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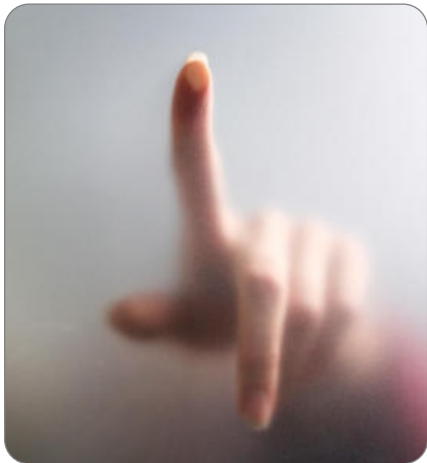


Little ego is essential to understand the soul...

A lady from Delhi visited the ashram a few days ago. She was not even our student by then and was to learn Reiki in the forthcoming week. While talking to me she suddenly said that some or other her ego should get erased. I asked her why does she want her ego to go? I did not find her Ego as a serious problem as she was aware about it. I know such egos are not dangerous as they get dissolved or lose their potency just by being aware about them. Ego may remain to some extent but it may not be troublesome. In fact some ego is required for life to be lived. Ego truly is a manifestation of Soul-the Atman. Soul is formless, featureless, has no good or bad properties, nameless.. How can he play the game of life when life demands all these things. So the soul has to manifest as Ego. Soul becomes fit to play the game of life. Just look at a newly born infant who is nameless, without any clothes

practically having nothing with it. If that infant has to go to school, the first thing is to have a name enrolled. That demands he has a name. He need uniform, he need a school bag, a water bottle and he is ready now to go to school. Same with the soul.

You know that every construction has doors and windows. They are generally made up of glass panes. The glass is supposed to be clean and transparent. We had a small incident when we went to Kailas trip. On our return we stayed in a hotel at Kathmandu in Nepal. The hotel was posh and had a lot of glass doors swinging in and out. One of our sadhaks without realizing that there is a glass door in front of him walked through just to get hurt on his hands and head. The glass was also shattered. We all realized that the glass was totally spotless and so transparent that one could not really make out that it is there. The closed door was as good as no door when it came to vision outside. This is not uncommon. I have also seen a young girl crashing on the glass door in one of the malls in Mumbai. Safety regulations do stipulate that there has to be some marking on such glasses so that people know that there is a glass. Ego is like that. A small sign to indicate that Soul is there. Without ego, we may not understand the existence of soul. A small patch of dust is good to indicate that the glass is there. But that should really be small. But if he whole glass is full of dust, one may not even know that there is a glass. The glass will be lost. Having too much of an ego will make the soul disappear from our understanding. Ego should be there not to cover the soul but to reveal it. Ego then is an essential component to understand the essence of the soul.



Ajit Sir

Understanding Yoga Nidra

Q.1 What is PRATYAHAR?

- Pranav Pandya

Pratyahara is a Sanskrit word formed by combination of two words viz PRATI + AHAR. Prati means against or anti while Ahara means anything that we consume in our existence. Many people wrongly feel that Ahara means the food that we eat through the mouth. That is only one input. But spiritually anything that we take in our existence through any of the senses is Ahara. Like say what we look at, what we touch, what we eat, what we hear and what we smell are all parts of Ahara. Prati means stopping or obstructing. It has a different direction than the Ahara. So Pratyahara means the cessation of any intake of any nature. In short stopping all senses from taking any experiences. Closing all senses is Pratyahara. This is a meaning of the word. Let us see the practical meaning more than literal.

Pratyahara is a state of mind consciousness as well as a method to attain that state. As you know Patanjali Ashtangayog (8 dimensions of spiritual practices) talks about Pratyahara as step 5. Before that come Yama (Social code), Niyama (Personal code), Asanas (Postures) and Pranayam (Control of Pranas or life force). Next to Pratyahara on the ladder of sadhana come Dharana (concentration), Dhyana (Meditation) and finally Samadhi (Transcendental consciousness) in that order.

Among these the first four stages are preparatory or external stages and are concerned with specific practices. These processes are performed essentially by conscious mind- a rational, analytical part of consciousness which is active in normal waking state. The last four stages starting from Pratyahar are higher or internal stages. They involve sub-conscious mind which is a storehouse of all experiences and the ego which regulates the flow of information into the conscious mind.

Yoga Nidra is essentially a method of Pratyahara where awareness is progressively withdrawn from the external world, the body, the process of breathing, the conscious mind and finally the unconscious mind. Yoga Nidra then goes into the zone of Dharana and Samadhi once the awareness is fully withdrawn. In Yoga Nidra, the mind gradually becomes one pointed. In order to prevent consciousness from becoming completely withdrawn, which results in sleep, awareness is maintained by concentrating on auditory channel. The rest of the terminals are disengaged and their connections in the cerebral cortex are disassociated so that no message gets through the motor organs. When the senses are disconnected for sometime in Yoga Nidra it is called Pratyahara.

Q.2 Why we see SWAPN during sleep? Why some time we cannot remember SWAPN?

- DR Prakash Shukla

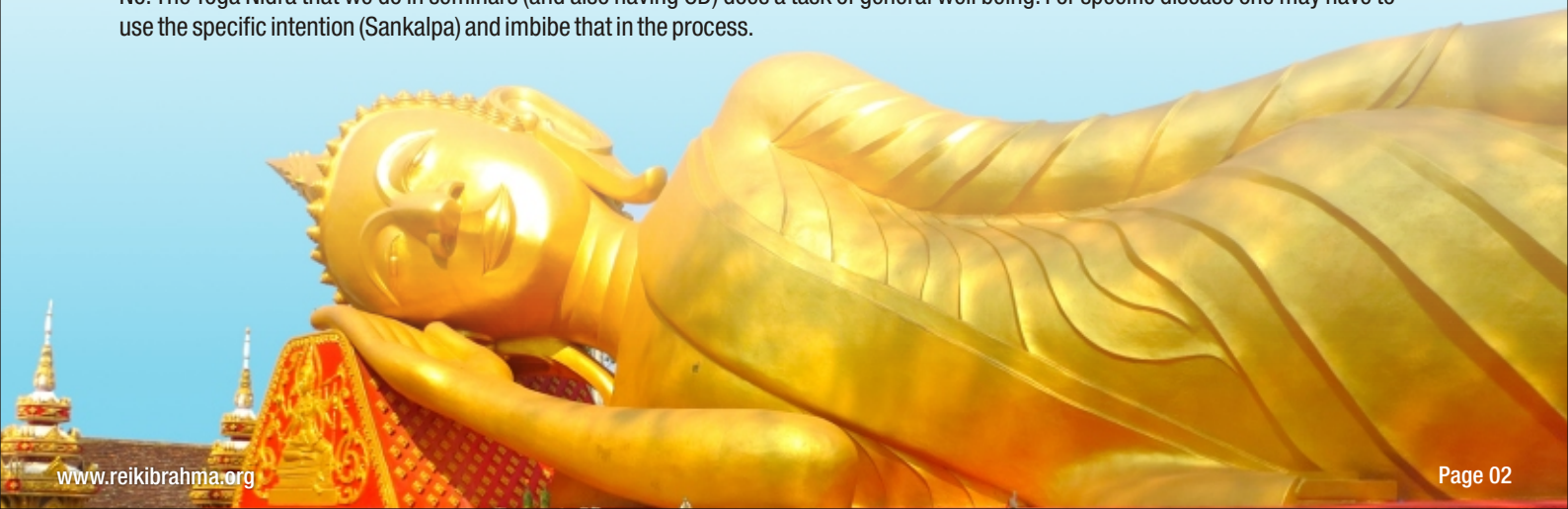
Truly we do not see dreams when we are sleeping. These- dreams and sleep are two different states of consciousness. During the dreaming state, when the subconscious mind becomes predominant, the suppressed desires & fears, inhibitions and deep seated impressions, sanskaras are actively expressed. This is characterized by Theta waves (frequency 4 to 7 cps).

Dreams arise as energy patters due to an awakening, release or explosion in the psychic body. They come on their own. In Yoga Nidra we even participate in this release. There are possibilities to change

your dreams while they are taking place if you reach a certain stage in spirituality. But to do this you must be able to maintain the dual consciousness of the dreamer and the dream so that while dreaming you know you are dreaming. The ability to witness this dream consciousness is a dynamic form of Pratyahara. Yoga Nidra increases the level of awareness of the dream. Many people have dreams but do not remember them as their awareness of the dream remains gross and ineffectual. Only when witnessing consciousness is alert, one can remember the dreams clearly. This awareness is attained by Yoga Nidra.

Q.3 If one wants to treat particular ailment, habit or mood do we have to give command statement separately or it is included in YOGNIDRA C.D.?

No. The Yoga Nidra that we do in seminars (and also having CD) does a task of general well being. For specific disease one may have to use the specific intention (Sankalpa) and imbibe that in the process.



Understanding Yoga Nidra

Q.4 What is the state of mind during Deep Sleep? - DR Prakash Shukla

Sleep is a natural, regularly occurring condition of generalized rest and relaxation of the mind and body characterized by the absence of conscious thought, sensation or movement. Sleep is a natural form of Pratyahara which occurs as our consciousness spontaneously detaches itself from the sensory and motor channels of experience. When the consciousness dissociates itself from both the sensory organs (Dnyanendriyas) and motor organs (Karmendriyas) contact between sensory / motor cortex of the brain and external world is totally lost. The consciousness progressively withdraws and redirects internally towards its source. That is sleep.

The consciousness in chakras start withdrawing progressively from root chakra to swadhisthan to solar to heart and finally throat chakra. That is why what remains in Yoga Nidra is the auditory channel. In the deep sleep state the unconscious mind, source of instincts, drives and deeply buried experiences of earlier evolutionary stages, manifests. All mental activity and fluctuation disappears during deep sleep. In this state, the sanskaras (past impressions) and vasanas (latent desires) are inactivated and the mind and body are paralyzed. Consciousness and Pranas alike withdraw from body and mind and retreat towards the source. This is known as Night of Brahma in tantric scriptures and also Hirangarbh (the womb of creation). Slow Delta wave rhythm (frequency 0- 4 cps)

The Ultimate Kiss

by Shivani Anand Karnataka

Your memory just haunts me often these days,
Never before have I faced this since you've been away,
You flash everywhere as soon as I'm alone,
Your voice if I could hear, sometimes over the phone.

You never left me alone since the day you went,
You went far away, yet an angel you sent.
It seems to be you because of the love it renders,
But in search of your soul, my mind yet wanders.

Where exactly are you? Why don't you come back?
I thought you loved me and couldn't see my heart crack.
Those ten tiny years, my love remained unexpressed.
My wails go unheard; pay some heed to my request!

Cuddling me in your arms, you sang lullabies then.
Even your voice has vanished, I'm now turning insane.
Will those joyful shiny days ever come back to me?
Obviously they'd never, still there's some light I see.

There's no point in hoping for the inevitable,
Your presence I've lost, you're still here yet invisible.
Should I be regretting or let this feeling pass by?
I'd soon bump into you, the day when I'll fly so high.

I shall then knock your door, will you embrace me?
You'd even raise the dead in heaven, don't you agree?
The warmth of your arms, the purity of your voice,
Cover up my loss Dear Mom! I'm waiting for your kiss!

From a Shell to a Pearl

by Preeti Khanna

I was struggling, my emotions brewing,
With everyday's turmoil
For living and striving,
Day in and day out, nothing but toil,
To keep everything moving.

I started to see myself sink,
Into a quicksand, in a wink,
I fought with myself,
To come out of this hell
Lo! It led to a harder shell.

Each day I felt miserable,
Just to see myself unable,
To keep apples of my eye gay & happy
Though they would always conceal their modesty
And say "Its okay, Cheer up!"
Bot lo! It led into a harder shell!!

Blame myself for behaviour so unappealing
Or "coz its my health that is restricting?
World around me, looked down in despair
Who had seen this boundless care?
Being upright and straight,
May be my mistake!
But lo! It led me to a harder shell.

I peeped out of this darkened cave,
Stretched I, my arms for someone,
To pull me out of this feeling so enslaved,
Emerged a saviour-My Swami,
Holding my fingers said he, "I 'm there!"
Saw I this intense light,
Through this little crevice
Of the hard shell so full of vice,
My searching eyes followed this dawn
To see the world as beautiful as a swan.

Treading this path as green as grass,
It opened my eyes, and made me realize,
The world ahead is still beautiful !

Now, as I travel this winding path,
I experienced, that life is sometimes dark,
And a beautiful as the Swami's heart
Once I'm there, with Swami so kind,
And my worries I know he'll unwind,
To continue this journey,
Now not as a shell, but as a pretty Pearl !!

After Reiki I feel like a King of my Kingdom...

by Uttara Shinde

Dear Sir,

I met you for the 1st time on 27th Sept 2008 during my 1st degree seminar in Thane. I am a science student and can never become a blind follower. I believe in facts, experiments and results. The 2nd day seminar brought about a major change in my life. I strongly believed in God, had learnt about him from my parents, teachers, neighbours and friends. My 1st degree seminar helped me unlearn what I had learnt in 44yrs of my life and made myself ready to learn new things about my favourite personality 'God'. You taught me about 'Reiki' and while explaining you said, **Experiment, Experience, Elevate**. From that day every moment I started living only with 'Reiki'. I learnt from you that 'Reiki' is constantly with me. It gives me energy from the land that I walk upon, the sky underneath I live, the air that I breathe, the fire that cooks my food, and the water that I drink. I was so much immersed in 'Reiki' that I started flowing wherever it took me.

My father was working for a pharmaceutical company and my sister was working as a medical representative and so I always had a box full of antibiotic capsules and various pain killers at home. After 27th sept 2008, I have not consumed a single tablet. My father is an Alzheimer's patient, he is stable and has not seen his doctor for more than a year. My husband had complaints of prostrate, he has stopped medicines. Both my neice's aged 7 and 13 years have not seen their Pediatric for more than 2 years. My mother an Parkinson's patient is hail and hearty. I have innumerable experiences apart from health, got no time to pen them because I am flowing, 'experimenting, experiencing, and elevating'.

Dear Sir, last month you listed my name for Seva in Devrukh. It was my 1st time and did not know anything about seva, so I came to meet you before going. You made me comfortable only by saying, "Kalpita will take care". I have been in Devrukh on Datta Jayanti and Mahashivratri. This time there were only few people that meant more time to be with 'Swami'. I tried to give my best and use this opportunity, which of course 'Reiki' had offered me. I followed Protocol laid down by the Math authorities, I performed whatever was asked by the MS present there, everything which was expected from a sevekari. I was enjoying every moment but inside my conscience was pricking methat I am missing something. I was apprehensive about 'Seva', for me 'Seva' was serving the humanity. I was patient, because I believed that 'Reiki' has got me here and definitely has something in store for me and will unveil it at the right time.

Dear Sir, I keep myself busy in many activities, but I get most pleasure from reading aloud. I am used to carry books with me always and on this journey I had 2 spiritual books written by 'Osho' and 'T. T. Rangarajan'. Among the Sevekaris present, one of them is Bindiya who is visually impaired. I believe that 'people come in our life for a reason'. I started talking to Kalpita about the spiritual book I was reading and offered the book to her. But later I thought, why not I read out the book to 'Bindiya' by the time we were together, so I started reading aloud in our free time. One after one my listeners grew, we started with Kalpita, Rohini Joshi, Bindiya, followed by Gandha, Rashmi Mangale, Raja. Everyone appreciated the book, the author and the contents. 'Bindiya' was silently observing my style, my energy, my enthusiasm and suggested that I should record and offer service to the blind. I registered this thought in my mind. Later in August's Newsletter you have mentioned that 'Sadhaks' should remember that they are not giving during Seva but instead gaining from it. And I got the message of 'what I had gained from my 5 days seva in Devrukh'.

Dear Sir, my neice 'Surabhi' aged 13 yrs is born with few disabilities. She has 30% vision in her right eye. Her Intellectual Quotient is very low. She cannot read and write on her own. After I came from Devrukh she came to me and said, "Atya, please record a speech on Independence Day in my mobile phone, I will listen and try to learn." I knew in my heart that 'Reiki' has given me this opportunity once again. I recorded a speech for her, she gave the speech in her school on 15th August and made our family proud.

I thank you 'Sir' and 'Reiki' for all that is happening in my life. I feel like a 'King' of my Kingdom.

My journey with, "Experimenting, Experiencing and Elevation moves on....."

Love and regards

By Telangan

Role of 'Sadhu' in the society!

'Sadhu' this word is not being used with lot of respect today. In my childhood I remember many mothers keep scaring their kids saying 'don't go out in dark some Sadhu will snatch you away. Today, the image of Sadhu is not very gentle, saintly and spiritual; they do mockery of the word. In fact people prefer to stay away from them.

While watching Uttarakhand tragedy on the news I saw police caught groups of Sadhus each with hard cash of lacks and gold jewelry with them. They were fighting for its possession. They were scared of death exactly like common people. They were totally attached with life.

I was watching National Geographic channel and the theme was Kumbh Mela. This is a favorite festival of the western media for its colourful display, the groups of bearded, stern, holy men, wearing saffron, some nothing at all; the vehicles decked like chariots; the ornamented elephants; everything has lot of glamour around it. This was representing India's culture to rest of the world. They were showcasing how even a Sadhu love to get decorated by flowers, beads and colours. How disciplined Spiritual marches are. Suddenly, some of the sadhus were almost ready for a battle when something went against their wish. They were showing their ego, greed, hairstyle, nakedness and dirty teeth in front of the world. I'm sure people watching this program from different countries would have thought same about India.

There is no doubt that even today India is a very spiritual country and there are still many yogis living here like my Guru but similar to ancient India no one entertain a saffron clothed person at the

doorstep today. We do not stop and make a point and check with any Sanyasi if he is hungry. We all are scared. We do not want them near us. It's only because some people have misused the saffron cloths. We are used to measuring these hoax and real yogis with a same yardstick. Isn't it wrong? When we read Spiritual experiences of yogis, most commonly they all have come across all influential spiritual saints in their lives. I always wonder how do one recognize them when you have so many fakes around?

I asked Gururji this same question and then he explained in his simple language. He said a very basic condition to be a Sadhu or a Sanyasi is to conquer the five senses of the body. It says that once the Egoism is controlled then the connection with the God is easier. When one is attached with the supreme conscious then he doesn't require leaving anything; one gets detached very automatically to the entire material world.

I asked him, according to him what is a role of a Sadhu in this society? He said, four of the world's greatest religions were born here in India, which are Buddhism, Jainism, Hinduism and Sikhism. Hinduism is an unusual religion, it is not having been founded by a single prophet or his followers. There are so many Saints and Seers had given knowledge and insights to us. They do really work like a shepherd. When society is going away from the basic principles and morals. They bring the society back on the right track by using their knowledge. They are detached from all worldly things but they are most compassionate and loving people. They make sure that the society live happily, blissful, calm and enjoy life at every moment.

Gautama Buddha, Mahavir gave up their kingdoms and became Sanyasi. The pious saint like Gyaneshwar even rewrote divine scripture of Bhagavad-Gita for common people in their own language. The latest example is Swami Vivekananda, a 'special genius and a saint' who showcased a real Indian religion and spirituality for the first time in front of the modern world. He came, he saw and he conquered the entire world. He removed the misconceptions of India and Indians. His Guru Sri Ramakrishna was one of India's greatest Spiritual teachers. Swami Ramdas wrote a Grantha for the society to share knowledge on way of life. Saint Tukaram, Eaknath, and Namdev all of them lived only to direct the society about the 'Art of living'. They were so well connected with the supreme conscious that there was no duality left. They gave the rich knowledge to the society in most simple ways. They had the purity and strength of mind. Today as Gururji says, there is lot of knowledge available but nobody knows what is appropriate for him or her. There are only students left no disciples. There is no desire today for this learning. And when everyone longs for something divine, God sends a teacher to bring his truth to earth. This change in consciousness comes by meditating and living for God. If you meditate and give the fruits of your actions to Him, you will find yourself with that higher guidance.



Time

by Rajesh Khanna

A well known fact...the concept of Time evolved with human kind following the earth movement around sun and since the ancient time the sunrays and the falling shadows were prime source of time mechanism.

As the time passed by, the human intellect led the revolution and gradually Time keeping clock invented but the source remained the same...Our natural Time Guides The Earth, The Sun and The Moon.

As usual human mind kept on improving the technology bringing in fancy ideas in terms of mechanical then quartz leading to digital and what not.....But the question remained same....Has Time got any value change? No...Rather it made us Gadget slaves and human kind slipped into the artificial Time boundaries. In the process he lost the plot and killed the creativity by restrictive himself in Time slots rather than creating emotional slots.

Just ponder....what would be the shape of the world if we have self governing Time keeping units (Our mind, Our intellect) which guide us when to do what? It is still better situation than being controlled by a gadget which sets terms of our life.

In one such novel step our Ashram invoked the idea of breaking away from any of these gadgets including Mobile phones for a day on 14th August 2013 (coincidentally it was the eve of national celebration of 67th anniversary of Freedom) and we started another kind of freedom struggle from Time Limits.... Naturally the idea came from our Guruji who inspired all of us to desist from looking at watches and Mobiles on that particular day. The message was to schedule your day as per your gut feel and come out with your own time management (Read ...freedom management).

And what we achieved at the end of the day? It was perfect sense of Timing! It was seamless and Universe got its assignment done by guiding us with Natural settings of events one after another!! The time was utilized intelligently as it was on a premium and sense of losing out on Time made us more accountable to use it efficiently.

All of us were little bemused why Guruji resorted to this and all were bubbling up with queries in our mind. True to his nature Guruji patiently heard everyone and explained the rationale behind. In his words....

“It was necessary to break the pattern of the Life we are used to! Unless we create deliberate blocks in our Life we can not maintain balance between our routine life and spiritual path. In other words don't only take vacation from work to infuse fresh lease of life rather take once Life Style break as well and see how much uplifted you are...”

Let us take leaf out of this and set the ball rolling for many such activities which help us coming out of our shells and Swami is always there guiding us through our beloved Ajit Sir taking us to the pious journey of Moksha...

Ashram Wisdom



The new initiative taken by Guruji since 6th August in reading spiritual scriptures and books after evening Aarti at ashram has clicked well. What started as a small trickle of audience suddenly has swollen to a respectable number. People from village have also started bee lining for the event. In one of these discourses, Guruji asked Sadhaks to define who they are. Sadhaks in the audience were little foxed as they did not realise what the question was about. Seeing the question marks on their faces, Guruji clarified that the visitors to the ashram can be categorised in the five classes as (1) Darshaks (2) Vidyarthi (3) Sevaks (4) Sadhaks and (5) Shishyas. He also elaborated on these terms. **Darshaks are those who come to just have a darshan of Swami.** That is their sole objective. They have nothing more to do with the ashram. The second are those who come as **Vidyarthi or students who come to learn something like Reiki, Agnihotra etc.** Once they learn that subject, they may not revisit ashram or even if they do that will only with respect to the subject concerned. Next comes, **the type of Sevaks. People who come with an idea of offering service or sewa in the ashram.** They start their work right from the word go and work very hard on various ashram related activities. Thereafter there is a class which may be called as **Sadhak, where people come for doing sadhana or spiritual practices.** They may look for opportunities to sit in dhyana or perform various different types like Yoganidra, perform rituals, read scriptures, chant this or that stotra etc. The last one is a **Shishya or a disciple. The one who will be totally in surrender and disciplined in every sense.** For him, the Master is everything for him / her. There is no sixth type. Which class do you fit in?

Seminar Schedule for September 2013

Sr No	Dates	Master/Teachers	Location	Degree
1	7th & 8th Sept	Ajit Sir/Kalpita	Devrukh	1st
2	7th & 8th Sept	Krupa	Rajkot	1st
3	7th & 8th Sept	Seemaben	Dharmaj	1st
4	14th & 15th Sept	Seemaben	Rajkot	1st
5	14th & 15th Sept	Bhartiben	Ahmedabad	1st
6	14th & 15th Sept	Vishal	Mumbai	
7	21st & 22nd Sept	Rakesh	Bangalore	1st
8	21st & 22nd Sept	Vishal	Kharghar	1st
9	21st & 22nd Sept	Kalpita	Thane	1st
10	28th & 29th Sept	Rakesh	Bhiwandi	1st
11	28th & 29th Sept	Vishal	Pune	1st
12	28th & 29th Sept	Sangitaben	Baroda	1st
13	28th & 29th Sept	Kalpita	Nashik	1st