spite of the massive research. This proves that there is a hope & not everything is lost for the patient suffering from Psoriasis. It is said that in Shiv Sutra, Bhagwan Shiva tells Goddess Parvati, “शक्ति संधाने शरीरम् उत्पत्ती ।” which means that by connecting to the divine force one can literally create a new body. (rejuvenation) How true these word of lord Shiva proved to be in case of our friend Ishwarsinh





## Guruji's visit to USA during November 2012

As you were informed in one of our earlier issues, Guruji Ajit Sir has been invited to attend as a special speaker at Festival of Faiths in Louisville, Kentucky USA between 14th and 18th November 2012. He will be embarking upon his visit starting from 6th November and will return to India on 29th November. The program schedule has now been announced as under:

#	Dates	Event & Time	Venue	Contact Person
1	Wednesday & Thursday November 7 & 8	Reiki 1 <sup>st</sup> Degree Seminar Indiana Time 9am-6pm	Maheshbhai/Shakuben Patel's home at 11137 Bushnell Court, Fort Wayne, IN 46845	Ursula Patel (574) 551-3231(C) urup65@gmail.com
2	Saturday & Sunday November 10 & 11	Reiki 1 <sup>st</sup> Degree Seminar Chicago Time 8 am-6 pm	Ghanshyam/Jyotsanaben Patel's home at 123 Founders Pointe South, Bloomington, IL 60108	Krupa Patel (224) 770-0492(C) krupavb@gmail.com
3	Tuesday November 13	Spiritual Retreat with Guruji & Diwali Fest Chicago Time 9 am-9 pm	Ghanshyam/Jyotsanaben Patel's home at 123 Founders Pointe South, Bloomington, IL 60108	Nadia Edreva (847) 830-2773 (C) nedeler@yahoo.com
4	Wednesday to Saturday November 14 to 17	Lectures in Conference at Louisville, Kentucky		Ursula Patel (574) 551-3231(C) urup65@gmail.com
5	Monday & Tuesday November 19 & 20	Reiki 1 <sup>st</sup> Degree Seminar Alabama Time 9am-6 pm	Holiday Inn Tillman's Corner	Bharat Patel (251) 648-6895 (C) brpa-tel1960@yahoo.com
6	Saturday & Sunday November 24 & 25	Reiki 1 <sup>st</sup> Degree Seminar In New Jersey Time 8 am – 6 pm	To Be Determined	Sima Walavalkar (732) 310-5721 (C) seemili@yahoo.com
7	Saturday & Sunday November 24 & 25	Reiki 2 <sup>nd</sup> Degree Seminar In New Jersey Time 8 am – 6 pm	To Be Determined	Sima Walavalkar (732) 310-5721 (C) seemili@yahoo.com
8	Tuesday & Wednesday November 27 & 28	Reiki 1 <sup>st</sup> Degree Seminar In Gujarati for Seniors Chicago Time 8 am-6 pm	Ghanshyam/Jyotsanaben Patel's home at 123 Founders Pointe South, Bloomington, IL 60108	Ilakshi Patel (847) 550-8394 (C) ilakshi@juno.com
9	Tuesday & Wednesday November 27 & 28	Reiki 2 <sup>nd</sup> Degree Seminar Chicago Time 8 am-6 pm	Ghanshyam/Jyotsanaben Patel's home at 123 Founders Pointe South, Bloomington, IL 60108	Kalpana Patel (224) 766-9714 (C) Kalpu9837@yahoo.com



**2012 Festival of Faiths Celebrates Indigenous Cultures**  
For more Information [www.festivaloffaiths.org](http://www.festivaloffaiths.org)

## With miles to walk...

Shivani Karnataki

With miles to walk,  
There's a way too long,  
With twists & turns  
The path may go wrong  
But there's always a light  
Guiding us throughout  
For us its you with charity that shouts!

It's been some while, since we have met  
Not known for too long but our life's now set  
Every moment of happiness you are on our minds  
With your divine touch, God's easy to find

With thousands of theories  
God remained unseen  
Since you're our light  
We know what 'GOD' really means  
Preachers are many but our almighty is one  
It's you dear Guruji  
one in a billion !

## The purpose of Spiritual Life.....

Swami Muktananda

In Kashmir Shaivism the three impurities are described in great detail. A grain of rice is covered by three layers– an outer husk and two major coverings. When one removes all three layers one is left with a pure grain of rice. One can eat this pure rice but if one sows it, it will not sprout; it can not grow because it does not have those three coverings. Similarly, an individual being is covered by three malas: anava mala, mayiya mala and karma mala. Anava mala is the awareness of imperfection, mayiya mala is the awareness of duality and karma mala is the awareness of doership.

The purpose of spiritual life is to become free of these impurities, and to do that we must perform only good actions. If we perform bad actions– if we hurt ourselves or other people– then over and over again we are enveloped by these malas. As long as we are covered by them we are mere human beings. But once we become free of them we are nothing but supreme Consciousness.

## Each House a Healthy House: A new initiative

I have been seeing for the past few months that the things are going from bad to worse in terms of healthy and harmony. The younger lot is falling prey to a dreaded disease like Cancer to the degree that probably it never happened before. The wave of sickness is so strong that the human created systems are falling short of demands. We are falling short of sadhaks who could go and offer Reiki to the patients. Many of our sadhaks who are trying to balance Reiki service to the needy with their jobs and careers are finding the act little difficult. They are getting tired being stretched on their time. It is as if the whole sky has been torn, where can you put a stitch? Where will we reach? Surprisingly and sadly people do not have the time to take care of their near and dear ones. Each one around the patient expects the others to help him/her. The mother does not have the time for the child, the husband has no time for the wife and so on.. How far can we as healers stretch ourselves? The world is behaving recklessly and without being responsible for their own acts and aspirations. In this situation Reiki Vidya Niketan has announced one initiative from this month. Whenever a patient comes to us for help, we ask the people around the patients whether they would like to heal the patient. We offer to teach Reiki healing to a group of 5 to 6 in a family around the patient. We do not mind reaching their homes and teaching the whole course of Reiki healing (1st level) for 2 days, only for the small groups. RVN masters have shown willingness to extend their help in such situations no matter whether it is a week end or working days. No matter whether it is at patient's home or any place convenient to the group. One of our senior volunteers will visit the patient's home once a week to supervise the group of healers and guide them to do the process correctly. That is RVN commitment. Now we expect people to respond. It is the people around who are going to take responsibility to heal their near and dear ones. This is empowerment right at their doorstep. This is a part of our mission Health, Happiness and Harmony at every Home. What else can one do in such a situation?

***From vast emptiness all things have arisen and will return to that same vastness. All things keep on returning. The one permanent thing is the mind of the Buddha. Which permeates all existence***

***Dr Mikao Usui***



## Ashram Wisdom

*Start with "I am happy"..*

*Most of the people have most of activities starting with the idea of becoming something (which obviously they feel they are not) or seeking something (that obviously they feel they do not have). Guruji while talking at the ashram the other day gave another mantra that leads to happy and peaceful life. He said" never start with these two things– I am not that and I do not have something. Start with what you are and what you have. Look, everything as it is, is a perception. Feeling of not having something and having something, both are your ideas or perceptions. Why not have a positive perceptions. Start with a feeling that I am happy and whatever I do would keep my happiness intact. Start with an idea that I have something and I just do not want to lose that. Like a batsman in Cricket. He has to first and foremost realize that he has a wicket behind to hold to. He has to keep that intact. Everything else is secondary to him. So start with an idea that you are Happy and do everything that will only enhance your happiness. If you start with an idea that you want to become happy, possibly you are chasing the mirage in the desert. You may never reach there. Just imagine the richest person in the country or the world starting a new business. He may have to start with an idea that I am rich and I just want to maintain that. That way the business will be a fun, a huge fun. There will be no stress, no tension. One can follow that in life. Just be happy and maintain your happiness. Just know and believe that you are divine and maintain that divinity. Then nothing can wrong though you. Sage Patanjali defines the sin as anything that drains your energy and takes you away from the ultimate liberation.*

*As the light pervades the entire body, one gets attached to the body, mistakes the body for the self and regards the world as different from oneself.*

*Sri Ramana Gita*

## Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	4th & 5th Nov	Mumbai	Kalpita/Rakesh	1st
2	4th & 5th Nov	Baroda	Krupa/Vishal	1st
3	4th & 5th Nov	Rajkot	Seemaben	2nd
4	25th & 26th Nov	Devrukh	Kalpita/Vishal	1st
5	25th & 26th Nov	Ahmedabad	Bhartiben	1st
6	25th & 26th Nov	Thane	Sangita/ Rakesh	1st
7	1st & 2nd Dec	Thane	Seemaben/Vishal	2nd
8	8th & 9th Dec	Pune	Vishal	1st
9	8th & 9th Dec	Baroda	Sangitaben	1st
10	8th & 9th Dec	Bengaluru	Khushal Solanki	1st
11	15th & 16th Dec	Devrukh	Seemaben	2nd
12	15th & 16th Dec	Ahmedabad	Bhartiben	1st
13	15th & 16th Dec	Mumbai	Rakesh	1st