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EDITORIAL

THE DUST OF THE LOTUS FEET OF GURU...



Today is Guru Purnima. The day one should understand the importance of the Master (Guru) and also the importance of this wonderful, auspicious day. Normally it is asked that "If the God and your Guru stand in front of you at the same time, whose feet you should touch first?" The answer is also given that it would be your Guru whose feet should be touched first. Why is it so? What is so great about the lotus feet of Guru when the God is in front of you? One saint has

answered this beautifully. He says that even if the ocean is vast and even if the rains are nothing but the manifestation of the ocean which gets evaporated, the rains are made and showered by the clouds. Humans can not drink water directly from the ocean and needs the clouds to make the rains. Humans can relate with the clouds better than the vast ocean. Guru is a manifestation of such cloud while the lord stands for that vast ocean.

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THE DUST OF THE LOTUS FEET OF GURU...

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Ramkrishna Paramahansa while stating the importance of Guru states, "Guru is a coloured glass held in front of our eyes while watching the blazing Sun in the sky. Once you hold that coloured glass, it is possible to look at that scorching Sun. Similarly one can experience the God through Guru" How apt the analogy given by Ramkrishna!

While talking about the relationship between Guru and disciple, Ramkrishna also used to say that this relationship is very dynamic in nature. It changes and flowers with the time. In the first phase of this relationship, it is like a Cat and her kitten. The way a mother cat holds its kitten in the mouth and shifts it from one place to the other, Guru catches his disciple by neck (the place of mind) and manages his/her life. They both do it for protecting their little ones from the environmental effects. Thereafter the relationship enters the second phase, which is like a monkey and her little one. The little one of the monkey holds the mother around her stomach and goes wherever the mother monkey takes him/her. The hands of the mother monkey are however free. The responsibility now shifts to a child when it comes to holding. Otherwise there will be a problem. The same is the case with the Guru and disciple relationship. When the disciple does that, he/she gets an opportunity to look at the world experiences from different heights (of tree). Then only he/she can enjoy the sweet fruits. The last and next stage is that of a turtle and a tortoise. Here the mother tortoise is far away from her babies. However she is connected on the energy level and watches every single movement of the babies. This relationship is beyond any words and touch. Every disciple on this noble path has to assess his own position with respect to his Guru. That should help one to know what stage of spiritual practice that he or she has reached.

This is also a day to worship the lotus feet of the Guru. Why should one worship the lotus feet? It is believed that the real Guru is so pure that wherever

यत्पादपंकजरजःश्रयणं विना मे
सन्नप्यसन्निव परः पुरुषः पुरासीत् ।
यत्पादपंकजरजःश्रयणादिदानीं
नासीन्न चास्ति न भविष्यति भेदबुद्धिः ॥

he puts his steps, his purity is left behind. Today genetic science also believes that wherever we sit for some time or stay we leave about 40000 DNAs there every day. With the Guru's presence, every inch he has walked on, the soil becomes pure and leaves a fragrance behind. That is why Gurus normally travel a lot in their lives. Just like a Sun wherever spreads his rays the darkness is dispelled, the lotus feet of Guru dispels the sadness and sorrow from those places. But just instead of worshipping the feet, one should also listen to every word the Guru has said and store it in the innermost section of one's heart as a treasure. That will transform the whole life. The Guru not only leaves his foot prints of love and compassion on the soil he walks on but also leaves his finger prints on every thing that he touches. That does not exclude the air around. The space around Guru also makes one blissful and quiet.

On this auspicious day I wish that the supreme Master principle always stands behind your back and bless your entire life. I pray to Shree Swami Samarth for such blessings be bestowed on all of you today.

Ajit Sir

Guru Purnima, 31st July 2015

BhajaGovindam (Verse 18)



सुरमन्दिरतरूमूलनिवासः

शय्याभूतलमजिनंवासः।

सर्वपरिग्रहभोगत्यागः

कस्यसुरंवनकरोतिविराग ॥१८॥

Meaning:

Only the one who will get a blissful existence even in dispassion, who has sacrificed all the means of happiness and the wealth and dwells under the temple at the root of the tree, wears only the dear skin and sleeps on the bed of the earth. Shri Shankaracharya here describes a person who is liberated while being alive.

Truly speaking it is very difficult to understand where the human happiness lies. People who are full of knowledge, those who are rolling in the wealth and those who are exploiting their governing powers.... Not even one look to be happy among them. The knowledge, the power, the wealth all these are really the manifestation of outer existence of a man.

As the basic idea of happiness itself is on the wrong foundation, one understands that whatever I was desperately trying to get and achieve has not given me the happiness that I was looking for, even after fulfillment of the desire. Not only that, they realize that they have gone far away from their ultimate goal of happiness. But by then it is already too late in the life and the life is found to be scattered all around them.

While running behind the money, power and the knowledge we radically forget that what we are running for is only the means and not the end. If you try to hold the water of the ocean with your hands, you feel that you have got the whole ocean in your hand as long as your palms are immersed into the water. But the moment you remove these hands, everything gets helter-skelter. The game of life is not different.

When we go to school, college or even look for a job, get married, develop relationships and even try to achieve the revered position in life, the whole idea is that we can experience the power. Somewhere we are convinced that such things will put us on the pedestal of power but on becoming all that you wanted to, we realize that the power has proved to be an illusion. Not only that, in the process we have become much less powerful than we were and that leads to frustration in life.

One has to look into the things around before deciding about our ideas of power. They are all made for us to learn.

The largest entity that as humans we know is our own earth. Beyond that it's only a knowledge and illusion. If you look at this earth, all the sources of power like water, coal, radioactive materials and Petro-chemicals are stored in the core of the earth and not outside. To reach them we need to go excavating deeper into the globe of earth. We also need to understand even the smallest thing that we are aware today is the Atom. Even in the atom it is the nucleus of the Atom which is the center of power and not the electron moving around in the orbit. Even in nucleus, it is the neutron which is the source of Nuclear power and not the Proton. The word Neutron is derived from the word "Neutral", which means equilibrium or balance of state. One can appreciate as humans we are neither as small as atom nor as big as the earth. Where our power should be lying? Of course, in the core of our existence and where are we looking for it. All around in the external world. How can one be happy and be healthy then? One can possibly not lose the direction of life by attaining the knowledge, wealth and authority but the craving for these and the ownership will inflate our ego and then we go far away from our inner awakening.

The Saints, Sages and Mahatmas consistently are aware that nothing belongs to them. They also have realized that by attaining all these things one may lose the direction of life. I know many who have palatial houses with 5-6 bed-rooms, totally air-conditioned space and large beds to spread upon but they cannot sleep without taking 3-4 sleeping pills. I have also seen many who are at the helm of political powers but cannot eat anything beyond a kheer or a soup of rice due to various ailments they are suffering from. On the other hand I have also seen many labourers work hard during the day in the hot sun and by the end of the day have a deep sleep on the road sides with the pillow of their hand and the blanket of the sky. For getting the inner awakening and peace one does not need the external means. In spirituality, one not only knows about this but can also experience and then we become the kings of our own kingdom in the words of Jesus Christ.

You are the Light...

Guruji you are the light that illumines us
You are the mountain from where bliss emanates
You are the river that makes the happiness flow
You are the wind that gently blows away the sorrows
You are the moon that dispels the darkness
You are the star that makes our life glitter
You are the sun that instills in us the energy
You are the sky which takes to new heights
You are the land that makes us stand upright
You are the tree that always gives us shade in the wildest storms
You are GURUJI the Nature ,the mother Earth
that never exhausts and gives us everything in abundance
We just fold our hands with gratitude and thank you Guruji.

Happy Gurupurnima!

Regards
Preeti Rajesh



The Blind can't lead the Blind... by Telangan



Paramahansa Yogananda said... *“Only a master, one who knows God, may rightly teach others about Him. To regain one’s divinity one must have such a master or guru. He who faithfully follows a true guru and becomes like him, the guru helps to elevate the disciple to his own level of realization.”*

Truly we are blind, stumbling in the dark without any direction; we could not see invisible truth without help of one who has eyes. He has ability to see the unseen. There is only way out, just follow someone who is enlightened and has perfected his consciousness. We need a Guru, a spiritual teacher who has wisdom and is eager to show us the Supreme Soul.

Since birth we build walls around us by all incorrect beliefs and we live within the frame of our own expectations happily in the jail. Someone comes in life and breaks those walls, he has his own light to remove darkness and he is the one who destroys everything first, that we’ve possessed from beginning and recreates everything fresh. This is called a real transformation. That’s why we call it as a new birth and master as a spiritual father.

Guru-Shishya relationship is the most sacred relationship because guru could take Shishya to any dimension where nobody could ever do it and he will do it only for his sheer love.

I had never followed any being as my master before meeting Guruji. I always believed in what Dalai Lama said, **“Do not have blind faith, but also no blind criticism.”**

Continued...

Today, I'm offering my love to him. "Swamy is a concept for me because I've never experienced him but Guruji talks to me behalf of Swamy and guide me as and when required. I read about wisdom of Buddha, and Christ but never really understood because it was only on the academic level. He taught me the value of Love, peace, patience, purity, selflessness and honesty. He helped me to understand the true nature of own mind. He gave me a confidence to discuss anything with him. I admire and inspired by his ethical conduct, kindness, unshakeable faith in Swamy and divine knowledge. I've never seen him under the influence of anger, egoistic thoughts, worry or materialism. He is even and compassionate with everyone.

In the beginning I did get jealous when he was giving more attention to some students. Soon I realized that his ways of teaching are different and mysterious. If I'm not meeting him regularly which doesn't mean my teaching would ever stop. He would give me right teaching at right time any way. I understood one thing very clearly that the guru is not in a student's life to give what he/she thinks or wants, but rather to give what is needed to progress spiritually.

Now, I understood clearly that I couldn't make him happy with expensive gifts or celebrations. If we wish to make him happy, we need to perfect ourselves with his principles and values. Achieving life like him is my mission now and he is my guide in it. If I practice his teaching in daily life then he would be pleased. Every cell of my body vibrate with the gratitude and say 'Thank you so much Guruji for being in my life and guiding me on the path forever.'

NATURAL INSTINCTS

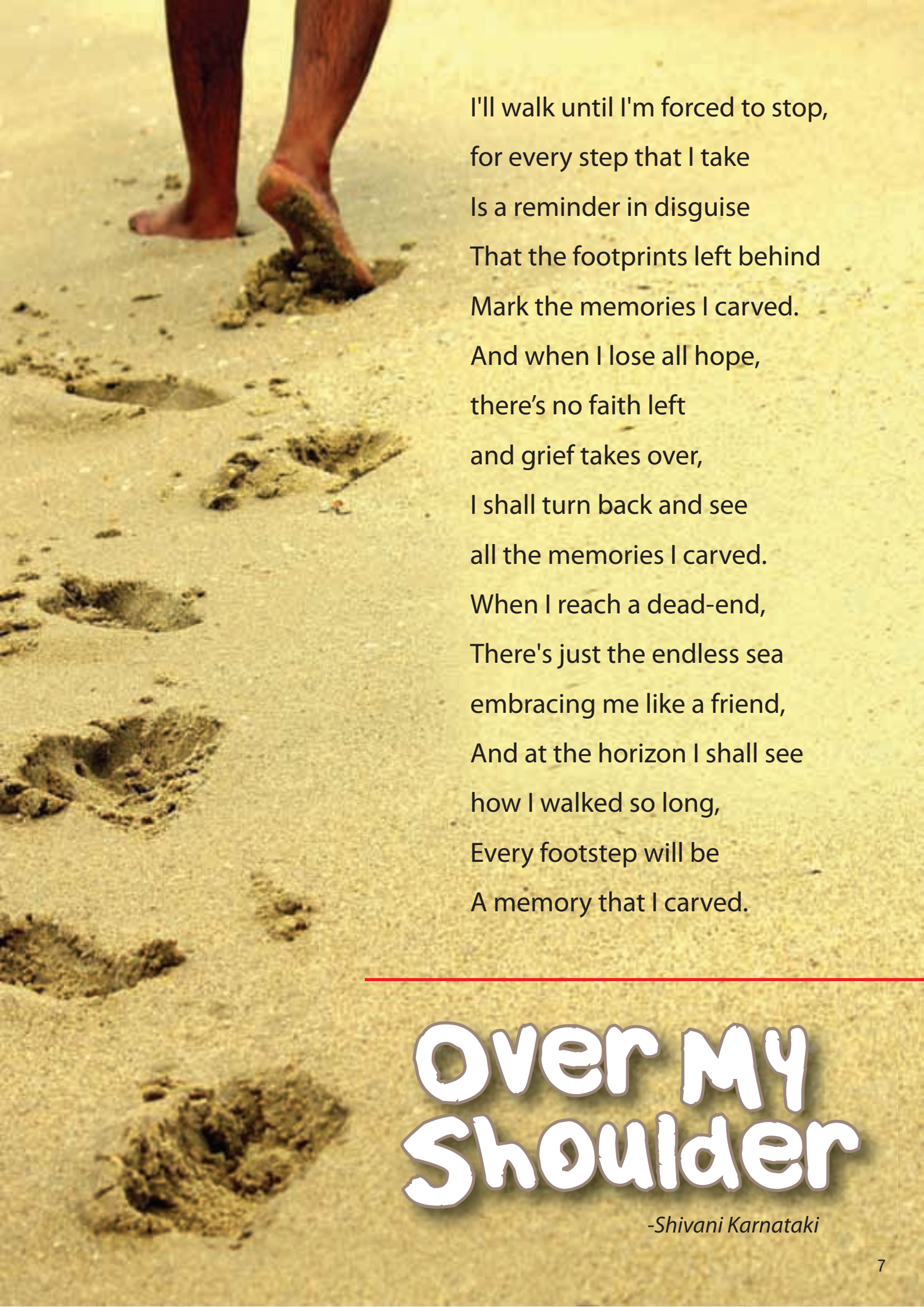
by Telangan



I saw a film where few weeks old kittens meet similar age puppies for the first time and their responses are captured in this film magnificently. When they see each other, they get confused because they had not seen other than their own breed before. They get afraid first, they smell each other and soon start playing together, touch each other's body with love and happiness. They immediately acknowledge other's feelings. The natural quality of the soul is beautifully revealed in the film.

Viewers expect to see cat & dog fight as old rivals than their love and compassion. It is because of our preconceived belief system. **Every human being or animal is born with pure and unpolluted soul quality.** On the journey of life, we develop unlimited desires and the wants. To fulfill those desires several souls take unethical steps and they snatch, steal or grab from others. Other souls experience it happening in their lives or witness it in other's lives and they choose their responses in similar situation automatically. Every action is suspicious or aggressive by default. Therefore original quality of soul is soon forgotten and fake personality is created. We could see real life example of lion, tiger and dog living together as best friends with Dr Prakash Amte. We could see wild animals behaving totally different as pets that are grown along with kids. They do not kill other animals for fun. They do not even stock up or gather anything like human beings.

Definite spiritual measures could change even polluted mind back to the pure and innocent mind. We have seen in Hindu ancient scriptures that accurate advice by guru changing a ruthless robber into sacred Sage Walmiki just by following it with faith. If we follow guru's guidance with conviction and follow his principles, practice Reiki daily, remained in awareness then we could change our minds back to the natural, original pure state forever.



I'll walk until I'm forced to stop,
for every step that I take
Is a reminder in disguise
That the footprints left behind
Mark the memories I carved.
And when I lose all hope,
there's no faith left
and grief takes over,
I shall turn back and see
all the memories I carved.
When I reach a dead-end,
There's just the endless sea
embracing me like a friend,
And at the horizon I shall see
how I walked so long,
Every footstep will be
A memory that I carved.

Over My Shoulder

-Shivani Karnataki

Samarpan

My heart longs to have your glimpse for a moment,
But the moment, I have your glimpse, eyes are full of tears,
I bow down to Thee Guruji, Truth is Thy name... now I see...

I revere your words, which are priceless pearls and wisdom,
I meditate upon your teachings and internalize by sadhana,
I bow down to Thee Guruji, Truth is Thy name... now I see...

I surrender my heart, mind and ego at your feet,
So much so, that I dissolve to become an image of you,
I bow down to Thee Guruji, Truth is Thy name... now I see...

I hold the cup of devotion to Thee and offer it to you now,
I find my heart transforming into a temple of love and compassion,
I bow down to Thee Guruji, Truth is Thy name... now I see...

I live under your shade, enjoying your fruits and flowers
I am blessed to have found a place in your divine heart
I bow down to Thee Guruji, Truth is Thy name... now I see...

I released of all my bondages, desires and vasanas,
I salute you from the bottom of my heart every moment,
I bow down to Thee Guruji, Truth is Thy name... now I see...

From the silent chambers of my heart and empty mind,
Words kept flowing and how, I got no clue.
I wonder if these are my expressions to HIM or
Are these HIS expression through me...!!!!

Always in surrender and blessed to be connected with you,

Love, Light & Reki
Khushal D Solanki

Some Advice for Enduring Your Sadhana...

SHIVA HEALS YOU...

By Vivek Pande

Everything is Sadhana if we choose to do it consciously. Although, it can be pretty dicey at times. Not that the process is unreliable, but it is the very nature of life to throw out our fickle mindedness more often than required. The purities and impurities in our minds both come out in a much faster and amplified way. Things become even more difficult if you are surrounded by people who have certified themselves to be messengers of God. To keep your mind steady on this path can at times become really difficult, especially if you are new to this space. Hence it becomes extremely important for me, to list out a few words of advice or tips so that it may just help some of the aspirants. Not that I am myself certified as a person for this task of giving advice, but then whatever I have learnt needs to be shared for the concern and love of fellow human beings. Here are a few tips jotted down which may just help you on this divine path of seeking your own self or life in general.

1) Never look at others. Even if you notice something negative choose to overlook and remind yourself that it is none of our business to look into someone else's life.

2) Check your state of mind before leaving for some work or a social meeting. If it is at unrest, wait for sometime or take reiki and then proceed with your plans.

3) Avoid taking extreme stance in life. Remember Buddha taught the middle path so that we could find a way somewhere in between.

4) No matter what situation, which event or what people are responsible, do not let it result into a negative mindset for you. Remember you cannot have a positive life with a negative mindset.

5) When in market, stay in your head. When in relations be in your heart.

6) Avoid comparisons. You will not move ahead in life by pushing people down. Moreover, life is neither a race nor a competition to be won. Rise above hatred.

7) Always allow things to happen which shatter your ego. As such it seems best furnished when broken.

8) Whether we understand it or not, whatever happens, happens for the good. This is one of the best things to memorize.

9) Never seek comfort. Remember life is

simple, but not easy. Nobody on earth said it was easy.

10) Always strive to improve upon your communication skills, you can never be perfect in conveying your emotions or thoughts in a perfect way. So keep on learning ways to better your speech in intent. It is very easy to hurt people but very difficult to wipe off the karmic scar.

11) Nothing can happen to your soul, as is mentioned in "The Bhagavad Geeta". So please take care of your body as it will become non-functional one day.

12) Do not have a very strong idea about your own character. If you develop a strong character of your own, you will miss the character and traits of the creator.

13) Develop huge amount of curiosity for studying energy and observing life and minds. It will make you more educated than tons of books.

14) Ageing is actually very good. With every grey hair and wrinkle you become more wise and refined as an individual.

15) You cannot say yes to everyone, but find better and polite ways to say "No".

16) Attach importance to your sadhana, protect your time of sadhana.

17) You have a Nose, so breathe, relax and allow things to happen. Never force anything at

yourself. The universe has a plan for all of us.

18) If someone inquires about your well-being, never say it is the same as it was earlier, always say I am better than yesterday. Embrace change. Love to become the change.

19) Do not use the victim card to seek empathy from people. Always stand on your own in tough times. Do not show that you are weak when things are falling apart.

20) When life wants you to become a warrior, be a warrior. Although you need not become harsh or react. Simple truths when spoken politely have huge impacts on the mindsets of people. Fight it out in a classy manner and not the usual massy style.

21) Once you are a sadhak, learn to Romanticize life and every aspect of it. Let love become a subjective phenomenon and not an objective thing.

22) Get involved with some good work, avoid involvement with people. They all come to take your energy in some or the other way.

23) Sadhana is a marathon and not a sprint.

And last but not the least.

24) Beware of advice- ..EVEN THESE ONE'S.

HAWAYO TAKATA

— *A life Story*

Once reached home, Mr Takata realized that a lady with whom she had gone to Dr Hayashi had also learnt Reiki with Dr Hayashi. She asked that lady that as you are working with your Doctor brother in his hospital, how come you learnt Reiki? The lady told her whole story to Mrs Takata. She said that when she had fallen sick very seriously, her own brother himself had taken her to Dr Hayashi. She then had the first experience of Reiki. Listening to all this, Mrs Takata had now an urge to learn Reiki herself. Knowing this, however the other lady rather discouraged her stating that Mrs Takata was of Japanese origin, having migrated to Hawaii islands she will not be easily accepted as a Japanese woman. And Reiki teaching was available only to those who are Japanese in the real sense. Takata was restless listening to this and ultimately approached the medical doctor who had directed her to Dr Hayashi. Seeing a strong desire and urge of Mrs Takata to learn Reiki, and he himself wrote a note to Dr Hayashi requesting him to allow Mrs Takata to learn Reiki. Seeing that such a senior doctor has written a special note recommending Mrs Takata, Dr Hayashi also became lenient and decided to teach Reiki to Mrs Takata as an exception to the rule prevailing. Looking at the things unfolding in future, one can appreciate the importance of that small event in the history of healing on the global map.

Thereafter Mrs Takata's study in Reiki began, Traditionally the classes were conducted

in the evening hours spread over 4 days. First day they used to teach a treatment to head points, on the second day the points related to torso, the third day was mainly utilized to teach points related to legs and the last (the fourth day) day students used to get knowledge of the

back points. The curriculum was so simple and compact. Even the five principles were imbibed in details on the fourth day. These principles are as good as the core of Reiki philosophy. Dr Hayashi used to strongly believe that for every suffering there is a reason. The moment one removes that reason or a cause, the sufferings vanish. That is what we call Cause and effect relationship in our spiritual path. Hayashi used to emphasize heavily on the karmas (actions) that we perform and the fruits (sanskaras) that we get.



By this time Takata's treatment had finished three weeks. She was feeling extremely good and light. Lot of toxins were thrown out of her body by now as a fall out of purification. There was not even an iota of pain in the body. Within four months her Gall stones had all vanished, being thrown out of the system and her acidity was in total control. The urge to learn Reiki and practice on her own body was springing out very intensely by now.

By the end of sixth month, she had already become a part of Dr Hayashi's team of 16 healers. While working with her colleagues, she could not even realize how the five hours had passed away. In the afternoon she would visit her patients. She had to travel sometimes a long distance. She used to go by bus or by train and sometimes the travel could be as far as five to six hours one way. Reporting about the day's activities to Dr Hayashi every night after dinner was

an order of the day. Sometimes Dr Hayashi would take her with him to visit patients. Doing one of such visits, a miraculous thing happened. In a village called Kamakura, there was a patient who was an authority of Buddhist monastery. He had a throat problem and he could not even

speaking. After four days of Reiki treatment, the patient started experiencing burning in his throat. Hayashi knew this was a good indication. He then asked Mrs Takata to give 21 days' treatment to this patient. Within this period, the patient started speaking normally and was even sent to the monastery at Honolulu. Seeing this miracle happening in her own hands, Mrs Takata grew in confidence.

Thereafter the whole life became Reiki. There was no life besides Reiki for her. She started treating many patients and started doing a lot of successful healing. However through out this journey, she realized that for what Dr Hayashi was saying that behind every disease like situation there is at least one karma is so true. During this period she also noticed that most of the patients coming to Dr Hayashi's clinic were from the upper class and wealthy. She could hardly see the poor patients around. Out of curiosity she once asked Dr Hayashi about this strange phenomenon. Dr Hayashi replied, "look. Only those, who are destined to come here, reach here. So far possibly the wealthy people have been seriously thinking about an alternative to the existing medical practices. The poor are still hanging to allopathic practices. The thought of coming here has not yet struck them. When that thought emerges, they will also be here. I do not mind healing them."

In 1973, Mrs Takata after completing her studies in Reiki returned to her home town in Kawai. Within 6 months thereafter Dr Hayashi also reached Kawai with his daughter for about 6 months visit. He started a Reiki Teaching

centre in Honolulu. In 1938 when he was returning to Japan, his students organized a gathering in his honour. In that meeting itself Dr Hayashi declared Mrs Takata as Reiki Master and announced that she would look after the Honolulu centre thereafter. Soon, Mrs Takata had an opportunity to move over America with a Buddhist Monastery head whom she had healed earlier on the healing mission. During this trip she took training in the National College of Drugless Physicians in Chicago before returning to Kawai in July 1938. She was so amused with the fact that just about 3 years ago, she had gone to Dr Hayashi to treat herself and now she is a Reiki Master herself. How the times change! In December of the same year, she was invited to deliver lecture on Reiki at Kamayula island in Hawaii. But people there were not willing to accept Reiki so easily. They had their own reservations. They did not believe in what Mrs Takata said. They put a condition that Mrs Takata has to work on at least two patients there and heal them within 2 weeks' time. If that happens they may be willing to learn Reiki from her. One of the patients had a weak heart while the other was suffering from Tonsillitis and was to have undergone a surgery. By the grace of god, the first patient started moving around right in the first week of treatment itself, while the other also became alright after going through the initial aggravation (as a part of purification) by the end of second week. These results excited people and immediately 55 people registered their names for the class of Mrs Takata. After this class, Reiki started spreading wide and fast in this region which was predominantly agricultural oriented. Mrs Takata then had to visit this province every six

RiskWatch

A young 25 year old (MBA) in my office was eating salt-free food. Doctor asked him to avoid absolute salt intake. He was following it up for last couple of years. He still was not able to control his blood pressure.

I asked him what happens inside the body if we eat salt?

He had no idea. Then he safely answered... doctor said I may get an attack or stroke and it will be worst in this young age.

I said might be doctor meant sodium intake to be avoided but salt has Potassium, Iodine and magnesium, which is required for your brain, heart, liver and Kidneys also.

He said exactly for that I take 12 tablets everyday; Multi-Vitamin included.

I was shaken but decided to give a last push. I asked him why don't you learn Reiki? Do Yoga and Pranayama?

He said I've absolutely no time and I can't sleep before one. I will rather sleep for an extra hour.





Pilgrimage – *The Healing effect*

Pilgrimage is a centre point of Indian spirituality for ages together. It is called as Teerth Yatra. This is one subject which invokes a lot of curiosity in the minds of a common man and more so in the minds of new generation. Not many people are aware the basic importance of this phenomenon as most of the time this word has become a substitute for tourism. It has become a common thing now for many to visit Chardham or Amarnath or even Vaishnodevi during their vacations with an idea to vile their time, enjoy even with the hard drinks, be together and expect people to respect you because you have been to these places. Many people are using these events to update their profile so that it looks very solid and has that “one-up” feeling over others.

As most of the pilgrimage places have become tourist spots, sometimes one wonders whether the purity and piousness of the place has deserted those places. If anyone wants to bring back the glory of this rich Indian culture back one may have to go to the basics of these concepts to understand and appreciate the holistic thought. With that idea only we have incorporated this subject as a part of our Study Circle curriculum.

First and foremost one has to understand the meaning of word Teerth. This is a Sanskrit word comprising of two words. One TEEH and second THA. Here TEEH means something which has descended from the cosmos and THA means settling down. This means the word connotes the descending of those cosmic energies (which are pure and pious in nature) Such places where the energies have settled are called as Pilgrimage places. It is like an ATM of energies, where one can draw the energies by getting connected. Earlier the Pilgimages had a great importance for various reasons as under:

1) Sight Seeing: To reach a particular Pilgrim spot one may have to go through various regions and places (cities, villages etc) as well as pass through some phenomenally beautiful sights where nature has to offer bountiful. Those days tourism was not so common for people as traveling over long distances was difficult and inconvenient. On the pretext of pilgrimages, people used to travel. Even now when we went to places like Kailas and Amarnath we could see certain cultures, bountiful nature etc which is difficult to see in a place where normally one resides.

2) Purification: The biggest impurity in human life is the Ego. It is possibly the biggest obstacle on the path of liberation. This ego generally resides in our comfort zones. But when one goes (or used to go to) to pilgrimages one faces all kinds of adverse and odd environments, which makes one very uncomfortable. One may have to encounter situations never faced before and hence challenging. One realizes while traveling on such sojourns that all that you thought was your power like money, designations do not help you on the way. Coming back to Himalayan travels like Kailas or Amarnath, when one finds difficult even to breathe, one realizes that all that wealth may not help you to survive. All that you need is the breath of the moment. That rattles one's ego. Once the ego is quashed it won't take much time to purify the chitta, which is the ultimate objective of any spiritual practices.

3) Satsang: This means “to be with good (people or environment)” Many sages and wise people come to pilgrimages and we are likely to meet them, have talks with them, get their guidance, listen to their interesting experiences. All these enriches us for becoming purer and more qualified to go further on this path that we have chosen.

4) Cultural development: As one sees different cultures and get familiar with them one expands the knowledge base. The windows of our tolerance increase with this. Once we realize how people in the country live, it helps us to relate with them emotionally and appreciate the unity in diversity. That also creates a feeling for the nation in general.

5) Dispassion: As one spends a good time on pilgrimage away from one's home and relatives, the introspection begins in our minds and we start realizing that one can be perfectly happy and blissful without dependence on relationships of external nature. One starts getting slowly dispassionate about the things and people we had earlier considered to be indispensable in our lives. Having connected to our own nature, one starts feeling secured and experience the inner powers. One starts understanding the impermanence of life process and finds oneself so miniscule in front of the vast nature like mountains etc.

6) Vows: On the difficult terrains and trails one may have to go hungry many a times and starts getting used to fasting, celibacy, mind's control over body, to realize that body is only one of the components of human life and not the only thing as we understood earlier. Mind gets the initiation of control.

7) Charity: Looking at the people who are living with very meager means of life we are start feeling how lucky we are with what we have. Only on seeing the 'have nots' we have the value of what we have. That creates a compassionate and gratitude oriented attitudes in our heart. We become more open towards sharing what we have with those who do not have anything.

8) Spiritual growth: Our knowledge of different spiritual practices widen with more options created. Normally various saints and sages have stored their purity and energy in these places. That is how in Jainism their gurus are called Tirthankars (the one who have created Teerths or energy bodies in places). As mentioned above once we become pure and free from the clutches of ego, we start surging further on the path with tremendous velocities. The way a boat moves ahead with the help of favourable winds as against those who need to be driven with Ores with great efforts. The journey thereafter becomes effortless. Secondly as in Alchemy science it is believed that if the same thing is repeated number of times, one reaches purity faster. This is the same principle used in the healing sciences like Ayurveda and Homoeopathy. The rituals created by saints in these places help one to reach the purified state faster.

Ashram Events



Guru Purnima Celebrations

As usual the Guru Purnima festival was celebrated on 31st July at our Devrukh ashram with a lot of pomp and glory. The abhsheka was performed on Swami's Lotus Feet and the Swami's idol was also brought out for public worshipping on this day at the ashram. Swami Samarth Sapatashati (a book containing 700 verses on Swami's life) was read by many sadhaks. This festival was also celebrated at other centres of Reiki Vidya Niketan throughout India and abroad.



Swachetana Shibir (Retreat) at Mishigan in USA

The Spiritual retreat was organized between 4th and 6th July at Swami Vivekanand Kendra in The Ganges town, in Michigan in USA. 31 Sadhaks from USA centres participated in this intensive where various dimensions of spirituality were discussed and experienced. The retreat was guided by Ajit Sir and his colleagues Krupa Choksi and Ashwini Telang. The memories of this event will be cherished in the hearts of sadhaks in USA for a long time.



Inagation of the First Reiki Arogya Mandir (R.A.M.) in USA

The First Reiki Arogya Mandir and the Lord Dattatreya Temple was inaugurated by Guruji in his recent trip to USA at Des Plaines in Chicago in Illinois on 25th June 2015. This centre is situated at Datta Kutir on Cordial DR and is open to all patients suffering from any disease. Reiki students of Reiki Vidya Niketan and Swami Samarth NFP have already registered their names for volunteering their Reiki services to Ms Heena Pandya who would be running this centre. This event was attended by over 100 sadhaks from different parts of USA.

Opening of Two new Centres in USA

During the recent trip of Guruji two new centres for Reiki Learning were started. One is in Austin in the state of Texas and the other in San Diego in the state of California. These two new centres are now added to the stable of Reiki centres run by Swami Samarth NFP, a social organisation registered in Chicago in the state of Illinois. The centres are already being run at Chicago, New Jersey, Boston, Indiana Fort Wayne, Midland Texas, Mobile Alabama, and Los Angeles in Upland.

Bhaja Govindam

Hindu Association of Western Texas (HAWT) organized Guruji's lectures in Midland Texas on Bhaja Govindam, a divine poem written by Shri Adi Shankaracharya about 1500 years B.C.. The program was spread over two evenings at HAWT Temple on 21st and 22nd July 2015 and was well attended.

EPIC Parenting Program

EPIC Training program was conducted by Guruji with Krupa and Ashwini at Chicago, New Jersey, Boston, Indiana, Austin and San Diego. The program was well attended at all these places and was well appreciated too. Some of the teachers from USA like Ray Paigintini and Rini Sarin also participated in conducting these programs.

HOW CAN EGO BE USED POSITIVELY?

People get jittery the moment someone uses the word Ego. In fact one of our teachers while teaching in US had a problem when she was explaining Ego States while discussing about Transactional Analysis of Eric Berne in the context of managing Parent Child relationship. A participant wanted her to drop that term, which was uncomfortable to him. One has to remember that it is not the ego, but the expressions of ego which need to be looked into seriously. Ego is a part of our existence and without Ego one may find the game of life difficult to play. Guruji was saying the other day to one of our sadhaks. He said, "Look every one has some ego in the youth phase of life. We all get hurt when someone points out our mistakes. Even I had that kind of ego which led to hurt when someone pointed out my mistakes. But I had learning in that. I realized that actually Ego could be an opportunity for me to perform. I converted that into a driving force for my efficiency. As I realized that I get hurt if someone finds out my mistakes, I had two options there. One to get hurt and spoil some beautiful relationships and second, not to make mistakes so that no one had a chance to point a finger at me. When I chose the other one suddenly I realize that the situation and the life became a pleasant and wonderful experience."

Program Schedule for August/Sept 2015

	Dates	Reiki Teacher	Centre	Degree
AUGUST	22nd & 23rd Aug	Ajit Sir/ Sangita	Nashik	2nd
	22nd & 23rd Aug	Rakesh	Baroda	1st
	22nd & 23rd Aug	Kalpita	Pune	1st
	22nd & 23rd Aug	Vishal	Titwala	1st
	22nd & 23rd Aug	Seema	Rajkot	1st
	29th & 30th Aug	Seema	Jamnagar	1st
SEPTEMBER	12th & 13th Sep	Krupa	Delhi	1st
	12th & 13th Sep	Seema	Jamnagar	2nd
	12th & 13th Sep	Rakesh	Thane	1st
	12th & 13th Sep	Vishal	Mumbai	1st
	12th & 13th Sep	AjitSir/Sangita	Devrukh	1st
	26th & 27th Sep	Bhartiben	Ahmedabad	1st
	26th & 27th Sep	Sangita	Baroda	1st
	26th & 27th Sep	Rajkot	Seema	1st