

Reiki Vidya Niketan

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Trahi Mam.. (God please save us) in 2013

The new year has begun. We have all survived the scare of 2012, physically. Yes. Physically. There were no overwhelming Tsunamis, no rattling earthquakes, no erupting volcanoes.. But this is all that what we expected to happen outside on the physical or material level. But one can not sit and relax saying that the bad times are avoided. If you look at the subtle aspects of life (which of course manifests on the physical plane too) in the past 6 months, more so since October 2012, you will realize that there are more ferocious waves which have struck on the shores of the human minds, there are enough quakes in the hearts of the people and more than enough volcanoes erupted in the behaviour of humans all over.

What happened in the capital of India on 18th December, a mass rape in a moving bus in not so uncivilized hours of the day, is a testimony to this all. This has really rattled India as never before. Looking at the number of people who came on the road to protest the deteriorating law and order one can say that this type of protest was unprecedented.. One can see suddenly the rapists are on the rise. The crimes rates are plummeting to newer heights. The restlessness is there for every one to see and hear around. Possibly we missed the point that all prediction of doom which emphasized on the end of human lives may possibly be talking about humanity and morality of life. Do you think that we can be humans without ethics and morality? May be the doom has begun and we are not even aware about that. We are looking for doom to happen in the nature outside while it is happening very much within our inherent nature. How can one understand the fathers raping their own daughters in such a large numbers and that too on the girls who are not even teens in age or the Pakistani soldiers who are beheading Indian soldiers on the borders and keeping their heads as a prized collection or for that matter a shhotout at Sandy School in New Jersey town which was possibly worse than a Sandy storm that rocked New Jersey a couple of months ago? Are we becoming barbaric? Just be aware and do something about that. Believe me the crime was there, always from the beginning of the world. But not this kind of crime where a child kills the father and a mom kills a new born babies, where a son uses a scissor to kill a father with 15 to 16 stabs on the neck for no apparent reasons and no history of any insanity. The only answer to this is to manage the minds, not managing the laws. Thomas Paine said "When the laws are most multiplied, the states are most corrupt." Till the minds are free from corrupt values, no laws are going to help anyone. The effectiveness of law has to be primarily in the minds of law makes and law enforces. When they become corrupt laws become weapons in their hands to bother common people. The way demons used to do with incessant powers in their hands in the olden Indian mythology. The God has to incarnate now. Not in the physical form but in the minds and hearts of the humans.

Welcoming the New Year

We have already arrived in 2013. Every time one enters into the realms of New Year, we resolve something. Here are some interesting thoughts for sadhaks in the dawn of new year, coming from Sri Sri Paramahansa Yogananda:

“Even the greatest Masters listen to their Gurus, because it is the way of righteousness”

Sri Sri Paramahansa Yogananda



“With the opening of the New Year, all the close portals of limitations will be thrown open and I shall move through them to vaster fields, where my worthwhile dreams of life will be fulfilled. “

“For the New year, my greatest wish and prayer for you is that you cast aside wrong habits into the New Year. You don't have to carry them with you. Any minute you may have to drop your mortal package and those habits will vanish. They don't belong to you now. Don't admit them. Leave behind all useless thoughts and past sorrows and bad habits. Start life anew!”

“In the beginning of one's spiritual search, it is wise to compare various spiritual paths and teachers. But when you find a real guru destined for you, the one whose teachings can lead you to the divine goal, then restless searching should cease. A spiritually thirsty person should not go on indefinitely seeking new wells; rather he should go to the best well and drink daily of its living waters”

Chintan Kutir dedicated to Guruji by Devrukh sadhaks

Devrukh ashram sadhaks created a history of some kind, when they built up a Kutir totally by their own efforts in a record time of 15 days and dedicated to Guruji for completing his 60th birthday. Beautifully crafted kutir at the entrance of the math was handed over to Guruji by the sadhaks on 25th December. Guruji named it as Chintan Kutir and dedicated that further to the cause of Indian Institute of Temple Management that he has proposed to create as a step towards Hindu Renaissance.

Cleanse your existence and remain happy

By Krupa Choksi

One day I was walking by the roadside with my friend. It was a very pleasant evening. We were enjoying walk and were discussing something. Suddenly, my foot smashed into the cow-dung and it became dirty. I was so engrossed in my discussion that I forgot to look at the roadside while walking. Normally, we avoid hitting cow-dung and make our way from its side. Now, on becoming dirty, I came into awareness and soon realized that I will have to cleanse myself as soon as possible so that I do not apply dirt anywhere. And I also realized that what we do for cow-dung, we do not do it in life.

Firstly, we do not avoid dirt coming into our existence. Since we are social animal we mingle with so many people viz. friends, relatives, colleagues, etc. And among them we know some people do not throw positive vibrations. They are always interested in gossip and criticizing others. When we associate with them, believe me, they are actually throwing dirt on our existence. We do get some signs of discomfort with them but we ignore those signs and allow dirt to settle in our existence.

We do not realize that we have become dirty and when we come home, unknowingly, we pass this dirt to others. Now the question is how this dirt affects us? It causes restlessness, irritation, depression, etc. within us. Many times our mood changes and we do not even realize what has happened. Many times without any reason we become sad and start remembering all those unpleasant moments of past and become unhappy. All this is due to this dirt.

Another concern is - on getting dirty, we do not realize that we have become dirty and we pass on this dirt to our near and dear ones. Many a times we express our anger or irritation and spoil our mood and others too. We fail to realize the root cause. And do not understand how to correct this. As a sadhak, we need to know why this happens. As a rule, when we mingle with people who always complain, criticize and gossip, our energy level goes down in their presence. One thing we can do is to become aware and make them positive through our vibrations. But if we cannot do that we should keep them at a distance. And when we realize that our existence has become impure, which we can understand by signs of restlessness, anger, irritation, depression, etc., we should immediately cleanse our existence with sadhana/ reiki.

Probably that is the reason why our scriptures have given so much importance to “satsang”. “Sat” means good and “Sang” means association. One should always keep a company of good people who are in sadhana. As such company boosts our energy level and helps us in growing on the path of sadhana. It creates good space around and keeps us as well as people around us happy. So we should always cleanse our existence as we cleanse our body as clean existence leads to happy, healthy and harmonious life.

Once, I was watching a serial "Mahadev" where I heard Ashoka Sunderi (daughter of Shiva) telling her father what she learnt from the sadhana she did to achieve her aim. On hearing that, it also helped me understand 2 things viz; 1) Every situation gives us the opportunity to learn & explore ourselves and 2) Those who have come to the path of sadhana before marriage, they are in better position to tackle with the difficult situations which might later on come in their life after marriage. On understanding these 2 things, I suddenly recalled the situation which my father used to narrate.

Once he was in the ashram and reading the book "The Avadhoot" written by some American author which needed utmost attention to understand what exactly does the author wants to convey from it. Suddenly, a cat comes in the ashram (which never had happened before in so many years) and starts mewling as if crying loudly. As we all know that when the cat meows in a crying voice how disturbing it is! The same happened to him and for 3 days he was unable to read any line further. Suddenly, on the 4th day my father made up his mind and sat to read the further lines from the book which were: "if there is an owl hooting or a cat mewling around, know that they are praying to their God. Don't get disturbed." As if the author had known that this situation is going to happen. The most interesting part is that after knowing this, the cat vanished never to come back. As if, it had come to teach.

The same happens in every situation. The moment we understand from the situation, it changes. But the more we are bothered with it without understanding the more it comes to you. e.g. if a person fails in a particular subject again and again, what does that mean? It indeed means s/he has not learnt it thoroughly and has to learn the subject with this understanding. Only then s/he would be able to pass the exam and move forward.

On understanding that each situation is learning about how to act, how not to react and what exactly may it mean. In short, reevaluating whether are we taking that situation as it is or are we contaminating it through our own biases will depend on the dirt which has settled in our existence throughout our life. As a sadhak, we all know that cleansing this dirt is very important because, it is this dirt which makes our mind closed from learning anything.

Normally, it is seen that people walk on the spiritual path after they have nothing else to do. But when a person starts his/her journey earlier in life, s/he is in a better position to tackle with the situations. In other words, s/he is aware about how the contamination happens, how to cleanse it before it gets deeply rooted within our existence and the most important thing to remain open minded and always learn from what is happening around and understand why is it happening at all. Let us take the earlier example of the cat mewling as if crying every time my father wanted to read the book. If he would have started reading the book right on the 1st day, then probably the cat would have disappeared from there, because it had come to teach and he wasn't learning poor cat had to continue mewling till he learnt from the situation. This was only possible because the person was open to learn.

It is our mere reaction which does matter in any situation. These reactions change by appropriate understanding of the situation. For instance, when I was walking down to my workplace at J.J hospital, I saw man leaning out of his window and talking in slang language pointing towards me. I found it strange, as it used to happen every time I used to pass the building. Once, I thought to enquire who that person was & why was he yelling at me? After I asked the peon I found that he was suffering from Schizophrenia. This changed my reaction towards him. Now, whenever, anyone does that kind of thing to any of my colleagues, we all smile understanding that a person may not necessarily be yelling at us but it is his way of expression. This suggests that, for understanding the situation one needs to learn from the same. Learning from the situations is the key word to tackle most of the problems that occur in our lives.

Guru Charitra in Gujarati language now ready for Publication

This Datta Jayanti on 27th December created an event which would go down in the history of Datta Sampradaya as one of the most memorable events. One knows that there is a large number of devotees of Lord Dattatreya which belong to Charitra, a holy book, which was ago to describe the leelas of Lord tions, in the Marathi language by Narsinha Saraswati (the second in- This book is what Geetam Bible and have faiths in different religions. guiding force behind the sadhana of ages. Those who were not proficient miss the essence of the book, though



the state of Gujarat. Guru written a few hundred years Dattatreya and his reincarna- Sayamdev, a disciple of Shri carnation of Lord Datta). Kurans are for those who Guru Charitra has been a many Datta devotees for in Marathi always tended to they read the book many a

times with absolute faith. The efforts have been on since the times of Shrimad Vasudevanand Saraswati and Bapa Rangavadhoot Maharaj to get it translated in other languages like Gujarati without losing an essence. The long time need of Datta devotees in Gujarat will now be fulfilled by the most divine efforts of Mrs Pratibhaben Choksi, our senior sadhak from Rajkot in Gujarat. After a tireless, marathon efforts over one year, Pratibhaben has created a miracle. The book is now ready on the way to publication. The book would soon be made available to interested readers by 15th March 2013 (the anniversary day of the math) to be published by our Trust. The book is estimated to cost Rs 260/- per copy and can be booked now by registering your names with Mrs Daxaben Patel, the trustee of Shri Swami Samarth Sewak Pratisthan. The cheques may please be made in the name of the trust mentioned. The first edition would be limited to 500 copies.



Guru Charitra reading facilities at Math extended

As many of you will know the holy book Shri Guru Charitra is being read non-stop at the Math premises since last 6 years. The sadhaks who register their names at the beginning of the year visit the Math and read the holy book for 7 consecutive days observing all the measures of abstinence as prescribed in the book. They remain in silence during those 7 days, eat once a day, sleep on the floor with a grass mat etc which means they live simply with the minimum needs. A special kutir named Samadhi is reserved for the purpose. This practice has become quite popular among sadhaks to an extent that getting slots has become difficult over a time. Guruji always felt a divine presence of Lord Dattatreya under the tree of Audumbara in the back yard of the math and wanted to set a small and simple structure for people to read Guru Charitra throughout a year. Sadhaks like Prashant Parkar and Santosh Kedari took up the challenging task and created a divine seat just below the divine tree, which has its own importance on the spiritual path. This seat has become operative and a lot of people have started doing the Datta Sadhana at the place.

ASHRAM NEWS

Our sadhak Jitendra Mestry wins laurels

One of our sadhaks and a staunch Swami devotee **Jitendra Mestry** who is a talented Singer and Tabla Player has won laurels in Mumbai, India recently. Jitendra, participated in 13th Parle Mahotsav organized by Vileparle Cultural Centre, Mumbai, one of the most prestigious events in the field of Music between 23rd and 30th December 2012, and won the **1st Winner in Marathi Sugam Sangeet Competition. Group year 40-51**

Jitendra and his team under the banner of Zaali Swamikrupa Zaali also won **1st winner– Best Bhajan Mandal** in “Shri Swami Samarth Bhajan Contest” for Mumbai, Thane, Panvel region held between 10th DEC 2012 to 26th DEC 2012



ART Skills initiative for Sadhaks

Devrukh Creative Community is a set up created to give enough opportunities for the local artistes in Devrukh and around, to earn and grow their skill levels. This is the first of such initiative to make Devrukh economically independent town so that no one has to seek the earning opportunities outside the village.

The creative community will soon be conducting the training programs for a common persons including children in the village to encourage the hidden talents. Training programs are designed specifically for a commoner and will be of short term in nature. The programs would include Rangoli, Calligraphy, Paper Craft – Greetings, Kandil, Flower Making, etc Sculptors –Clay modeling / Paper Mesh, Glass Painting, Fabric Painting,, Pot Painting,, Ply Painting, Stone Painting etc. Sadhaks who visit the ashram for sewa will also get opportunities to learn these arts, during the sewa time.

The New Projects taking shape...

Guruji had done some Sankalpas during the last Datta Jayanti by expressing his will to start up some projects in the interest of the sadhaks. Most of the projects now have started taking shape. Goshala is being refurbished with an idea to accommodate more Cows as the current Goshala is already overcrowded with 13 cows. On 27th December, the bhoomi puja was performed for the extended construction, for which the work is already in progress now. The new Goshala with an extended facility for totally 22 cows will be ready in the next 2 months with more scientific and hygienic design. Besides, the use of natural energy sources like Solar Energy, Biomass energy and fossil fuels are being used in the ashram to a great extent driving the Math administration very close to the objective of Electricity free ashram in the next few months.



Datta Jayanti Celebration



The divine Powers at the Math



The temple looked gorgeous



Math in the glory of Full Moon



Datta Yaga in progress

This year was the 13th year of Datta Jayanti celebrations. Though Datta Yaga was the core of these celebrations, Gurujī decided to make certain changes to make the event even more meaningful and interesting for the sadhaks. Datta Yaga instead of running round the clock for 60 hours was curtailed only between Sunrise and Sunsets on 25th, 26th and 27th December. This gave a lot of free time for sadhaks to engage in other spiritual activities which obviously created more learning opportunities and more participation from all those who were present. Besides the large number of sadhaks (the highest ever) from outside Devrukha village and the elaborate arrangement the trust management did to accommodate and make visitors comfortable were the highlights showing how Math management has matured in managing the large events.

This time the theme of the program revolved around a magical number of 12, with 12 sadhaks offering Aahutis in Datta Yaga at a time, 12 sadhaks performing Pujas on each day and 12 Agni-hotras round the holy fire on Sunrise and sunset time on all three days of the event created a great harmony.

12 sadhaks performed the Rudra Varada Puja on 25th December, the day on which the celebrations began, in the Blappa Maharaj Mandap, specially created behind the Goshala for the event. On 26th another set of 12 sadhaks performed Anagha Puja at the same place. The third Puja in the sequence “Satya Datta” Puja was performed on 27th December, the Datta Jayanti day.

By the time the Pujas were being performed the main mandap in front of Swami temple was vibrating with the chanting of Hari Om Tat Sat Jay Guru Datta” at the time of Datta Yaga—a holy fire traditionally performed at the math on every Datta Jayanti celebration.

Rakesh Kumar’s team of 12 sadhaks performed the mass Agni-hotra round the Datta Yaga altar, on sunrise and sunset on each of the three days the event was being celebrated. This added another dimension to the powerful Yaga. While the Datta Yaga was being performed, the research team of the math was busy finding the results of the evolving energy using the Orgonic Life Energy Meter and were getting some phenomenal proofs of what does the Yagna do to the environment and human minds. On every night sadhak singers of repute like Ajaybhai Trivedi (Mohd Rafi reincarnated), Jayram Athalekar kept the audience spellbound by their divine singing abilities.

Ashram Wisdom

He is the richest who is content with the least, for contentment is the wealth of nature.

~ Socrates

If you have attained Shiva, and still have a fear of losing him, you have possibly not attained Shiva at all...

A lot of people are watching a serial called Mahadev which is very popular on one of the TV Channels in India. Many sadhaks who come to the ashram have been watching the episodes and come with some questions or other. Guruji explains the spiritual essence behind the stories and dialogues. This has become a popular way of learning in the ashram now a days. While talking about the same Guruji once highlighted a very powerful statement in the mouth of Lord Shiva "Even after you have attained Shiva and still you have fear of losing him, means in reality you have not attained Shiva at all". This actually is the whole essence of Shiva Purana on the basis of which the whole serial is structured. Guruji has always been saying this in context of Swami. Once and for all, decide whether Swami is with you or not. If the answer is Yes, you do not have to fear anything, worry about anything.. And if you feel HE is not with you, good luck to you. Go all out and play the game of life on your own. The people who are not in the space of the divine can have all the fears, worries, frustrations, concerns etc. They have a right to do so. Guruji says I feel pity for those guys and I will pray for them because they need the prayers but do not know about that. But those who are in the grace of Swami should never ever forget that and cry. That is just not fair. The problem with the world is not that there are atheists who do not believe in God at all. The problem with the world is that there are more than enough people who have experienced God and still do not consistently stay in the space. It is like the one who does not have money can beg but those whose lockers and cupboards are full with cash can not go and beg.

Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	5th & 6th January	Pune	Ajit Sir/ Vishal	2nd
2	12th & 13th January	Mumbai	Vishal	1st
3	12th & 13th January	Nashik	Seemaben	1st
4	12th & 13th January	Ahmedabad	Bhartiben	1st
5	19th & 20th January	Madgaon Goa	Ajit Sir/Vishal	2nd
6	19th & 20th January	Madgaon Goa	Seemaben/Rakesh	1st
7	19th & 20th January	Talegaon	Kalpita	1st
8	19th & 20th January	Baroda	Sangeeta	1st
9	25th & 26th January	Devrukh	Ajit Sir/ Milind Heg	1st
10	26th & 27th January	Thane	Rakesh Kumar	1st
11	26th & 27th January	Pune	Kalpita/ Vishal	1st