



Edited with the trial version of  
Foxit Advanced PDF Editor  
To remove this notice, visit:  
[www.foxit.com/shopping](http://www.foxit.com/shopping)

# REIKI VIDYA NIKETAN

VOLUME 6 ISSUE 5

MAY 2014

## CONTENT

Editorial .....	01
Bhaja Govindam by Ajit Sir.....	02
Experience your true.....by Krupa Choksi .....	03
Reiki Experience by Rakshak Bhansali.....	04

Sun gazing: Some science.....	05
Self Awareness Skills....by Ashwini Telang .....	07
! I HAVE... a Poem by Prof Bharat Thakkar, .....	08
Born to Win...a poem by Kaushiki Swarupa.....	09

You're my World poem by Shivani Kamataki..	10
Hold My Hands!!! poem by Preeti Khanna .....	11
Effective Communication..by Uttara Shinde..	11
Ashram Wisdom .....	12

## Editorial

### ***The Option which does not exist..***

*As one goes along the journey of life, one keeps on stumbling on different paths at different times. These paths are actually the options that keep on unfolding in our lives. I have been seeing various situations in the lives of many of my sadhaks closely for the past few years. Invariably they do come across a situation where a conflict stands up between their family life and their spiritual path. Every time I see this situation I remember Bhagwad Geeta, of which I am a keen follower and feel strongly that it is nothing but the manual of human mind, guiding one on the path of life all the time. King Arjuna had such conflict in his life right on the battle lines of Kurukshetra. A serious conflict which made him literally move out of battle of Mahabharat. Lord Krishna had to intervene and help him resolve the conflict by narrating that divine song called Bhagwad Geeta.*

*A common sadhak may not be so blessed with the presence of Lord Krishna in life and have to manage the situations on his/her own. Most of the time, to my observations, one of the spouses get into doubts and insecurities about the other partner leaving the family behind while searching his own path of liberation. In fact the whole idea of leaving a family itself is a self created idea, by one's own insecurities and misunderstanding of life process. No one has to leave anything in any case as Sadhana does not mean leaving anything except possibly the bad habits and impressions of the past. I have a feeling that this mainly*

*happens between the husband and a wife. One of them insists that the partner should not participate in any of the spiritual programs and spend enough time with the family members. Unfortunately they do not realize that their partner has chosen to be here on this divine path at will and leaving behind another option of being with the material world and touring/traveling on business assignments or swinging in business parties. There is no other path. A feeling that a spouse may spend more time with a family is only a wishful thinking and not really an option in mid-forties. They are creating an option or path which does not really exist. A spouse at home needs to weigh only two options without putting oneself into disappointments at a later stage.*

*I have come across a situation where a husband was not happy about his spouse not being on this path after 30 odd years after marriage. His idea of life now was the same as before. Staying together! The question that one needs to answer here is if your spouse (God forbid) falls sick with a disease which can only aggravate if she stays in the city and needs to go somewhere else, what would the husband do? Still hold her to the city putting her at a risk of life or will join her in a new location? Don't you think that his moving with her to a place she likes would still make them stay together? In possessiveness the first casualty is reality.*

**- Ajit Sir**



# Bhaja Govindam... (Verse 4)

नलिनीदलगतजलमतितरलं तद्वजीवितमतिशयचपलम् ।  
 विद्धि व्याध्यभिमानग्रस्तं लोकं शोकहतं च समस्तम् ॥ ४ ॥



Life is very unstable like a drop of water trembling on the lotus petal. You better understand that the whole world is stricken by disease and pride (ego) and afflicted by sorrow.

This is the thought that one may find in every scripture in every religion. Our saints and seers have always been saying that this life is not only a maya (an illusion) but is also very short

and unpredictable. One never knows when one has to terminate the life. One never knows when there will be a knock on the door which you have no other option but to attend. One of the most pious scriptures Shri Gurucharitra reflects the same thought in many of its chapters saying that the life is like a bubble in the water. One never knows when it will burst out to become the air again. Shri Shankaracharya here gives an example of a droplet on the lotus petal. You may know that the drop of water on the lotus petal is truly not held by the petal. It looks to be settled on the petal but is truly not. It is very loosely held. A small breeze will just make it flow away without any effort. Life is exactly like that. It may not take a few seconds or even less time than that, for one to pass from this life to the other side.

One has to take life little more seriously and not take it for granted. One does not know what is in store for one the next moment. We have all been seeing this happening around us every moment. The unfortunate thing is that not many are understanding the essence of this. One never knows when a heart failure, a paralytic stroke, an accident, a cancer etc can happen to whom. We all know the game of karmas and sanskaras. And the importance that these things play in our life. We are also wise enough to know that this is a life which is truly an opportunity for one to clear the past sanskaras and clean the slate so that we can qualify to rise to the higher levels of consciousness. Else we all will fall back to the rut of this sansara again and again. Let us consider the average age of readers of this article to be around 40 years. Considering that the general life expectancy is 75 years (if one survives the Tsunamis, earthquakes, accidents and terrorist attacks) we are left with only say 35 average years of life. Assuming that we all will be sleeping 8 hours a day, i.e. one third of daily life span we have only 23.3 years of wakeful, conscious life left. Converting them into days, one can see we have

only 8516 wakeful days left which means only about 20384 hours left or rather 5 lakhs minutes left before we finally answer the final call. And all these presumptions are based on we will not be struck with some dreaded disease even before. Can you imagine how the time is running out for all of us?

Sometimes I am amazed to meet some people who literally shy away from spirituality. They have an argument that such things are to be done only after one retires. They give the traditional viewpoint which is based on the conditions of the life left behind by humans long ago. They talk about a golden rule which was applicable when the diseases like hypertension and diabetes used to strike after 60 years. Today with these diseases showing a rampant spread in the early thirties and forties those conditions are no longer applicable. Today people do not have time to stay fit. Many a times I come across the situations where some Reiki sadhaks who have learnt Reiki with me a few years ago come and tell me that whenever they take Reiki they feel extremely healthy and happy. But they have stopped taking for lack of time and other activities. I do not know how to react. I can appreciate anyone who does not feel comfortable on taking Reiki to have dropped the practice. That is obvious. But if you are feeling healthy and happy after taking Reiki, then why stop it at all? What kind of priorities people have today? Happiness and health has become their last priority. The author of this verse feels strongly about such world which is full of miseries and sorrow. Pride and diseases have become signatures of this modern world, far away from than than divinity and happiness that one is entitled to by proper understanding and setting proper priorities in life.

I remember an incidence which happened when we as a group of sadhaks had gone on Gangotri-Yamnotri pilgrimage a few years ago. There was a small boy studying in 5th or 6th standard, in a house where we were living in Rishikesh. That happened to be a period April-May when generally the exam results are out for school going children. The boy was feeling very sad and dejected sitting in one corner of the house. Obviously the results were out and he had not performed well. One of our sadhaks who has always been thinking that life is something that needs to be planned for future went and gave him a huge lecture about how he should plan his studies in future etc almost for a larger part of an hour. I was listening from inside. I asked this sadhak later why he had to give such a huge dose of advice (that too about his future) which had made that boy even more depressed. He said he was habituated to that. When I asked him whether any of his advices have been followed by anyone at any time and whether has any of his plans have worked for him in the past, he offered a negative answer. Why then was he advising and spoiling the moral of a small boy who was already low on his moral that day? I asked. He promised me that he would never ever advise anyone without being asked. This is an irony of our life. On one side everyone is trying to accumulate wealth for the future while on the other side they are taking insurance policies for the same future. Somewhere on the back of our minds we all know the impermanence of life and still we are not taking responsibility to be prepared for the ultimate.



## “Experience your true nature by sitting in the lap of nature”

- Krupa Choksi, Rajkot, India

One day I was sitting in our garden of Devrukh Ashram. Our garden has become so beautiful especially after its renovation/replantation done by Janardan Uncle of Chicago. It has got so many flowering plants, lush green lawns and fountains. It is indeed a sight to see where on one extreme we find Swamiji sitting and on the other side such a beautiful garden. While looking at the garden I started wondering why do we feel happy while looking at the garden?

And I got an insight that when we look at nature: beautiful flowers, green lawns, chirping birds, trees waving with cool breeze, fountains, etc. We get connected to our basic nature i.e. Love and peace. That's the reason we feel very happy and peaceful when we look at the nature.

Similarly, I have observed that when we are with small children, we feel very happy. As these children are very innocent and pure and they are very near to the nature. They are like water ever flowing. They always remain in present and so we enjoy with them. Probably their company brings us in present and so we feel happy.

Besides this, if you see there are some people in our life with whom we are comfortable because when we are with them we are natural. We do not have to wear any mask. Our wavelength matches with them and because of that our thinking pattern becomes similar. We enjoy their company. Probably such people also brings us in present and makes us reach our true nature. And with some people we do not enjoy because our wavelength does not match. Probably those are the egoistic people who makes us feel down by either self praising or giving unwanted advice. We have to remain serious in their company and so we cannot experience our true nature. They will bring our energy levels down. And when our energy levels are down, we get easily connected to our incomplete past. So such people in long run will make us feel depressed.



any title neither have any identity because it is not required. We are free from ego and we can easily reach within. Similar is the case with the nature. It just exists. It has no identity and so in nature everything is divine. And we can experience that.

At this moment, I am reminded of one statement made by Guruji which is very apt. One has said, “When you are 100%, Divine is zero and when you become ‘zero’, divine becomes 100%”. It means drop your ego and you will experience your true nature. But for us to experience divine and experience love all the time is not that easy. So what I suggest - go to the gardens, sit under sky, watch stars, send reiki to birds, flowers, etc. So that we get connected to nature. And we know, our outer nature and inner nature are no different. “Yatha pinde tatha Brahmande” - means whatever is there in Universe everything, we have in our body.

Secondly, be with such people with whom you enjoy and feel good. Do “satsang” i.e. company of people who are on the path of truth, with whom you can experience your true nature. Spend sometime with children, if it is possible. Do sadhana i.e. Reiki. Tm, Agnihotra and do such things which makes you happy and which does not harm anybody. By doing this, we will enjoy life and experience our true nature. Be simple and enjoy the simplicity of life., the divinity of life.



While people who remain in present or company of whom we enjoy, raises our energy levels and so we can experience our true nature i.e. Love. So is the case when we are with children. We do not hold



As encouraged by my fellow sadhaks Bhavik and Nadia, I am sharing the following success story of a "full-body distance Reiki treatment for 21 days" I had provided to my local friend's mom in India (Kandivali, Mumbai). To maintain the integrity and credibility of the benefits attributable solely to the Reiki treatment, I am forwarding my friend's original e-mail below.

In summary, I used exactly the same step-by-step approach that was taught in the Reiki II workshop last October here in Chicago. However, as an experiment, I added one small 'step' in between (after drawing three symbols and before invoking my intention statement) to (A) declare myself (my body) merely as a conduit or channel, (B) disavow any ownership of or attachment to the end result, and (C) open and allow myself for Reiki energy to flow wherever and in whatever optimum quantity it needed to "heal the patient". The results have been very positive as summarized in the e-mail below.

My friend has mentioned to me that he plans to visit the Ashram in Devrukh during his next trip to India to express his family's gratitude in person, and also plans to attend the Reiki I workshop during your next visit here.

Thank you for your continued blessings!

With love, light, and Reiki-

Rakshak Bhansali  
Bartlett, IL, USA

# Reiki Experience

Rakshak Bhansali, Chicago, USA

"Rakshak,

Sorry for sending out this email so late.  
I apologies for the delay.

My mom is @68 years old and she has gone through many surgeries. Mom also has high blood pressure and is on medication for last 25 years. Doctor says that her body has tendency of retaining water as a result she has swelling and feel heaviness. As a result she has swelling in hand, legs and knees.

Mom had an accident 5 years back when she fell from Scooter/ motorcycle and had 12 stitches in her head and after that she started having acute headache, neck and shoulder pain. The pain some-time is unbearable and keeps her up all night.

She had surgery for her local back due to Degenerative disc issue. Even after thee surgery the pain continued to increase with time. Most of the time, she could not stand/ walk or sit for log time as a result reducing her mobility.

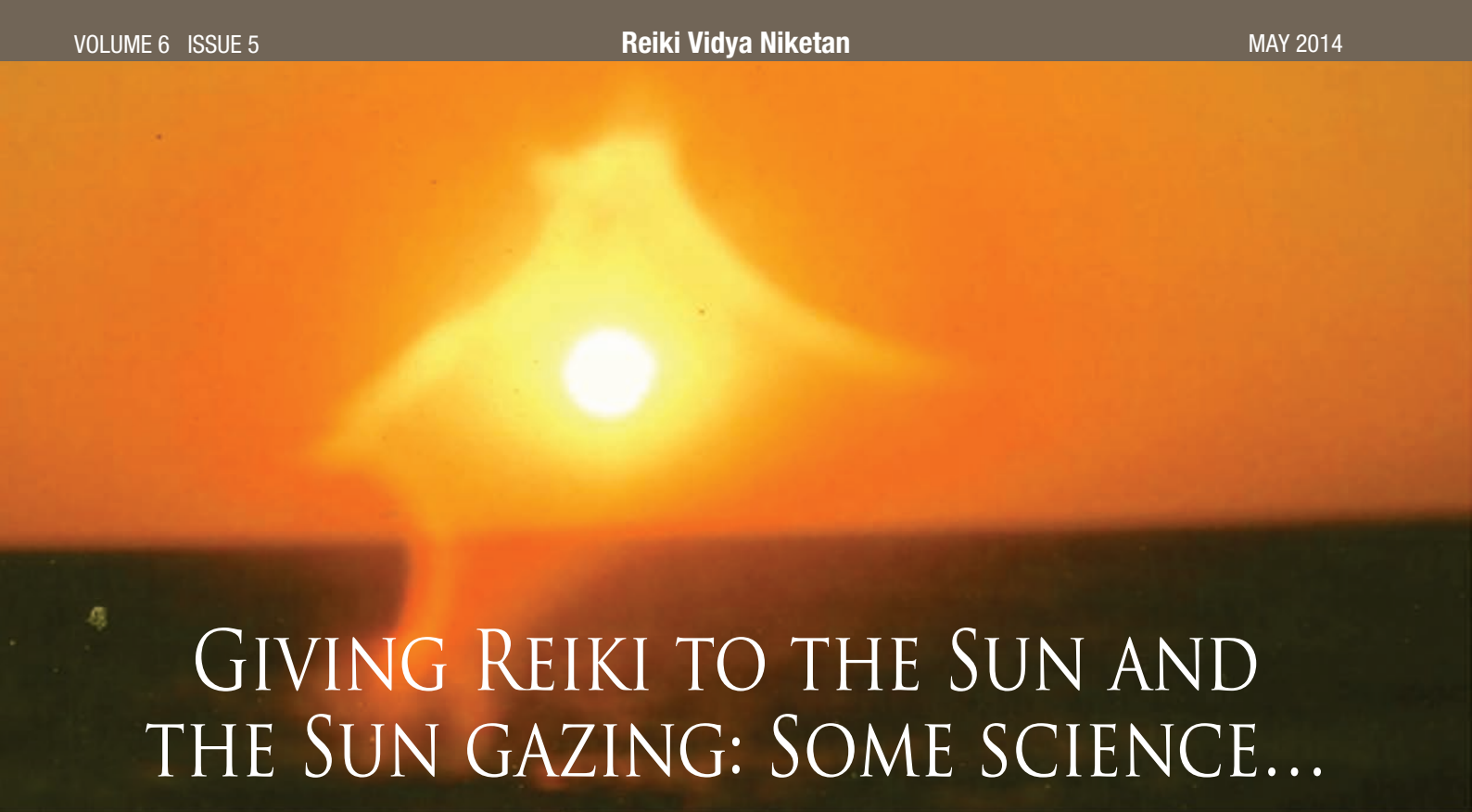
Rakshak, after you started performing Reiki back in December 2013 on mom, her back pain reduced by 60%, neck pain by 40% and headache by 60%. When she wakes up in morning she started feeling fresh all day and is much active. Normally with medication her blood pressure used to be 145-150 but with Reiki it dropped to 125-135.

Rakshak, thank you for your prayers and healing my mom I don't know how can I express my gratitude to you.

Keep up the good work and god bless you and your family.

Regards,  
Dinesh"





# GIVING REIKI TO THE SUN AND THE SUN GAZING: SOME SCIENCE...

The phenomenal experiences what second level of Reiki gives is very exciting and exhilarating proposition. Giving reiki to Sun and other celestial bodies, I have found, shakes the conditioning of human mind and rattles the system within. What exactly happens and how is still not resolved and much researched upon. Some of the photographs that we have taken after giving Reiki to Sun and other celestial bodies like Moon are the closest that the research has possibly come to the serious scientific efforts to find the truth.

Sun has always been an object of deep interest to human race right from the pre-historical days. There are more than enough people in the world who do Sun worshipping and many more using Sungazing as a spiritual practice from mythological times. This superhuman ability one gets by gazing at the Sun, has been confirmed as a valid practice recently by NASA- a leading space agency from USA. Many proponents of this ancient technique, used by many cultures such as Mayan, Egyptian, Aztec, Tibetan and Indian yoga, report not only healing benefits to common illnesses, but obtaining super-human abilities such as advanced telepathy and going completely without the need for food.

Sun gazing (also known as sun-eating) is a strict practice of gradually introducing sunlight into your eyes at the lowest ultraviolet-index times of day – sunrise and sunset. Those who teach the practice say there are several rules to the practice. First, it must be done within the hour after sunrise or before sunset to avoid damaging the eyes. Second, you must be barefoot, in contact with the actual earth – sand, dirt or mud; and finally, you must begin with only 10 seconds the first day, increasing by 10 second intervals each day you practice. Following these rules make the practice safe, says sources. Though this is true for a common man, those who practice it after a second level seem to have mastered art of gazing at the Sun even for 5 minutes without any harm to their eyes. In fact the most thrilling experience is that at the higher level of human consciousness one can not really discriminate between a Sun and the Moon. The Sun is experienced as a calm and cool disc like a Moon on full moon night.

Nikolai Dolgoruky of the Ukraine calls himself a 'sun-eater'. He has been practicing sun gazing for the past 12 years and has largely

subsisted off solar energy since he began. Others have reported losing the need for food after only 9 months of sun gazing (by which time the practitioner has worked up to a maximum of 44 minutes). After 9 months of practice, you need only walk barefoot on the earth for 45 minutes per day, 6 days in a row to further the process of what has been initiated by sun gazing.

Sun-gazing is a practice also called the HRM phenomenon, coined as such after Hira Ratan Manek, the man who submitted himself to NASA for scientific testing to confirm that he does indeed possess the almost 'super-human' ability of not eating, gained through his dedication to this interesting marvel. Funded by NASA, a team of medical doctors at the University of Pennsylvania observed Hira 24 hours a day, 7 days a week for 100 days. NASA confirmed that he was indeed able to survive largely on light with occasionally a small amount of buttermilk or water during this time.

## What happens to the body during Sun Gazing?

During your first 3 months of practice, the suns energy is moving through the eyes and charging the hypothalamus tract, says those who have studied this technique and used it. **The hypothalamus tract is the pathway to the rear of the retina which leads to the brain.** The brain then, over time, becomes activated by the energy supply being received by the sun. You will first experience a relief of mental tension and worry, since most worry is fueled by the energy received by the foods we eat. **Since food gets it's energy from the sun, it is said to be readily available to sun-eaters without the trouble of digestion.** Though hunger is said to eventually cease, it is fine to continue eating regularly during initial stages, until appetite disappears naturally.

**Another benefit early on is said to be an increase in confidence and an ability to easily solve your problems, as you are without tension.** Everyone has at least a bit of psychosis, but during the first few months of sun gazing practice, it is reported that these attitudes go away and a positive nature gracefully replaces the old persona full of fears. By the end of 3 months, the gazing time will have increased to 15 minutes per day.

Reports on sun gazing say that the bad qualities normally associated with any person will gradually disappear and good qualities will remain, explaining that 'bad qualities' only develop in the absence of sunlight. Bad qualities like anger, fear, jealousy, lust – are said to disappear – and be replaced by a certain confidence and 'spiritual knowing' that senses more purely the heart of an issue.

**At 3-6 months of gazing, the studies show that physical diseases start to disappear.** They say that by the time one is gazing 30 minutes per day (building up 10 seconds per day) all the colors of the sun will have reached the brain. Color therapists attribute their healing of certain diseases to flooding the body and brain with the particular color that is lacking – depending on the ailment. For example, in liver disease, the color green is deficient. The kidneys need red, and the heart, yellow. All of the organs and all of the systems are said to respond to different colors of the rainbow, which is why it is also recommended to eat a diet rich in a variety of colors. It is recommended during the 3-4 month period that you use autosuggestion to see your body already healed of any perceived weakness or disease. This action will facilitate the process of returning to wholeness.

As you continue the process, it is reported that after 6 months, the energy stored from the technique is no longer being used for repairing the body or the mind and can move now into supporting you in gaining more super-human abilities.

### What's Beyond Healing?

By seven and a half months of gazing, now at 35 minutes, need and desire for food is dwindling. **According to sun gazing experts, food is not actually needed to maintain the body, only energy** – and 'sun-eating' provides that energy. By 9 months, all taste for food, including aroma, all hunger pains and cravings disappear. Those who make it this far say that they report a noticeable 'change' in the way their brain feels – like it's "charged up." After 9 months of sun-gazing – reaching a maximum of 44 minutes – it is advised that you give up sun-gazing and redirect your attention now to the Earth.

**For 6 days straight, one is to walk barefoot on the earth, 45 minutes per day. During this barefoot walking, the pineal gland is said to become activated.** Professional sun gazers and those

researching the science say that each toe is connected to a specific gland, and by walking barefoot on the Earth, you activate these glands. **The big toe is thought to be aligned with the pineal gland, the second toe with the pituitary, then the hypothalamus, thalamus and finally the pinky toe correlates to the amygdala. Walking barefoot, with the sun now falling on the top of your head, practitioners claim to create a sort of magnetic field in and around your body that recharges you and your brain.**

Apparently this walking barefoot part is the most important aspect of the practice. As you continue walking on the Earth, this is when the magic really begins. The pineal gland is activated more and more by this walking procedure. Intellect is said to increase, along with memory. The pineal gland has navigational and psychic capabilities, meaning telepathy, the possibility of flight... now we are getting somewhere! Have you ever thought you would like to have your body in more than one place at a time? Well, sun-gazing is said to be the magical key to such abilities.

If you can barefoot walk 45 minutes every day for a year – you are golden. At that point, only a maintenance of 3-4 days a week is necessary to maintain the capabilities you have acquired.

### Are there any dangers?

Doctors and eye care professionals caution against looking directly at the sun, saying that it will damage the retina. However, if done correctly, sun-gazing at the correct times of day, studies show there is no risk of damaging the eyes. Those who have been sun gazing for many years have had their eyes checked to show no damage, though it is advised that you have your eyes checked in the first few weeks of your practice, so you can know for yourself.

### To sum it all up...

Remember, it's 10 seconds the first day, at sunrise or sunset, adding 10 seconds per day each day there after. After 90 days of accumulative gazing equaling 44 minutes, you cease the gazing and start the barefoot walking 45 minutes per day for 6 days. At this point, I could imagine, hey – if you made it this far, what's a year of barefoot walking an hour per day to keep it all?



## Scientific Experimentation Programs at Devrukh ashram...

Devrukh ashram is experiencing a different kind of excitement lately. Sadhaks have been experimenting on measurement of Bionic energies under different conditions like Mind consciousness; Emotional Upheavals; Physical disorders etc using Heliognosis LM3 Model of Human Energy Meters. The measurement show different energy levels after Reiki treatments, Reiki attunements etc. These experiments may possibly open up new avenues in understanding human health problems and offering remedies.

This photograph was snapped at Devrukh ashram on 16th of March after the evening aarti by one of our sadhaks. We have observed a huge beam of light emanating from the sanctum sanctorum of the ashram going



towards the sky. Surprisingly there was no light source around this place at that time. This is one of the phenomena that has been observed in the ashram premises since past one year.



# Self Awareness Skills in Improving Mental Health



“What is the difference between Humans & Animals?” is the question which has been asked & answered as “the intellect” right from the time one goes to a primary school. However, when I still look at animals/ even insects such as Honey Bees, Weaver Birds and Elephants all of them seem to be as intellectual and creative as we humans if not more. The way the weaver birds weave their nests and the way honey bees build their hives is such an intellectual job. Since then I was more curious to know about what then is the difference between Animals & Humans. The answer lies right inside the word “Human”

itself. The word “man” in Sanskrit and even other Indian languages means “Mind”. If one bothers to look into Indian Culture & Ethos one can realize that the word human actually means Manushya or Manav, in most of the Indian languages & dialects. The word Manushya comprises of two words “Mana” + “Ushya” where Mana means Mind as mentioned above & Ushya means the Human Body which runs on the solar energy. That according to me should be the difference. The



humans have the mind along with emotions & intellects while the animals' emotions & intellect are without a mind. One may appreciate that the mind is the regulated mechanism through which the intellect & emotions are expressed. That is the very reason why humans are supposed to have the regulated intellect & regulated emotions. In the current situation as we can see all around the human emotions and intellect are coming out in an unregulated manner expressed as the emotions & the intellect directly. The violence, the terror, corruption & the general crimes are nothing but the manifestations of the unregulated intellect and emotions. The management of mind has become of utmost importance as never before in the history of mankind.

Awareness of this fact is going to be the keyword in turning around the situation. Through the willingness to understand the current situation as a problem/ puzzle, one can reach the next step that is awareness. Being aware itself may open up options from which the best option may be selected through phase of realization since realization provides the pros and cons for each option. Even the Maslow's Hierarchy of needs, states that Self Realization is the highest amongst all the other needs.

This indeed suggests one to have a deeper understanding about what the self refers to even before our willingness to understand. What exactly does self refer to? Is it merely the term which is being used in day to day life? Or is it beyond that? The term “self” refers to the totality of an individual including his/her thoughts and feelings and also having reference to himself/ herself as an object. Self appears to have been taken in two ways viz; as a subject and as an object. For example: When we say “I can observe me”. The “I” is an active observer – the knower whereas the one being observed and known is me.

The Indian notion of Self encompasses almost all aspects of human existence including: Physical, Mental, Social and even Spiritual – some are internal while most of them are external to the individual. Self Awareness is one of the internal phenomenon, which provides one the platform to explore solutions after deeper understanding of one's own feelings and emotions in totality. Acceptance and Willingness to learn and explore the self are few of the keywords which leads one towards self awareness. This process is indeed smoother when one's mind is balanced. Managing one's own self through various skills can enable us to manage the unmanageable situations. Just like the equation:  $A+B+C=100$  if  $A=25$   $B=50$  &  $C=25$ . But if we want the equation to be  $A+B+C=50$  then we must reduce the values assigned to A, B and C as  $A=15$ ,  $B=20$  and  $C=15$ . This is mainly possible as the left side consists of variables and only variables can be varied. In the above equation one has to appreciate that the left side is our “Right” and the right side is not. Similarly, we can manage our beliefs through better understanding to self and invariably of others which indeed may change the consequences as suggested by Albert Ellis. Even Eric Berne has mentioned that the individual communicates with the outside world either through Child, Parent or Adult of his/ her own self. And that the conversation may lead to either positive/ negative outcomes depending upon the situation in which it occurs.

One has to believe that the mind as a phenomenon is pure and hence healthy to begin with. However the various life experiences tend to contaminate the mind over a period of time. Self awareness enables us to peel of the sheaths that had an adverse effect on one's own mind and also to regain the purity and health of mind.

## Ashwini Telang

M.A. (Clin. Psy), Dip SAC (Ind Psy), Dip SAC (T.A.)  
Clinical Psychologist, Mumbai

# ! I HAVE EVERYTHING

By Prof Bharat Thakkar, Chicago, USA

*Will ocean ever stop roaring?  
Will River Ever stop flowing?  
Will birds ever stop singing?  
Will buds ever stop blooming?*

*Will nature ever stop changing?  
Will sun ever stop shining?  
Will sky ever stop expanding?  
Will stars ever stop twinkling?*

*Will nature ever stop breathing?  
The day heart stops beating  
The play is over, curtain falling.  
I'm history, but nature is evolving.*

*Without nature, there's nothing,  
But with nature, I've everything.*

This poem of Prof. Thakkar brings out the essence of spirituality, being natural. The last two line of the poem sum up the whole idea of spiritualism. Something wich the modern base of science are not understanding and in the process creating a chaotic relationship with the nature around.

The poem also brings out the eternity of the nature and at the same time the impermanence of human life. We all become the part of the history because we belief in the division of time – past,present & future. Nature has no such divisions to beliving. Possibly it does not have the perception of time at all. Can humans go beyond the perception of time and be eternal without a past and future?





# BORN TO WIN...

*By Kaushiki Swarupa,*



EVEN BEFORE OUR AGE IS EIGHT,  
WE FORM OUR OWN CONCEPT,  
THAT LATER HELP US FORMULATE,  
THE IDEAS OF WORTHINESS,  
WHICH ARE KNOWN AS DECISION DAYS...

UNLEARNING THE LEARN'T,  
IS A DIFFICULT TASK,  
JUST LIKE REMOVING WEEDS  
THAT ARE TO BE BURNT.

SO THAT SELF KNOWLEDGE,  
CAN GROW FROM WITHIN,  
MAKING OUR MIND'S GARDEN,  
FOREVER GREEN.

ALL THAT WE HAVE TO DO,  
IS TO ASK..  
WHETHER WE WANT TO SWING BETWEEN,  
WHAT WE ARE & COULD HAVE BEEN.

THE ANSWERS MAY VARY,  
FROM PERSON TO PERSON.  
UNDERSTAND THAT WE HAVE TO CARRY,  
WHATEVER WE HAVE CHOSEN.

WE MAY SEEM TO BE WINNER OR LOSER,  
BUT HAVING A LOOK FURTHER CLOSER,  
SHALL ENABLE US TO RECOGNIZE THAT..  
LIFE IS A DRAMA SCENE,  
AND WE ARE HERE "BORN TO WIN"



# You are my World

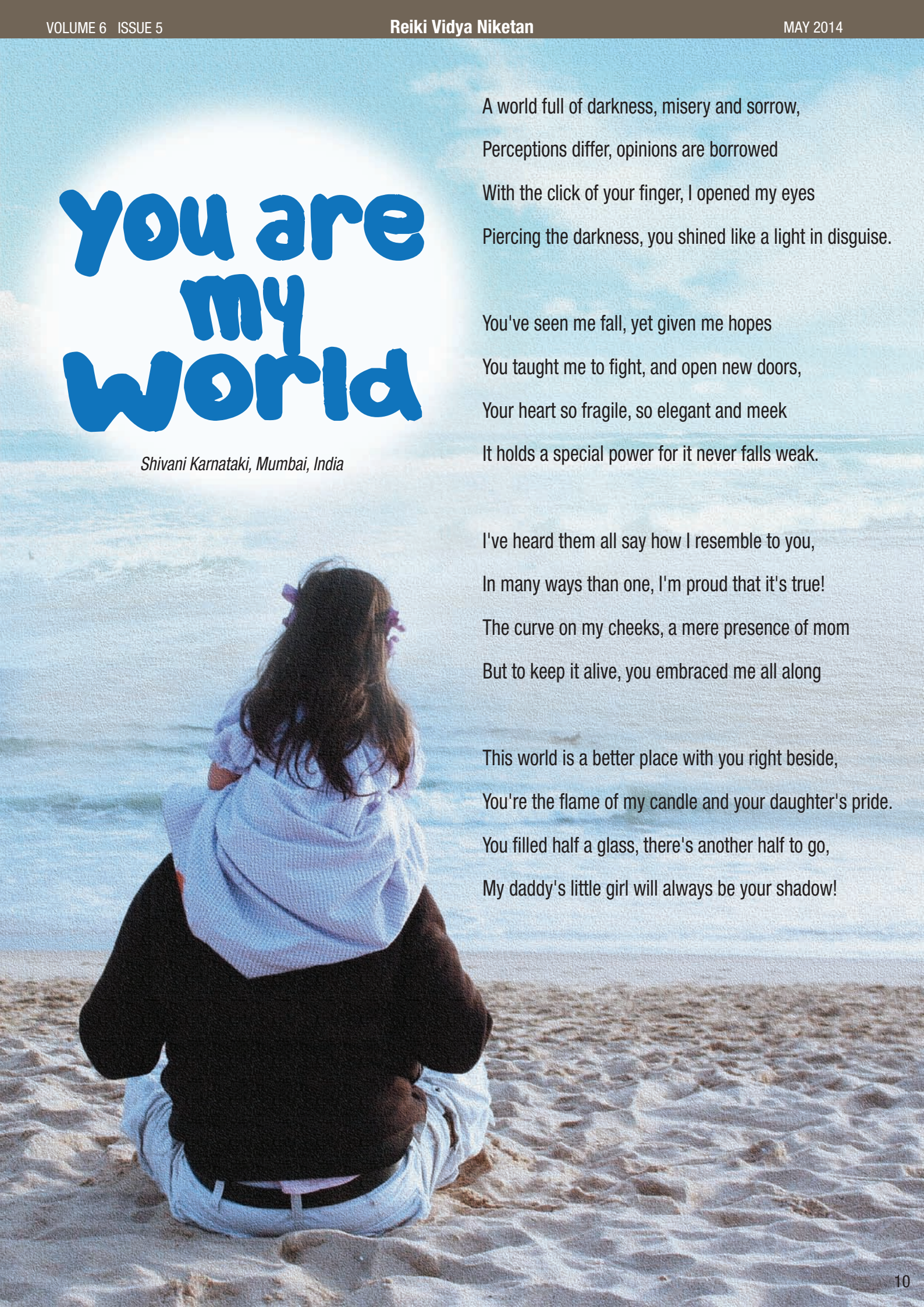
*Shivani Karnataki, Mumbai, India*

A world full of darkness, misery and sorrow,  
Perceptions differ, opinions are borrowed  
With the click of your finger, I opened my eyes  
Piercing the darkness, you shined like a light in disguise.

You've seen me fall, yet given me hopes  
You taught me to fight, and open new doors,  
Your heart so fragile, so elegant and meek  
It holds a special power for it never falls weak.

I've heard them all say how I resemble to you,  
In many ways than one, I'm proud that it's true!  
The curve on my cheeks, a mere presence of mom  
But to keep it alive, you embraced me all along

This world is a better place with you right beside,  
You're the flame of my candle and your daughter's pride.  
You filled half a glass, there's another half to go,  
My daddy's little girl will always be your shadow!





## Effective Communication Training Program at ashram a great hit...

As a part of Sadhak Empowerment programs, Effective Communication Program was conducted at Dnyansabha on 19th and 20th April 2014. The program was attended by 44 sadhaks from all over India. This program was specifically designed by Guruji with the help of Ms Krupa Choksi and Ms Ashwini Telang, for Reiki Teachers, Study Circle Heads, Study Circle & Centre Coordinators as well as Reiki Healers.

The program covered various aspects of Communication including the established communication channels, the inner process of communication, the confident conversations, Advanced Communications (based on original research of Reiki Vidya Niketan's Training team), Transactional Analysis, Communication for Teachers in seminar & study circle environments and finally Spiritual communications including the communication for spiritual healers. Here is one typical feedback.

I am thankful to God for introducing me to you. My family had got stuck in a hurricane, all the family members hated each other, and whenever we came across each other we opened our mouths to speak negative things about each other. I am also thankful to Milind Chavan to pull me into reiki energy. Sir, on 19th and 20th April 2014 you have moved a magic wand over us, and my life is full of fragrance since then. The energy of the group of 44 was so synchronised that has elevated all of us. You have earlier mentioned, "Intention is personal and result is a collective phenomena." As Pranjal from pune said, the 2 lines which spoke about the charges of the seminar were rightly understood by the selected 44 sadhaks. They felt that there was great knowledge in store for us which were going to bring about a change in our lives. We all moved towards Devrukh totally empty and sat down to fill up ourselves with whatever was going to be showered on us. And today you are an "Alchemist" for us, who has turned our life into Gold. I have changed and so i believe my family too will change and we will safely survive the hurricane and repair all the damage taken place. Thank You Sir!!

- (Mrs.) Uttara Shinde

## Hold My Hands!!!

By Mrs Preeti Khanna, New Delhi, India

*I know not mother ,I know not father,  
I know not brother,I know not sister.  
I only know my heavenly dark world,  
Where ,I rejoice myself ,never to dismay within,  
In the deep deep quietude ,devoid of all sins.*

*Oh! What is this world so noisy and bright?  
Where I cry and wail for my hunger to subside,  
A touch so gentle, that leaves everything aside,  
To feed her starving and hungry delight.  
Oh! This is my mother , now I realize.*

*I mule ,I puke , with difficulty I sleep,  
He whistles, he giggles and sacrifices his sleep.  
Like a monkey he acts , to put me to bed,  
Abandons home to get pleasures for me.  
Oh ! This is my father , now I realize.*

*I run hither and tither ,for someone to play,  
Shares he his toys and and makes my day,  
Fights for a lollypops and in a minute gives way.  
Oh! This is my brother I now realize.*

*Years have rolled and I now behold,  
I long for that touch so gentle and caring,  
I yearn for the monkey pranks so entertaining,  
I seek for the joy of playing and sharing.*

*Wonder I in deep agony,  
Whose hands are these, who dutifully feed,  
Deprive me of my motherly feel?  
Whose hands are these who heartlessly play,  
And turn their heads ,when I am in dismay?  
Whose hands are these ,who fight for their might,  
Where Sharing and caring is out of sight?*

*Oh the world has chained,  
My mother , my father ,my brother ,my sister,  
Prisoners are they of lust and greed.  
Give me that love ,give me that compassion,  
Give me the glories of this beautiful relation.  
Crave I not for this mechanical love ,  
Of mute gizmos and gadgets galore.*

*Blame me of my acts and shameful deeds ?  
Hold me responsible for the fading ideals?  
Apologies for all the evils that within me breed,  
Hold my hands ,I Pray to thee! -----Preeti*



## Don't try to become God, be Godlike...

Guruji remembers having been asked by one of the reporters of a local TV media in USA during one of his earlier trips, whether he had come there to make people Gods. He had just replied that, "No, I have come here to make people humans. I cannot make anyone a God, because we ARE all Gods. But to make us happy we need to be humans now. We have ceased to be humans because of our ego, selfishness, individuality etc" The other day while discussing at Devrukh ashram, he reiterated that. He was suggesting the sadhaks that they should not try to be Gods, they can just be Godlike. "Look at the God, " He said. "He does everything but does not claim anything, He blesses you all the time but does not expect anything in return. He never puts any banners announcing his good deeds. He never lectures you on morality or otherwise. He is the most silent entity in the universe. Humans on the other hands make a noise for everything that he has done or even not done. You have to make efforts to listen to HIS voice, one has to make efforts to stop hearing human din. He never boasts of anything while we do boast of everything. He takes credits for nothing while we take credit for everything done even by others. You have seen his creations but no signature below. On human creations, signatures are strong and bold. He does not put tag of price on anything, the flowers, the fruits, the water and the air.. nothing. But we humans put price tag even before the product is ready. We sell his products as ours and loot people. Why can't we be just like hi?. Quiet, performing, authentic, credible, spontaneous !He possibly wants you to learn his silent teachings. We just follow that and we will all be happy.



Dates	Reiki Teacher	Location/Centre	Degree
3rd & 4th May	Krupa	Kota	2nd
3rd & 4th May	Seemaben	Devrukh	1st
3rd & 4th May	Bhartiben Zinzuvadia	Ahmedabad	1st
10th & 11th May	Vishal	Mumbai	1st
10th & 11th May	Rakesh Kumar	Thane	1st
17th & 18th May	Rakesh Kumar	Nashik	1st
17th & 18th May	Vishal	Pune	1st
24th & 25th May	Vishal	Baroda	1st
8th & 9th June	Seemaben	Madgaon Goa	2nd
8th & 9th June	Vishal	Madgaon Goa	1st
15th & 16th June	Vishal	New Delhi	1st

### Other Forthcoming Events:

- Children's Summer Retreat(s) at Devrukh: 10th to 19th & 21st to 30th May 2014 (Devrukh Ashram)
- English Proficiency Course by Vivek Pandey: 9th May to 30th May (Devrukh Residents only)
- Responsible Parenting Training Program: 30th,31st May and 1st June (Devrukh Ashram)