

REIKI VIDYA NIKETAN

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Deepavali- a Festival of Relationships..

Editorial

First and foremost happy Deepavali to all our readers! As one can see this time Deepavali has brought more cheers than at any other point of time in the past many years. Something is changing in human consciousness for sure. I have been seeing that many of our sadhaks are already experiencing Deepavali every day of their life. Deepavali is nothing but Love and Light. If that Love is missing in life, the light does not make much sense. The festival is definitely beyond a physical light that we see. I feel that it is perhaps something beyond that visible light. It is the feeling of light which is more important than seeing the light. When the Love meets the light that is called Bliss. Reiki merges these two within and one can be perennially blissful in life.

Deepavali has another dimension. It is of relationship. If you look closely at Deepavali, one can see all four days are about the relationship. The first one, the celebrations of killing of Narkasura (the demon who had tied many ladies in his bondage)! Here the important point is that it is not killing of Nakasura which is important but the freeing of those hapless ladies from his clutches. Killing is secondary, the freedom is primary. As we all know those 16000 plus are not ladies but these are the number of breaths that we take every day which are freed from the demonic rule of our negativities inside us. This is our own relationship with our self. The second day is our relationship with our wealth or everything that we have accumulated over the years. That is Lakshmi, the goddess of wealth. We express our respect and gratitude towards that wealth which is so much essential for one to survive and grow in this life. These two are more subtle in nature. The third day is all about a relationship with a spouse. There is a tradition in this part of the world where on this day a wife worships the husband by offering him light and sweets. That is a gratitude towards that supreme relationship between two un-manifested entities. The

relationship that plays a major role in lives of many! The fourth day is even more divine where a sister salutes her brother for another supreme relationship in life. The relationship beyond any adjustments and expectations. Looking at all this one can say Deepavali is more about respecting relationships more than anything. The divine relationships make a divine life.

The problem now is that this basic tenet of humanity- relationship itself is coming under pressure. We see turmoil all around when it comes to relationships. That has put the whole human existence to the risk of losing the purpose and essence of life. You know something? It is the dream which is a foundation of any relationship. When two people start experiencing and sharing a same dream, the relationships mature and become pleasant experiences. Today, perhaps we have stopped dreaming enough. May be we have lost the ability to dream and that could be dangerous. The dreams are the software of life, the realities are only the hard part. May be the modern gadgets have started depriving us of the abilities to dream. We have already created a substitute for our dreams through the facebook and twitters. While creating electronic digital dreams, we have possibly killed the original natural dreams which perhaps took us through the process of life so wonderfully for all these periods. Have you seen ever that the relationships last as long as the partners in relationship share the same dream? The relationships start withering the moments the dreams are either dissolved or two partners start having different dreams or even nightmares? Let this Deepavali bring that ability to dream so that the life could be more meaningful and full of bliss. Remember, the dreams are the cause of a meaningful life.

Wishing you all a very happy festival of light (and relationships)

Ajit Sir

Bhaja Govindam... (Verse 10)

वयसि गते कः कामविकारः शुष्के नीरे कः कासारः।
क्षीणे वित्ते कः परिवार ज्ञाते तत्त्वे कः संसारः ॥ 10 ॥



Meaning: When the days of youth have gone, where will be the lust? When the water dries up where will the lake or ponds (Water bodies) be? When the wealth is all gone where will be the people around you? When you realize a truth where will be the mundane life?

In this verse the poet (Adi Shri Shankaracharya) brings out the truth of cause and effect relation-

ship. If you look around for everything that is happening around and within us there is a reason or a cause. Without one, the other ceases to be. All the lust is predominantly an expression of one's youth power. The lust in all probabilities may not exist if the youth power vanishes. This happens in every one's life. As we grow old we start moving away from the attractions of the youth. It is the time which plays the trick. All that lust and sexual sensuousness vanishes as one grows old.

Even in the outer nature you see this cause and effect. When the water dries up the lakes and ponds lose their identities. They cease to be lakes and ponds. When the flow of the water stops for whatever reasons, the river ceases to be a river as river connotes the flow. We have so many such rivers in and around Devrukh which overflow during the high intensity rains. But just wait for a couple of months and you will realize that they no longer exist. One may have to tell the others that there was a river here. The water is a cause of all water bodies when water dries, the bodies vanish. Even in Reiki, this is how we define life. The flow of energy! The moment the energy stops flowing we are all dead as the life is an effect of a flow of energy.

Same thing happens when we lose all our wealth. Wealth here does not mean money alone. It is everything that you may have. Your designation, status, knowledge, degrees and of course the money that you have! If you look at that most of the people around you are because of what you have and not because of what you are. I have been visiting a lot of old age homes in the past many years to spread a message of Reiki to them. Visiting these kind of homes in India as well as abroad, is very painful experience. You feel so depressed looking and listening to these inmates and their sad stories of life. That gives an impression that the life is not really worth living. These people are full of bitterness about their life experiences and that bitterness literally rubs on you by the time you come out. What is very intriguing is that these same people had so much value to their


lives when they were much younger full of vigor and enthusiasm. They were all "something" in their lives- Engineers, Architects, Doctors, Bosses, Industrialists, Artists etc. They could do so much good or even bad for the people around. They had such an influence on the people around. But suddenly as they lost all that they had the real he or she stood up and the people around slowly started going away, as if he snow is melting at the sight of the blazing sun. People had all gathered around them to take something and when the offerings dried up no one was interested. No one possibly was interested in a person. I met one very old lady (almost 83 years old) in an old age home in Baramti, near Pune in Maharashtra. This lady had lost her husband much earlier in married life after giving a birth to a son. The lady then struggled with life situations to look after her only son and nurtured him to become a professional. He got married and had couple of children. Throughout her life this lady never left her village and not even stepped out of her community so that a child can be attended fully. Just about 2 years before my visit to this ashram she was brought to the ashram by her son and enrolled her there as inmate. The poor lady had no idea where she had landed till the next day. The son had paid for her stay there for next one year. And by the time she realized what happened she got a jolt of her life. She spent her whole life for this boy so that he becomes a respected person in the society and the child paid her this way. The best part was that she had not lost her love for her own child. Every day, every moment she is used to keep on looking to the door hoping to see her son coming and taking her away with him. What can one say to this?

So it is all about what you have to offer to the world. I have seen many people who were on a high position in their lives, as senior executives or managers with some industry or the other and had left their jobs to start on their own. Not many have succeeded. The major reason is that they presumed that all those who respected them when they were holding positions are going to help them get a business when they start on their own. They invariably get disappointed once they see that there was nothing personal in their relationship with others around. The others were their because of the chair that he was sitting on. The moment the chair goes, all those relationships will vanish. The same people will now serve for their new master sitting in the same chair.

When one realizes the purpose and game of life as an illusion, one loses all the desires and ambitions and everything that is associated with this mundane life. One has to realize that the desires, the ambitions, the cravings and relationships were all the results and the cause was your ignorance. They are all the shadows of ignorance. These shadows vanish the moment you are enlightened or even realized. That realization of the basic principle of life takes you away from all these mundane things. What will remain will be pure peace and unpolluted bliss.



Why Medicine Won't Allow Cancer to Be Cured



We just happened to come across some very interesting and informative article on Cancer- the dreadful disease which is creating havoc all over the world and posing the biggest challenge to human intelligence. I will just give some of the extracts from the said article to begin with which will give one an idea about how serious the things have become.

Imagine a commercial plane crashed and there were some fatalities involved. You can be sure that would make the headline of every major newspaper. Well, we have the equivalent of 8-10 planes crashing EVERY DAY with every-one on board dying from cancer.

Nearly two million Americans are diagnosed with cancer every year—one person out of three will be hit with a cancer diagnosis at some time in their lives, in spite of the massive technological advances over the past half-century.

Western medicine is no closer to finding a “cancer cure,” while cancer has grown into a worldwide epidemic of staggering proportions.

The statistics speak for themselves:

- **In the early 1900s, one in 20 people developed cancer**
- **In the 1940s, one in 16 people developed cancer**
- **In the 1970s, it was one in 10**
- **Today, it's one in three!**

According to the CDC, about 1,660,290 (1.66 million) new cancer cases are expected to be diagnosed in 2013. If overall death rates are falling, why are incidence rates still on the rise? The answer is simple: the 40-year “war on cancer” has been a farce.

The cancer epidemic is a dream for Big Pharma, and their campaigns to silence cancer cures have been fierce, which is a tale well told in the documentary film featured below, Cancer: Forbidden Cures.

I had come across one statement from a medical health care unit in California a few years ago, saying that the only hope for Cancer today is a Reiki treatment. On that topic I was discussing

with one American oncologist during one of my routine trips to US. The Doctor said, “Who the hell, wants the Cancer to be eradicated from the earth?” That was little rattling statement coming from an authority in the field. I asked him to elaborate and what he said was even more shocking to me. He said, “If Cancer is controlled, the trillion dollar industry will collapse around. Many millions will be on the street looking for jobs” That was really shocking. I was dumbstruck. I could visualize humans killing other humans for survival as normally wild beasts do. They do it directly and we do it indirectly. We call it technology, science and progress. They do not call it anything. That is the only difference.

The article that I read further states, **“The Cancer Machine:** Please understand that cancer is big business. The cancer industry is spending virtually nothing of its multi-billion dollar resources on effective prevention strategies, **such as dietary guidelines, exercise and obesity education. Instead, it pours its money into treating cancer, not preventing or curing it.** Why would they shoot their cash cow? If they can keep the well-oiled Cancer Machine running, they will continue to make massive profits on chemotherapy drugs, radiotherapy, diagnostic procedures and surgeries.

That reminds me that once a Doctor in Chicago took me to some of the hospitals as I had to see some patients there for Reiki treatment. After seeing about 3 hospitals, the Doctor was sure that a guy coming from India must have been totally impressed with the large infrastructure and extravagance on display. I was impressed in any case. I told that Doctor, “Doc, I am impressed with this. I am sure all these facilities must have cost a few trillion Dollars to establish. But these facilities are basically to try and cure those who have fallen sick. Now can you take me to some places where there are facilities which prevent people from falling sick.” The Doctor was non-plussed. His head was down by now. He muttered, “I do not think there are many facilities like that”. That sums up the medical science today.

Sometimes I wonder why there are no mandatory audits for hospitals? (I am not aware if there are any audit requirements of that nature). Why not find out how many people were admitted for treatments and how many of them have gone home perfectly cured and remained healthy for reasonable time like say 15 years or so, how many died in the hospital, how many died after reaching

home (sent home as Doctors did not want their reputation to be spoiled), how much money was spent to save how many lives? What is the cost for each life saved? Don't you think that is the right of the people to know about such things? Here are some more snippets from the article I read:

The typical cancer patient spends \$50,000 fighting the disease. Chemotherapy drugs are among the most expensive of all treatments, many ranging from \$3,000 to \$7,000 for a one-month supply.

If the cancer industry allows a cure, then their patient base goes away. It makes more sense to keep a steady stream of cancer patients alive, but sick and coming back for more. How did this societal monster come about?

International bankers that own the drug and chemical companies gained control over the medical education system over 100 years ago.

They gave grants to the AMA and leading medical schools in exchange for seats on their board and the ability to control policy.

Finally, they cleverly engineered their control of virtually every federal regulatory agency relating to the practice of medicine. 'Don't You DARE Cure Anyone!' In spite of the enormous amounts of money funneled into cancer research today, two out of three cancer patients will be dead within five years after receiving all or part of the standard cancer treatment trinity-

surgery, radiotherapy and chemotherapy. This is not too surprising when you consider that two of the three are carcinogenic themselves! One study estimated that chemotherapy benefits about one of every 20 people receiving it.

Over the last hundred years, a number of natural cancer treatments have been developed and used successfully to treat patients in the US and other countries. All have been vehemently discounted, silenced, and pushed under the rug by the medical monopoly, with physicians and researchers attacked, smeared, sent to prison, and professionally ruined for daring to defy the medical establishment.

To this day, with respect to credibility in medicine, "quack" is synonymous with "competition."

In order to protect the medical monopoly, any viable natural treatment is met with massive opposition by the pharmaceutical and medical industries. Drug companies have no interest in natural agents that they cannot patent, because they interfere with their revenue stream. They will go—and have gone—to extreme measures to prevent the truth about effective natural treatments (competitive threats) from reaching the public.

The FDA is now, thanks to PDUFA, primarily funded by the drug companies and is complicit in this process. They restrict competition in the guise of protecting the public, when the reality is they are protecting the profits of the drug companies

Ashram Events

Navratri Festival at Devrukh ashram

Navaratri Festival was celebrated at Devrukh ashram between 24th September and 3rd October 2014. On this occasion the Shakti Peeth at ashram premises was initiated on the 5th day- Lalita Panchami day on 28th September. Swami's picture in the form of Adi Mayaswaroop was installed at the place by ladies sadhaks in procession and palanquin rituals. Swami's idol in the math was decorated with nine forms of Goddess Parvati such as Shailaputri, Kushmanda, Katyayani, Skandamata, Siddhidhatri, Bramhacharini, Chandraghanta and which became a bigger attraction at those visiting Math during those nine days.



Our sadhaks meeting with the Prime Minister:

During a recent visit of Indian Prime Minister Mr Narendra Modi to USA, one of our sadhaks in Chicago, Mr Rohitbhai Joshi had an opportunity to meet him. Rohitbhai was among those Brahmins performing rituals to bless the Prime Minister at New York.



Manage the Manageable

By Telangan



You are terrible. You have let me down. I wish I had not met you. Why people blame each other for their own depression? We have another set of people who constantly claims ***'I'm unlucky. Everyone hates me, I'm ugly, fat, dark, I will never win and many more.'*** They are sympathy seekers. Guruji says; both these reactions are created for pulling positive energy out of us.

This will happen to anyone if we do not live in present. Our mind is either in past or future. We do not understand that we can't change the past or control the future but we can control our present and we ignore it. ***ONLY we create our feelings and ONLY we are responsible for them. ONLY we have taken this choice.*** Every time we blame others. We must check ourselves honestly, how many people do we really love unconditionally with total acceptance. By trying to change them, we are basically saying: "You're wrong, do it MY way, which is the only right way". And when it doesn't work, we feel depressed. And we hold others responsible for our feelings. We generate our feelings out of people's opinion and then feel hurt. This feeling gets recorded in our subconscious mind when formed repeatedly. Any trigger will bring this pattern up on the surface.

Scientifically, 20-30 thoughts are created per minute by our mind. When we are hurt or depressed, the number goes up to 45 thoughts per minute. Imagine how many thoughts do we create each day, lakhs or more?

The real key to happiness is very simple, just needs to Manage the Manageable. We must change ourselves first. We have to take control of our mind. We have to face reality bravely and must not think that someone will help me to sort my issues. We should be aware of all negative thoughts as and when they arise and immediately we must get rid of them. Exactly the way virus-scan works in our computers. ***Unfulfilled desires create pain.*** Let's reduce our needs. Meditation helps us to remove our emotional blockages, and replaces with the ONLY truth. For example, 'No one loves me' is the blockage. We can replace it with 'I am contented, I accept all'. ***Other's opinion about us should not stop us from being balanced.*** When we start healing our selves, we do not fear getting hurt, and then we are able to trust people because even if they do things differently, we will be able to take care of ourselves. Once we take total responsibilities for ourselves there is no need of blaming self or anyone else ever in our lives.

Risks

By Bharat Thakkar, Chicago, USA

Tell me what you have
deep inside of your heart?
The blood, life force struggling
to survive and rule?
Heart is pumping
to go in the deepest corner in my life.
Then it goes out through
the eyes and ears to touch someone.

It is strange the heart takes risks
to allow a stranger to come and live.

The poet here is more in introspection about his heart. He is trying to find out what exactly is flowing through the heart which not only reaches each corner of the body but also reaches to the outside world through the organs like Ears and Eyes and touch someone's life too. The poet feels that truly it is a risky proposition for the heart to reach out to someone who is stranger till a particular point of time. Not only reaching and touching someone but even allowing that stranger to enter into your existence and live within you. Here the poet has struck a wonderful string of life called relationship. Every relationship starts with a stranger and possibly does not end like that. Some people become a part of you forever. How strange?

I still remember every word you said
Every moment I spent
Every thought you shared
Also what your love for me meant!

I can't forget the spark in your eyes,
The glow in your smile
The tears like pearl,
That lasted for a while..!

Every holiday that I spent with you
So special it was made by you
With that motherly touch, how you embraced me!
Moments worth a lifetime you shared with me

I always wanted to thank you,
In every single way that I could,
Every day I thought to,
But I couldn't gather the courage to!

Your love for me was unconditional
My love for you, I couldn't express
No regret though I have,
For those ten years I was blessed

Life's not easy, sometimes unfair,
You passed the test, you won His dare!
If heaven exists, you'd rule that place,
You are our queen, shining like rays!

God's favorite

Shivani Karnataki



Between you and me...

Kaushiki Swarupa., Mumbai, India

You look at me, I look at you

You smile at me, yet you've no clue....

That the transaction has begun,

Between you and me, a little moment ago;

The smile that you gave me,

Was in fact the stroke given by thee...

The moment we looked at each other,

We satisfied our recognition hunger further,

Even though when we know,

That in reality, it's just a compromise,

We need to do it

Or else we would need to pay the price....

This in other words means,

Satisfying stimulus hunger is what we need,

The loving touch is what we all have to heed,

For if it isn't satisfied, our survival is endangered...

In order to avoid this dispute,

We found Recognition hunger as a poor substitute,

However, if you hadn't given me the smile...

I'd have resorted to structure hunger at least for a while.



The mind can only return, it cannot reach.

By Vivek Pandey, Baroda, India.



The spiritual journey is always a returning one. The moment you start or get chosen by any sort of sadhana, the journey back towards the soul begins. Whatever has been accumulated over a period of number of lifetimes has to be emptied. It is a process whereby you have to drop your active involvement towards the world and become passive (until you strike a golden mean by becoming passively active). It is a process where you lose your outwardly senses to regain inner alertness and eventually become aware about both outer and inner worlds. No wonder we have been gifted with two eyes. You also slowly become aware about your whole existence, in terms of chakras, the mind, emotions, intellect and ego. You also eventually become aware about one or two strong tendencies which have been stuck to your existence for a very long time as if they are a part of your personality. These weaknesses, which make us repeat our behavioral pattern may prevent us from leading a free flowing lifestyle. The mind may enter a state of impasse in worst cases. If we focus on such lacunas of our personality, they may become a cause of worry, frustration and embarrassment.

In an attempt to come out of such weaknesses, whether with the intention of attaining purity or becoming something else, we tend to resort to ways in which we force ourselves to change or simply start looking for ways to come out of the so called weaknesses. Be it escapism, setting up a resolution on a new year day or some forceful method being employed by us, the chances are that we may not get any success as per your wish of coming out of such weaknesses. We end up

creating yet another cycle of repetitive behavior. Desire to come out of something is also a kind of desire.

What is the way out then? The answer is, the only way out is 'through'. The way the human mind functions. We cannot runaway and become perfect and correct ourself in one go. The mind cannot make us reach somewhere it can only help us return. Return towards our soul. We have to go through the process and allow the correction to happen instead of forcing or trying to improve all the time. As such the moment we start thinking in terms of correcting ourself, we already have fallen in the trap of looking at ourselves as gross-bodies, which do not require any correction. The problems and the pains exist only in our mindsets. What needs to be changed is the mind-set which is attached to the gross-body by doing more and more sadhana. Reaction cannot correct a wrong action, only by becoming more and more conscious can you heal yourself. What we forget is we are fundamentally external entities witnessing a life with this body, but in no which way can we identify with the physical existence. Yes, the physical existence is important but we cannot chose consciousness through action, it is always by bringing about subtle changes in the consciousness that the action becomes neat and clean. We have to play the waiting game, keep faith and consistently do your sadhana to gain more and more consciousness and clarity. We have to keep on understanding and learning, until one day the mind gets reduced to nothing, and we no longer enjoy our frivolities which have been giving us trouble for a long time.

Whenever we are posed in a situation whereby two thoughts of opposite nature result into an ambiguous state of mind, we should just check the base of our thoughts, whether we are in a reactive state of mind trying to become something, simply entertaining our body consciousness or we are becoming more and more calmer and patiently allowing things to happen by accepting life as it is. Every time we catch ourselves with such mindsets, we should just wait for some time and allow the dirt to settle down. Even before proceeding with any action, a correct frame of mind is a must otherwise results don't come out as beautifully as they should.

Finally, to sum up things: Healing is always a slow, subtle and gradual process which may take many years depending on each case; we should not take actions emanating from a confused state of mind, instead we should make more effort in terms of sadhana for life to change. If at all you have to keep a resolution, resolve to do more and more sadhana and become change. Accept it all, everything on this planet is in some or the other way connected to us. Keep the faith, drop the feeling of separation it will only give us pain. Focus only on consciousness to become a conscious being and eventually be free from all patterns. One day everything will be new, with life flowing and blowing us in a completely different way each day. Have a great spirited life. Jai Gurudev!!



Aura Surgeries

A historical evidence

Surgeries on Aura level have always been shrouded in cloud of mysteries. Generally these things are not discussed in the forums of health services. There are enough debates and doubts on whether such surgeries are myths or have any scientific evidence. Of course one can see the effects of these kinds of surgeries on the organs and other body matters by the use of diagnostic machines like X-Rays, MRIs etc. Once seen these effects one has truly no reason to disbelieve the same. Even those who are scientific in their outlooks can not deny the validity of such procedures once they see the results through the equipment of their choice. There are even documented facts on this matter and it may not show those wedded to science in good light if they deny such evidences. The true story of such healing practices in a developed country like England will make an interesting reading.

This story dates back to 1945. There was a gentleman called Mr George Chapman who was working in Fire Brigade services of Liverpool in England. He lost his infant child to some disease, the incident which made Chapman depressed. He lost all his interest in mundane life and started studying about the life after death phenomena.

He started a detailed research on this subject. He learnt meditation and started practicing the same in all seriousness. He started talking to spirits and started taking their help on various issues. One of those spirits happened to be a soul of one Dr William Lang who was a renowned medical doctor – a leading Ophthalmologist, in England while he was alive. He had died in 1837. With the inspiration of this soul, Chapman bought over a hospital in Liverpool and started working on his aura surgery techniques for which he had acquired knowledge from those friendly souls earlier. Chapman used to call it an Etheric Surgery. Thereafter it is recorded that he performed numerous surgeries right from simple cataract operations to the complicated heart surgeries successfully. Chapman claimed that he and the spirit of Dr Lang, had a knowledge

about the auras and their influence on human bodies and health. He used to say that it is the aura level which gets affected before the disease manifests on the body.

There were lot of debates on this issue during that time. Many people studied this phenomenon. Mr Bernard Hutton, the author of book titled Healing Hands published in 1966 had studied this subject quite in deep. He himself suffered from some eye disease and had almost lost his sight. In spite having no belief in Chapman and his techniques, he went and consulted him on insistence of his wife. What he experienced thereafter was out of the world and unique. Chapman treated him with his bare hands without using any equipment or instrument and was totally healed from his eye disease. He then met various patients of Chapman and interviewed them. To his surprise everyone who was treated was healed.



Hutton on researching further on the matter, realized that Chapman's face used to change while he used to operate. Even while he was in his prime forties, he used to look like Dr Lang who was petty old when he died. Chapman's eyes were closed most

of the times throughout the surgery. He used to come back to normal senses just by the time the last patient would leave his hospital. In that meditative state only Chapman used to talk to patients, understand their illness, and would even operate if required. Reportedly he never used any instrument throughout his surgeries. He used to allow the relatives accompanying the patients to be present during such surgeries. None of these relatives confirm having not seen any instruments in the hands of Chapman. Patients used to fill a little pich or incision on their bodies while he used to operate but there was never a visible wound. It was also true that they used to feel the same pain and discomfort on the next day, just the way when the physical surgeries are performed. Chapman has reportedly healed many patients using these powers of healing.



TOUCH OF REIKI ON ME

By Ms Arshi Khan, Thane, Indi

16th September 1987 is my birth date, but my spiritual birth happened on 17th September 2011. When I was blessed by Reiki. A magical day, when Guruji came in my life, giving me a blissful experience in a day lasting forever.

As a child I always was inclined in occult science & spiritual healing. I was allowed to read books and articles on it, but never got an opportunity to learn. After getting the touch of Reiki, life is filled with miracles like never before. I felt the existence of God. I felt me inside myself.

Reiki has given me a connection to God, consciousness, universal life force energy that keeps me in flow and a heart full of love with acceptance. It has been 3 years since then, an immensely beautiful journey so far.

I am sharing my experience of touch by Reiki on ME.

A fortnight ago I went to my family doctor; it had been few days I was complaining about a headache happening at the front right side of my head, since the pain didn't subside that is when my family insisted to visit the doctor.

After the check up he prescribed few tablets, antibiotics & recommended rest, stating it could be an imbalance in my body due to stress and over exertion, as there were no other symptoms such as fever, cold, cough etc. It was a 3 days dosage.

I remember during the seminar Guruji had said once that we should even give Reiki to our medicines. I did the same and somehow I just felt that I shouldn't be having these medicines, so I didn't feel like having them placed them back and continued to take Reiki.

Later subsequent to 3 days I went again as my pain had increased. Now that the doctor had found some symptoms of cold, he concluded it to be sinus.

Syrup, Antibiotic, different colored pills & tablet to stop acidity which may happen after consumption of the pills. PHEW!! All of these 2 times a day, and then come after a week and check again.

I knew I wasn't going to consume them, so just went ahead and asked him what if the pain doesn't decrease even after consuming these medicines?? He replies that then an appointment with a neurologist; possibly we shall consult him as it could be major followed by a scan, MRI etc.

On my way back, I was wondering why isn't Reiki working on ME?? I religiously follow Reiki, I have my complete faith in it, I should heal through Reiki, I was feeling low as I wasn't able to understand anything happening to me. Suddenly my neighbor passes by my side and says that I look pale, I respond back stating that the doctor has said I have Sinus. She replied back saying don't worry you just need to take good steam with eucalyptus oil that is the best cure.

It's been a week now, pain has vanished. I only took steam with eucalyptus oil and REIKI. All is well now. I have experienced this with a lot of people such as my friends, colleagues & relatives, wherein I have seen good results, few of them they have now learned Reiki as well.

The reason why I write to you about this incident is because, my parents have now seen me cure myself through Reiki, and all my medicines are kept as it is.

This has brought them belief that healing can cure sickness, and results are positive, no side effects; there is another medium rather than medicines, which happens through Reiki.

I'm ever so grateful for the gift of life and the gift of Reiki. Ecstasy!!

The importance of Conch Shell in Hindu religion



The use of Conch in Hindu rituals is seen often. Either the conch shell is blown at the time of aartis or the conch shell is worshipped by keeping it in the temple. What could be the scientific reasoning behind such rituals?

One has to understand that the conch is called as SHANKH (शंख) which is a Sanskrit word where Shan (शं) means Good or Pious and Kha (ख) means an environment. That is the most appropriate word as the conch is precisely used with an idea to make the environment pious and free from all kinds of pollution. There are generally two ways to create that purity or piousness in environment. One, to remove the pollutants and second to create more positive or pure ingredients. The conch when blown creates such sound waves that these frequencies of waves negate the lower level frequencies of energies (generally termed as disturbing energies) just the way a ray of light disperses the darkness in the environment.

It is also important to know that the frequency of mind (or the vishuddhi chakra where the mind is supposed to be located) is very close to the frequencies of sound waves, it is the sound which makes the mind stable or restless. The sound waves of conch have a very positive effect on the human mind driving away all the negative and depressive thoughts.

This is as far as the blowing of conch is concerned. When it comes to worshipping the conch shells, a majority of conch shells open on the left side i.e. they are formed anti-clockwise. In contrast those that open on right side i.e. formed clockwise are rare but very auspicious to keep at homes. It is believed that Goddess Lakshmi resides permanently in white conch shells that open on the right side. The glory of the right handed conch has been described thus,:

दक्षिणावर्ते शंखायं यस्य सदमनि तिष्ठति ।
मंगलानि प्रकुर्वन्ते तस्य लक्ष्मीः स्वयं स्थिरा ॥
चंदनागुरुकपूरैः पूजयेद् गृहेऽथवा ।
स सौभाग्ये कृष्णसमो धने स्याद धनदोषम ॥

Whoever blows the conch shell during prayer is absorbed of all sins and finds contentment with Lord Vishnu

In the Atharv-Veda (4/10) it is stated that a conch shell is a blend of space, the planetary system and gold. Its sounds frighten enemies, controls demons and evil spirits, chases away ignorance, laziness, disease and prolong life. Readers should realize here that all these things said here are truly the states of minds and the perceived experiences. The evil spirits are nothing but your negative thoughts and the demons are nothing but your own doubts & fears. As stated earlier Conch shell, directly works on the vibrations of human minds and resets them to their original natural frequencies. The conch shell is blown before sunrise, and after sunsets since the waves of sunrays are believed to interfere with the vibrations of the conch shell. The sound of conch shell effectively clears pollution. In fact it is reported that Indian Nobel award winner scientists late Dr Jagdish Chandra Bose conducted an experiment showing that as far as the sound of conch shell penetrated, disease causing bacteria became ineffective or died. Berlin University investigations confirm that the sound of the conch was effective and cheap way of destroying bacteria in the atmosphere. It is helpful in controlling **Cholera** and **Malaria** and amongst patients of **hysteria, epilepsy and leprosy**. Its continuous sound is said to ward off **heart attack** and also good for people who **stammer**. When the little shells strung together around the neck, children start speaking early and clearly. Blowing of conch shells enhances lung capacity and protects one from lung infection. It also helps getting rid of **mental tension, regulating blood pressure, controlling diabetes** and preventing **diseases affecting breathing and digestion**.

The Science of Acupuncture



Acupuncture is an ancient holistic health care system still widely practiced in China. It falls under the wider umbrella, known in the West as Traditional Chinese Medicine (TCM), which also includes the use of herbs and other therapies. Diagnostic systems also include tongue and pulse diagnosis.

Contrary to allopathic, symptom-based medicine, TCM and acupuncture aims to eliminate the root cause of your problem, which is said to originate in a dysfunction in your body's energetic meridian system.

Western vs. Eastern Mindset

Meridian-based energy therapies like acupuncture are quite useful for treating a number of health problems; pain in particular. In China, acupuncture may even be used in lieu of anesthetic drugs during surgery, as demonstrated in the BBC documentary above.

As unbelievable as it seems, a young woman actually undergoes open heart surgery with acupuncture instead of general anesthesia.

There are several advantages to using acupuncture during surgical procedures, the Chinese surgeon explains. For starters, it doesn't have the health risks of general anesthesia. Recovery is also much quicker, and the cost is about one-third.

While most westerners would balk at undergoing invasive surgery with nothing but a few needles keeping pain at bay, each year, millions of Americans do turn to acupuncture to relieve chronic pain, high blood pressure, nausea, and much more.

Acupuncture is considered an alternative to conventional forms of medicine in the West and is actually one of the oldest healing practices in the world. In China, Japan, Korea, and other Asian countries, acupuncture has been used for thousands of years, and its staying power isn't merely a matter of superstition or coincidence.

In modern-day China, some hospitals offer acupuncture and allopathic medicine side-by-side, allowing patients to choose. They can also opt for a combination of both. For example, if an adverse drug effect occurs, the patient can opt for a reduced dose in combination with acupuncture.

Basic Principles of Acupuncture

TCM views the body as a cohesive one—a complex system where everything within it is inter-connected—where each part affects all other parts. They teach that lack of balance within this biological system is the precursor to all illness. The body exhibits symptoms when suffering from inner disease, and if it's not re-balanced these symptoms may lead to acute or chronic illnesses of all kinds.

There are 14 major energy channels called meridians that flow through your body. An energy called chi circulates along the meridians to all parts of your body, including the internal organs and every cell. This chi is the vital force that literally keeps us alive. Vibrant health is a result of balanced, unimpeded flow of energy through the body.

According to TCM, illness and pain is the byproduct of energy blockages somewhere along one or more meridians. Each acupuncture point along the meridian acts like a pass-through or gate. Energy can get “bottle-necked” in these points, slowing down the flow; sometimes to the point of standstill. This is the precursor to pain and illness.

By inserting a thin needle into the congested or “clogged” area, it opens the gate and allows the energy to flow again. With the life-energy flowing smoothly, the body can now re-regulate the flow of energy, repair itself, and maintain its own optimal level of health.

Herbs and other therapies such as guacha, cupping, and moxibustion—the burning of herbs on or over the skin—can be used to support the healing.

History of Acupuncture

The science and art of acupuncture is well documented and spans across centuries, all the way back to the Stone Age. Records of its use have been found in many parts of the world, not just the Orient, as most commonly thought.

The Chinese medical compendium, the Yellow Emperor's Classic of Internal Medicine, is the oldest written record about acupuncture. It is thought to be the oldest medical book in the world, heralding from Emperor Huang Di who reigned between 2,696—2,598 B.C. However, signs of acupuncture being used are found all over the ancient world. There's evidence of its practice in ancient Egypt, Persia, India, Sri Lanka, parts of Europe, and South America. Even our North American Indians have used it.

The Eskimos, for example, are said to still use sharpened stones for treating illness. Written evidence of the use of acupuncture in Egypt and Saudi Arabia also exists. The Ebers papyrus of 1,550 B.C. describes a physical system of channels and vessels that is closely matched to the Chinese system of meridians.

Even older evidence than the examples above exist. In 1991, a 5,000-year-old mummified man was found along the Otz valley between Austria and Italy. Remarkably well preserved, a complex system of tattoos were discovered on his body, and verified to be directly on, or within six millimeters of, traditional acupuncture points and meridians.

Importance of Adaption...



words. Among these the Child state, which again comprises of two split states viz Adapted child and Natural Child. The adapted child is a phenomenon which actually writes the script of the child throughout his/her life. This state is developed by the parental influence in the early childhood of a human being. These influences are created by Parental figures in our early age. They could be biological parents, senior people at home, teachers,

When it comes to Parenting many a times discussions are held seriously on matters of adopting a child. There are debates on this issue especially among those who do not have chances of bearing a child for some reasons or other. Gururji was telling the other day while discussing our EPIC Parent program that the main issue about Parenting is Adapting and not Adopting. Each of us has three psychological personalities which actually write the whole program of life- Parent, Adult and Child. This has nothing to do with what generally one knows about these

neighbors etc. Whatever they do or talk gets etched on the child's inner core and decides the future course of his life. Unfortunately all these parental figures are not even aware about such an influence and take this matter lightly. We make a blunder in creating a life in a wrong way and then either repent when we know or blame the world and everything that comes your way for such situations. Gururji says a responsible parent should be extremely aware and be careful about this issue if one wants to shape up a better child in future.

Programmes Schedule for November 2014

| Dates | Reiki Teacher | Location/Centre | Degree |
|----------------------|-----------------|-------------------|--------|
| 1st & 2nd November | Krupa | Nashik | 1st |
| 1st & 2nd November | Vishal | Delhi | 1st |
| 1st & 2nd November | Seemaben | Rajkot | 1st |
| 1st & 2nd November | Kalpita | Devrukh | 1st |
| 8th & 9th November | Kalpita | Mumbai | 1st |
| 15th & 16th November | Bhartiben | Ahmedabad | 1st |
| 15th & 16th November | Ajit Sir/Vishal | Mapusa (Goa) | 1st |
| 15th & 16th November | Seemaben | Thane | 1st |
| 22nd & 23rd November | Ajit Sir/Rakesh | Airoli/New Mumbai | 2nd |
| 22nd & 23rd November | Sangita | Baroda | 1st |
| 22nd & 23rd November | Vishal | Pune | 2nd |

Social Education Programs Parenting Seminars EPIC

3rd & 4th November
Thane
Ajit Sir/Krupa/Ashwini

8th & 9th November
Rajkot
Ajit Sir/Krupa/Ashwini

27th & 28th December
Baroda
Ajit Sir/Krupa/Ashwini

3rd & 4th January 2015
Kota
Ajit Sir/Krupa/Ashwini

10th & 11th January 2015
Thane
Ajit Sir/Krupa/Ashwini