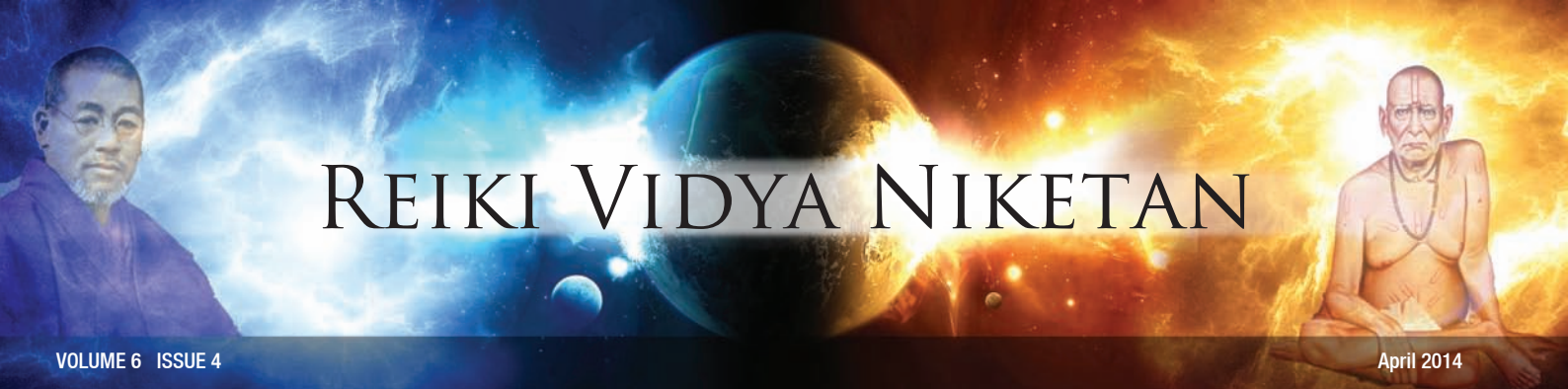




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The Butterfly Effect...

Editorial

Since I started teaching Reiki about 18 years ago, I have been strongly believing- and the belief has been becoming stronger with every passing day- that everything that we do affects the environment, in a good or bad way. We all have that trigger in the hand which sets multiple actions and reactions (which can be termed as events for those who follow them). We can make a lot of difference to the world through every action of ours. We can make or mar the world and need to be aware about such a power. Lately, since past few weeks we all have been observing something strange. Whatever is happening in our minds reflect in some events at the ashram and after some time the same thing reflects into the world on a much larger scale. We call it from Mind to Math to World phenomenon. Swami Vivekanand used to say that every word that we say or every thought that we generate through our mind, becomes a universal phenomenon and makes a difference to the world at large, sometimes, significant and sometimes not so significant. This phenomenon is called as a "Butterfly Effect". This effect was first talked about by Edward Lorenz, while presenting a hypothesis to New York Academy of science in 1963 stating that "A butterfly could flap its wings and set molecules of air in motion, which would move other molecules of air, in turn moving more molecules of

air eventually capable of starting a hurricane on the other side of the planet." This was ridiculed by the scientific community till 30 years later the physicists the world over accepted and named this as a Law of Sensitive dependence upon initial conditions.

In spiritual teachings it is always said that one has to be aware about everything that one does, or thinks or even talks during your lifetime. No one lives in isolation. We are all connected by a common Nirvanic Aura and everything that we do or think leaves foot prints on the universal map. Our sadhaks have decided this year to make Math as a seat of love and compassion. That love and compassion can only reflect when each sadhak associated with ashram nurtures love and compassion in their hearts. And what happens in the ashram then will reflect in the whole world. So let us start now working towards our world. Let the butterfly effect start creating the ripples. You are that butterfly..

- Ajit Sir



Bhaja Govindam... (Verse 3)

नारीस्तनभरनाभीदेशं दृष्ट्वा मा गा मोहावेशम् ।
एतन्मांसवसादिविकारं मनसि विचिन्तय वारं वारं ॥ ३ ॥



One should not fall prey to infatuations upon seeing a woman's full bosom and navel region. These things are nothing but the modifications of the flesh and fat. Deliberate on this continuously in your own mind.

Though the verse mentions the infatuation towards a woman (these verses are traditionally addressed to men) it equally applies to women who get attracted to men only because of their bodily handsomeness. Though the attraction between the men and women is natural, it should not get to the level of infatuation as it takes one mind away from the divine. As we always make it a point to say in our reiki teachings that it is only the human mind which has the ability to experience. The mind obviously has enormous unlimited powers but still can experience only one thing at a time. It unfortunately does not have the ability for multiple experiences at the same time. That is how when the mind is experiencing the infatuations towards the other sex it cannot experience the divine.

The million dollar question here is how does manage a mind in such situations? What does one has to do to stay away from such infatuations? The easiest way of course is to realize the truth. Truth always helps in such matters. One has to understand that all these things about which one gets fascinated and infatuated about are only the bundles of flesh, bones and marrow. This is called as Pratipaksha Bhavana (or opposite viewpoint). These are only the outermost layers of human existence. They are only the outer packages. These are superficial attributes that lead to attraction. The author of this verse proposes such a viewpoint.

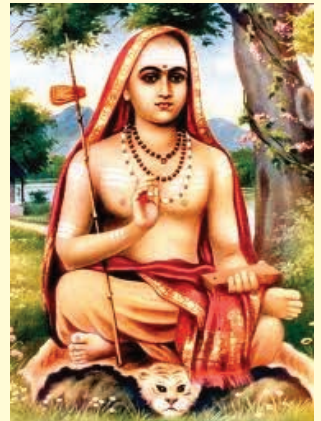
Adi Shankaracharya is not suggesting a suppression of a natural feeling. He is not against the attraction but definitely against the infatuations without realizing what one is getting attracted to. Only when it becomes an infatuation, it becomes a Vikara, a disease. The phenomenal growth in the crime against women and that too mainly of sexual nature like rapes is basically due to such infatuations towards the outer forms.

Many a times I ask people to specify the difference between humans and animals. People cannot really answer this question easily as most of the



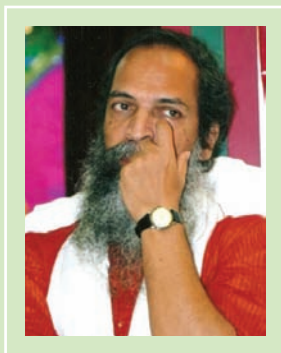
times they believe that humans have an intellect which animals do not have. In reality one can find that animals are equally intelligent. Otherwise how one can explain the beautiful and functional designs of birds' nests and the beehive of honeybees? Not only that, every animal also shows a lot of emotions on par with humans can possibly show. It is the Mind, which humans have which the animals do not have. The Mind is a differentiating factor. The Mind, which is supposed to discriminate between the animals and the humans. No wonder humans are called Manushya (Mana + Ushya) where Mana is a Mind and Ushya is the body which runs on solar energy, in Sanskrit. The words like Manava, Man, Human, Woman are all derivatives of a basic word Mana. Mind has the discriminatory powers called as Viveka. Mind knows what is appropriate or good and what is inappropriate or bad. Animals are supposed to follow their instincts. In this context it is said, "ahara-nidra-bhaya-maithunah cha samanyam etat pashubhir-naranam". It means that human beings and animals have these things in common-ahara, (the need to satiate hunger), Nidra (the need to sleep), bhaya (the need to protect oneself) and maithunam (the need for sex or self gratification) Animals exhaust their lives in fulfilling these basic instincts. The modern life unfortunately considers these to be the measures of success in life. Unfortunately the Mind has ceased to be a Mind and humans have ceased to be humans. If we look around all that violence and crime (again mainly against women) we realize that there is hardly a difference between humans and animals now. We have failed to take an opportunity provided by the divine to free ourselves from the cycle of birth and death. Spiritual practices need to be used with all seriousness to extract that basic essence of purity and divinity. Only by being in the service of God we can move ourselves from the ditch we have fallen in to the pedestal where the God had established us on.

The word today defines the success as something that needs to be achieved at any costs. This is not okay. The fierce competitions restricted only to games and sports as pastimes have entered into our day to day life right from the school education to the talent hunt. Our animal nature is standing out again. We have already turned our back to the divine. This is a warning signal to humanity. Earlier the younger generation understands that better it is for humanity in general. That understanding will only pave the path for happiness, health and harmonized relationships. Then we may feel happy and proud to call ourselves humans again.



Importance of Spirituality in Parenting

By Ajit Telang



The human life is undergoing a metamorphosis with a speed that it possibly has never experienced before. The world order is changing fast. The Science and Technology have expanded the limits of knowledge to put it practically in a different realm. The cultural distinctions are evaporating at alarming speed. One however needs to take a harder and closer look at these changes to understand whether they are in the appropriate directions.

We are all seeking means to become powerful without really realizing what the power means. The idea of power is fascinating but the power may not. One really needs to understand where the power is. The large natural laboratory around us may possibly answer this. If we look at the Earth as a planet, we may realize that the power issues and the sources of power are all within the core of the earth and none of the things on the surface of the earth is capable of providing us the power. Whether it is a Coal or Petroleum and Gas or Radioactive materials, one needs to dig within the mother Earth. On the other hand we have a micro model in the name of an Atom. One has yet to hear of Electronics power station as an electron moving around a nucleus does not have a power. The real power of the atom also lies within its core-the Nucleus. **If on the macro level the source of power is located within the core and so also in the case of Micro level where logically one should look for power in the human existence? Naturally, within the human core.** We are all trying to seek it much away from our core in the material world. No wonder that no one seems to have reached the goal. Somewhere the understanding has gone wrong, somewhere the directions are lost.

Spirituality provides that inner dimension to the human life. It makes one look within and experience that inner core which is so powerful. Power is nothing but that inner Peace.

Terrorism – the most talked about thing- is one such manifestation of such a stressful and violent mental state. For the first time as humans we are realizing that it is not the technology or the weapons which are good or bad. It is the mind working behind such means which makes these things either good or bad. “Technological progress without Spiritual foundations is fatal to humanity” These are the words of none other than Dr A.P.J. Abdul Kalam, President of India and also one of the most revered scientists of the modern world in his biography- The wings of Fire.

The situation demands a very cool head and a lot of tolerance. We need to go back to the drawing board of human progress and start working out many things all over again. We may need to redefine many terms including Happiness and Peace, Comfort, Convenience and even the Progress. As one can see the crime graph all over is showing an upward trend. The crime has always been a part of the human social life. Today the crimes are nothing but the manifestation of the restless mind where everyone loses. The face of the world is literally changing.

The question is that How are we going to rise to the occasion? How are we going to manage the challenges this situation is throwing at us? The modern science seems to have reached the end of the path when it comes to inner revelations. One may have no choice but to rise beyond religion, beyond nationalities, caste, creed and sects and understand the basic tenets of human values and ethics. **Spirituality could be a better answer.**

This generation needs to work on this situation to provide a better world for the future generations who are going to be here over the next 50 years. All sciences including a spiritual science needs to look at these issues more closely now. Even the spiritual masters may have to bring themselves out of the Himalayan caves to imbibe the basic truths of humanity in every human mind. Spirituality if cannot be translated into a practical way of life may also mean a failure.

This generation is very intelligent and talented. One cannot just preach and advise this generation asking them to follow abstinence when it comes to violence, sex and other distorted versions of life. The generation is intelligent enough to know that they are on the wrong path. One needs to create options which are attractive to match the waves of the modern cultural distortions. Spirituality is proving to be one such option. One needs to bring out the science behind the ancient age old spiritual principles and present to the new generation for them to choose.

I have realized that even before one works on these young people one really needs to work on two most important aspects of the social triangle – viz. Parents and Teachers. Today the parents themselves do not know how to manage the situations while the teachers have lost the basic nobility of that divine profession in the lure of megabuck opportunities. The student dimension is currently clueless and even confused with the nonchalance of these two important aspects of the triangle.

Parents have to realize that parenting is something beyond giving birth to the child. Parenting is just not giving a birth, but is more serious and responsible phenomenon. One needs to understand the strengths and weaknesses of one's ward and nurture him or her on the path of happiness and peace. You can not make a child a Doctor or an Engineer. His program is already written when he/she is born. Parent can only support the ward to become successful. Child is a puzzle given by the GOD for each parent. The parent is the biggest influence in the life of the child besides his own program written by his karmic history. The parents are not even aware about that. Parent needs to understand his own self and purpose of life even before he expects the child to realize that. Today we find most of the

parents are not doing this responsibly. My own research shows that the children brought up under the spiritual environment at home never show the treats of violence and other criminal activities.

All spiritual forces need to converge at a common task. All people who believe in goodness of life and the divinity may have to come together to save the human values. This is the clarion call.

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Ashram Events



Mahashivratri Festival

Mahashivratri festival celebrated at Devrukh ashram this year between 25th and 27th February 2014 was an event to remember. Totally 47 sadhaks who had anushtan participated in the event. Each of them had fasted for a month and kept a daily schedule which included a silence, reciting Lord Shiva related hymns, stotras etc, performed daily Agnihotras, trimbakam Homas etc. By the time they all joined the ashram on 24th night, they already looked radiant and lean and fit to go through the next 3 days. With three teams rotating their tasks over three days covering Yagna, Chanting and Abhishekas looked so divine by the time the festival came to an end. It was a lesson in how the human energies can experience the divinity by following certain practices.

Study Circle Heads training

Mahashivratri was immediately followed by a two day event of Study Circle Heads' training and review meeting. About 32 heads and coordinators presented themselves to the event. Mahashivratri was a festival of adoration and faith while this event proved to be full of knowledge and intellect. Many of the circle heads presented their research findings on various topics of their choice. The new structure for Study Circle concept was drawn for 2014-15. The event was full of discussions, presentations and questions & answers.



World Agnihotra Day

12th March

This time our ashram decided to celebrate 12th March (The World Agnihotra Day) in a different way. Instead of setting up 72 (as it was 72nd Agnihotra Day) Agnihotra fires at the sunset in the ashram premises as usual, we decided to spread the event to various places in the town where application of Agnihotra has proved to be beneficial. A school, a Hospital, an Agricultural Farm, an Old Age Centre, a Temple and our own math were selected as spots where 12 people at each location performed the sunset Agnihotra in the radius of about 2 kms. A lot of new people were initiated on this path. Even the other centres like Baroda, Mumbai, Thane and Nashik participated in this program and performed 72 agnihotras in each of these cities.

Koshathagni – God of Digestion Dr.Vrushali Tole-Deshpande, Bengaluru, India

'What can I eat?' answer to this question is type of Agni (digestive fire) individual have. The food you eat needs to be converted into useful energy and this process is governed by the Agni. The primary function of the Agni is digesting food, absorbing nutrients, destroying pathogens and transfer food in to the *dhatu*s (tissues).

The Agni is categories in, *Koshathagni* which governs initial digestion, *Dhatwagni* which governs conversion into tissues and *Panchbhautikagni* which converts heterologous food component in to homologous form.

Koshathagni is in the stomach and the performance of *Koshathagni* governs the performance efficiency of the *Dhatwagni* and *Panchbhautikagni*. *Koshathagni* maintains and controls various biophysical and biochemical factors which participate in digestion and metabolism. For this *Koshathagni*, the central fire is considered as a God per Ayurveda. If you maintain or take care of *Koshathagni*, most of the digestive issues can be controlled easily.

Now finding what type of *Koshathagni* you have? You can find in which category your *Koshathagni* based symptoms specified below.

Type of Agni	Symptoms of Agni	Food that you can Eat
Samagni (Balanced)	Balanced metabolism If any burping happens, do not have flavor of food you have taken. Feels hungry and thirsty regularly. Visible clear tongue.	Any type of food .
Tikshnagni (High)	Hypermetabolism feels like eating frequently. Frequency heartburns, dry throat after eating. Always feels gassy and bloated. Coated tongue. Mostly observed in Pitta constitution	Fruits: All Sweet fruits e.g. apple, dates, pomegranate. Vegetables: Sweet & bitter vegetables e.g. Cabbage, Carrot, All beans. Oils: Olive, Sunflower, Coconut. Spices: Coriander, Little Cummins, Fennel and Cinnamon.
Vishmagni (Varying)	Irregular appetite . Feels gassy even with small portion of food. Tongue with brownish coating. Mostly observed in Vata constitution.	Fruits: Apple, Mangoes and Banana. Vegetables: Sprouts, Asparagus, Sweet potato. Rice and Wheat. Oils: Sesame and Peanut. Spices: Black pepper, Ginger and Clove.
Mandagni (Low)	Never feel hungry. Coated tongue. Always constipation. Burps with foul smell of food. Mostly observed in Kaphaconstitution	Fruits: All Fruits with can be taken small amount. Vegetables: Peas, Raddish, Sprouts and Leaf Grains: Barley, Ragi, Corn and Millet. Oils: Sesame very small amount, Olive. Spices: Basil, Clove, Cumin, Curry leaves, Fenugreek.



Individual should try to reach *Samagni*, where they can eat any type of food. The *Samagni* gives good health and immunity. Everyone needs to take care of Agni. Following are recommended methods in Ayurveda:

- Do not eat to your full capacity of stomach, 1/3rd should be filled with Solid food another 1/3rd with liquids and leave 1/3rd of stomach empty.
- Eat according to your Agni specified above.
- Do not eat when you are angry or tense.
- Eat hot and fresh food.
- Eat dinner at least 3 to 4 hours before you sleep.

IN THE MIDST OF MESS LIES CREATIVITY...

By Ashwini Telang, Mumbai, India



Most of us living in Metropolitan cities must be aware of and even accustomed to the crowded railway platforms. When we are on the platform being a part of the crowd, we feel that we are in the midst of chaotic situation. But the moment we rise ourselves by just climbing on the Railway platform

bridge and look below the same looks so orderly that we start wondering how can this be? Though the situation appears to have changed actually is not the case. It is our view that has changed since now we have a little more knowledge of the situation as we are not the part of it anymore. In other words, the reality is that everything looks orderly when at certain distance; when you are not a part of them and when you can distance yourself from these types of situations. For instance, you are currently reading this article. You can only read it when kept at certain distance neither too far away nor too close to your eyes. So is the case with watching TV. Going too close or too far is very stressful to the eyes. Rather going too close may ultimately result in vanishing of the picture, what may remain is only the combination of pixels. In short, when we try to see things without us getting involved from certain distance we have a better view of the whole situation. Just like the story of Michel Angelo – one of the most popular artists.



This happened in a village where Michael Angelo used to stay. Though, a famous artist of his time, not everyone necessarily knew Angelo. There was a small shop in the town. And right outside the shop was a huge boulder which was bothering everyone around. It was a stumbling block for pedestrians walking on the footpath and was truly obstructing the view of the shop's display windows affecting the business of the shop too. The efforts to remove this boulder were all futile as the legal fight was on between the shopkeeper and the local county administration almost for few generations. Both claimed that the boulder was not in their part of the land and obviously the responsibility to remove the same was not theirs. The block kept on creating a mess for everyone involved. One morning, however, was different. A shopkeeper saw one guy kept on looking at his shop from the other side of the road. The shopkeeper was obviously was irritated at this staring not knowing what the guy was upto. After a while that guy on the other side of the

road walked into the shop and asked whether he can buy the boulder lying outside the shop. The shopkeeper was dumbfounded. Did he say "Buy"? He asked himself. The other guy reiterated. The shopkeeper suddenly became very kind and said, "Look gentleman, you can take that for free, but you may have to spend for extraction of the same from the ground and may have to even level the ground to fill up the trench that may be created." The guy agreed. By that evening itself, the boulder was out and gone. Everyone around celebrated though nobody really understood how it all happened. A mess for the past few generations was suddenly gone? The shopkeeper did not know either. After a few months, that same guy came back to the shop again. How could the shopkeeper forget him? The guy called him over for a dinner to his house giving his address and directions to reach home. That evening the shopkeeper was in for a bigger shock as he saw a beautiful sculpture of Lord Jesus on the lap of Mother Mary in the drawing room of that guy and wondered from where he got that. A guy introduced himself as Michael Angelo and said that he made this from the same boulder lying outside the shop for years. The shopkeeper was stunned. He asked, "Oh, Were you looking at this boulder from the opposite side of the road, the other day?" Angelo coolly replied. "No Sir, I was looking at the Jesus inside. He wanted me to bring him out. All that I did was to chip off the unwanted things and the Lord came out. Jesus was in. I just carved him out." What looked as a perfect mess for many was an opportunity to bring out the divine.

Even if we look around the changing social systems we can understand that the family sizes have shrunk with the time. The small families appear to be more orderly with respective to the large once which seem to be much messier. However, what one can possibly realize is that the large families provided larger opportunities to the members of the families to be more creative. It is believed that the Shiva Energy moves from present to future & hence is unpredictable & disorderly – uncomfortable to humans. That is why; humans try to create more orderliness by introducing systems and regulations. The unlimited creative intelligence as Maharshi Mahesh Yogi would call it is converted to limited creative abilities. This disorderliness is what appears to be messy though one can find tremendous creative potential in the eye of that. Today, most of us who perceive the situation as messy should comprehend that probably they are opportunities to unveil the divinity within through the medium of creativity.



Greatest Melody by The Primary Relationship There Is

Nadia L, Chicago USA.

A \$5million Stradivarius violin was stolen on one wintery night recently in a city not far from Chicago. The musician, a local symphony orchestra member, had been stricken in the bleak darkness by thefts, the violin being the only possession of his that they, evidently aware it was pricy, had taken away. Luckily, the guy was reunited with his valuable instrument in several days, wrong doers were caught. The public attention, typically, cruised on the surface of the violin's worth, age – about 300 years old, thefts profiles. However, for him, the musician said in the meantime before the happy reunion took place, the accident was tragic not so much because of the monetary value of his Stradivarius, although quite substantial, but because he mourned his violin. He said his connection to it was like "a primary human relationship, with all its twists and turns."

I imagined that musician playing his instrument for hours - days and nights, years in a row, striving to perfect his craft, repeating tones after tones over and over again, cuddling it fondly under his chin or tossing it aside in despair, talking to the violin, begging it for favors when his fingers couldn't keep up, patting it with pride at the end of a concert, loosing himself through it in the stream of notes when the inspiration struck, thanking it with a swollen heart every time when the harmony, the flow of it, has been passed from his talent out to the world through the means of that precious violin. The violin was the tool for his creative expression, via it he had been communicating with God - the source of all creativity, I thought. That Stradivarius must have been much more than merely a superb musical instrument for him, it was rather The superb instrument to tap into his talent and thus, to connect with the Source.

And here we draw parallels:

All of us - Reiki orchestra members, have been granted the instrument to connect too, have we not? It is through us as channels that the harmony of healing, of wholeness, of completion flows in- and outwards.

With the power of a Tradition and by the grace of a Guru a very direct connection with the Source has been bestowed on each of us. The three Reiki Symbols being our notes by which we play the great melody of uniting with the Source, to reach out to God, to connect. And thus a quest dawned on me: Developing a primary relationship with my instrument as much as I possibly could, as much as that musician had?

In truth, what had started me thinking along that line was a statement of Sir. At a Reiki Study Circle session some time ago our presenter Ursula shared what she had taken in from a recent trip accompanying Sir. This is what Guruji has repeatedly told me, she said, 'We don't utilize Reiki to the fullest degree'. It rang true within me then - I've not been utilizing Reiki to the fullest, the realization piercing my mind with the regret of an opportunity lost!

How much more could I employ that precious flow day in and day out? I'd been pretty good in giving it to myself daily, to my family – whether for aching ankles or bruised feelings, to my Reiki friends when asked for or I sensed they needed it, to some roadblocks in casual situations, to my mother for restoring her agility of body and spirits, to the Earth and all people, all life on it for good health and well-being. What more is there to do, to expand that utilizing? Whatever you catch makes you feel unhappy about, give it Reiki, this is all we can do, Ursula said then, as if to solve the confusion.

Oh, what a way to go about life happenings! Instead of taking troubles, dilemmas or sadness in, and unproductively burden yourself, give it your full attention for some time, being completely present, pour in the loving goodness of your heart, feeling that love, projecting the vibration outwards, connect through the Symbols and trust – trust, do not doubt, leaving it out to God to take care and do justice. Pretty straightforward, isn't it?

Undertaking on such approach, a whole new reality has been taking shape for me since then: Giving Reiki to gloomy, pail people in a doctor's office, to grumpy strangers I come across, to a cute baby at the check-out line for a happy life. Giving Reiki to the traffic jam when frustrated. To people entering my home and to my kids, getting out of it, embarking on adventures. Giving Reiki to my suffering homeland and its people, half a world apart. To all affected by the Philippines earthquake. To peace in the minds of war plotters, to sobering the greed of corrupt politicians, to ample provisions for the hunger all over the world. To our house furnace for keeping up with the polar winter this year. To best using resources and managing time. To the best crisis resolution for both Russians and Ukrainians. To Spirit's guidance for revealing throughout my hours and to my openness in detecting it. To the sunrise budding with opportunities and beauty. To my kid's best at her first college finals and to the best of kids in general in their tests. To an ice-skater at the Olympics who hit the ice falling so bad, he couldn't get up for the longest I've seen... Countless opportunities! Opportunities for the betterment of our world? Yes, I trust. And also opportunities for staying connected, quieting myself so that the subtle flow flows.

Technicalities surely have been emerging – the preference of when and how, of letting my heart take the lead in prioritizing, of making choices so that I grow and keep up with the precious energy. Personal findings for everyone to discover on our own. The point in my view is in submerging oneself in the constant flow, just like that musician - for hours, days and nights, years in a row, loosing oneself in the flow, passing greatness out to the world. Because then the relationship with the instrument we've been bestowed upon becomes of the type the violinist talked about – essential, primary. Or rather The very primary there is.

The Song

By Prof Bharat Thakkar, Chicago, USA

We'll come together to sing a special song

To lift and remove the load

I've been carrying for far too long

We need to clear away the misgivings and malice

So truth and forgiveness pervades...

I've been suffering for far too long

The song's notes will carry tunes of tears

To melt and wash away the fears

I've been hiding for far too long

The song will not be an inner-anthem

It'll be a confessional of unrealized dreams

I've been ignoring for far too long

Oh, how I wish I could write that song

For I've been aspiring to it for far too long!



This beautiful poem by Prof Bharat Thakkar reminds me of the second level seminar of Reiki. The whole essence of the poem is to restart and reset the life all over. We need not brood over what has happened and divide ourselves. The idea is to work and live as a human community- more or less the same kind of feelings which come out of our article on 3rd verse of Bhaja Govindam by Adi Shri Shankaracharya given as a lead article in this same issue. We need to create a new special song. Reiki brought a new song in my life and so it has brought new songs in the lives of so many that I know.

I n h u m a n e

Shivani Karnataki

A petite little figure, tiny little feet,
Eyes so swollen yet as blank as a sheet.
Emotions all bottled up, she refused to suffer more.
No more did she wait, for him to turn up at her door.

Given up all hopes, no light did she see.
He might have vanished in the dark, a mere drop in the sea.
It had been long ago, when the truth paved its way.
What followed were the nightmares, and the days in dismay.

The truth echoed so loud, in the depth of her sorrow,
Poisoning her existence, the reality made her hollow.
The man, that she had never known, had given her up for sale.
The man, cold heartedly, disowned her for being a female.

She began to doubt the pride she then held,
'How honorable it was to be a woman' she once felt
Her emotions were scarred, they were wounded so deep,
Her faith in humanity had taken a leap.

Unknown he was, yet she never wished to know,
What kind of a human, ashamed of the seeds he sowed
She was a part of his tribe, same religion, same cast,
But she knew she'd purify it, for her heart was unstained.

'Abode of divinity' or 'Matth' I am called,
Where from I come, I know not all,
Seeds of spirituality, divinity, tranquillity
Sown in the lap of nature, was I born.
Fourteen years from today, I belong ,
To this serene and blessed Devrukh 'gaon'.

Feet of Swami Samarth touched my holy soil,
Which once was seclusion, in the wilderness of spoil.
An outcome of a dream,
To Ajit Sir so supreme,
Who incarnated in me the Swami's shrine.

Bestowed He, in me, the invisible charm ,
That has turned me into a "Bhakti Dham",
For devotees who with utmost devotion,
Throng from seven seas and across the nation.
Just to bow their heads on my feet?
Ney, they flock here to find a priceless relief ,
Of oneness with nature and divinity they breathe.

A store I am, of holistic healing ,
Where Shraddha, Seva, Sadhana, Samarpan
And Samadhi are rejuvenating.
Countless are the activities
That makes me as vibrant as a rainbow.
From reiki to music and dance,
From children retreat programmes,
To adult training programmes,
All go hand in hand.

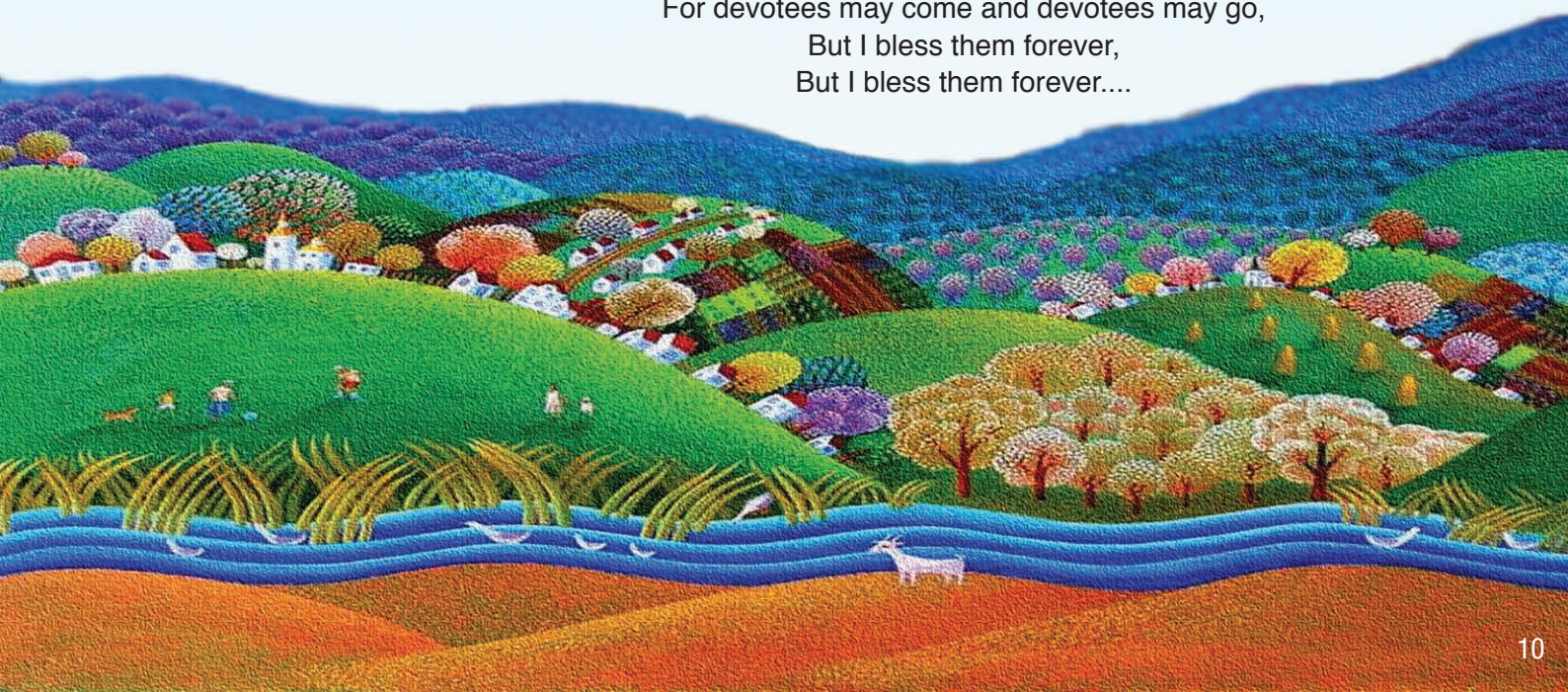
I am strength here, for those who fear,
I am a shelter to those, who lose their way
I teach those who yearn to learn.
Like a melting ice, I melt their egos
I quench the thirst, of the thirsty souls,
I gently heal their inner souls.

For devotees may come and devotees may go,
But I bless them forever,
But I bless them forever....

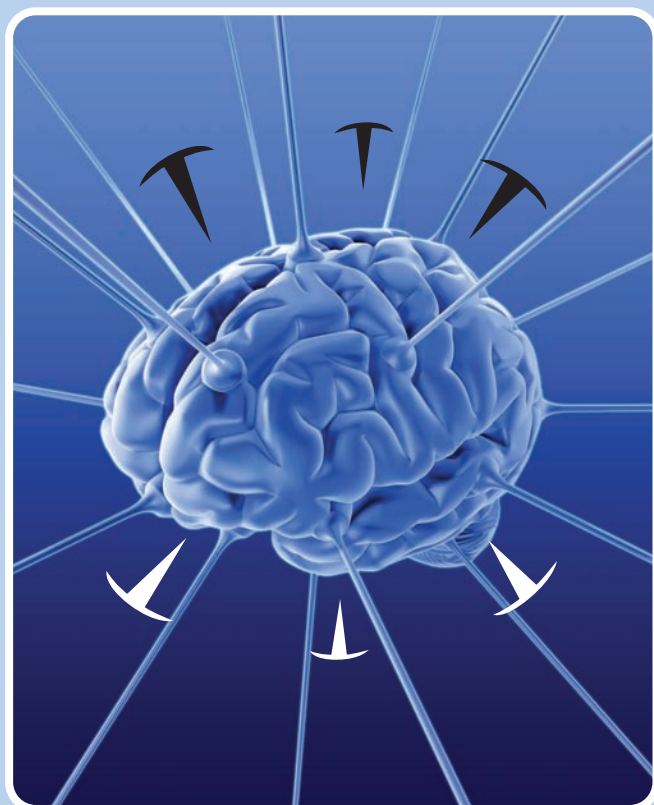
(A piece of gratitude on the "Foundation Day of Devrukh Matth")

ABODE OF DIVINITY

Preeti Khanna



Ashram Wisdom



About hurting and getting hurt..

Someone came and told Guruji that two sadhaks in the ashram felt hurt by someone's remarks. Guruji quipped, "Now one more has become sad, besides the two hurt ones" Sadhak asked, "Who?" Guruji answered "Me". Whenever someone gets hurt in the ashram I feel sad". The sadhak wanted Guruji to elaborate on what does one mean by hurt and sadness. Guruji said, "It is just like one's body gets wounded or one's body getting sprained or twisted or swollen. Hurt is like a wound. It has a longer effect as compared to sadness. Even physically wound takes a long time to heal. Sprains and swellings are much easier to tackle like sadness. Sadness just tapers down with time. Wound needs little more aggressive treatment." Guruji asked the sadhak whether he knows that the one who feels hurt also hurts others easily? Getting hurt and hurting someone comes naturally to some as the base of both these is the same. And that is insecurity. Only when one feels insecurity, one hurts others so that someone can be put down in comparison. If one is secured one does not have to resort to this at all. Same is the case with hurt because the only entity that gets hurt is our ego. Mind, intellect, heart do not get hurt. So Ego is the base of even insecurity. If one does not have the ego, one may not have the insecurity and hence can not hurt someone nor can get hurt by someone. Have you seen that during

the childhood of my generation, we used to feel sad whenever our elders tried to correct us when we knew we were right. But today's generations feel hurt. Hence they react out of that like a fountain of aggression. Hurt always lead to outer reactions while sadness used to react within, which used to seep down in one's existence. The reactions out of hurt are more volatile, violent and aggressive and also spontaneous. Sadness never leads to that. The restlessness that we are seeing around is that.

Reiki Seminar Schedule for April 2014

Dates	Reiki Teacher	Location/Centre	Degree
5th & 6th April	Ajit Sir/ Vishal	Delhi	2nd
5th & 6th April	Seemaben	Rajkot	1st
5th & 6th April	Kalpita	Mumbai	1st
12th & 13th April	Ajit Sir/ Kalpita Keer	Nashik	2nd
12th & 13th April	Bhartiben Zinzuvadia	Ahmedabad	1st
12th & 13th April	Rakesh Kumar	Bengaluru	1st
12th & 13th April	Vishal	Thane	1st
12th & 13th April	Seemaben	Devrukh	1st
26th & 27th April	Krupa Choksi	Baroda	1st
26th & 27th April	Kalpita Keer	Kalyan	1st
26th & 27th April	Ajit Sir/Vishal	Airoli	1st
3rd & 4th May	Krupa Choksi	Kota	1st
3rd & 4th May	Seemaben	Devrukh	1st

Other Forthcoming Events: Communication Program: 19th & 20th April 2014 (Devrukh Ashram)

Children's Summer Retreat at Devrukh: 10th to 19th May 2014 (Devrukh Ashram)

English Proficiency Course by Vivek Pandey: 9th May to 30th May (Devrukh Residents only)

Responsible Parenting Training Program: 21st to 30th May 2014 (Devrukh Ashram)