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Editorial

The whole of December was full of celebrations. First the inaugural Sapta data Yatra covering seven pilgrim places, then the grand Datta Jayanti Festival followed by the Art exhibition of our sadhak group Devrukh Creative Community and to top it all Alandi Swachetana Shibir. The whole month was vibrant with such events, as if the ashram sadhaks emerging out of eleven months' penance. January was little different. It was more of a serious work. I started with seven days silence reading Gurucharitra at our newly initiated Gurucharitra complex, followed by a quick one day get together with sadhaks in Goa and followed by a ten day long trip to Gujarat covering Baroda, Ahmedabad and Rajkot centres with 4 seminars. This week created records of a sort with 171 sadhak getting initiated on Reiki path, which never happened before. A group of 83 participants in Baroda over 2 days showed the vibrancy which was to be experienced to be believed. It was some sort of a Kumbha Mela for Reiki of a sort. The most important aspect of this month was however the number of meetings that we had at education institutions in these cities in Gujarat.

These meetings again highlighted what I always suspected. There is a lot of gloom in the education system. The need to do something drastically and immediately to address the issues of new generation keeps on coming to the fore. When we talked about the unrest in the minds of these younger generation members and the reasoning, the principals and teachers of these schools could not agree for such a need more. One of the principals that we met, a very senior professional, literally had tears in his eyes when we addressed these issues and offered to do something for that, as if he had already lost the hope which got rekindled. The change in the basic structure of human existence is a subject far beyond the common generation gap syndrome as it is made out to be. The teachers and most importantly the parents have started getting a realization of the fact which is much graver from the mankind point of view.

I along with my committed sadhaks have decided to take up these challenges for the future. We have now a definite plan. We are starting with an idea of School for Parents which will start functioning from 21st of May this year. We will be launching our first organized residential program for Responsible Parenting, which will last for 10 days. We are also launching a program for Teachers' training under which we will empower a group of teachers who will further initiate the teachers from schools and colleges to create an awareness and make parents – teachers combination work more effectively and efficiently for the benefit of younger generations in specific and the world at large.

It is said that the Indian Vedic culture was endangered by the onslaught of other philosophies around 1200 to 1500 years ago. Adi Shankaracharya, the supposedly incarnation was born around that time to revamp the divine culture and provided a hope to the humanity. The Vedic culture got a shot in the arm by the efforts of this great seer. The time to resurgence has come again. While I am writing this today's newspapers are full off news relating to attacks & rapes on young ladies (including housewives), murders and attempt of murders by mentally challenged youth and so on. The irony is that in the same breath the newspapers are talking of NASA planning to produce Water on the moon and the Oxygen on the Mars. It seems that we are not only in the mad race for nothing as we thought earlier but possibly running away from problems which most of the governments and scientists have no answer to. When half the population is not getting a food to eat and a shelter to live, why are we spending trillions of dollars on exploring the world around? I have already started writing commentary on Adi Shankaracharya's poem Bhaja Govindam, from this issue which will last for next 31 issues. The theme is the same.

With love, light & Reiki

Ajit Sir

BHAJA GOVINDAM by Ajit Sir



Bhaja Govindam is one of the gems from the Hindu Philosophical literature. This poem was written by Adi Shankaracharya around 1200 to 1500 years ago and consists of 31 verses. This simple poem written in Sanskrit touches upon the entire spectrum of life to awaken the real nature within each human being. Adi Shankaracharya is said to be an incarnation of Lord Shiva because what he accomplished in his short span of life of 32 years is so phenomenal. He wrote commentaries on the

Upanishads, the Brahmasutras and the Bhagvad Geeta. Making these bodies of knowledge available to even a common man was his biggest contribution to Indian culture. He took the spirituality to the doorstep of a common man. It is said that he knew his native language Malyalam by the time he was two years old and learnt Sanskrit by the age of 3. By the age of five he knew all Vedas and completed all his studies in Gurukulam by the age of seven. He took sanyasa at the age of eight years and by twelve years he wrote commentaries on Brahma Sutras and Upanishads and started teaching his disciples. He is a role model for our Gurujee who reveres him a lot and has decided to write his commentaries on this wonderful poem in each of the issues of RVN Newsletter. Here is the first one:

-Edior

भज गोविन्दं भज गोविन्दं, गोविन्दं भज मूढमते।
संप्राप्ते सन्निहिते काले, न हि न हि रक्षति दुक्कूरणे ॥१॥

Worship Govinda, worship Govinda, worship Govinda, O deluded one! Intellectual pursuits like the rules of the grammar will not save you at the time of your death.

This is the literal meaning of this verse. It seems that while the poet (Adi Shankaracharya) was traveling through Benaras, he met a person who on the deathbed was still talking about the rules of the grammar. The word **दुक्कूरणे** here actually means any intellectual pursuits like one's knowledge and research findings etc., something which is not going to help a person to face the death in all his preparedness. The word that the poet has used here is **मूढमते** which means deluded one. Not someone who does not have the intellect, but someone whose intellect is wrong directed, is wrongly channelised, is not facing to the right goal. That person is not he alone, but all of us who have lost the direction of life.

When we look around, many a times we find that people are avoiding this spiritual divine path as they find that the sadhana, a spiritual practice is not their cup of tea. They find it extremely difficult path to walk. Truly, a spiritual path is the simplest path to walk in our life. Because that path takes us back to our home, it reaches us where we have come from. This is one path we have already walked while we came here on this planet. How can one find the path to home difficult? Every other path may be more difficult but not the one leading to our home. But have you seen that the one who has drunk a lot of liquor and has lost a sense as a result, generally finds it difficult. We are all drunk and unconscious. It may not be liquor, but it can be something else like power, money, relationships, knowledge. We have lost sense, we have lost our directions. You know something the word

DEEKSHA (or initiation) actually means giving direction to your intellect as SHA in Sanskrit means intellect and DEEK means direction. A common has lost his directions today. One of the German scientists has stated that most of the people have their Kundalini awakened, more so with the new generations. Kundalini awakens under extreme conditions of stress or peace. The problem is that the awakened Kundalini needs to be managed too. So the spirituality has now become a need more than a choice in the current situations.

The interesting part of this verse is that the seer poet is asking the deluded man to worship Govinda. Who is this Govinda? VINDA means to look after, to nurture, to manage. GO indicates the DNA or the basic structure behind the human existence. The word Gotra has also come from the same. The one who looks after your basic core is your soul, the manifestation of the divine, the Paramatman. Adi Shankaracharya is asking the man to look within, look to your self, be with the self, look into the person within and the personality without. The knowledge, the technology, the wealth, the status everything is external, everything is one's personality, something that what you are not but have draped around you. Shankaracharya is asking us to break through that outer form and touch the soul. No wonder the poem was originally called as Moha Mudgara (hammering the delusions).

In fact we are all seeking the freedom through every activity that we perform. The idea of life is liberation, though not many of us know that consciously. Hence the word MUDHAMATE! We know that but have forgotten. As a child we think that we should go to school like elder brothers so that we can become free. In school we feel like being in college and then in a job. Every time you achieve that you realize that you have actually lost the freedom. Most of the newly married couples nurse the thought to separate from their families so that they can get freedom, but once they do it they know they are even more bonded now. They can not escape the cage. We keep on moving from one bondage to the other in our endeavour towards freedom. We create more hurdles. I had one sadhak who had his children married, had lost his wife earlier and was truly free to pursue his own path. He decided to keep a pet dog so that he could have more happiness as he loved dogs. Number of times it so happened that this sadhak who was to have attended various shibirs and pilgrimages could not do so as there was no one to attend to his dog. He had to be at home missing opportunity of self evolution. One day a dog ran away from home for 3 days and returned thereafter. I asked a sadhak, "who has the belt around his neck? You or your pet dog? Because your dog could run away exactly when he wanted but you could not when you had to." In this case who was the pet? Similarly we have all become the slaves of our activities instead of us running them. We have forgotten that the money, the wealth, the power, the status, the fame everything is just a mean and not an end. When shall we have a time for our own self? When can our soul become the master of our existence? Did Jesus not state that be a King of your own kingdom? We are the beggars in our own kingdom. That is a problem. We are neither prepared for life nor for the death. We are just moving around, throwing away all the opportunities.

We all have come to this planet with a purpose- to learn and purify ourselves to our original purity as a part of that divine, become complete and go back to our own origin. This verse brings out that message. Be aware. Be focused towards your goal. Do not waste time. Worship that supreme self.

The Emphatic Cry that saved our Lives...

By Sandeep Londhe, Thane, India

It has been over twenty years but even today when I recall that dreadful evening of Dec. 1992, shivers continue to run down my spine.

Our family of four i.e. me (then 12 yrs old), my younger brother and parents along with the family of my maternal Uncle (Mama), had gone on a vacation to Goa. Both our families resided at Jalgaon (Maharashtra) in the year 1992. We had hired an 'Ambassador' Car for this trip which pretty well accommodated five adults including driver, four kids including me and a year old baby of my uncle. We all had a wonderful time in Goa and on our way back to Jalgaon, we decided to meet my two Maternal Aunts put up in Mumbai then, one at Ambarnath and the other at Malad. So, we first drove to my Maternal Aunt's Home in Ambarnath. We stayed with them for a night and the next day before proceeding towards Malad, we made a quick visit to the famous Haji Malang Dargah near Ambarnath, situated atop Hill. We offered our prayers and respects to this Sufi Saint and embarked on our journey to Malad.

We started at around 5 p.m. from Ambarnath and since we were all drained climbing so many steps to the Holy Shrine, earlier in the day, most of us were drowsing unaware of the catastrophe that lied ahead. We drove past Thane at about 7 p.m. and were about to reach Malad in about an hour's time. At the outskirts of Thane city on Ghodbunder Highway passing through forest area, our car suddenly sped up with a jolt and our Driver Sayyed was struggling at the wheel to control the machine. I was partly awake and really could not grasp the situation while other senior members were fully awake and confused by now. My dad who was on the front seat with my Uncle's 7 yr old daughter on his lap, frantically asked Sayyed "What's Wrong??" "Break fail!!" mumbled Sayyed. Hell broke loose inside the car with these words as both my Mom and Aunt started screaming in sheer panic. I went dumbstruck and breathless on hearing all this commotion.

By now, our Car was racing like anything with further momentum added by the steep slope on the road. Driver tried to stop the engine by pulling the ignition knob, which but ended up plucked in his hand.

Dad somehow caught sight of a Person riding pillion on a bike at a distance ahead. Dad, fearing a possible knock off, promptly shouted to alert him and he briskly took his vehicle aside. Our car was not losing its momentum and was running amok on highway even knocking out a milestone off the road. Our driver in a desperate attempt to control the speed of car, thought of ramming it into a huge pile of tyres lying near roadside garage but gave up the idea when he spotted a guy sitting right there.

The Car once again jolted and bumped hard over a speed breaker, when suddenly the backdoor on the left side unlocked and opened wide and to our utter shock, my 5 yr old cousin sister 'Chhoti' seated next to my aunt near the door, literally tossed out of car in a jiffy. That moment was horrendous.. Our chances of survival seemed bleak as we could clearly foresee an impending fatal road accident. Just then, a shrill, emphatic cry reverberated in our ears "Vitthalaa...Dhaav Re!! Vitthalaa Vaachav !!" (Hey Lord Vitthal'Run!!....Hey Lord Vitthal'...Save our LIVES!!). These were the last minute SOS cries made by Mom to her household deity Lord Vitthal, whom she had been worshipping for years. My aunt also joined her and incredible as it may seem but our car which was otherwise unstoppable, slowed down and our driver managed to bring it to a halt. The wild brakeless run of our car had continued for about a kilometer distance.

Shattered and dizzy, we could not figure out what had happened and where we were. My dad somehow got his act together, took charge and started to pacify us, making sure that nobody was injured only to learn from my beleaguered aunt that her daughter 'Chhoti' seated next, had slipped out of car a few meters behind.

Aghast, Dad started running in the opposite direction to search for her girl and we followed him. It had turned dark by then and vehicles were moving fast on that stretch flashing lights on our faces but our eyes were desperately searching for our 'Chhoti', our hearts gripped with fear of unknown. Our worst nightmare seemed to have come true when we saw a hefty dark guy walking towards us carrying motionless body of 'Chhoti' in his arms. That guy came close and stood in front of my dad gently passing over the girl in my dad's arms saying, "Here, take your girl, Sir!" We restlessly looked at Chhoti from top to bottom, fearing if she was hurt and unconscious but before we could figure out anything, the guy consoled us saying that, "Don't worry! Your girl is just fine and is asleep". What he narrated next was nothing short of miracle!! On being enquired where he found Chhoti, he explained that he was a mechanic at the roadside garage and was busy repairing when he suddenly saw our wobbling car speeding towards him from a distance. He quickly stepped aside to keep out of car's way but as soon as car reached near him, a girl flung into the air out of car and landed straight in his stretched arms pushing him to the ground. He said that the girl twitched and gazed at him for a while and then fell asleep. She hardly realized that she had slipped out of car and was held by a stranger.

We were awestruck and overwhelmed to find our sweetheart 'Chhoti' safe and back to us. We heartily thanked that guy for his noble act. For us, he was a God sent Angel to protect our little girl. He calmed us all and escorted us to a nearby motel, where we relaxed for some time and then had our dinner. The Good Samaritan then spoke about the frequent occurrence of accidents on that stretch of highway and called it a 'jinxed' spot, where hardly anybody escaped unhurt. I remember vividly thereafter when he stood near our 'ambassador' car and had a close look at the vehicle number with tears in his eyes. He exclaimed, "Now I understand, how you people survived this horrific brake fail!!" Pointing at vehicle number, he remarked in a choked voice, "It was none other than Allah himself in the form of your car no. '786', who was protecting you all and acting as your savior, all

this while!" He then went ahead and kissed that no. plate as mark of respect. It was a revelation for us because we hardly realized that no. '786' of our Car had so much of religious significance.

It was late and we had to reach Malad. Our driver Sayyed asked us to proceed and so we hired a Cab while Sayyed stayed back to get the car in order with the help of Mechanic. We once again conveyed our heartfelt thanks to that Good Samaritan and proceeded towards Malad. There was eerie silence inside the cab as none of us spoke for long. It was hard to believe that in a matter of few minutes, our leisure trip had turned into a nightmare. My Mom then broke the silence expressing her vociferous gratitude to her deity 'Lord Vitthal' for responding to her frantic cry and saving our lives.

Today when I recount this episode, I strongly acknowledge the Power of Faith, which as they say can move the mountains. It was this unflinching faith of my Mother in her "Lord Vitthal" that helped us emerge unscathed from that near death brake fail catastrophe. Mystic are the ways of God to reach out to his devotees and in our case, I would say He was there with us in various forms. Our driver Sayyed who relentlessly tried to keep the berserk car on road not allowing it to sway or overturn, the roadside mechanic who instinctively noticed our passing car and caught hold of 'Chhoti' just in time, the Ambassador Car bearing the Sacred no.'786' and our visit to the 'Haji Malang' Shrine earlier that day, all these associated incidents prove well beyond doubt that Divine Forces were at work to ensure that we all remained safe and guarded in that moment of crisis.

In difficult times, we always have a choice, either to resign ourselves to the afflictions of fate and accept it or rebel and seek refuge in the Divine Almighty with total surrender and faith. And as Lord Jesus said, "According to your faith be it unto you!!.....For by grace are ye saved through faith; and that not of yourselves: [it is] the gift of God".

**"Thank You God and Thanks Mom,
for this precious gift...the Gift of Life!..."**

Some interesting facts about health & healing

The Myth: Ghee being bad for health – is now busted

Ayurveda uses Ghee as one of the most important constituent in the therapy for ages now. However the modern science has been snubbing this practice being harmful. Now the Myth about Ghee being bad for health as it is a saturated fat is busted by Ms Rujuta Diwekar, nutritionist and author of bestseller book Don't lose your mind, lose your weight. (India Today issue January 2014)

The Truth- Ever wondered why the number of young adults with heart attacks, diabetes, hypertension and back and joint problems has increased? One of the reasons is shunning Ghee, with all its essential fatty acids, is a miracle worker. It increases the strength of joints, improves the texture of a skin, hair and nails, works wonders for insulin sensitivity, helps to burn fat efficiently and keeps the brain alert. But isn't ghee a saturated fat you ask? Sadly, anything that "research" says we just blindly put into practice, never once challenging it. Ghee has a unique type of saturated fat: It is a short chain fatty acid, the type which helps burn the stubborn fat.





Guiding Principles of Life by Shri Paramacharya for today's life:

Sages and saints have been great expounders of these guiding principles of life. His holiness Jagatguru Shri Chandrashekarendra Saraswati of Kanchi Kamakoti Peetham, who became one with the eternal 19 years ago, was tireless in propagating the eternal values of immemorial culture. Shri Sankara Mattam of Matunga, Mumbai, compiled his Upadeshas in the form of 10 commandments, some years ago. Though the word commandment is not quite appropriate, it is good to remind ourselves of his message, at a time when unprincipled politics, unbridled greed outrageous crime and violence and unabashed hypocrisy are far too apparent in our national life. Here is a message:

1) One of our duties of human beings is to avoid ourselves of every opportunity to do good to others. The poor can serve others by their loyal work to the country and the rich by their wealth to help the poor. Those who influential can use their influence to better the condition of the lowly. That way we can keep alive in our heart a sense of social service.

2) Man by himself can not create even a blade of grass. We should be grateful to God for all that he has done for us.

3) Life without love is a waste. Everyone should cultivate PREMA or love towards all beings - man, birds and beasts.

4) Wealth amassed by a person whose heart is closed to charity is generally dissipated by the inheritors, but the family of philanthropists will always be blessed with happiness.

5) A person who has done a meritorious deed will lose the resulting merit if he listens to the praise of others or himself boast of his deeds.

6) It will do no good to grieve over what has happened. If we learn to discriminate between good and evil, that will guard us from falling into the evil again.

7) We should utilize to good purpose, the days of our life time. We should engage ourselves in acts which will contribute to the welfare of others and to our own upliftment.

8) We should perform duties that have been prescribed of our daily lives and also be filled with devotion of God.

9) One attains one's goals by performing one's duties.

10) Jnanam (Spiritual knowledge) is the only solvent of our troubles and sufferings.

Some interesting facts about health & healing

The Food needs to be cooked with enough air and light: (Wagbhattach Principle)

The foremost sutra (principle) of Maharshi Wagbhattach, a legendary name in the Ayurvedas of yore, is that a Food while being cooked has to receive Sunlight and/or Atmospheric air. Else that becomes a poison. That is why the use of Pressure Cooker, though convenient, is not desirable as it does not allow the food material to experience either of this. Secondly the Cookers made from Aluminium are even more harmful to the body as Aluminum is considered to be extremely harmful to the human body. It is said that Britishers brought Aluminum utensils in India only for the use in prisons so that the prisoners can be exposed to slow deaths. Even after the britishers have left India 67 years ago, Aluminum as utensil material has not only survived but has grown and is being used in every home. Scientists have also found out that traces of Aluminum in human brain leads to diseases like Alzheimer and other brain disorders. Even the foods kept in Refrigerators have to be consumed only after 48 minutes and not immediately. They are proven to be harmful to health.



Words of Wisdom on Agnihotra from Late Vasantji Paranjape

How to express one's feelings clearly without emotions? There are techniques. One is breathing. One is to use agency of fire to release and transform negative emotions. Never anger.

You must do the best you can under all situations. If someone speaks bad about you, remain silent. Don't become angry. Keep silent when you feel anger. You must train yourself. Proper diet of course will make a difference

Planetary destruction at bay. Last chance for the planet. All the Devas surround the places of fire. Safe havens. The whole atmosphere is charged. It is like the new dawn. It is all bliss, all love.

Our oxygen supply is dwindling as is our food supply. We have to emphasize the growing of food as well as the environmental impact of saving the planet.

Through Swadhyaya, self study, you come to know what character weaknesses you have and then get out to rid yourself of them. However just like an unwelcome guest they often prove difficult to get rid of. Still, without closing the eyes to these character weaknesses, you can release the hold they have on you by strengthening the opposite. For example if someone has a tendency towards selfishness one practices more Daan. If one has problems with anger one practices Tapa of speech, like that. Concentrate less on your weaknesses without pretending they do not exist or denying them when they are called up. Therefore learn to accept yourself as and where you are. Let the Divine lift you out of the crocodile jaws

Some interesting facts about health & healing



Datu Alan Young from Malaysia, compiled this testimony:

"In August, I went to Vientiane, Laos to take a short vacation. There I met a Malaysian, Mr Liew, who is doing business in Vientiane.

He told me that due to his professional activities, he met with the governor of Naxaythong, Mr. Bounthong Phommachanh, and became good friends.

The governor was suffering from a type of skin disease that slowly ate toe- and fingernails. He had tried all kinds of medicines available in Vientiane, but experienced no improvement. I gave the Agnihotra ash to convey to the Governor. In September, when I went back to Vientiane, Mr. Liew took me to see the Governor. Mr. Bounthong was very happy to see me for the Agnihotra ash had improved both his fingernails and toenails. They had begun to grow again. He gave me deeply thank, but I asked him to thank the Divine, whose miracles have no limits."

(Photo: Mr. Bounthong, Governor of Naxaythong)



Fingernail being healed



Toenail in healing process



Love and Light

By Bharat Thakkar

Lightning in the sky,
Like a crack in the ceiling,
Oozes out light.

The Sun and Moon are big holes,
The stars are pinhole in the sky
They too ooze out light

Humans have auras,
Light comes out of them,
Surprisingly they ooze out Love.

(In Reiki relationships we always talk about Love, Light & Reiki as a signature line. Mr. Bharat Thakkar one of the most prominent poets in America today and of course our Reiki sadhak wrote the above poem in his famous book Magodi Mystic. On reading the title, we wondered, "Oh, where did Reiki go, leaving light and love behind? And suddenly we found it in the lightning, the sky, the Sun and the Moon, the Stars and the human auras. We realized that Reiki is the sub-stratum on which the love and light project themselves. These are two most wonderful ways to experience that divine phenomenon called Reiki. We felt complete)

Enjoy Agnihotra Homa Health Newsletter and Interesting facts...

<http://homahealth.com/content/homa-health-newsletter-93>

<https://www.youtube.com/watch?v=tmSn0na-i-w&feature=em-uploademail>

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Hold my hand today...

By Shivani Karnataki

Hold my hand today...
When mind is at war
and peace is shattered

Hold my hand today...
When struggle is not over
and mist wrapping around

Hold my hand today...
When impatience is rising
and anger overwhelming

Hold my hand today...
When belief is shivering
and heart is weeping

Hold my hand today...
grant me my love,
faith and freedom

Stop playing with the stars
at least for a moment
listen to my heart
and return me all
what I've lost

You have the loving hands
and the kind heart
make my life meaningful
and allow me to smile
let the nightmare get over
with a splash of care!

Hold my hand today...



By Telangan, *Mumbai, India*



Dubai on weekends was very boring for me. Most of my friends would visit pubs or shopping malls. I mostly cooked, read books, watched movies and jogged on the beach. One day I received an invite for a dinner event over the weekend. This was basically a fund raising event for blinds. I went as my company delegate. Around forty to fifty guests from various industries were invited. Initially we were shown a video about the visually handicapped center. Their activities, how they were supporting blinds to live happy life, etc. It was quite typical and expected. The next event was an experience of lifetime, quite mesmerizing.



We all were directed to have Dinner in a pitch Dark room. Next two hours were completely organized, fast and unexpectedly shocking and totally helpless and life was depending only on the instructions. Three young blinds, a girl Leader and two boys assistants directed us. First the girl gave us tips for dining. These were actual principles the way blinds would follow to create their lives easier.

(1) When you sit at your table the things will be placed in the directions of a clock. -at 3 o'clock of your dish : You will find a spoon. -at 9 o'clock : Fork. -12 o'clock : spoon. -2 o'clock : Empty Glass. -Dish at the center with Paper napkin tucked at 6 o'clock. There will be two large Jugs circulated to you. The Jug with plain walls will have water and the Jug with curved

wall will have orange juice. When you find Jug you have to pour it in your glass. You have to dip your finger in the glass so that when you fill it and the liquid touches your finger, you have to stop pouring. Next two hours were full of fun and learning. In completely pitch dark room we were enjoying various delicious food without seeing it. We were Served full five course dinner by this team of three blinds. The amazing thing was that they were serving exactly vegetarian dishes to vegetarian people who were sitting randomly in the room!

They hosted it so professionally that we did not have to wait in between serves. As we were finishing one dish and we were served with next without any delays. There was no mess, no rush or any unpleasant moment by this team, in fact some guests had committed some mishaps, crushed glasses, and spoiled around.

After Dining in the dark, the leader asked whether everyone had finished eating? After confirmation the lights were switched on. We left the Dining room with tears in our eyes and heavy heart.

In our minds we all were superior, powerful people, who were supporting the weaker class of society and here these three blind kids proved us all completely wrong. The egoism melted away in these two hours like ice in sun.

We realized how lucky we were to have perfect body. We do not value simple things in our lives and run after what we don't have for rest of our lives and forget to adore what we have.

About the failing marriages

The season for marriages is just around. This is the time around the year when most of the marriages are solemnised. Someone came with a wedding card to invite Guruji at ashram. Guruji had a strange smile on his face, rather mischievous. Once the person had one of the sadhaks asked Guruji about that. Guruji said, "lately it has started happening that whenever somebody gives me a wedding card, I miss my heart-beat. With so many marriages falling apart, one does not know what one is celebrating." He was saying that a sadhak came to him a few months ago and gave him some harrowing statistics. That sadhak said that he was one of the 13 friends from his college who got married in the span of past 3 years. He said, since then 10 of the marriages have already been dissolved and couples separated (4 after giving a birth to a child and 6 even before they did it). He was shattered seeing this. Guruji said that he has been seeing many couples who got married after falling in love with each other are not even on talking terms today.



What is happening? Guruji said, "The problem seems to be that when two stressful people coming together can never create a relation free from stress. They will always give birth to stressful situations. The stress combined with ego works like corrosion. It makes the person inside so weak that he/she just cracks under the smallest challenge, like the iron bars give away when corrosion crosses a threshold value. Getting married is one part, staying married is a challenge today. No one wants to address the root cause of the problem. One needs to get qualified to get married, not in terms of earnings and education degrees but creating a strong and resilient character within. That character building should be the main focus. That is an internal process. Putting cosmetics on body and decorating the existence with money & degrees may not strengthen the inner structure. Unfortunately all the efforts which are passed on under the name of development are only superficial in nature. One needs the inner search."

Ashram Wisdom

Programmes Schedule for February 2014

Dates	Reiki Teacher	Centre	Degree
1st & 2nd February	Vishal	Delhi	1 st
1st & 2nd February	Seemaben	Rajkot	1 st
8th & 9th February	Ajit Sir	Bengaluru	2 nd
8th & 9th February	Seemaben	Bengaluru	1 st
15th & 16th February	Bhartiben	Ahmedabada	1 st
15th & 16th February	Rakesh Kumar	Thane	1 st
15th & 16th February	Ajit Sir/Vishal	Pune	2 nd
15th & 16th February	Seemaben	Rajkot	1 st
22nd & 23rd February	Ajit Sir/Seemaben	Devrukh	2 nd
22nd & 23rd February	Vishal	Mumbai	1 st

1st & 2nd March : Study Circle Heads' Training at Devrukh

8th & 9th March	Ajit Sir/Vishal	Thane	2 nd
8th & 9th March	Seemaben	Devrukh	1 st
8th & 9th March	Kalpita	Nashik	1 st
8th & 9th March	Rakesh	Mumbai	1 st

Other Forthcoming Events:

Mahashivratri Anusthan at Devrukh : 25th, 26th & 27th February 2014 (Only for enrolled)

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

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