



REIKI VIDYA NIKETAN

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Editorial by Ajit Sir.....	01
Bhaja Govindam by Ajit Sir.....	02
Shiva Heals you by Vivek Pande.....	03
Happiness by Preeti & Rajesh Khanna, Delhi, India.....	04
Love and Respect Every Being by Anand Karnataka.....	05

Not Just another Parent by Arshi Khan, Mumbai.....	06
Designer God A poem by Bharat Thakkar, Chgicago, USA.....	07
In the Run for Mastery By Nadia L, Chicago, USA.....	08
Faith by Shivani Karnataki, Mumbai.....	09
What Vedas say about Guru?	10
Ashram Wisdom	11

What really is a blind faith?

Editorial

Blind faith is very loosely used world. Lately it has become a word in vogue. Many people do not really know what one talks about when one talks about blind faith. People of course know about a faith but blind faith? What does it mean? Many do define this as a faith which is posed on a wrong thing or a wrong person. Something that is fraudulent in nature. But this definition could be very subjective in nature as the whole idea about wrong and right itself is so subjective. Who is going to decide what is right and wrong? What right does one have to pass these judgments?

Nowadays we read in the papers and view on television about many saints or so called saints being arrested on the charges of fraud and cheating. What is their crime? They claim that they can heal people of any ailment and take money in return. And they never heal anyone. Then what do the Doctors do? Do they do anything different? Lately we are seeing some big names in spiritualism also getting behind bars. These same people are quite popular in the world and have following in millions and own multiple ashram complexes. Let us understand how much they cheat people for? Few thousand rupees or few hundred rupees! Their activities then are stamped as frauds and the law starts taking care of them till they are freed without any charges proven and back to their business.

Now let us look at another scenario. Hundreds and thousands of advertisings are being bombarded on our heads every minute when you watch any television program. There is no dearth of celebrities coming and endorsing the products claiming that they use them and so you should too. Funniest part is that one very famous, legendary Cine star coming and telling you to buy a particular brand of hair oil because he uses that. The worst part is that this guy does not have the hair on his scalp and uses the wig to look what he is not. Another one comes and sells sandals in his feet while sliding down the slow claiming that he uses these slip shoddy slippers even by taking the path of his mother. Looking at this

a common man in the remotest of villages in India is buying these products with a hope that these celebrities use these products. They have a tremendous faith in these stars and believe in everything that they say and do and commit themselves to buying those products. Are these celebrities ever arrested by a law machine even till now? Is it not fraudulent to claim that you are using a product when actually you are not and then sell these products down the throats of all those innocent people and make their own coffers swell? Is law not keeping mum on them? All those activists who are after the blood of the small timer cheats do not ever protest against them and the one who does like late Rajiv Dixit against a multinational company claiming to sell a cream which can make one fair and lovely and even losing the trial in the court fought by this great activist, who incidentally was killed in mysterious situations. The most serious part is that no one ever raises an eye brow about his death? Why are we so hypocrites and with double standards? A Doctor who came to one of my Reiki seminars commented that all those Hindu priests cheat people in the name of Pitru Doshas by claiming that their rituals may help them come out of sufferings. I asked the Doctor to be little careful in using his words. Pitru Dosh is two Sanskrit words- Pitru and Dosh. This literally means in English Genetic Disorders. When thousands of Doctors today are treating patients suffering from such genetic disorders at the cost of millions of rupees and still not finding answer to their problems, what would one call them?

Honestly it is not the blind faith which is a problem. It is the ignorance of people that is more serious issue. That discriminatory ability to know what is appropriate and what is not will matter. That can only happen when one has a pure chitta. The pure chitta is a fallout of any spiritual practice. Have that divine nature within you awakened and all blind faith will vanish. Then there will be a pure faith, a pure love, and a pure existence

Ajit Sir, 29th November 2014

Bhaja Govindam... (Verse 11)

मा कुरु धनजनयौवनगर्वं हरति निमेषात्कालः सर्वम् ।
मायामयमिदमखिलं हित्वा ब्रह्मपदं त्वं प्रविश विदित्वा ॥११॥



Meaning: Do not feel proud about your wealth, friends, family and youth. Within no time, even before you flip your eye lid, this all will be gone. Everything in this world is an illusion, a maya. Be ready to leave all this and merge with the truth.

The poet in this verse is saying that please set your priorities after deciding what is permanent and what is impermanent in this world. Decide once for all, what you want. Do not have a pride about something that you have. All that you have now may vanish within no time. Your wealth, friends and families, your youth everything is impermanent and will vanish within a fraction of second. In this context I remember one event which I witnessed a few years ago. Some relatives of a young girl of around 15 years approached me for a Reiki healing for this girl who was suffering from a Brain TB. As she had persistent pain in the head region she had gone to Doctor to check up. Doctor prescribed certain routing medicines but the girl did no respond to this treatment. Then she had to go through the rigmarole of all tests including routine X-rays to specialized tests like MRI, CT-Scan etc. Finally the Doctor community could conclude that she had a Brain TB of a rare kind. It had spread all over the brain and was irreversible. When I met her for the first time the girl used to keep on shaking her head all the time as she could not bear the pain in the head. The moment she would stop she would have the acute pain. When I spoke to her parents I realized that the whole thing had happened pretty fast in her life. Two months before she was hail and hearty and suddenly this thing had developed. One could not even see her sufferings, how much she must be suffering her self? I saw her photo which was snapped just about 6 months ago. None of us in our healing team could believe that this was the same girl who was in front of us. She was so beautiful and healthy. Her mother told us that she had actually won couple of beauty pageants a few months ago and had a dream to become a model in future. But the time had a different design. Even before the bud was to bloom into the flower, the bud was nipped. The dreams were all reduced to ashes even before one realizes. I have seen closely so many examples like this in the past 20

years that I am on this spiritual path. Then what are we supposed to be proud about?

To be proud about something, one should at least have that thing owned or should have at least created that thing. Just think about this now. What is that really belongs to you. Everything that you think belongs to you, actually is there for a short while for you to enjoy. How can you call that thing as yours in such a case? Even the whole existence given to us like intellect, mind, heart, body, memories.. is given to us by that divine for this life time. How can you have an ownership on these? And what is that we as humans can create? A legendary scientist Einstein used to visit the Church every day with flowers in his hand. Many of his friends used to make a fun of him, saying, "Why the hell you need to go to Church and bow your head to the God, when you are such a renowned scientist?" Einstein used to say with all humility, "Truly, I would not like to believe in God. But what can I do? The first thought of theory of relativity was not generated by me. It came from somewhere up there. I need to go and express my gratitude to that supreme power." Look at this. Even your thought is not generated by you. It comes to you. Even every breath is not taken by you, it just happens to you. How do we breathe even in deep sleep? This can not be explained by a sheer logic.

While I am writing this commentary, a gentleman came to me. His mother has been suffering from Cancer of colon. Doctors had just given him those diagnostic findings. This guy looked to be in total stress. The anxiety for his mother's future was writ large on his face. But I could also sense a deep concern about how much money this sickness will consume in efforts to save her. Whatever he had earned through his efforts and hard work will just vanish to appear into the pockets of all those Doctors and everyone else related to the field of health care in the near future. This guy is in real estate business. Whatever he thought belonged to him will soon belong to someone else. Then we realize that even what I thought was mine had also come to me from someone else. What I thought belonged to me was actually belonging to someone else. King Alexander the great fought for 16 years (half of his life time) to own half the world. Where has all that soil gone which belonged to him but does not have a single square meter on his name today? This is what they talk about the fickleness of Lakshmi. She does not settle down at one place for long. What is the whole idea of clinging to that impermanent wealth? Why not embrace the eternal divine force called Govinda for ever?



The numbers don't leave us, do they? From the tables of Junior school to the blood reports of an old timer, they flow through us throughout our lives just like our blood. Without these numbers life is difficult to imagine. They are a part and parcel to our daily transactions of life. Be it a diary containing fixed line numbers or the contact list of cell phones, the house-no, the gas-booking no, the vehicle registration number, bank account numbers, the list is endless. The birth dates on number of forms we fill up to the expiry dates of the medicines we consume, and if you happen to own a business good-lord save you from the avalanche of reports being printed on a daily basis. In fact, these very words you are reading have been recorded on a computer using a code of ones and zeros. It goes unnoticeably and interestingly to see how these digits have come to dominate our world.

The numbers as history tells me were originated in our own country, a land of enlightened sages who after becoming enlightened gave a few symbols and methods to the world so that the administration part of many activities becomes a lot easier. Their objective was to simplify the daily chores of life and not to complicate it. Thanks to the western world, who picked them up from us and progressed in a completely different direction virtually commercializing everything on earth. The end result being we are living in a dangerously complicated world where everything is valued in terms of numbers and the number game has become a part of our value system. If you do not know how to bargain, you are looked upon as a foolish individual. If you don't pay attention to the financial aspect of life you are labeled as irresponsible. Somewhere the involvement with the financial aspect of life has also

played a very important role in people not being able to live their lives with faith and devotion rather than the logic. The rational heads are the order of the day and the beautiful hearts are a rarity. Common guys give me a break; it is okay to be irrational and illogical at times. Have you ever seen the rain follow a logical pattern or a sequence? It rains during marriages and also during funerals without feeling shy.

Even we as "Reiki sadhaks" are not spared by this number game. Three minutes (and exactly three minutes nothing more) for us to finish a particular point for taking reiki, looking for six people in order to give full body reiki to a patient so that the whole process gets over quickly and so on. Somewhere the aesthetic part is completely lost at times and we find ourselves bound by time on more occasions than one. Taking or giving reiki is usually taken up as a time to complete a process rather than an opportunity to get connected with the source and merge with the experience. Also in most cases (pardon my saying so) the number of hours devoted to sadhana are considered as less important than the hours devoted for other activities pertaining to the worldly matters. No matter how many times 'Guruji' tells us that it is an investment and not an expenditure.

So, what's the point I am trying to make? All I am trying to convey is that we have become habitual of limiting and dividing ourselves and these numbers which symbolize the division of what was originally only one has led to a state where we look at everything as distinct and separate. Surely, at the gross level things are different and we need to be deal with them accordingly, but things would be a lot more beautiful if we can break all the divisions first see the oneness of the universe and then go about the whole business of life. Then the numbers won't fuel your mind cravings, they will just be numbers. The numbers then will not further add up your tendencies and the patterns that we create all the time taking circles of life with our mind. For we all are unlimited entities playing the game of numbers and not the unlimited numbers making us feel burdened and limited all the time. So please dare to come out of the number game of life, practice (very hard) to become illogical and completely faithful. Do not do any planning or worry about the salary or exam marks and if it is raining out there dance like a mad man. By the way I scored 99 out of 100 in my class 10 board exam of maths paper (hahaha).

Jai Gurudev!



Happiness is journey...

Mrs. Preeti & Mr Rajesh Khanna, Delhi, India

This story is about a beautiful, expensively dressed lady who complained to her psychiatrist that she felt that her whole life was empty, it had no meaning.

So, the lady went to visit a counselor to seek out happiness.

The counselor called over the old lady who cleaned the office floors.

The counselor then said to the rich lady "I'm going to ask Mary here to tell u how she found happiness. All I want u to do is listen to her."

So the old lady put down her broom and sat on a chair and told her story:

"Well, my husband died of malaria and three months later my only son was killed by a car. I had nobody. I had nothing left. I couldn't sleep, I couldn't eat, I never smiled at anyone, I even thought of taking my own life. Then one evening a little kitten followed me home from work. Somehow I felt sorry for that kitten. It was cold outside, so I decided to let the kitten in. I got some milk, and the kitten licked the plate clean. Then it purred and rubbed against my leg and, for the first time in months, I smiled.

Then I stopped to think, if helping a little kitten could make me smile, may be doing something for people could make me happy.

So, the next day I baked some biscuits and took them to a neighbor who was sick in bed.

Every day I tried to do something nice for someone. It made me so happy to see them happy.

Today, I don't know of anybody who sleeps and eats better than I do.
I've found happiness, by giving it to others."

When she heard this, the rich lady cried. She had everything that money could buy, but she had lost the things which money cannot buy.

"The beauty of life does not depend on how happy you are; but on how happy others can be because of you..."

Happiness is not a destination, it's a journey.

Happiness is not tomorrow, it is now.

Happiness is not dependency, it is a decision.

Happiness is what you are, not what you have.

LOVE AND RESPECT EVERY BEING...

by anand karnataki

It was my first day of Reiki seminar. I was not much interested in it. Actually I was doing it because of my colleague. I always respected Meditation, Pranayama, Workout but this was a totally different concept. First, I did not believe and wanted to experience the truth. About 20 people gathered in a small house. Guruji walked in. I didn't realize when I started adoring him. I loved his smile, calmness, balanced tone and character. His long beard was adding to his personality. By end of the second day I became a big fan.

Later when I spent time with him I realized his long beard or cloths were only incidental, not the actual reason of his calmness, or pure conscious. He would have been same even without it. The real reason was deep inside him. It was strong, unmovable, firm and balanced mind. How did he acquire it? How could he bare everyone with smile? In the beginning, I found many weird people around Guruji; I was amazed to see that he could find only good things in them. He never speaks unpleasant words for anyone. He loves all and treats with equality. How could he do that?

Answer is very simple but very hard to go along. He made his life simpler and totally effortless. He has fewer needs. He does not run behind the wealth. He never accuses anyone for any reason. He loves swami unconditionally. He does not expect any material gains out of his Sadhana. He follows every value that he preaches. He has perfected his belief system and consciousness. There is no duality. He shares all his knowledge with every one. He stays away from negative vibrations, jealousy, hatred, anger and criticism. His life is a reflection of his behavior. He uses the Free Will, perfectly. He does selfless Seva. He never interferes in Law of Karma but he shows the right path to his disciples. He had accepted every one as they are. He removes evil from Sadhaks by implanting right knowledge and goodness rather than pointing out their mistakes. He calls and treats each one as 'God's Special Balak (baby).'

If all of us could just follow him even 25%, we will never be unhappy or have to blame anyone for our happiness in our lives. If we could follow him totally then we could become HIM and then there is nothing to worry about; we can effortlessly love and respect every living and nonliving being automatically.

Not just another Parent...

Arshi Khan, Thane, India



Greetings everyone,

I have been working in the education industry for 6 years now; I have been connected with schools and parents on a regular basis. I would like to enlighten on a few things which I believe today's generation Indigo child need, rather I will frame it as "PARENTS" of Indigo children need.

I would like to start by saying that I always thought of schools as living organisms, much like humans. They may have the same universal objectives but be at variance in the way they get to these objectives. All children have an outlook of their own in unusual ways. They are unique; all and sundry in their own way.

That is in all probability why I am not a big fan of rankings and prefer to believe of different children not in terms of one better than another one, but rather one is different from the other one in each and every behavior.

I would like to enlighten on the fact that each child should position themselves tall and confided above all rankings, they are no superior or inferior than any other child they are just very simple & special in their own way.

I am very conceited of each and every parent, faculty and staff and families that entrusted their time to the most priceless possession of their life, their CHILDREN.

But, it is not if fact be told that important of what I think, it is important of what YOU think and even more important is what you DO, today and everyday at your abode and other culture spaces of your child.

I often say to parents: "...children don't care what you know unless they know that you care." We ought to use

individual approach to every child and think of his or her wishes and requirements.

Let's stop and do a check, do we do all of that? All of that comes prior to even when we start a conversation any content. Do we remember to smile? Do we keep in mind not to put behind any child, even when they misbehave? Do we come within reach of our classroom management and discipline with love and reason; is it evident to our children and their families?

So let's stop and do a mental check for these things, only after we know that we DO, what we say we DO, we treat each and every child as a human being, and we apply love and logic to the whole lot we do when it comes to our children.

If we DO all of that, then we ARE the parent we say we are, not "just any another parent".

In our parenting one cannot be average, one must always be great and nothing else but great! Do you want to be operated by a below average surgeon? Why should our children be brought up by below average or even average? They deserve only the best. We MUST be those best. We must inspire them to live their dreams and have a vision of their own.

I know most of you are already there, the rest are aiming for it. When you know your objective you can find and should find more than one way to reach it. Do it for the betterment of the child but mostly do it for the betterment of yourself as an individual parent of YOU and YOUR child.

Celebrate this children's day with a difference!

Love, Light & Reiki

Designer God

By Prof Bharat Thakkar, Chicago, USA

*If the sky had eyes, nose, ears and a human face,
We would look at that face anytime of the day
Then our worldly Gods would not have existed
We imagined God as per our choices
Created a Designer God in our imagination
Because there is none in sky,
But we look for him up there
Somewhere in the sky
If we hear music all day long
Coming from unknowable nowhere,
We would have people drenched.
We would have no anger, no greed, no crimes.*

*If there is a way to live forever,
Search that designer God
With human face in the sky
And discover that music on earth.*

Here the poet is seeking a form in the formless sky. What a wonderful idea which would provide a uniform face of God so there would be no fights on different forms of God in the names of religions. Once the face is seen in the sky nothing would be left to the imagination of human eyes as far as the face of the God is concerned. Uniform face would have possibly led to uniform religion. Over and above there would be the rains of music from the sky. The musical rains would drench people's heart. The life would be a real divine.

In the run for Mastery

Nadia L. Chicago, U.S.A

Every grand thing worth pursuing, knowing, is very much like running, like an early morning jog-till-you-drop kind of thing, I have come to think, it feels uplifting and liberating only - that's a significant only - after we have mastered it. Only if we have poured sweat in, gasping for breath, exhausting our muscles to keep on moving for just a few more steps, fearing our body's falling apart, . . . , and have done all that bloody business for as long as it takes, only then - for a mere short distance into the run, barely even expected at that point - legs catch up carrying on effortlessly, breathing eases into synch, and the whole world seems an enchanted toy-making-line in its workings. Every weathered runner will tell you this, which by the way is the (only) reason behind their practice of running, I believe.

Tap, tap, tap, tap, . . . , feet slamming onto firm ground in godly rhythm, mind silenced at last, we got the power to go on to the end of that world and come back flying, innocent. We runners live for these fluttering moments. Mastery is the name of that game! - A game as old as the cave-man, fresh and pristine for every man since. There is sweetness that settles upon during that time into the run when our legs move on as though there is no gravity and the adrenalin rush is worth all preceding puffing. Not only that, there is also that ease right after every sweaty jog that makes walking look like no moving at all, the ease we seek like lunatics once we have tasted it, the uplift, the liberation .

That tap-tap-tap - that sail on the road with no effort whatsoever - is no more, no less than tapping into our

own reservoir of power, I also have come to think, it doesn't come from the outside, it simply could not. And this has been a darn awesome force to sense somehow, you know? - That simple insight that it ALREADY IS within (whatever "it" means), we don't have to go to the moon to fetch it. Insights are fleeting birds, there're there in the blue above only if we care to notice them, lift up our sight and hold in the image of wings in motion for a bit, so that we cling on to that image when there is no wings in sight. Had it not a runner had the bare minimum of muscles, lungs and gravity given, no single step would have been ever walked, let alone marathons run.

Had Michelangelo not carried David inside of him by birth, the great statue would've never been born. All that the great sculptor must've done was just digging in, deeper and deeper, striving to tame himself so that he would not be in the way, but in service of the reveal of David.

Same with a cardiac surgeon, I believe, with a writer, a tightrope walker, any master on his path, every weathered runner, no matter the running field chosen.

Of course, there are people better equipped to do the run - powerful lungs, stamina to carry on, predispositions of one kind or another. They get to that tap- tap-tap easily, quicker, more beneficially and more profitably too, than the rest of us. Which is something that isn't always easy to swallow, no kidding, right? Still though, the pure art of running for the sake of mastery, by overcoming inner demons and outer obstacles, might be what's worth spending our living hours in. That is to say, any authentic practice that aims to take us to mastery, flying and innocent.

Somewhere there in the old game hides the lead actor: mastery of oneself. Mastery of myself? The trickiest of all, the toughest: chewing away fears and stupid feelings, separating real from what seems to be real in my head. Mastery is overcoming! - That's what I get a taste of in these solitary moments when the run magically transcends into a flight. Overcoming all of what stays in the way of a personal attainment of the highest possible dimension, whether a reveal of David, or less glamorous on the outside. Overcoming ourselves (what seems to be ourselves) is what all that sweat, body aches, all that bloody business we put on stage is about. After having it done . . . , well, then we get to (probably) play in a world that finally seems what it is: a pretty cool toy in the making.



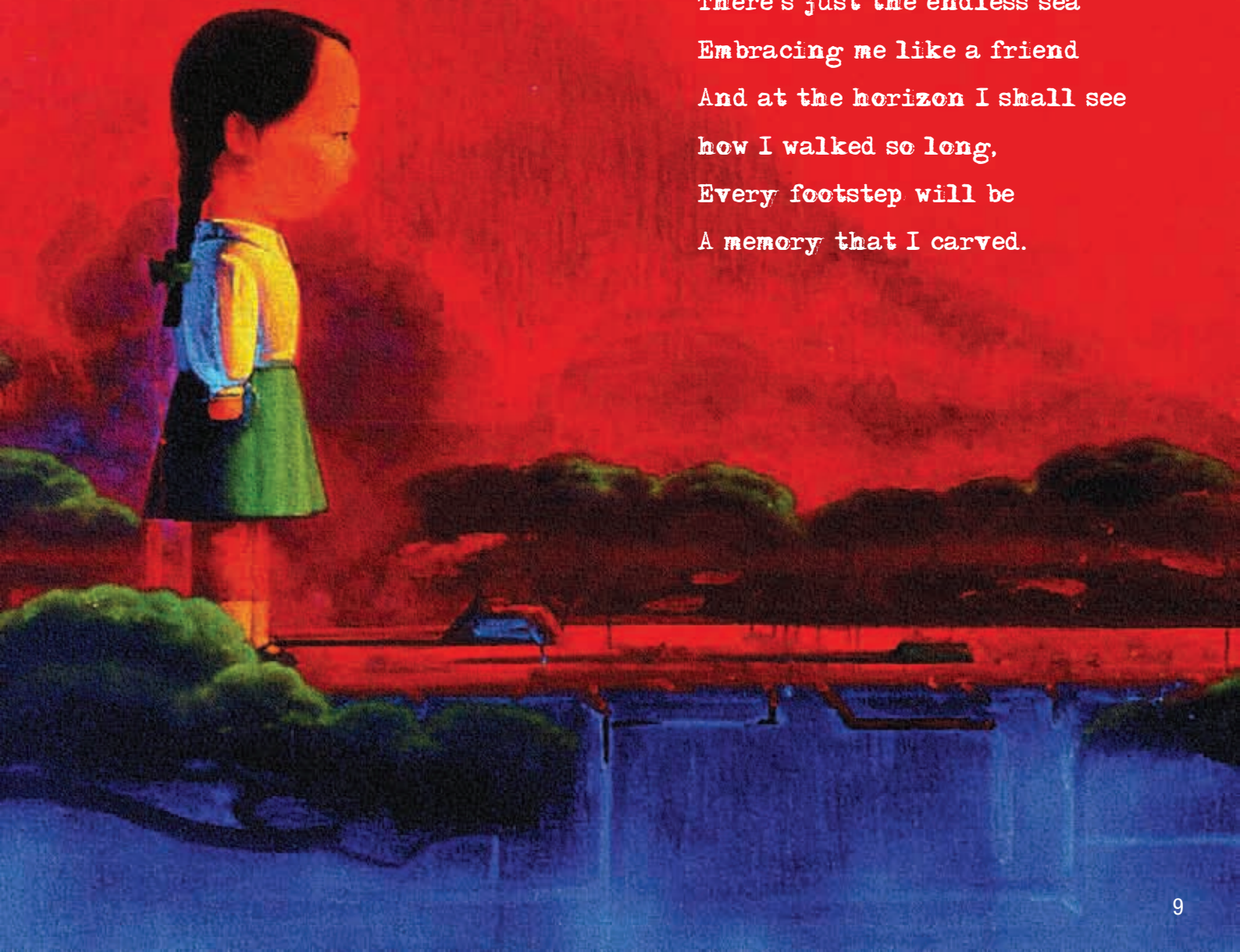
Faith

By Shivani Karnataki, Mumbai, India

I'll walk until I'm forced to stop
For every step that I take
Is a reminder in disguise
That the footprints left behind
Mark the memories I carved.

And when I lose all hopes,
There's no faith left
And grief takes over
I shall turn back and see
All the memories I carved.

The time when comes
when I reach the dead-end,
There's just the endless sea
Embracing me like a friend
And at the horizon I shall see
how I walked so long,
Every footstep will be
A memory that I carved.





What Vedas say about Guru?

I have hurriedly seen my old notes on GURU as described in Vedas.

1. Guru should be able to use his/her sermons as a powerful weapon to cut in to pieces the ignorance of mankind (RV 1-45-)
2. Some materialist gurus during discourses, spiritualism is kept high and in practice materialism takes over (RV 1-4-4, 1-34-4) They take disciples from light to darkness.

3. The most highly learned person who has discerned and fully wise amongst us is Guru (RV 1-65-1) who is without deceit and pure (RV-65-4) who has full faith in Dharma (eternal Laws of Nature i.e.Rtam), harmonized material, spiritual and divine knowledge (Brahma jnan) and sciences. He firmly believes in Scientific temper and its propagation (RV V-65-2) with no malice, greed and evil (RV V-70-2). Those dependent on donations are NO Gurus (RV VI-42-3), Should have a first hand knowledge (Katha Ups). God is the First and Supreme Guru (RV-82-9) later Bible mentioned in MATHEW 7-15) many of these Godmen are ravaging wolves in the sheep skin.

Donations from bribe takers who are thieves of God and Society are strictly prohibited in Vedas (Y.V VI-8)

There are many other mantras/riks which refer to learned gurus/preceptors and I usually send the following Vedic message to seekers of Vedic knowledge. Some mantras hint that Black Money leads to mushroom growth of fake dealers of Hope and even terrorism and destroying culture and civilisations.

Clearly most of the Indian Gurus are building empires on Black money by trading on people's insecurity and blind faith. Remove Black money these unholy charlatans/tricksters will be wiped out.

Since our Rudderless Socialism generated huge amount of Black money and Babas/ ammas/ swamis/ dealers of hope, only solution is bring Vedic Liberalism, Swaraj, Liberty, Freedom and bury Socialism deep in the Ocean that even thought of rudderless Socialism disappears..

Colours and the Impact on lives

In 1666, Sir Isaac Newton discovered that when pure white light passes through a prism, it separates into all of the visible colors. Actually, I never enjoyed these boring facts but what fascinated me more was why the sunlight is so bright, why water is cool blue or why trees have different greens? Why Shivaji Maharaj produced Orange flag, or why Islam went with 'Green'? When I moved to the art school for study, I understood how important colours are in our lives. They create tremendous impact on us.

The Psychological Effects of Colors

There are universal meanings to some color effects. Color known as warm colors includes red, orange and yellow evokes emotions of warmth, comfort, anger and hostility. Color spectrum known as cool colors includes blue, purple and green. They evoke calm, sadness or coldness.

Colors as Therapy:

Several ancient cultures, including the Egyptians and Chinese, practiced Chromo-therapy, or using colors to heal. In this treatment:

- Red is used to stimulate the body and mind and to increase circulation.
- Yellow is thought to stimulate the nerves and purify the body.
- Orange is used to heal the lungs and to increase energy levels.
- Blue is believed to soothe illnesses and treat pain.
- Indigo shades are thought to alleviate skin problems.

Studies have also shown that colors have an impact on performance. Exposing students to red prior to an exam has been shown a negative impact on performance. People will actually gamble more and make riskier bets when seated under a red light than to a blue light. That's why

Las Vegas is the city of red neon. China loves predominantly red colour and they are considered as most ruthless people on the earth, remember Genghis Khan who destroyed our temples, he came from China-Afghan border? An executive for a paint company in USA received complaints from workers in a blue office that the office was too cold. When the offices were painted a warm peach, the sweaters came off even though the temperature had not changed.

Why can color have such a powerful effect on us?

Colors influence us differently because they have different wavelengths and frequencies, and these affect different parts of the brain. Medical professionals are exploring and using light and color therapies to treat issues like depression and sleep disorders. Working with the chakras can be a useful approach to cultivating energy through the use of color.

Are Babies more sensitive to the colours?

It should be remembered that babies and very young children will be more sensitive to the effects of colour than adults and care should be taken with their room colours and their clothes.

Baby's first experience of colour is in the womb where they are enveloped in pale peachy pink. This is where they have been nurtured and where they feel safe. Thus, decorating the baby's room in pale pink will help them feel safe in the outside world where they need time to adjust to their surroundings.

Keep the colours pale for a baby's room - pale pink, pale blue, pale violet, butter cream, white and ivory are all calming.



Ashram Wisdom

There is a very popular TV serial titled Devon Ke Dev Mahadev (The Lord of Lords Mahadeva) which is currently a theme of discussions when two sadhaks meet. This serial brings out a lot of basic truths about human life in a very spiritual way. Sadhaks at ashram were asking Guruji about one of the episodes. Guruji said, "Look, no matter what one does, one can not get rid of all of one's tendencies. All that happens is that they go and remain dormant for some time to bounce back when the situations are conducive. All that one can do is to be aware about when such basic tendencies start showing up and awaken the other tendencies lying within. That is the only way to manage our reactions and prevent the beginning of new karmas and sanskaras. That requires a consistent awareness. Awareness will only create options. Once one has the options, one can choose. A common man can not create options to choose and to awaken the divine tendencies. First he is not aware that he is a bundle of multiple tendencies. Neither he is aware that the root tendencies have started showing up. This leads to miserable life. Sadhaks should not fall into these kind of traps in their lives. That then is the key to libration- the Moksha.

Programmes Schedule for December 2014

Reiki Seminars

Dates	Reiki Teacher	Location/Centre	Degree
13th & 14th December	Rakesh	Airoli	1st
13th & 14th December	Vishal	Mumbai	1st
20th & 21st December	Kalpita	Devrukh	1st
20th & 21st December	Sangita	Baroda	1st
27th & 28th December	Bhartiben	Ahmedabad	1st
27th & 28th December	Vishal	Thane	1st
27th & 28th December	Seemaben	Rajkot	1st

Social Education Programs

Parenting Seminars EPIC

Date	Centre	Faculties
27th & 28th December	Baroda	Ajit Sir/Krupa/Ashwini
3rd & 4th January 2015	Kota	Ajit Sir/Krupa/Ashwini
10th & 11th January 2015	Thane	Ajit Sir/Krupa/Ashwini