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## The Essence of Healing...

## Editorial



As Reiki healers we all have multiple opportunities all around us, practically every moment. Reiki is an universal phenomenon and so is healing. As we all know by this time, the word healing has been derived from the basic word wholeness.

Whenever we are whole, we

are healed. When we fall sick, truly we are disconnected from the divine (though not really, only we do not experience the universal connection) the way we feel we are disconnected from the Sun after Sunset. In the real sense, the Sun is connected to the Mother Earth every moment no matter whether it is a day or night. But our geographical location on the earth gives us those impressions.

The first and foremost thing as a healer we need to do is to connect the patient using our divine connection. The intent is very important. The moment we intent to heal a patient, it connects us to the universal grid of divine energy, which starts flowing through us to the patient's existence. That grid is nothing but the whole tradition of energy healers all over the universe. All this will just happen like a magic, when a magician just swerves the magical wand in his hands. But even before we go through the whole process, we need to understand certain things.

The primary thing is that a healer has to have compassion in his heart. If the compassion is missing, no matter what you do, the healing would just not happen. You cease to be a healer in the divine hands. Once we feel for the world in general and for the patient in specific, we need to understand a patient is there only because he/she is a patient and may not carry the energies that you have. We both have their respective roles to play with different sets of energies. So do not measure a patient by the yardsticks of a common fit (mentally and physically) person. Otherwise you are bound to get irritated and frustrated, which is going to show off in your interaction with the patient. Many healers including those in the established health care industry (sic). Most of the time, we see the Doctors and nurses and everybody else connected with healing in a hospital environment irritated and impolite to their own patients because the patient can't equate with their understandings. In fact if the patient

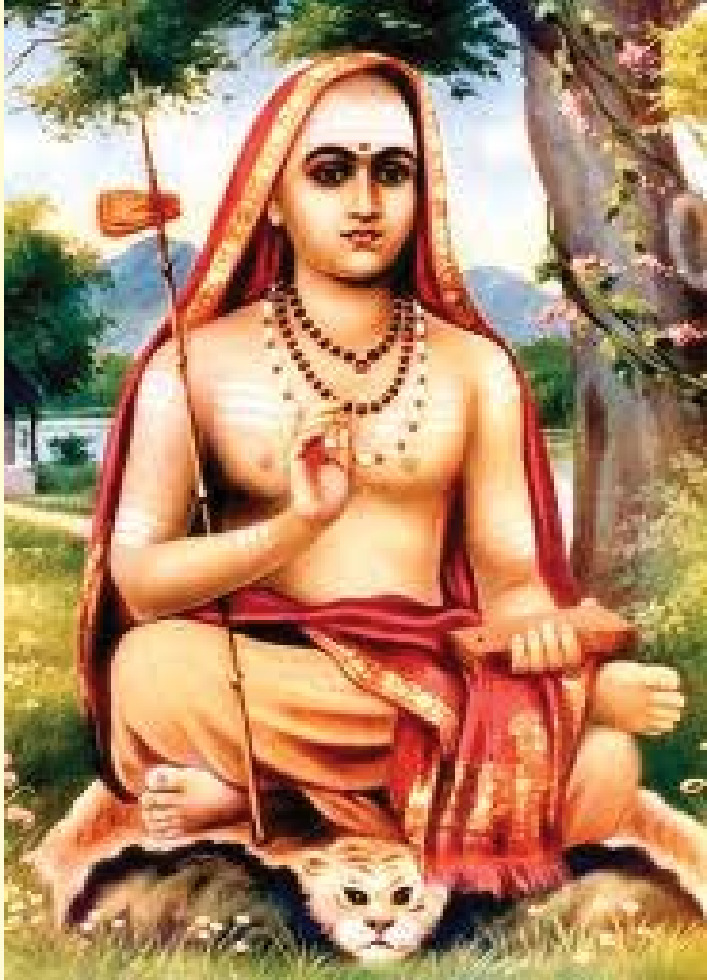
equates, he is no longer a patient. That awareness is missing in today's healing environments. Reiki healers at least should not repeat these behaviors. The other most important thing one has to remember is that the first step towards healing is reducing the patient's anxiety levels. He/she is already anxious not knowing what is happening. One must make them comfortable by providing a nice kind of ambience. No, I am not talking of infrastructure here. It is simply your attitudes which count. That empathy and compassion will play a large role here to make the anxiety levels much lower. Today we do exactly the reverse. As Dr Alan Watkins, a Doctor in USA showed in one of his experiments, the moment a patient walks in a hospital environment his/her heartbeats shoot up drastically. The anxieties have already gone up. The healing is going to be tough. The money will come fast however to the professionals around.

The second most important thing is to make patient free from fear. Believe me; fear is more fatal than any disease that is known to human beings. Once again the current health care exactly does the reverse. In the guise of passing information (when even a Doctor does not know much) we create fear. The battle is now even more difficult. The disease has already been reinforced by these two terror outfits- Anxiety and Fear. Reiki channels should not do this mistake either. Believe me there is no better antidote to fear than a faith. You do not need much knowledge about the disease as long as you know something about a health. And that something is a faith. That will show up in your whole presentation to the patient. It is not that chemicals heal. It is the human healer who heals. Chemicals just balance the structure of chemicals within the body. That does not heal. The way the imbalance of chemicals in the body indicate the disease which is not caused by imbalance of chemicals but the reasons are much deep rooted, so does the balance of chemicals does only indicate that the health is getting restored at some other level. So treat your patient with respect, love and compassion. Make him/her free from anxieties and fears. That could be the right start where you have already weakened the disease to a treatable level. Now the job is easy. This is precisely missing in today's so called modern medicine practices. But then there are business considerations. You do not get into that. What is most important for being a good healer is to be a good person first, good at heart and mind.

- Ajit Sir

## Bhaja Govindam... (Verse 6)

यावत्पवनो निवसति देहे तावत्पृच्छति कुशलं गेहे ।  
गतवति वायो देहापाये भार्या विभ्यति तस्मिन्काये ॥ ६॥



As long as Pranas are in the body (i.e. as long as one is alive) family members care about his welfare. But when the life departs from the body and the body starts decaying, even his own wife is afraid of his corpse.

The author impresses here with a thought that body is only external manifestation of the eternal soul. It is ever changing and ages with time. The basic philosophical thought behind this verse has already been discussed in the earlier verse (Verse 5) which we saw in the last month. Here the author elaborates on the same line of thought to say that most of our relationships are external and peripheral in nature. The peripheral keeps on changing with the time as we keep on changing from one state to the other which is generally known as

ageing process. The external form it is believed, keeps on changing every seven years and by the time we really grow we have traveled miles away from what we really were.

As most of relationships are peripheral, the dimensions of relationships also experience the swings to great degrees. The relationships keep on changing in terms of the distance between two personalities, our reactions to the same person to the outer behaviour of that same person, our reactions etc. We all experience that what we had liked about a person at the beginning of relationship no longer entices us after few years of relationship, not only that probably we get irritated with the same and do not understand how we had liked it in the first place. This is a dynamics of relationship.

The author says the same here. In the previous verse we had seen that as the person becomes old and dilapidated with disease or even just the old age, people start going away from him. No one really asks him about his/her well being. In this verse the author goes even deeper to state that once the person dies even his wife is afraid of his remains. She forgets that it is the same body she had adored and loved all these years of relationship which is now lying there, waiting for last rites to be performed, Even she does not want to keep this corpse which was called as a person a few moments ago, at home in front of her eyes. The same body which was loved by her so much becomes the source of dejection and obnoxiousness. Such body is taken to the cremation grounds at the earliest opportunity. That possibly is the first time a wife must be realizing that what actually she loved was not a body of the husband but a spirit behind that. The moment the pranas- the spirit vanishes, the body loses all its glory and value even in the eyes of the nearest and dearest. It takes one death to realize the truth of life.



# SHIVA HEALS YOU...

## Are we over-emphasizing the need for parenting?

By Vivek Pandey, Baroda, India



A child opens his eyes into a world which is (if we may say this) new to him, starts cognizing with his parents and slowly the outside world. The cognition of outside world happens first and then may be at the age of 12 to 15 the individual starts understanding his own self. This understanding again is only of the tendencies or a few traits that he may discover within himself through a prior understanding of the world based on a dualistic approach of good-bad or right-wrong. We always teach our children all sorts of things related to the periphery. We mostly teach ways to earn money or in other words ways to become successful in life. We guide them to take the company of good friends and shun the company of people who are not so organized in their approach towards life. We want our children to with stand the tough competition that stands glaring (presumably) in their near future. We want them to become something without even bothering the loads of stress being transpired to this tiny little entity.

Thank god, my parents always left me alone to perfection. They just let me be. They interfered only when inquired or approached. They never even gave me a hint (forget about forcing) of approaching or following a particular path which according to their understanding of life would have suited me. For them I was always a source of joy and learning rather than wet clay, which had to be given a desired shape. Whether I passed or failed in an exam/event of school, college or life in general. They just watched from a distance waiting for life to unfold. Hey! Hey! Wait a minute! I am not suggesting that they didn't care for me. No, it's just that they were indifferent towards whatever happened in my life in those wonderful days of adolescence. That indifference or remaining neutral at all times was a blessing in disguise. It shattered my very fundamental knowledge of the dualistic ways of life i.e., success or failure, up or down, ahead or lagging behind etc. What shook me to the core was the fact that they had an

enormous knowing of the likely outcome of the chain of events resulting from my lifestyle and actions and also exhibited an eternal kind of patience towards what was demeaning me as an individual. Knowingly or unknowingly, somewhere within them they were aware that life will sooner or later unfold in a much better, clearer and a broader way. This understanding could possibly emanate only from a very humble, naïve and a faithful approach towards life. The parenting in my case was only one statement "allow things to happen in his life, let's see how he picks it up and what he learns at every stage."

I know this kind of a concept can be terrifying to any parent, as it completely takes away their urge to groom their young ones and turn them into a perfect polished being. It somehow shatters their dream of gifting all the wonderful things, giving all the thin-line differences of understanding some profound subtle aspects of life. I know this will make most of the parents feel jobless. But having said all this, I have something to support my concept and that is the 'karma' (prarabdha) within you. The tendencies (just one or two if not more) that we carry within ourselves that we try and hide while socializing or greeting people. The same traits that usually come out if something, which suits our mind, does not get fulfilled (or something that does not suit starts happening). The pain, the insecurity, the fear, the anger, the passion, the jealousy, the hatred... all such heroic traits or simply reactions are their within us waiting to come out at the right (did I say right) kind of atmosphere. Even though we may pretend to treat our children with all the love and affection and care, we somehow carry all such traits within us and if you were to believe me we also successfully pass on such traits through our Aura. Whenever we try and teach or impart something to our children with all those beautifully-packed, sugar-coated and well-mannered ways, we actually carry the entire space (of our mindsets, emotions which is nothing but an accumulation of past life deeds) and a whole lot of stuff that is jam packed within us in the course of this life. Whether you want it or not it (this passing-on) surely does happen at all times.

So it's far better not to touch the child unless you are in command of your own entity. Unless you become aware of your own core, all such attempts of parenting/nurturing/up-bringing a child will not meet its desired end. Again when I use the word command it means peace and patience within you. The more calm your presence is (not just you becoming calm every now and then) the more you should allow yourself to be in the company of your child or else you better stay away. So start working at your being, find out your centre, stay connected to the higher energies before you undertake any parenting activity. Let us manage a family within us, which consists of ego, emotions, intellect, mind, body and the soul before we manage a family outside. At this juncture, I can't help quoting the sublime words of Kahlil Gibran, "The child has come through you, but it does not belong to you."

## An interview with Dr Ulrich Berk *By Mrs Kalpita Wazhayil*

*Dr Ulrich Berk, a renowned scientist from Germany and one of the strongest proponents of Agnihotra vedik technology as a scientific method of managing the world environment, was in our Devrukh ashram for about 5 days in the month of April 2014. Dr Berk was kind enough to have imparted very valuable knowledge to our sadhaks by sharing his experience and expertise in the field. Here in the second part of this interview, we are sharing some of the answers that he gave to the questions asked during the recorded interview*

*9) Late Shri Vasant Raoji Paranjpe always used to refer to the document from NASA to the Govt. of USA about the environmental disaster to strike the human race and the vital role of Agnihotra in reversing such situations? Can you kindly elaborate as a common man is deprived of any such information about such initiatives from NASA?*

When Shri Vasant Paranjpe started teaching agnihotra 40 years ago, at that time there was no awareness about this planet. Only a few top scientists from NASA knew that rain-forest in Amazon area were depleted and the oceans were getting worse. Now these two are the lungs of the earth. If the oceans and the rainforest die (main oxygen comes from them) what oxygen can we get. There was something which scientists knew but they did not have any solution. Now many things are available to the general public in contrast to the time when Shri Vasant Paranjpe started it.

*10) Late Shri Vasant Raoji Paranjpe also used to tell us about the use of Agnihotra in Peru/ Venezuela in their Agricultural practices which saved hundreds of farmers lives in late 1990s. We understand that the suicide of the farmers were quite large in this country before the introduction of Agnihotra. Over a period of time since the inception of Agnihotra, these suicides are stopped. Is there any documentation in the form of News, Govt. Gazette information, etc.? This is relevant to Indian agriculture as many of the farmers commit suicides every year due to economic problem and the number of such farmers is growing with time. We remember having seen such documents from one of Ministries from this country.*

Yes, there was such a document from the ministry of president in Peru, and the method was described about homa farming. But, with the change in Government all the documents were thrown away. New government did not continue to encourage the practice of homa therapy. However, we still have a lot off reports signed by Government officials and Mayors of districts about homa farming. It helped farmers and prevented them from committing suicides in Peru. So this could serve as a model for India.No Homa Farmer has committed suicide .

Homa therapy makes people healthy and happy which results in a positive outlook towards life. Earlier farmers used to take loans for the purchase of fertilizers/pesticides and enter a vicious circle of debt. Homa therapy on the other hand is much-much less in terms of investments, the harvest improves, no loans no debts and hence no question of suicide.

*11) Do we have any documentation on the impact of Agnihotra Ash or process on Chernobyl Nuclear Accident on Russia-Poland border in 1985?*

Yes, there is a farm in Austria, in an area which was affected by

Chernobyl. Now all the products showed high level of radio activity. All the daily products like milk, vegetables were sold under surveillance of the government. However, one farm of Mrs. Karen Heschl had no traces of radio activity. When inquired by the authorities, she responded by saying that it was the result of homa therapy. The authorities simply could not believe it.

In Poland also one person conducted similar experiments to measure the radio activity through the traditional methods. He found out that whenever he performed agnihotra the radio activity came down. Also when we performed agnihotra on food the radio activity was reduced. Do homa farming through resonance system and 24 hours trayambak homa and you can see radio activity coming down in the soil.

*12) Can we have some idea about Aaki Valley experimentation which Late Shri Vasant Raoji Paranjpe used to talk about? Also about the experimentations in Amazon forest?*

In Amazon forest there are a lot of agricultural experiments. There was a case of one banana crop field where a disease was spread to all the bananas and the entire crop was spoiled. They had no means to stop that. The first project was on one such field and this is where they first started the resonance technique. Similar things were done and it controlled diseases and weeds and it increased production and profits of farmers went up. Many in India have committed suicide because of crop failure and the debt trap resulting from loans for fertilizers but with Homa therapy no farmer has ever committed suicide.

*13) It is reported that Agnihotra can provide a remedy for situations like Ozone layer depletion and increasing radio activity in the environment. Are there any experimentations or documentations on this?*

Ozone is very much necessary then upper layers of the atmosphere. Ozone depletion can cause problems. In Australia there was a warning during summer that people should not see out in the open son for more than 15 minutes as it results into many diseases of the skin.

I don't know how to design such an experiment as the Ozone layer is 12 kms above the earth surface. Yagnas like the Somyaga will have an effect on the whole planet. Agnihotra will have an impact if more people are doing. Line of agnihotra fires with a gap of one minute will have an impact on whole planet and than it is imaginable it will heal the ozone layer. But I still feel that experimentation is difficult





## Tridevas, Tri-shapes and Tri-Colours

By Jushya Naik. Baroda, India

The following is to express my ideas on the 3 tridevas, the 3 shapes and the 3 primary colors.

The color red stands for pure energy which is need-less to say necessary for all purposes and red also stands for anger. The color blue stands for protection and calmness. The color yellow stands for knowledge and creation. This way the 3 primary shapes too stand for some or the other reason.

The shape circle represents wholeness or a complete body. It stands for the fact that to attain moksh everything has to attain wholeness at some point of his present or future lives. The shape square resembles a cage structure which also symbolizes protection from all evil sources. The shape triangle represents the beginning from its core. The Tri devas are somehow connected to this. How? Is explained below

1st the triangle associated with the color yellow is the symbolic representation of Lord BRAHMA, the creator of the universe as he begins everything. His job is to create creatures assign them with an objective and give them energy to complete that objective within their lifetime.

2nd the square associated with the color blue is the

symbolic representation of Lord VISHNU, the protector of the universe as he preserves the being which is completing its objective on earth. His job is to protect the creatures Brahma creates till they have completed their job.

3rd the last but not the least the shape circle associated with the color red is the symbolic representation of the Mahadev, LORD SHIVA, the destroyer and the ultimate source of energy in the universe. His job is to end the life force of the beings who have completed their role in the world, recycle and send their energy back to Brahma and Vishnu to help them complete their roles.

Red is the colour of the soil and hence of the Earth

Blue is the colour of the Sky.

Yellow is the colour of the Sun.

The Sky descends on the Earth through the Sun. If the Sun is not around, we can not see the Blue in sky from the Earth. The Earth is nothing but a manifestation of the Matter while Sky is the manifestation of the Space. The Sun represents the connecting Light medium- a combination of Vayu and Agni. I am sure now it would sound even more amazing.

# Experiencing the Children's Spiritual Retreat

*By Seema Trivedi, Reiki Master*

This year's Children's Spiritual Retreat was an amazing experience for me. Sir came up with the bright idea of having 5 Kutirs with the names of 5 Rishis, to give the children a different spiritual experience.

I was responsible for the children in the kutir named after Rishi Kanad. We got the opportunity of leaving nature and experiencing the life of that Era. I have taught the children of same age group in school for many years and also taught Reiki to young children, but this experience made me realize the limitations of my teaching materials, which is limited in a closed classroom.

The questions asked by the children were of deep insight and I got to learn so much from and along with them. This had a deep teaching and healing effect on me. The children were so naturally caring and compassionate with each other, if one of them was sick or hurt, they immediately gave reiki as taught to them, put bhasma with complete faith.

The children's enthusiasm was limitless, their emotions were so transparent, and the enjoyment of each moment was very gratifying to

watch. Moreover I noticed that they were very obedient and quick to absorb all that was taught. They were also agreeable to discipline, obeying without question. This made me realize that as parents, teachers and guides, we can do so much to mould their minds, their characters and their attitudes towards life.

"Van Bhojan" was another fun experience the children had to be in nature and enjoy food in it, was a great. Our nature is also called "Svabhav" and the "Svabhav" resonates with the nature, that which is natural. Life seems so beautiful there. Ancient games were played by us. We enjoyed a lot. Other activities like tracking, climbing up the tree, singing were enjoyed by us. I to become childlike with the children, my inner child lived once more!

Archaeologists from Pune also attended the retreat. They taught us about "Aged Stones", ancient scripts of "Brahmi" and "Modi", Pottery etc. The children asked intelligent questions. They had such a simple view of things and were so clear and had such a simple view of life, which made me realize how complicated we make life, as adults.

These 20 days with the children was great learning and teaching experience, full of joy and living of life a bygone Era.

I am eternally grateful to "Swami" and "Guruji" for this wonderful experience.

The Retreat left me humbled and richer in wisdom.





The background of the page is a blue-toned image of a Buddha's face. The Buddha has large, serene eyes and a calm expression. A red lotus flower is positioned on the forehead. The overall tone is peaceful and spiritual.

# His Creation

With teary eyes, in this world we enter,  
Each new day, there's a new life to discover,  
A family to own, to love and embrace,  
A life with laughter and sorrows to face!

With the greed for success, the love for wealth,  
We break into pieces for relations melt,  
But in search of comfort, we wander around,  
As faith starts fading, there are no traces of sound.

But the light that's hidden deep within,  
It threatens the darkness, but flames unseen,  
There's a sudden hope to rise in power,  
Awakening us, like a blooming flower.

A troubled life displayed by Him,  
The pain, the tears sprinkled by Him,  
But the joy and delight, the laughter and glee,  
He composed a world, just emotions to see.

The setting sun, a reminder for all,  
The night to come, has much to recall,  
For the day He showered, why don't we applaud?  
Instead of groaning, let's acclaim the Divine Lord!

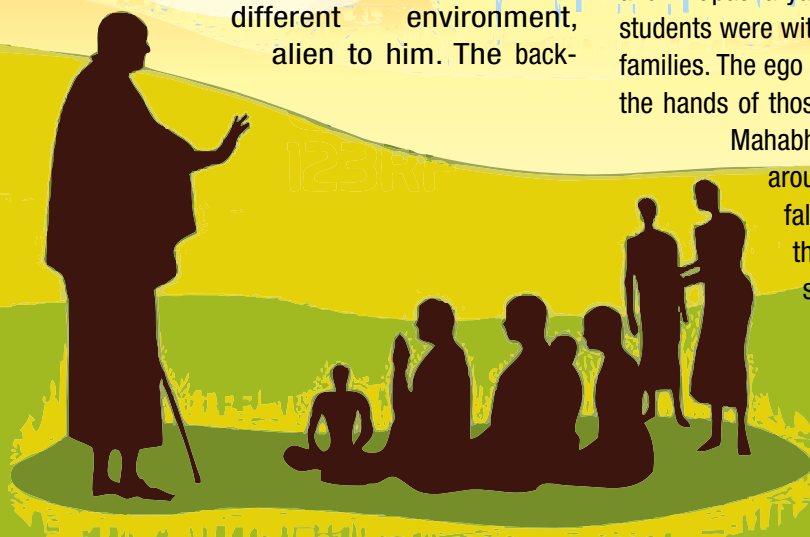
## Ashram Wisdom

Children's retreats this year in Devrukh ashram reminded many of a Gurukul culture. The set up was just like that. Five small kutirs made from Bamboos and Grass each named after a renowned sage, with 7 to 8 children learning in each of these kutirs under the expert guidance of Master allotted to each group... everything was as if the time cycle has been reversed towards the golden age of Bharat. While explaining the concept of Gurukul to sadhaks, Guruji said, "Gurukul system actually designed in such a way that a student had to leave his zone of comforts

at home and come into a different environment, alien to him. The back-

bone of the whole system was a discipline enforced by Guru, the Master. A combination of being away from comfort zone and a disciplined environment results in quashing of ego. The Master would see to that the disciple no matter from what background and financial status had come will lose his ego as fast as possible. When the ego is quashed and the mind is filled with a supreme knowledge that leads to a situation where a student becomes a boon to the world. This system produced very many sages and seers who were really a boon to the whole world. The knowledge given to the mind full of ego is disastrous and dangerous to the world and society. We can see that in case of Mahabharat. Here the students were given knowledge within the precincts of the kingdom. The Kuru Kings brought the Masters like Dronacharya and Krupacharya under the umbrella of the kingdom. The students were within the comfort zone of their homes and with families. The ego was very much there, The knowledge fell into the hands of those who were full of ego. This led to a war of

Mahabharat. Today we see the same problem all around. The knowledge that too unregulated way falls into the hands which are used for killing than healing. The knowledge that today's students gather under the comforts on internet may not lead anywhere except the confusion. The basic tenets of teaching and learning and the purpose of that divine process is being challenged"



Dates	Reiki Teacher	Location/Centre	Degree
5th & 6th July	Bhartiben	Ahmedabad	1st
5th & 6th July	Seemaben	Rajkot	1st
5th & 6th July	Vishal	Mumbai	1st
19th & 20th July	Kalpita	Devrukh	1st
19th & 20th July	Seemaben	Rajkot	1st
19th & 20th July	Vishal	Thane	1st
19th & 20th July	Rakesh	Airoli	1st
19th & 20th July	Ajit Sir/Krupa	Madgaon Goa	Communication
26th & 27th July	Vishal	Pune	1st
26th & 27th July	Sangitaben	Baroda	1st
2nd & 3rd August	Krupa	Rajkot	1st
9th & 10th August	Bhartiben	Ahmedabad	1st
9th & 10th August	Kalpita	Mumbai	1st
16th & 17th August	Seemaben	Devrukh	1st

**GURU PURNIMA UTSAV**  
at DEVRUKH ASHRAM  
between 12TH & 14th July

**Datta Yaga** will begin at  
06.00 am on 12th July and  
the Poornahuti will be on  
12.00 noon on 14th July

**Communication Training  
Programme : 19th & 20th  
July 2014 at Reiki Vidya  
Niketan ,Madgaon Centre,  
Goa. For registration please  
contact, Mr Naresh Dige  
(Cell # 9881196571) or  
mail to his mail ID:  
naresh\_dige@yahoo.com**

Send your feedback about this issue of RVN  
on ashtel86@gmail.com