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# Reiki Vidya Niketan

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## *The Master explores your past, the world exploits it*

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*The whole process and philosophy of spirituality gyrates around only one issue- Your past. One does not have to manage a Present as present is always divine if one is aware about it. One can not manage future as future has not yet emerged and does not exist. One can only manage what exists.*

*The whole idea of spirituality is a disciple offering his/her past to the master whole heartedly. Truly, that is the only thing that one can offer to the Master. The Master is not interested in anything else anyway. The Master then takes over your past and works on that through the spiritual processes which he offers to you. The qualification here is however that a disciple has to offer the entire past, leaving nothing behind. That is how Lord Shiva talks about निर्लजौ गुरुसन्निधौ । What is said here is that a disciple has to be shameless in offering everything of the past to the master, leaving nothing behind, hiding nothing, no matter how bad or good that may be. One has to empty the past. And never ever hold that. Once you offer everything from the past, it becomes a property of a Master. You do not own that any longer. You lose all your rights on your past. No wonder any Sanyasi (the one who has renunciated) would never ever talk of his past. It is like leaving your damaged car in the garage to repair or undergoing a bye-pass heart surgery in the hands of a trusted Doctor. Once there, you should do nothing about it. That is truly a crux of a spirituality. Allowing Guru to handle everything if one has a trust that he can do it.*

*Unfortunately that is the toughest part of sadhana. Leaving everything behind. Many think that sadhana means leaving a house, a wife/husband, children. Money and wealth behind. That is a misunderstanding. Sadhana demands leaving the past. When you leave the past, what remains is only the Present. That is the joy. But one can not do that. One still holds to the past. Not only that, one actually trades the past and the sadness with everyone around. One tries to gain sympathy from the whole trade by selling the sadness of the past. And the world around enjoys that as giving sympathy always makes one feel good. But that does not solve the problem as the sympathizer has no ability to handle your past. He/she feels good and you may start feeling even worst as you are still holding to that incomplete past which has become even denser than what it was. And you are back to square or may be even worse than where you started. The world around will exploit your past, the Master explores that. And believe me that makes a massive difference to life.*

*Ajit Sir*



*We have limits to our time, energy and interests. If we always say YES we run a greater danger of severing relationships than if we refuse right away.*

Vickie Hitzges

## Reiki and the death of a patient

I have been observing that many a times Reiki healers try their best and give Reiki to a particular patient. Despite that sometimes the patient dies leaving the healers disappointed and sometimes disillusioned with the process. It is to be understood that the meaning of Healing does not mean freedom from Death but the freedom from suffering. As long as the patient is freed from suffering the process of healing is fulfilled.

Secondly, one has to remember that there is likely to be a time lag between the efforts and the results. The healer should first understand that energy is permanent, body is not. The energy that the healer passes to the patient may not necessarily for this body life alone. It could be beyond that. I will give you an example. One of our sadhaks gave me packed sandwiches while I was leaving Midland in Texas USA to eat. It was a great act of love and respect towards me. The kind lady knew that there will be no food served during the long flight of 4 hours. I did not eat in her presence. I carried the pack in the plane. When there was a transit halt at Dallas, I ate that and fulfilled my hunger. If you look from the viewpoint of a sadhak her efforts were wasted as she did not see me eating the sandwiches in her presence. She does not know anything beyond the point she saw me off. She possibly never would know that her packed sandwiches helped me a great deal much later. Should she really brood over the matter in ignorance or enjoy the fulfillment through a total wisdom looking at the larger picture? The same thing happens when you give Reiki. You may never know when it was used and required as we do not see the full journey of life in the formless form.

I came across a beautiful piece of wisdom from K Shri Dharmmananda in his book Dhammapad on Lord Buddha. I am sure that will throw some more light on this issue.

The perceptive reader may also wonder why people die soon after attaining Sainthood as recorded in some of the stories. This question was raised during the time of Buddha himself. Again the explanation lies in the Buddha's supreme faculty of pre-knowledge and extra sensory perception. Knowing that the end of some deserving being is approaching, the Compassionate One visits him to provide the opportunity for the attainments of Nibbana. These more dramatic events are of course better remembered, and having good "story value", are recorded for posterity. These are nevertheless ordinary mortal like the Buddha's own father who took longer time and who attained Arahant hood in a less dramatic matter.

Why doesn't the Buddha use his supernormal powers to prevent the apparently untimely death of some of the people in the stories? There are examples, as in the case of a child called Ayu Waddhana, when the Buddha did intervene to prevent death. But this happened only because the Buddha knew that there was sufficient Karmic energy to sustain the present existence, which was in danger of being prematurely cut off. But in all other cases, the Buddha knew that the karmic energy for survival is almost completely exhausted and in his compassion he provided the opportunity for the person to be released from repeated existence. Note that the Buddha does not release a person from Samsara. That can only be done by oneself; the Buddha only shows the way. In Buddhism, the continuance of existence is not the ideal; the attainment of Nibbana after the final death is considered the ultimate goal, hence dying after gaining full sanctity is not to be considered tragic or unfortunate.

## *How Reiki Changed my Life*

*Reshma Sayeed*

*After my first day of reiki, I could feel that I had changed. Although the confusion was there and slight headache, I was still eager to learn more. I woke up the next morning more relaxed and refreshed. Something I had not felt in many years. The haunting past, hurt, anger, betrayal of loved ones and the pain that had left so many scars behind seemed like a distant in the past. The past did not matter any longer there was peacefulness and calmness of the mind. The way I looked at life all of sudden changed, the past that was haunting me did not seem to matter as much anymore.*

*The second day of reiki was uplifting; it felt like all the doors had opened up. My heart felt light, free from all the anger and hate which I had. But the real difference after taking reiki first level was how I felt physically. For years I was suffering with water retention in my hands and feet, cramps and joint pain. Reiki everyday changed it, I felt energetic, the water retention started going away, the joint pain was almost gone, and cramps in the morning were all gone. If I got cramps or pain again a little time of reiki was all that was needed.*

*Although my past, inner demons still haunted me I was determined that I needed to make a difference not only in my life but my children. All of sudden every one around me changed. The anger although it still manifests sometimes I have learned to control it and let it just go...*

*Reiki Level two taught me how to let go of my pain that had tortured me over the years. It has been a beautiful journey of self, soul, and the world. It taught me how to forgive those that had caused the pain and more important how to forgive myself. It gave a new beginning, a new outlook on life.*

*I practice reiki and send reiki everyday and feel that I can make a difference not only in my life but the Universe.*

*Thank You Gurujī for opening new doors and new experiences.*

*Reshma*

“Conflicts” lead to frictions and frictions lead to restless minds. That often results in violent and corrupt actions and reactions. The literal meaning of "conflict" is struggles between or disagreement of ideas, interest, feelings or persons. Looking at this definition, we can conclude that everybody faces such situations at certain point of time in their life where there is disagreement between mind and heart, or disagreement among ideas of person, etc.

I believe the root cause of every conflict is ignorance and ego. Conflict occurs when we take a stand and become rigid. When we start believing that only our thinking is right and rest of the people are ignorant, we land up in conflict. There are various kinds of conflicts which arise in our life. One conflict is about the situation. Many times there is some anticipation of situation in our mind which is about to happen and if it does not happen the way we want, there is a conflict. There is a conflict within as our ego does not allow us to accept the situation as it is. And such conflicts cause depression, anxiety and anger in us. It also shakes our faith in divine.

Another kind of conflict arises is due to ignorance. Our mind starts thinking logically and our heart forces to think emotionally and there is a conflict. At this stage, we are confused and this confusion causes lot of restlessness within.

Many a times we enter into arguments as there is difference of opinion among people. This difference of opinion is due to difference in level of thinking, attitude of person, mindset, culture, etc. Another situation we often come across in our life when it is concerned to our subordinates or children or siblings is they do not behave the way we want or perform task as per our wishes. And this causes irritation, anger and frustration in us. But over here our ego does not allow us to understand that there can be two truths at the same time. Our ego probes us to enter into argument and this argument will be on and on till the time we put ourselves in other persons shoes. This is another cause of conflict.

To resolve all these conflicts, we need to do two things. One is to stay connected with the divine space and second is to do consistent sadhana to maintain this divine connection. When we are connected with the divine space, it gives us the wisdom to resolve any kind of conflict. This means that when mind is connected with soul, ego is in control and our entire existence shifts in heart. The moment we are connected with the divine space our energy level boosts up and all the traits of lower chakra viz. fear, anxiety, depression, insecurity, anger, jealousy, irritation etc., vanish. The life which we feel miserable and full of suffering, becomes celebration.

Guruji always explains this in his seminar to resolve all the internal conflict which is going on in our mind between 5 good qualities and 100 bad qualities when he talks about Mahabharata so that all external conflicts gets resolved. And this happens when we do sadhana and stay connected with the divine space as it gives us right kind of perspective of life. It shows the world as it is. It also makes us understand that the difference between the absolute reality and our perception about reality causes conflict. And thus we need to transform ourselves.

The divine space helps us to accept each and every situation because we start believing that whatever happens happens for good. Lord Krishna has said in Geeta, "What has happened is good, what is happening is good and what will happen will also be good". If we can imbibe this statement in our life then there would be no conflict and worry. All our anxieties will perish.

***There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.***

***~ Albert Einstein***

## Psychology of Bystander Effect & its spiritual implications...

*Ashwini Telang*

The recent episode about the gang rape in Delhi is still fresh in everyone's mind. The rapes and the similar crimes have been happening all over the world for many years now and possibly does not have the shock value that these incidents had a few years ago. It seems what really has hurt people in this case was that the brutal act which happened in a running bus in front of many people and no one really came to help the victim- Nirbhaya. A common man was shaken by this dastardly act & more than that the passive reaction of people who witnessed it.

There is, however, a psychological angle to this whole episode which I would like to bring out for the benefit of the readers.

In March 1964, a bar manager Kitty Genovese was killed in Kew Gardens in Queens Borough area of New York city. The murder in New York is not a new thing. What really made news was a killer called Winston Mosley stabbed this lady for over 1 hour and was witnessed by at least 38 people who were watching this act from their windows. But none of them could help Kitty & the police were informed by one of these only after she died. This news created ripples in New York in the next few weeks with the common man feeling shaken with the idea that so many could witness such a crime without trying to prevent the act. Two of the Psychologists, John Darley & Bibb Latané, who were actually not New York residence suspected the deeper psychological phenomenon. Both had a brain wave & an insight coming out of that. They realized that as there were too many people watching the crime at the site nobody acted & if there were much fewer numbers the reaction of the bystanders would have been different. This became their hypothesis for their research which they initiated at that point. They experimented with number of situations and the large number of people to understand the behavior of the people & came out with the theory of known as **Bystander Effect**. They could find 3 reasons for the passive reactions of the crowd.

- 1) Every witness thought that when there are so many people around, to act on one's own may not look proper.
- 2) As nobody is coming in the front to help the victim means they are acting in the right way & I should follow them.
- 3) As so many people have witnessed the event at the same time it was their collective responsibility to act, which actually took off moral responsibility from their shoulders.

This bystander effect theory of Darley- Latané created a lot of interest in psychological parlance. Similar thing happened in New York again when 18 year old switch board operator who was alone in the office was molested & raped. Trying to escape she ran on the road & shouted for help. There were 40 people on the road but none came to her rescue. The criminal traced her & dragged her back to the office in front of all these people & none could help. Finally 2 policemen who were on the beat helped her. The case of Andrew Mormoil, a 17 year old child who was stabbed in a train in Manhattan is no different. He was stabbed in a broad day light in front of eleven people & died on the spot. These are the bystander effects. This can also be called as **social buck passing** or **social loafing**. (contd on Page 6)



## Understanding the psychology of bystander effect & its spiritual implications. Contd from Page 5

But the same Psychologists have also found that if there were same number of people with belief in certain value systems, the reactions would have been different. The bystander effect works only on people without value systems, the people who are selfish and self centred in nature. The person who has value system may not fit in the theory of bystander effect. **The values like compassion & relationship to the other humans which get enhanced in the spiritual practices can create a society of people who will not be just a passive bystander. The fearlessness & a strong conviction about the human divinity can only help create a more responsible & proactive society. The biggest initiative against a crime today, is to maintain once purity & behave like a HUMAN, which we all are at the core.**

## Managing Internal conflicts through Spirituality ..

Contd from Page 4

Besides this, if you have noticed one thing about conflict is that it is not in present i.e. if we take situation as it is. The conflict occurs when we take reference of past or it thinks about future by taking reference of past. So if we are able to remain in present then all our internal conflicts will get resolved. And this happens through constant awareness which we can create by doing persistent sadhana and staying connected with the divine space. That is main reason why Guruji always asks us to come to Reiki Seminars, visit Devrukh Ashram and meet him often so that we get connected to Swami's space. And to once this connection is established, it is our duty to maintain it through our sadhana viz. Reiki, TM, Agnihotra, etc.

***There is no end to craving. Hence contentment is the best way to happiness***

## Sadhaks at ashram attain Rangoli skills



Guruji's dream of starting a Creative Community in Devrukh to create more opportunities for Devrukh artiste sadhaks has come to reality. The organization of our sadhaks was formed under the title of Devrukh Creative Community (DCC) which will cater to the creative needs of industry universally. Devrukh artistes have suddenly got a platform to showcase their talents and make a career out of that without going into the wretched life of mega cities.

DCC's first assignment was to train our sadhaks and sewekaris at Math in Rangoli— a very ancient Indian Art. Rangoli besides being an art, also has a lot to do with the energy science, using Mandalas as an expression form. The 9 days course was conducted by Mr Avadhut Potphode (Director Partner at DCC). 11 sadhaks took advantage of this course and attained the basic proficiency as can be seen in the pictures here which are created by new students. The talent of the teacher and the students can be seen from the quality of creation. Guruji himself took part in this program and attained a basic proficiency with other students. Such programmes on different arts skills will be organized on a continuous basis hereafter.

# Renunciation: Nothing but shifting oneself

What do you do when you are in the midst of conflicts? When people are fighting around you or arguing about something and you are fed up? Simple. You just walk out from the place and distance yourself from the whole situation. You may feel that you have managed the situation. May be you may even feel that you have solved the problem. But both these things are actually deceptive. You are still carrying that situation with you in your mind, your emotions, in fact your entire existence. That will still keep on disturbing you. But this is the way a common person behaves in such situations.

Sadhaks have a better choice. As a sadhak one does not have to move physically. You can do it otherwise. If you feel that you are getting emotionally disturbed, you should be in a position to shift your emotional existence out of the situation. Then you do not relate with the situation emotionally. And you know something, relations lead to reactions. If you are not emotionally related, you have no emotional reactions, no disturbance. Similarly if you are rationally challenged, all that you can do is to shift your mental existence away from the situation. In that case, physically you are still there but you are not a part of the space. You are no longer bothered. You can be in that state for some time, till the situation changes. Once the situation around has changed, now come back and be a part of the space. You have managed the situation in the real sense. This is what Sage Patanjali would say” *Managing the Vruttis of the chitta*”.

Many a times, sadhaks ask me a question. In most of the cases when we do Centering exercise, one realizes that the whole environment has become silent. There is a peace around. You don't hear a traffic around, you do not hear the people talking around. Absolutely nothing. Why does it happen? Do the noises around are stopped. Does the flow of traffic stop? No. Not really. Everything remains as it is. But your consciousness has shifted from the hustle bustle around. You (your consciousness ) is no longer a part of the environment. You are just not related to the environment. Obviously you do not react. You do not notice. You are beyond all that. You can not change an event, but you can change a situation. Event becomes a situation only because your consciousness connects to that. Situations are created by YOU.

This shifting is very essential in life. That gives you a mastery over your life. ***You become a King of your own kingdom***, to borrow the phrase from Lord Jesus. That is what renunciation is all about. Renunciations does not mean leaving something physically. I had read a beautiful definition of an ascetic. It said, “***The ascetic does not mean the one who does not own anything, but he is not owned by anything***”. The ascetic may have many cars and luxuries but will not bother if they do not exist around him. He is comfortable with them and he is comfortable without the too. Rather his comfort has nothing to do with “things” around. For him comfort is just being with the self. That shift is very essential for a sadhak to progress on the divine path. That is a whole idea of Sanyas or renunciation. SAT + NYAS is what Sanyas is, where SAT means the self or the truth and NYAS means to stay or to be with. It does not have anything to do with leaving something behind physically. In Guru Geeta, the supreme teachings of Lord Shiva to Devi Parvati, he says that the one who has achieved this state is called Sanyasi, the others who were the saffron robes (or anything like that) are only the ones who have dressed like that to show the world (Veshadharinas).. How to be aware about your state with respect to the event and how to shift? You need to know more about Ashatavsus (the eight powers within us) which will discuss in next issue.



*Anxiety does not empty tomorrow of its sorrow but empties today of its strengths.*

*Charles Spurgeon*

### *Outside Eatables not allowed...*

*The other day, while discussing at the early morning Tea session in the ashram kitchen, some of the sadhaks raised the topic of getting uncomfortable with the outside world and were stressing the point that carrying the love, compassion, purity in the material world makes them very uncomfortable as these virtues are not valued. Guruji said that when you go to most of the restaurants, you would find a board stating that "Outside eatables not allowed". This means the owners of the restaurant do not want you to carry the home cooked food. Your purity, compassion, love are cooked at your home, by your own mother (the almighty). These are your own core values. Obviously the outside world would not welcome that. How can they dispense their violence, their evil ways, hatred etc and to whom? So the best thing is that take your own tiffin and when you feel hungry, just settle down under a nice tree offering a nice shadow and have your food to your satiation. Do not have to carry your home food to restaurant. May be just go there and have a tea if you like. That will make your life comfortable. Then there will be no conflicts. The interest of the external world is totally different than the purpose that you have come to this world for. They will never match. Remember that the idea of eating is not filling stomach, the idea is to get strong and healthy. Mother's food will just do that. One can not guarantee the outside food. Look at a board in your stomach which also says "Outside eatables not allowed"*

### Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	2nd & 3rd Feb	Baroda	Ajit Sir/Seemaben/Vishal	2nd
2	2nd & 3rd Feb	Baroda	Ajit Sir/ Sangitaben/ Krupa	1st
3	9th & 10th Feb	Nashik	Ajit Sir/Vishal	2nd
4	9th & 10th Feb	Rajkot	Seemaben	1st
5	9th & 10th Feb	Ahmedabad	Bhartiben	1st
6	16th & 17th Feb	Devrukh	Seemaben/Milind	1st
7	16th & 17th Feb	Kota	Krupa	1st
8	16th & 17th Feb	Ahmedabad	Bhartiben	1st
9	16th & 17th Feb	Dombivali	Vishal	1st
10	23rd & 24th Feb	Ahmedabad	Seemaben/Bhartiben	2nd
11	23rd & 24th Feb	Baroda	Sangitaben/ Krupa	1st