

Reiki Vidya Niketan

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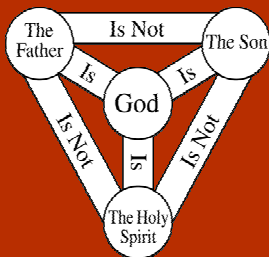
Only a Heart can reach the Heart....

Have you ever seen that in every thing that humans do, there is nothing but justifications of what one believes or does not believe. We are all trying to create situations to support our beliefs and otherwise. No wonder many street smart marketers come out with attractive schemes to launch new products or services to attract a common customer. A customer is not too sure initially about the choice he/she is likely to make as he/she can not really justify what he/she is going to do, like trying a new product. He/she may fall short of inner justification and that is where they need an outer push like incentive schemes as a driving force. A small plastic bucket coming as a free gift is good enough for them to buy a new brand of soap or a toothpaste. They feel they have a good reason to buy even if a product proves to be not worth buying.

Same things we do when we go to a library or a book shop. Your eyes just pick something that approves your strong beliefs or dis-beliefs. If you are strong believer of a God, a book titled The Miracles of the God is likely to get your attention promptly than the one pronouncing with a title "There is no God" or "A God is a hoax" which possibly you will ignore in such a way that you would not even know that you had ever seen it. We all have that kind of mental structure. 40% of the mind zone is rigid as it is totally occupied with something that you consider as truth and you are not going to dilute that. Neither you are going to open gates of that space for anyone talking contrary to your beliefs of truth. Another 40% of your mind zone is also blocked with something that you "know" not only you believe that is False. There are no compromises on that too. Basically we move around with only 20% of our mind structure open to new ideas. That is what can be termed as a Learning Zone. That is where a true teacher also concentrates in endeavor to teach. Many a times I have seen teachers trying to break through the concrete walls of rigid mind zones and getting frustrated. That way they are all wasting their energy and time. If you look at that, you may find teaching to young children is much easier as their learning zone is much larger as compared to adults. You get much wider areas to get through and reach the mind of a child that way. A teacher or even a sadhak, if wants in having a positive interaction with people around, with an idea to imbibe a more positive values in society may need to look at that learning zone. Fortunately, the learning zone is very close to the heart of recipient. Being in heart is another wonderful and effective way to manage the teaching. The formula is simple. If you are in heart, you can reach the hearts of the people. If you are in mind you can address the minds. If you are in intellect, you can manage to reach the intellect. But being in one place one can not reach the other different destination. Most of the people are trying to reach hearts through mind and intellect.

Ajit Sir

Interesting aspect of human mind Ashwini Telang, Mumbai



The "Shield of the Trinity" diagram of traditional Western Christian symbolism

As all of us may be aware that since 2012 every month there have been Study Circles organized in 8 centres and even few months ago 2 new centres have been developed in US. One of the topics covered in these Study Circles is Reiki, within which various topics are discussed along with new learning. This time the topic was Affirmative Healing within which we all were discussing various aspects of the same. While the slideshow was going on there appeared a picture of brain for making the observations more interesting. When suddenly question arose in my mind why at all everything needs to be 3 in number whenever it comes to either science or spirituality. Why isn't it 4 or 5 or may be even 2?

In science, we come across Hydrogen, Oxygen and Carbon which are said to be basic building blocks of many organic compounds. While, in Spiritual practices we come across Trinity as Generator, Operator and Destroyer (abbr. GOD) which in Vedas are known as Brahma, Vishnu and Mahesh. Even the certain symbols are supposed to be chanted thrice. In the Native American culture they too honor you by giving you the same thing thrice. The concept of Father, the Son and the Holy Spirit in Catholic religion as well as the importance of three in Islamic culture may make a sense here.

While I was thinking on these terms I also thought about chunking method which I was taught in my psychology course. In psychology, chunking is a phenomenon used whereby individuals group responses when performing a memory task are observed. There is something called "Magical Number 7" that is one of the interesting aspect of human mind. **It is said that our short term memory has the capacity of 7 plus or minus 2 chunks (groups).** With binary items, the span is about nine and it drops to almost about five with monosyllabic English words. ***That explains why now-a-days, many of us can't remember those 10 digit mobile numbers as much as we used to remember 7 to 8 digit landline numbers.*** During my thinking about chunking method, all of a sudden I struck upon an insight that mind can clearly think or rather understand when it comes to anything that is expressed or explained in 3. For instance, If we are given to solve a question below which we are provided with 3 options it becomes easy for us to choose. But if there were either 2 options or 3 and more we tend to get confused. That also exactly explains why in schools, children are provided with 3 or more options to choose from in order to fill in the blanks. I then and there shared this insight with all of the members of Reiki Study Circle who were present at that very moment. And to my surprise they too could relate well to it. Everyone in the group seemed to look satisfied and happy to understand the other interesting aspect of human mind which was so far unexplored. In fact they might have remembered why we have so much importance to 3 minutes healing cycle, 3 days cycle and 3 symbols at 2nd level. In fact, like the way we can remember numbers in chunks (groups) of 7 plus or minus 2, we can recall better and understand fully when it comes to number 3. The whole thing seemed to be so simple to me then.

“My Lord loves a Pure Heart”

Krupa Choksi, Rajkot

One day I was in Devrukh Ashram Library and was searching for some books which I could read during my stay at the ashram. On screening the list of books, I came across a title of a book – “My Lord loves a Pure Heart”. The book was written by Maa Chidvilasanandini, a disciple of Swami Muktananda. Though I did not get a chance to read that book as I was about to read book for some specific purpose but I liked the title very much. I don’t know the content of the book but the very title gives us a message that what is required in sadhana and in life is a Pure Heart. A purified Chitta brings Divine Grace. What is required is childlike innocence which comes from a pure heart.

We all have experienced this innocence when we were young. But over a period of time knowledge and our past conditioning have made us unnatural. It has taken away our innocence. In our young age, we used to see reality as it was but now we see it through the lenses of desire and past conditioning. And as a result we experience pain and miseries in life.

There is a saying “Simple things are nearer to God”. Similarly, simple people are also nearer to God. As they do not wear any mask. Now the question is we know that God loves pure heart but how to achieve pure heart. We can gain purity of heart by constant awareness and by cleansing yourself by doing sadhana like Reiki, TM and Agnihotra.

Often we come across a situation wherein even if we love someone with a pure heart but that person plays game against us or cheat us or nag us, then how can we still love them. Our reactions are bound to come. When you face such situation, have awareness and just stay connected with God/Guru. Imagine how God/Guru must have reacted in such situation. And immediately your reactions will change.

Many times it might happen that you may not react on front of that person but there is reaction within us which stays in our existence. In such situation, even if you are hurt just cleanse your heart and have an understanding that you might have behaved in the same manner in earlier life/lives. And this might be fallout of our sanskara and forgive them. When we accept this fact, our entire internal struggle vanishes. As our ego creates this internal struggle by giving us an idea of injustice and does not allow us to accept this fact. Again ego is sign of our unpurified chitta which can be subdued by our right understanding which we call “Viveka Buddhi”. This is how we can convert our reactions. But this viveka and awareness comes also from sadhana.

Besides this, have an introspection about your life and just observe with whom you have grudges and complaints. Remember them one by one and forgive them. Pray to God to give you strength to forgive them and immediately you will feel elated and happy. The energy which we had blocked by having grudges immediately get released and cleansing happens. Do it one by one for everyone in life and what will remain is a Pure compassionate heart. The heart that loves everyone without any discrimination. And then you will become favorite child of God and divine grace will be poured. **As Lord loves a pure heart.**

Benefits of Coconut Oil for Skin

The obsession that women hold for beauty has led the influx of different skin care products in the market. Many women believe that these products will make them look young and beautiful, even as they age. But, instead of opting for these chemical based beauty products, have you thought about going for something more natural and beneficial? You already know about how good coconut oil is for your hair, but did you know that it is equally useful for your skin as well. Take a look at how coconut oil works wonders for your skin.

Moisturising and anti-ageing effects

Coconut oil is a great remedy to get healthy skin. Apply some coconut oil on your skin after bathing and your skin will glow with natural nourishment. Coconut oil provides natural anti-oxidants to the skin and keeps it hydrated. Coconut oil is also helpful in strengthening the tissues beneath the skin. Coconut oil has a unique kind of fatty acid, called medium-chain fatty acid, which helps to strengthen connective tissues and also helps with exfoliation. It also helps in removing or softening wrinkles and age spots

Medicinal benefits

Coconut oil has some great medicinal properties. Whether you have a bruise that needs taking care of or have cut yourself, coconut oil can help in taking care of all these problems. Coconut oil is anti-bacterial, anti-fungal and anti-inflammatory, thus giving it some amazing healing qualities. It can take care of your bruises, bug bites, burns, allergies and many more skin problems. Most skin related diseases can be cured using coconut oil like athlete's foot, jock itch, ringworm, rashes etc. It also causes a reduction in eczema, dermatitis and psoriasis.

Aid for beauty problems

Coconut can help in taking care of your skin and beauty problems as well. It can be used to reduce and prevent acne. Coconut oil can also help in preventing or softening stretch marks, as well as reducing under eye puffiness and wrinkles. Coconut oil is a good makeup remover, as well as a very naturally beneficial lip balm

Adds a protective layer

Here is yet another amazing benefit of coconut oil for your skin. Coconut oil adds a protective layer to your skin. The unique fatty acids present in it, along with being an anti-oxidant, create a protective layer that acts as a barrier against germs and parasites. Not only this, it also provides an effective protective layer against the harmful effects of sun, so it can be used as a sunscreen as well. Coconut oil is a natural moisturiser for your skin that can also help in treatment of sunburns.

Recommended Read: 8 Wonder Foods to Take Care of Your Eyes

With such unique and good benefits that coconut oil offers, while being absolutely natural and easily available, you can do away with those chemical-based skin-care products to aid your beauty quotient. So, use coconut oil daily to add a natural glow to your and keep away the signs of ageing.

Spiritual Science & Metaphysics

Shared by Shana Patel, Indiana

Does spiritual healing and prayer really work? A recent survey of over 4,000 nurses found that 80 percent felt that spirituality should be covered in nurse education as a core aspect of nursing. Why? Because it works, and because it falls inline with new theories on consciousness. Physicist Gerald Feinberg stated, "If such phenomena indeed occur, no change in the fundamental equations of physics would be needed to describe them." Henry P. Stapp of the University of California-Berkeley states, "Our human thoughts are linked to nature by nonlocal connections: what a person chooses to do in one region seems immediately to effect what is true elsewhere in the universe." Compelling evidence suggests that those who follow a spiritual path in their life live several years longer than those who do not follow such a path, and that they experience a lower incidence of almost all major diseases. A survey of American family physicians found that 99 percent are convinced that spiritual beliefs can heal, and 75 percent believe that prayers of others can help a patient recover. It is well know scientific knowledge that praying for patients helps them heal faster. So we know that everyone believes this and understands why it works, but are there any individual scientifically stable studies to give credence to spiritual healing? Here is just one

Dr. Glen Rein (PhD) discovered that loving energy sent through intent has conformational changes on the human DNA molecule. The DNA molecule actually unwound and began to heal itself when in the presence of loving energy sent through intent. The DNA molecule began to heal itself ONLY when sent the energy of love through conscious intention, and did the opposite when sent thoughts of tension and anger. "Effects of Conscious Intention on Human DNA" is the name of the study and here is a link to the original study. <http://www.item-bioenergy.com/infocenter/ConsciousIntentiononDNA.pdf>

Here is a mainstream media outlet discussing spiritual healing and its truth. http://www.huffingtonpost.com/dr-larry-dossey/spirituality-healing-and_b_680472.html

Here is another <http://www.dailymail.co.uk/health/article-408280/Could-spiritual-healing-actually-work.html>

Yes, your prayers and healing efforts really do work.

Getting Angry

Anand Karnataki, Mumbai

Anger comes so naturally to us in many situations and we have taken it as part of our normal life. We have a lot of explanations for our anger, *but very rarely have an understanding*. The simplest answer to the question "Why do we get angry? Is *"We become angry whenever life is not happening according to our likings and wishes"*.

According to my Guruji anger is not bad if it is appropriate. In fact, it is all about *how we manage our emotions*. If more people are benefitted because of the anger, then it's good. If it arises against injustice, against corruption, against unfair practices, against violence, against exploitation, it is appropriate.

At the personal level, mostly anger arises from our egoism. Not knowing who we truly are. We get attached and identified with our image, rather than with our true selves. *And we land up getting angry and defending this false image of ourselves.*

When someone does not follow our orders, takes his or her own decisions, this makes us angry. We almost live life saying, *"Agree with me and I will be happy."*

One must become more and more aware, of false sense of identity. With awareness, one can see all the emotions rising like waves in an ocean. The emotions rise and fall. Anger, guilt, envy, lust, desire, sorrow, and happiness all of them are short-term. They come and go. *If you don't get attached to them, and able to stand aside and watch them as they arise and fall, you can see the whole process with fun.*

The next time you feel angry; don't get involved with your anger. Move aside and see the anger, as if it is arising in another person. Become objective, and see how foolish you feel. That is exactly how others see you, when you get angry.

To move towards the Creator, is the only priority worth living and dying for. All else is shadow boxing.

Perception of richness

shared by Vishwa Dinesh, New York

One day, a rich dad took his son on a trip. Wanted to show him how poor someone can be. They spent time on the farm of a poor family. On the way home, dad asked, "Did you see how poor they are? What did you learn?". Son said, "We have one dog, they have four, we have pool, they have rivers, we have lanterns at night, they have stars, we buy foods, they grow theirs, we have walls to protect us, they have friends, we have encyclopedias, they have Bible." Then they headed, "Thanks dad for showing me how poor we are.." MORAL LESSON: It's not about money that make us rich, it's about simplicity of having God in our lives. Don't forget to share.

I started performing Agnihotra since last two weeks. Though I could not do it daily but I try to do it whenever possible unless there is some unavoidable reason.

Within a week I observed following changes

1] After performing Agnihotra I feel extremely fresh. Also I am doing self Reiki immediately after Agnihotra. Due to this combination my sleeping need has been reduced to just 5 hrs a day. Earlier even if I used to sleep for 8 hrs , I used to feel that its not sufficient. But now with 5 hrs of sleep also, I experience freshness through out the day.

2] Environment becomes so pure after Agnihotra that we feel like in a temple.

3] I am using Agnihotra ash for my skin problem (psoriasis) and I am seeing that it is reduced a lot in just 3-4 days. Earlier I used to apply Steroids to suppress it. I have stopped using all Steroids now

4] I added Agnihotra Ash in my planted aquarium. Within a week, I could see all the plants more healthy. Leaves are grown up. It is more green now. Even my family members could see the difference. (Photo attached)



Amogh makes Reiki community proud...

One of our Reiki sadhaks, Master Amogh Athalekar from Mumbai India, was awarded this badge at the Manchester United Soccer Schools, Mumbai. It is an initiative of the world's biggest football club Manchester United. This Gold Badge is given to only one player among all for the best performance in the respective module. I was awarded this badge for the "Counter attacking" module that was conducted in the month of Jan-Feb over a period of 6 weeks. This badge is given to the player who shows the most improvement and skill on the field. His performance was very impressive since then. As a winner of the badge, Amogh is considered for a special training program that is held every year in the month of July in UK. There are 18 candidates and only 2 of us 18 will be selected for the training.



Only when the Master feels, it is best to manipulate energy and it is for the overall good of the individual and the well being of each and every living organism, then destinies are altered.

(from The Fakir)

Guruji was discussing with his young sadhaks about facebook and other related issues. He told the young sadhaks that if you look at the modern science, the so called development is not in tune with the universe but at the cost of natural things. He had just come across some data about Indian scientists (Rishis & Munis of the olden times) had already proven that the earth is round way back 10,000 years ago, by showing the shape of the earth on the teeth of Varaha in Varaha Avatar. We had even named Geography as BHOOGOL which literally means in Sanskrit, the round earth. He also informed the sadhaks about what he had heard a few days ago about Indians first developing a technology of separating Zinc metal from the ore around 4,000 years ago, while the western world was desperately trying to find out how it is to be done till few decades ago. The point he was stressing was the development of the humans (known today as Transhumanisation) can happen even with the inner development and not necessarily by outer means. In fact the modern science is trying to take help of outer resources more than inner and are missing the direction of a progress. If one can improvise on the inner nature of humans one does not need a telescope or a microscope to fathom the secrets of the universe. In fact the inner developments make you a part of the whole universe and the question of searching or researching something does not arise. Instead of you trying to acquire knowledge, one can become a knowledge oneself and wherever you go, it squeezes in the life as various manifestations. Then one can be free of all struggles and attain Peace.

Reiki Seminar Schedule

S No	Dates	Location	Master	Degree
1	6th & 7th July	Devrukh	Seemaben/Ajit Sir/ Kalpita	2nd
2	6th & 7th July	Mumbai	Vishal/Rakesh	1st
3	13th & 14th July	Kota	Krupa	1st
4	13th & 14th July	Kalyan (Mumbai)	Rakesh/Kalpita	1st
5	13th & 14th July	Dharmaj	Seemaben	1st
6	13th & 14th July	Ahmedabad	Bharatiben	1st
7	13th & 14th July	Pune	Vishal	1st
8	13th & 14th July	Kota	Krupa	1st
9	20th & 21st July	Baroda	Ajit Sir	1st
10	27th & 28th July	Thane	Ajit Sir/Vishal	2nd
11	27th & 28th July	Morvi	Seemaben	1st
12	27th & 28th July	Nashik	Sangita/Rakesh	1st