

# REIKI VIDYA NIKETAN

VOLUME 6 ISSUE 2

February 2014

CONTENT

Editorial .....01

Bhaja Govindam *by Ajit Sir*.....02

Spring Regime...*by Dr. Vrushali Tole*.....03

Capacity to accept life's turn ... *by Nadia L.*..05

Manifestation of Nirguna *by Ashwini Telang* ..06

Mysticism: A poem *by Bharat Thaakar*.....07

I remember: *by Shivani kanratak*.....08

Siddha an article *by Telangan*.....09

Ashram Wisdom .....10

## The Nostalgic moments... Editorial

March has always been a special month in the history of our ashram at Devrukh. On 15th of this month, in year 2000 the ashram came into existence. This year we will be completing 14 years of the ashram's existence. I wanted to look back on those nostalgic moments as we all do on such occasions and write this editorial. However I could never imagine that the article may have to be converted into an obituary for one of my closest colleagues Mr. Milind Hegshetye. I was just thinking about everyone who contributed towards the growth of this divine mission which started on 15th March, 14 years ago and found how important it was for me to have such wonderful people in my life.

I have always been blessed by the divine grace of Shri Swami Samarth and am also experiencing a tremendous love and respect from my wonderful students. I consider myself extremely lucky to have these two supreme blessings in my life. Swami has not only showered me with his blessings but has also given people around me who are really gems. They are so dedicated and so loving that sometimes I wonder when and where will I repay their adoration and love. Everything looks like a beautiful dream. I still remember the inaugural day when Swami's idol was consecrated in the divine hands of Swami Nityananda Giri from Tapovan near Annamalai. Every word that he had spoken then at the stroke of midnight on 14th March 2000 still is ringing in my ears. I am sure Swamiji will be happy to see how a small

seed sown at that time by him has grown into a large tree. My salutations to him today!

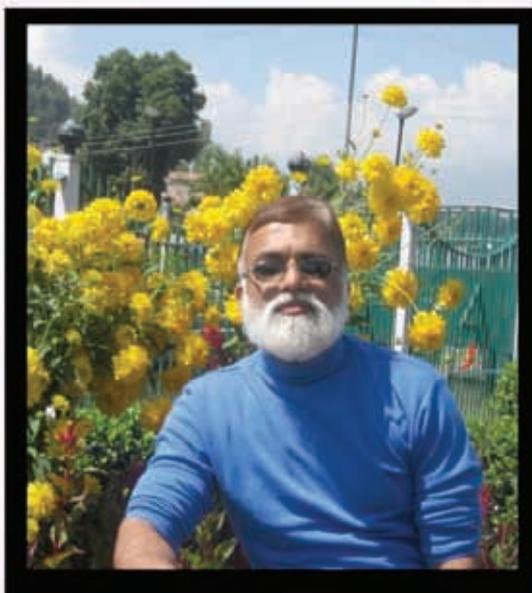
In the midst of all these memoirs, I am going through a turbulent mind facing a shock of losing Mr. Milind Hegshetye my colleague Reiki Teacher, one of our very senior sadhaks and one of the pillars of this divine mission just yesterday to a weird incidence. Milind known popularly as Bandhu among the sadhaks was an extremely noble person, highly spiritual in his outlook towards life, very committed to the service of Swami till the last breath. How can one forget his untiring efforts to create DNYANSABHA- a Learning centre in the premises of the ashram, which he practically handled single handedly and steered it towards completion? I still remember the dream that we shared together in the precincts of Mangeshi (My family deity in Goa) where we had a sankalp of creating the Learning centre on the lines of

Mangirish Math. He translated that dream to reality which has already started becoming the core of spiritual learning within the ashram premises. It is as if the God loved his creation so much that he was required to be in the heaven. Milind's name will always remain etched in the history of the ashram and on the hearts of every sadhak associated with. We all will be missing him amongst us.

*With love, light & Reiki*

**Ajit Sir**

February 17, 2014

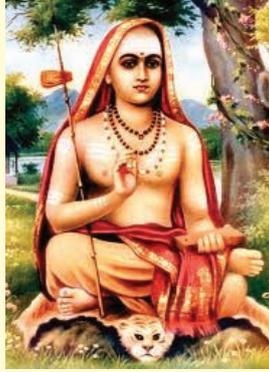


Late Mr. Milind Hegshetye

## Bhaja Govindam... (Verse 2)

मूढ जहीहि धनागमत्तृष्णां कुरु सदबुद्धीं मनसि वितृणाम् ।  
यल्लभसे निजकर्मोपात्तं वित्तं तेन विनोदय चित्तम् ॥२॥

*"Oh, deluded one! May you give up your cravings for accumulation of wealth; (and) may you contemplate upon Govinda in your mind free from craving. Make your mind happy with whatever wealth is obtained through your honest efforts.*



In this verse, Adi Shankaracharya, is drawing one's attention to the cravings that one has got entangled in. Mostly we see people who crave for money and wealth. The seer poet is very clear here saying that the wealth is not a problem. It is the craving to accumulate the wealth which is a problem. Accumulation is a big NO NO here. Look, wealth is also a manifestation of energy. But as we have been saying in reiki sadhana time and again that it is the flow of energy which is a magic of life. As long as the flow is maintained, we are all happy and healthy. The problem begins only when the flow stops. The accumulation of energy is a disease as it stops the flow. Wherever the energy accumulates, the life ceases. In a physical body we call it Cancers of different kind, depending on where the accumulation occurs in the body. In medical terms one may call them tumors. In fact I had some number of interactions with medical Doctors in western countries to ask them about what happens to the energy when humans die? They have no definite answer and I found different doctors having different understanding about the matter. They fail to appreciate that the dead body also carries the energy but as the flow is ceased they are qualified as dead. Just look into this, the dead body has an accumulation of blood within; it has accumulation of water, air. Every thing. But the air trapped inside is not qualified to be called a breath as it does not flow. The blood does not flow, the water does not flow. The cessation of flow leads to cessation of life. Wealth is not different. It has to flow. It should not accumulate. This verse precisely brings that out.

Secondly, Adi Shankara is also saying here that it is not the wealth which is bad but the craving for that which is disastrous. He is using the word **धनागमत्तृष्णां** which means the craving for money. This tantamount to a Greed. The greed is a child of insecurity. Insecurity in turn comes out of separation from the divine. It is a manifestation of fear. When we are connected to the supreme, divine entity (Govinda) we are secured. We are complete. The disconnection leads to incompleteness. That sets the fear and triggers the insecurity. The fourth principle of Reiki sadhana is "Just for today, I will be honest to myself." Accumulation of wealth does not lead to happiness. We have so many examples where people who accommodated so much wealth ultimately died a miserable death with their wealth rotting in the banks and being fought over by his own kins and kiths. One of my close

relatives was always worried about my future since I stopped earning income after my early retirement from the corporate world and used to tell me to accumulate the money so that it could be useful during my old age sickness. The gentleman did accumulate wealth, though through his hard work of course, unfortunately could not get a chance to use a single rupee from what he had saved for his sickness. The wealth could not save the life.

I have seen people with a lot of assets giving an impression that they are extremely happy. However as the same people come to me with some problems and open up their book of life, I realize that they are not as happy as one thought they were. The outer wealth is only their peripheral cover while the core is all smashed. They have 4 or 5 bed room flats, each bedroom decorated with at least couple of air conditioners but they have to consume multiple pills to get their sleep in the night. Wealth can possibly buy you the bedrooms with the best of environment but may not guarantee you a sound sleep. Again, let us know that it is not the wealth that I am talking about but the craving to have more. Such cravings may never get over. That craving is destructive. Swami Dayanand Saraswati said beautifully, "What we call progress is merely a conversion of luxuries to necessities" At our ashram we have no luxuries, no TV, no Newspapers, no Videos, not even a refrigerator... Nothing opulent. But when people stay there, they realize that truly these things are affecting our peace and happiness. Everyone there is so contented and hence happy. When you are with a divine space you are with a divine peace.

I had read a wonderful definition of a Saint. He is not the one who does not own any assets, but he is the one who is not owned by his assets. Today we are driven by our desires and greed. We are driven by our wealth. We have forgotten totally that wealth is only the means and not an end by itself. Somewhere we have started believing that we need to be hungry for success to achieve success in life. If that is the case we need to either redefine the words success or the word hunger. This is totally a western thought that stressful mind creates excellence. The oriental philosophy makes more sense which stipulates that a peaceful mind leads to a long term success. Why do you think, the aggressive opposing teams like Australia and England resort to sledging when reputed batsmen like Sachin Tendulkar come to bat on a cricket ground? Do you mean to say they want to make him stressful so that he could perform? No way. We better correct our understanding of life. It is not the mind to be controlled here. Let the mind flow but with absolute clean thoughts. That cleanliness is vital. It is not the mind to be blamed here but the ego. When the ego starts using the mind, desires & greed will happen.

Spirituality is nothing but achieving that contentment, that equilibrium. Such contentment can only happen when you are in the lap of the divine. That is what a seer means by being with Govinda. That contentment is a Samadhi of a kind. That is what one means by coming to terms with your own self. Most of the discontentment occurs when you are not happy with yourself, when you are not in tune with your own natural energies.

# Spring Regime- Vasant Rutucharya Dr. Vrushali Tole



Agni has a great significance in Ayurveda. Agni is the Fire element that governs all transformations. The primary function of agni is the digestion, absorption, assimilation, and transformation of food and senses into energy. If you worship agni, you will be blessed with perfect health. Ayurveda refers Agni as a digestive fire (Pachakagni). As fire or flame requires balance of fuel and air to sustain, in Ayurveda, Agni requires balance of Tridoshas (three basic attributes of the body) Kapha, Pitta and Vata.

During spring season, month of mid-March to mid-May the Sun energy liquefies Kapha which results in imbalance of Tridoshas and Agni. As a result, digestive system can be affected; individual may feel they are not hungry and/or sometime digestive diseases may aggravate. Cough, common cold, headache, and sinusitis, and tonsillitis are common ailments in this season.

The way to maintain balanced Agni is to change the lifestyle by altering the eating habits and some favorable life style changes.



Simply, the food you are eating should maintain balance the Tridoshas. Try to eat the food which will not intensify the Kapha.

## Lifestyle :

1. Exercise regularly.
2. Avoid Sleeping during daytime.
3. Herbal Scrub Bath or udvartanam with the help of Chandan (santanam album) and Aguru (aquilaria agallocha) is good for skin and rejuvenation.
4. Apply some natural Fragrance like sandal on body after bath.
5. Avoid exposure to direct Air.
6. Oil Massage should be done regularly.
7. Cleansing of body by Panchkarma therapies like Vamana (Emesis) and Nasya( putting medicine into nostrils)
8. Use strictly warm water for bath, wash, and gargling.
9. Netranjan or putting medicated collyrium into eyes will prevent from seasonal, and pollen allergies.
10. One should enjoy the blooming beauty of nature, friends and family.



## Diet:

- 1 Consumption of Honey regularly as it helps to eliminate kapha dosha.
- 2 Intake of Jowar (hordeum vulgare), Wheat (triticum vulgare), Oat is good for this season.
- 3 Herbal Decoction (kadha) like Dashmoolarishta , Drakshasava should be consumed
- 4 Shunthi or dried ginger powder (zingiber officinale), Nagarmotha (Cyperus rotundus) should be boiled in water and then should be consumed with honey.
- 5 Avoid cold food, oily food & sweet and sour food.
- 6 Avoid Heavy and late night food such as paneer, khova, Udad daal, Curd, Lassi Cheese, Icecreams, and milkshakes.
- 7 Avoid overeating.



## Capacity to accept life's turns

*Nadia L., Chicago, USA*

*Amour* is a French film that despite being foreign made a break through in US and earned Oscar nominations last year, including the highest best-picture nomination. The movie is truly a piece of art, a masterful display of life and death. I recently watched it and had that Aha!-experience, a satori of sort. You know that type of experience, when by the means of a rare glimpse we acquire knowledge about our core as beings – a precise fit to our current spiritual need glimpse, both satisfying and provoking a further quest for knowledge. Much the way the beauty of the landscape reveals itself only at times, at the turns, while you walk up a mountainous steep pathway, so that the occasional view awes you and then over again propels the pursuit for seeing the majesty of the sight from atop.

The movie is about love as the title suggests. Not to spoil it for people who'd watch it, I'll tell no plot details. It's a love story. Or rather what seems to be the final accord of a once-upon-a-time love story – the film narrates the relationship of a married couple in the hardships of their 80s. What in my view makes it special is that the plot depicts an evolved form of love, a higher emanation of the heart. What is left over from passionate love when the two spouses are at the doorway of death? Especially if they have had it all – affection, good life, shared likes, kids, a harmonious relationship - throughout life. Turns out, what is left over then, is that deep connection between two human beings that is spiritual in essence.

So the love story in *Amour* is stripped off of sensual attraction (there is not much attraction in wrinkles and crumpled bodies anyway) or lust (we are talking about 80+ years of age after all), or any attraction of partner to partner due to actions, words, behavior (for almost the entire movie one of the spouses is incapacitated and later demented). And yet on the screen there is bare to the bones love between two human beings - full of understanding and patience, of loving tending and devotion. And honestly that version of love is astonishing despite all wrinkles and life fading off. It is a deeper dimension of love that gives birth to choices based only on what rings true to the heart. And out-worldly relationship at time, when the vanity of the world has come to a halt and nothing else matters but the testimony of loyalty and belonging to each other. Then, and probably only then, there is a recognition at the level of being-ness – one being entirely recognizing the other being. Doesn't that sound familiar to us as spiritual seekers?

Sir once mentioned at a seminar that in ancient times, moksha used to be achieved by aged spouses in unison, when they have reached a deep spiritual connection between themselves throughout life. A concept that makes so much sense and yet, lost in the sands of time. *Amour* made me reminisce Sir's words. Although far from liberation, the being-to-being unison

on the screen is quite a bit touching. The main character possess (exceptionally crafted by the actor) acceptance of his fate and the fate of his lifetime partner. He doesn't seem to battle with the situation. There is no judgment on his part, none of that "this is bad, that is even worse" nonsense. He simply methodically does what he is supposed to do - the best he could under the circumstances. There is no fear either. No fear of what comes next, only infectious compassion. And there is this wonderful full presence, a 100% centering in the moment. This is why I said this film came as a spiritual revelation to me. Totality in the moment sustained over a period of time and hardships, acceptance, profound compassion. Love at the level of being-ness. Shortly after I had seen the movie while still under its spell, I recommended it to a girlfriend who I occasionally talk about movies and books to. "You've got to watch it," I urged her. A week or so later she called me up. "I can't believe you liked that movie," she said. "I couldn't even watch halfway through it, its way too depressing!" What she evidently found depressing, was the naked, without embellishment reference to aging, suffering and ultimately to death in the picture. Because of it she cared less about "evolved love and acceptance", I tried to explain my liking with. She listened with no objections my reasoning, but before we hung up, she sighed, "Yeah... Still that old couple felt depressing to me."

My friend is an educated contemporary woman, insightful at times, and yet she had seen darkness where I saw beauty and ascension. Why was that, I kept thinking. Then I realized that Reiki sadhana has quite a bit changed my personal view on aging and death. Some time ago all that's depicted in *Amour* would have looked depressing to me too. When there is no vision beyond the wrinkles, aging appears as helpless misery. If there is no sense for the grander scale of unfolding of life, death seems the absolute end with no return. Frightening indeed! Unlike my girlfriend, I had seen the film with an increased capacity to accept old age and to a higher degree - death. This fundamental change has been descending upon so gracefully, so that I needed the comparison to even become aware it had been taking roots.

Seldom contemporary western art goes so close to real relationships between people, with no powder applied and no artificial tricks to make it thrilling for the audience. Even more seldom art, especially film making, focuses on elderly people. We live in a society where old is very close to a public stigma. Regardless, *Amour* was recognized by critiques and audiences alike, and earned multiple awards for its craftsmanship all over the world. I feel its popularity signals enlarged awareness. Evidently, there is an increasing number of people on earth, capable of seeing beauty in life's natural transition to death, rather than fear it or get depressed because of it. This, by itself, is beautiful.

# Manifestation of Nirguna

By Ashwini Telang, Thane, India

## “Nothing is good and nothing is bad”

Everything in the universe acquires properties only when in conjunction with other entities. Otherwise, everything is Nirguna (without properties). Just like only when Sugar is mixed in water, it receives the sweetness and not the Salt. The same is the case in everyday life situations. Under the presence of others around we tend to make certain decisions which we might have never thought of when isolated. For instance, if one sees few people threatening a person, one may ignore it if others around do so. But if one observes that others around are getting involved, one may get influenced by them and s/he may also join taking the side of either. In other sense, the person might have reacted differently when in isolation.

Probably, we all may remember that right from our childhood we have been told that everyone is unique in his/her own way; yet the combination of the two or more uniqueness may create a totally different scenario. Just like the combination of keyboard keys may create a totally different command for the computer. For instance, the alphabet “a” on the keyboard when used with Control key (Ctrl + a) gains the property to select and hence, everything in the document gets selected. However, when the same “a” is used in isolation it can only be typed as “a” and nothing else. Yet when in combination with Shift (Shift + a) it becomes Capital “A” further when the same “a” is used with Alter (Alt +a) the table toolbar opens. The property to open the table toolbar gets activated.

In short, when we are in concurrence with certain individuals we act differently than we usually would. The same is the case when someone else is reacting to us. And most of the time we wonder whether why that particular person who reacts to others in a particular way, suddenly reacts to us so very differently. Remember, that s/he is just like the water and the taste will only occur according to what we are adding to him/her. The choice is ours whether we want salted water or sweetened water. Suppose, you have a brother who often irritates you and you don't like that. What can you do? The situation is that water is salty and you need sweet taste. What can you do? All we can do is change ourselves from salt to sugar. That's it. In the above mentioned situation all you can do is give a sweet smile whenever he irritates you instead of screaming, yelling, frowning and so on. Acting accordingly will change the whole scene. Like a dream come true....

While writing this, I just remembered, **Albert Ellis's ABC Model**

which we were taught during one of our academics. The ABC model actually states that for any event that is occurring, the main ingredient is the belief. The consequences occur only as per the combination of these two. In ABC Model, A represents Activating event, B stands for beliefs, opinions, views or perceptions while C denotes the consequences that are the outcome of the two (A & B). Activating events are the triggers that cause us potential stress (also includes daily hassles) to some extent.

In simple words, it states that, consequences/ results occur as combination of our beliefs and self-talk in response to the occurred event. Our beliefs as we all might be aware of are gained over a period of time due to different experiences that had occurred in the past or just because someone else whom you believe in had just told us so. To be precise, though the situation is dealt with our past experiences (either our own or others); the combination of the group of people around also makes a huge difference. The more we stay with certain people the more likely we are to believe and behave in a certain way. Probably that is why in ancient Indian literature it is emphasized that one should stay in good company of individuals (Satsangat). The person staying with calm individuals, even though individually may not be so, can calm down his/ her emotions thus challenging his/her own (irrational) beliefs and replacing them with the new (rational) ones. This enables an individual to change the consequences that follow the combination of activating event and beliefs. As only the beliefs can be changed neither can situation nor can consequence change on its own. Ones our beliefs changes the consequence automatically gets changed. It's like managing the left side of the equation to have the desired outcome. For instance, when A (being constant) = 2; B = 3 then; C has to be 5 in the equation:  $A + B = C$ . But, if we want 10 as C, then all we need to do is change value of B as 8 instead of 3.

The consequences which are undesirable can be changed by managing the beliefs, perceptions, views & opinions regarding the occurred situation. Thoughts, which are the occurrence of Mana [Mind] and consistent thoughts are nothing but Beliefs; which in turn serves as raw material to emotions, which is the occurrence of heart. Emotions then become the input for the action which actually decides the consequences. In short, Consistent Thoughts (Beliefs) create consequences.

Thus, it is very truly said in Dhammapada:

**“You are what you think. All that you are arises from your thoughts. With your thoughts you make your world.”**

# Mysticism

By Bharat Thakkar, Chicago, USA

The clouds collide,  
Lightening cracks  
As thunder roars in the sky....  
The rains rule my universe.

Suddenly my universe is peaceful,  
The sky opens up clear blue!  
Mystical changes  
I cannot comprehend.

You miss me, you hate me,  
You love me, you love me not.  
God speaks: I listen,  
I speak; God ... listens?  
I cannot comprehend.

Sometimes blessings enhance my spirit,  
But sometimes they don't.  
Holy unholy spirits do their bit  
I cannot comprehend.

Who knows what is actually happening?  
Relying on mysticism's play  
While a whole life passes away!

*When I read this poem for the first time, it reminded of my first evening after learning Reiki about twenty years ago. I have been seeing such transformations all around me after the Reiki seminars day in day out. One does not really understand what is happening with the life as suddenly the peace descends upon you from nowhere. The beauty surrounds you from all sides. One does not really come to terms with the world around, the world that you knew for so long. The references change. The love and hatred remain only in letters, as one starts understanding that love is not a process. Love becomes what you are.. a pure state of consciousness. The poet has brought out these feelings so beautifully in this poem.*

## Trust...the essence of life

By Kaushiki Swarupa, India

*The Trust is the essence of our Life,  
Without trust, even simple words can become knife.*

*It is with this knife you yourself get hurt,  
Digging out all the past dirt,  
Making others' feel bitter.*

*So just a little trust,  
Is a must  
For converting the feeling of bitter  
Into better*



# *I remember holding your hand...*

*Shivani Karnataki, Mumbai, India*

I remember holding your hand,  
My tiny fingers entangled in yours.  
When you looked in my teary eyes,  
With love you held me  
up among the stars.

Sixteen years passed,  
I still have teary eyes.  
At times when I'm broken,  
You can hear my silent cries.

It's gonna be fine!  
That's all you say...  
But you know I shall fight,  
Whatever be dismay....

No matter how old I get,  
I will always be your little girl,  
I love you with all my heart,  
For I'm my daddy's little girl!

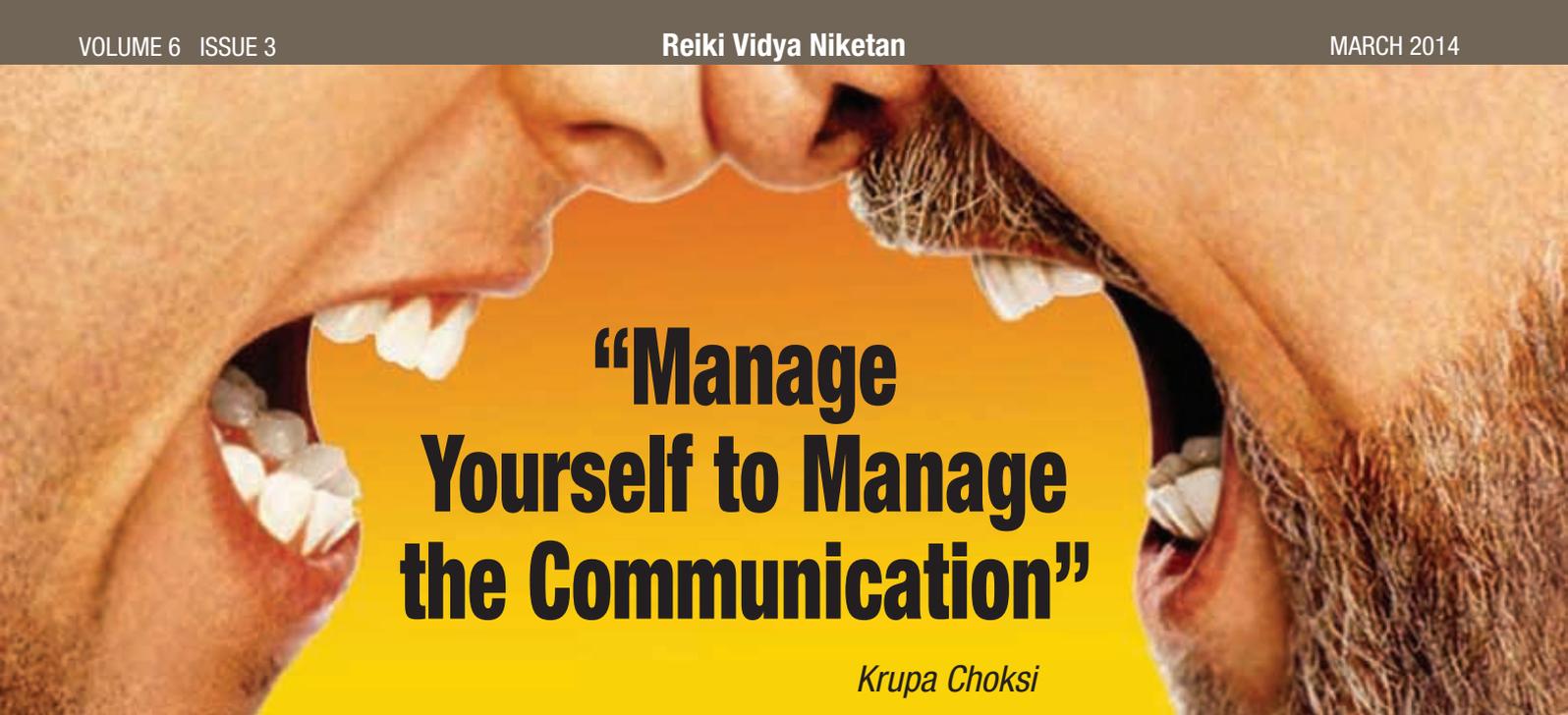


## *What is real Tapa?*



Ganapati Muni, a great Siva bhakta, chose Tiruvannamalai, the holy seat of Siva, for his tapas and briefly met Sri Ramana on the hill. After 5 years, he found that nothing tangible had emerged from his severe tapas. Disappointed, he climbed up the hill and fell flat on his face holding Sri Ramana's feet with both hands. With a voice trembling with emotion he cried, "All that has to be read I have read. I have performed japa to my heart's content. Yet I have not up to this time understood what tapa is. Pray, enlighten me about the nature of tapa."

After listening to the Muni, Sri Ramana silently gazed at him as he sat in anxious expectation. Then he said, "If a mantra is repeated and attention directed to the source from where the mantra-sound is produced, the mind will be absorbed in that. That is tapas." Do it with love and devotion...



# “Manage Yourself to Manage the Communication”

*Krupa Choksi*

Guruji has been always telling us that today's biggest problem is of communication. Lately, I have been observing many situations with awareness and I realized the same thing. Mostly, if you see all situations around us, are related to communication and all relationships are also based on communication. In fact relationships emerge out of communication. Firstly, it is an aura to aura communication because of which we like someone as our aura matches with that person and thereafter verbal communication starts. We keep on interacting with that person and relation builds upon and finally we give it a name viz. Friend, girl friend, wife, uncle, brother etc. based on our feelings. In short, for every relation, communication is the base.

Similarly, if you see, any relationship gets spoilt because of improper communication or lack of communication. When a person is stressful, it causes restlessness within and due to that restlessness; the person either gets irritated or expresses anger. The stress could be from office, at home or could be due to certain events or responsibilities which a person is finding difficult to handle. Now based on such reactions, the other person reacts in a similar manner as he/she is not able to understand why that person is behaving in such a manner. This could be due to lack of communication what the other person is going through. And ultimately, the relationship starts spoiling day by day. And finally, it ends causing a lot of hurt on either part.

Often in our day to day life we also find that many problems are created due to miscommunication. When a message is passed on by one person to another person, many times issues are created or tasks gets delayed because either the giver of the message is not able to explain the message properly or there is some distortion in message as the receiver of the message did not understand it properly. I pondered over it that how this miscommunication happens and got an answer that it is due to the lack of clarity in mind. When mind gets scattered, our both abilities of listening and

speaking gets affected. Again non clarity is due to lack of “chittashudhi” i.e. Lack of purity in Intellect, Mind and Heart. When chitta is not pure we perceive things as per our per-conditioning of mind and not able to see the reality as it is and based on that we give reactions which may not be appropriate always as we are unaware of total reality.

Guruji always tells us that as a sadhak, we should always be aware of what we speak and what kind of thoughts we are getting. As we are seeking liberation but in that process if we hurt someone and do not apologize for that, then it creates impression (sanskara) in our chitta and add to our backlog of sanskara which we are trying to remove. So we have to keep awareness and manage ourselves. Because if we manage ourselves then we can manage our reactions and if our reactions are managed, our communication will get managed. And this will help us to manage our relationships.

But the questions is how to keep this awareness as many times in crisis or in difficult situation we lose awareness and we make mistake in communication also. But by doing sadhana i.e. Reiki, Agnihotra and meditations will initially make us aware after giving reactions that our reactions were improper. Gradually, thereafter our awareness will increase and before giving any reactions we will be able to think and give appropriate reactions. This will happen due to cleansing of our chitta. Besides this, constant sadhana and remaining connected with the space will bring our existence in heart. And we all know when we are in heart where we are experiencing our own love and compassion, we can never hurt anybody. Thereafter what ever we will speak will be kind words full of compassion which people will love to listen.

This is the reason our scriptures says “Satyam Vachmi, Priyam vachmi”. And this is what we are experiencing when Guruji speaks. I think we all should learn communication from him to manage our lives as communication is vital part of our life.

# Siddha

*Telangana, Mumbai, India*

When I heard the word 'Siddha' from Guruji I was interested to know more. I learnt from his talks and I read little by other spiritual writers also and understood clearly that, there is very little connection of 'Siddhi and 'Siddha. An individual could acquire many 'Siddhis but a 'Siddha will never carry out penance for achieving 'Siddhi... even though 'Siddhi is valued by rest of the world.

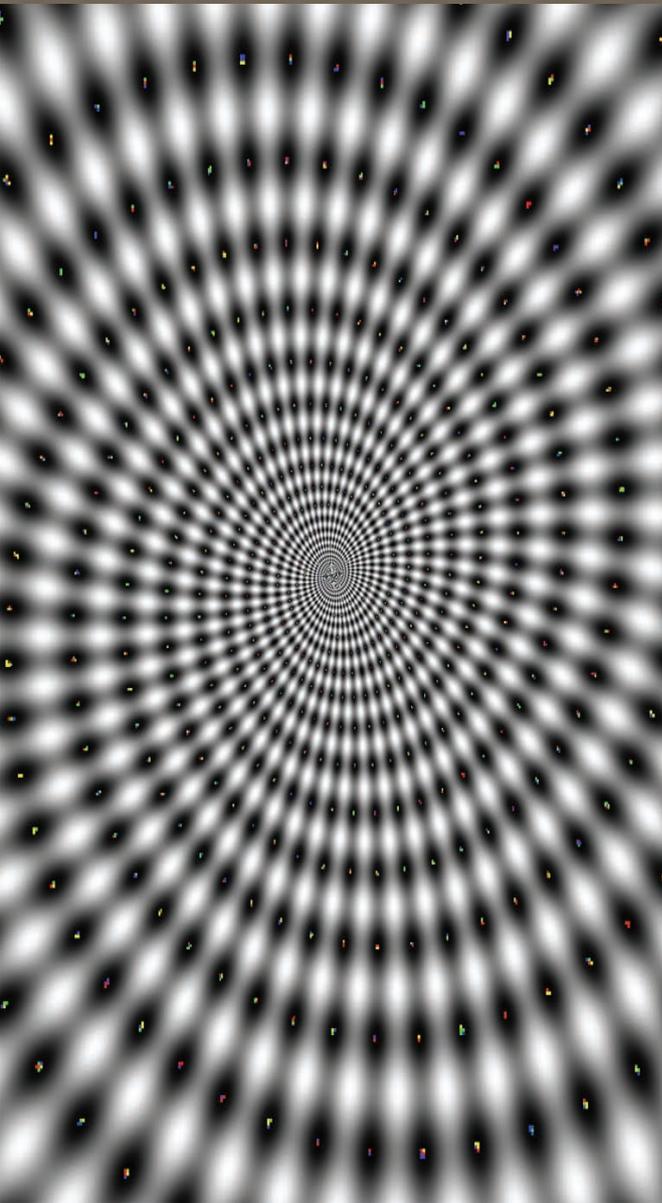
**In fact Guruji says... today more people struggle to obtain 'Siddhi and very few are willing to make an effort for the 'god'.**

**Guruji trained us in Reiki, which is also a 'Siddhi.** Any healing is possible by right use of it. Most western countries have made great technological inventions and achievements in a very short span and these are also in a way Siddhis. The biggest difference between them and our Rishis are very simple. **All these technological miracles happen outside the body.** Scientists could invent devices, which could take us to even other planets, these equipments can get lost or broken down easily but **Rishis could create even an universe without leaving his own place, just by his own powerful will.** They could create anything that never get misplaced or destroyed.

Most masters tell their disciples' to avoid 'Siddhis. The only reason is once anyone achieves a *siddhi*, it is most likely that he/she could easily get attached to it and by natural tendency of showing off its power to others and forgets real Sadhana. In fact we find many such examples around us.

One can't become Siddha over night. **An immense amount of perfect penance, austerity, pure consciousness and Sadhana of many lives is mandatory.** Naturally the test of becoming a *Siddha* is also very tough. It is a sole realization. *Siddha doesn't have any physical restrictions. He is immortal.* He goes beyond all elements, **gunas, senses, time and space.** Even Mahakala can have no effect on him. **A Siddha can experience a thing, which most human can't even imagine after millions of lives.**

*Telang Swami, Babaji are known Siddhas to the current world. Religious scriptures say there are 84 Siddhas exist in this universe keeping a close look at every happening. They come to earth from their own orbit only as and when we need their guidance.*



## Ashram Wisdom

A few days ago, in the ashram a sadhak told Guruji that he has started realising that every thing around is just an illusion. He wanted to know that having known the fact, how he can manage his life? Apparently he was losing interest in the process of life. Guruji told him, "Look, when you talk of illusion or image, what actually you are talking about is the object without knowing that. Unless there is an object, there can not be an image. Unless there is a reality or the truth, there can not be an illusion at all. So just be aware whenever you think that every thing around is an illusion or image, you are actually indicating that there is a reality somewhere. Remember when you were a child, you used to play hide and seek. You used to hide somewhere in the corners of the room, behind a cupboard, under the bed etc. The intelligent opponent seeking you will always be looking for mirrors or glasses around, more than seeking you. Because a wise person would always know that if he can trace your image somewhere, he knows for sure, you are there. Then the second level of searching you would be much easier. So always be aware that the image is just an image of an object. There will be no image, no shadow without the object being around. So seek reality through illusions. That will be very interesting game in search of the truth. Do not get disillusioned or disheartened when you see illusions. They are the first indicators of the existence of reality. Go for that. Take help of illusions to seek the realities. If you negate illusions and avoid them, the chances of reaching to reality will be less. All that can be done is to ensure that you do not start considering illusions as realities. Then there will be a problem.

### Programmes Schedule for March 2014

Dates	Reiki Teacher	Location/Centre	Degree
8th & 9th March	Seema Trivedi	Devrukh	1st
8th & 9th March	Ajit Sir/Vishal	Thane	2nd
8th & 9th March	Rakesh Kumar	Mumbai	1st
8th & 9th March	Kalpita Keer	Nashik	1st
22nd & 23rd March	Bhartiben Zinzuvadia	Ahmedabad	1st
22nd & 23rd March	Krupa Choksi	Baroda	1st
29th & 30th March	Seemaben/Krupa	Bharuch	1st
29th & 30th March	Vishal	Pune	1st

#### Other Forthcoming Events:

Training of Study Circle Heads at Devrukh ashram: 1st and 2nd March 2014

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

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