

REIKI VIDYA NIKETAN



EDITORIAL

Editorial

1
2

Bhaja Govindam (Verse 17) by Ajit Sir

3

Poem by Shivani Karnataki

4

Wounds and Wisdom by Telangan

5

Shiva Heals You by Vivek Pande

6
7

Understanding Mantras by Ashwini Telang

8

Poem by Telangan

9

Hawayo Takata - a life Story

10

Ashram Events

11

Ashram Wisdom & Reiki Seminar Schedule

12

The Beginning of the End for New Generations?



Just the other day, while I was in my Devrukh ashram, a lady came and requested for Reiki to her granddaughter. Many such grandmothers and mothers come with such request at the ashram every day. So there was nothing new in that. I casually asked about the age of her granddaughter and her ailment. The lady answered saying that her age is only 4 months. She was born healthy with her weight around 3.5 kgs. After about 10 days she had some discomfort and was taken to a doctor. They could not figure out much and was sent to Kokilaben Ambani, a premier hospital in Mumbai. The doctors there diagnosed her as some heart ailment and operated upon. She is still unwell. Over and above the doctors have declared that she has a brain problem now. Something rang in my head. >>>>

The beginning of the end for new generations?

continued



I asked her whether she had this problem while she was being fed by the mother? The lady was awed and asked me how did I know that. The reason for my asking was that I had received 4 such cases already on the same lines in the last one month. I could read something between the lines. The lady exploded another bomb of information which scared me even more. She said the doctors in Ambani hospital claimed that they have done almost 5000 surgeries of this nature in the last one year. One hospital and 5000 cases like that? How many could be there in all hospitals in India? And how many could in the world? Mind boggling figures may pop out. And all those playing dirty game of vote catching in the name of politics are not even aware about such gigantic problem affecting a common man. And what about all those returning their awards/medals in protest of so called intolerance in the country and all those activists creating hue and cry on everything that matters only to them and not to the country?

I have been seeing this closely for the past few months. Something horrible is happening (and mind you I am not the prophet of doom). Something unexplainable! Breast feeding has never been an issue for ages in the human history. Why such problems in this new generation for the past few months? Another thing common in this is that these children were healthy in the first 10 days after birth. They used to get fed by moms alright till then. What happened thereafter? Are there any vaccinations given to these children which are affecting their health? Why doctors perform heart surgeries when they are not too sure about what and why that has happened? In fact a recent case came to me where a four days (mind you days) old child was prescribed with a Pacemaker to be installed as her heart rate was very low and doctors predicted her death if it was not done. The parents refused to budge and came to us. Our Reiki channels gave Reiki to her for four days and she is declared absolutely normal. What went right in this case? Why after heart treatment they get affected in their brains and doctors conveniently say that they are born mentally challenged, while the earlier reports proved everything normal with brains? There were news in the media few months ago about a conspiracy of injecting something special(?) through the vaccinations to affect 20% of newly born in this country so that India can never become a super power. Can that be linked to this phenomenon? All these questions need to be answered by one and all in the field of healthcare/medicine and in governance. If we do not attend to this now possibly tomorrow will be too late for the country and the mankind to save the new generation from commercialisation of human health. Will someone listen and do enough research with all earnestness?

Ajit Sir

Nov 15th, 2015

स्थ्या चर्पट विरचित कंठः, पुण्यापुण्य विवर्जित पन्थः ।
योगी योग नियोजित चित्तो, रमते बालोन्मत्तदेव ॥ २२॥



Meaning

As long as there are rags on the roadsides, the renunciated is not bothered about his clothes. The yogi is not bothered about anything as he has gone beyond all desires and lusts. He is the one who is connected to that divine form of the almighty, the one who has attained the state of bliss beyond all impurities and who is as innocent as an infant always floating in his own world.

Here the poet has talked about a life of an Avadhoot. A common man requires something to happen to become happy or even sad. If something good happens he is happy and if something bad happens he is sad. A common man cannot even appreciate that one can be happy without any apparent reason.

Somewhere in the beginning of this series of articles, we have seen that generally what we call happiness is really our reaction to the environment exterior to us. The environment which complements and supports the fulfillments of our lusts and desires is generally termed as happiness. It has basically something to do with the fulfillment or the possibilities of fulfillment. One may consider the three different levels of happiness when it comes to human life. One, the joy of getting something. As this joy is related to the idea of getting something naturally it vanishes the moment you get 'that'. Obviously this is a temporary phenomenon. The next level is about happiness which one experiences when something happens giving an impression that the life will turn around in the better direction. Getting graduation, a job or even getting married could be the ideal examples. This truly is the joy, but lasting relatively for a longer term. Again the reason here for feeling good is the fulfillment of some desires and the moment the desires are fulfilled the degree of happiness starts waning. A real happiness can be termed as bliss which is the nature of our soul. Here, there is no fulfillment of any desires or expectations as there is actually

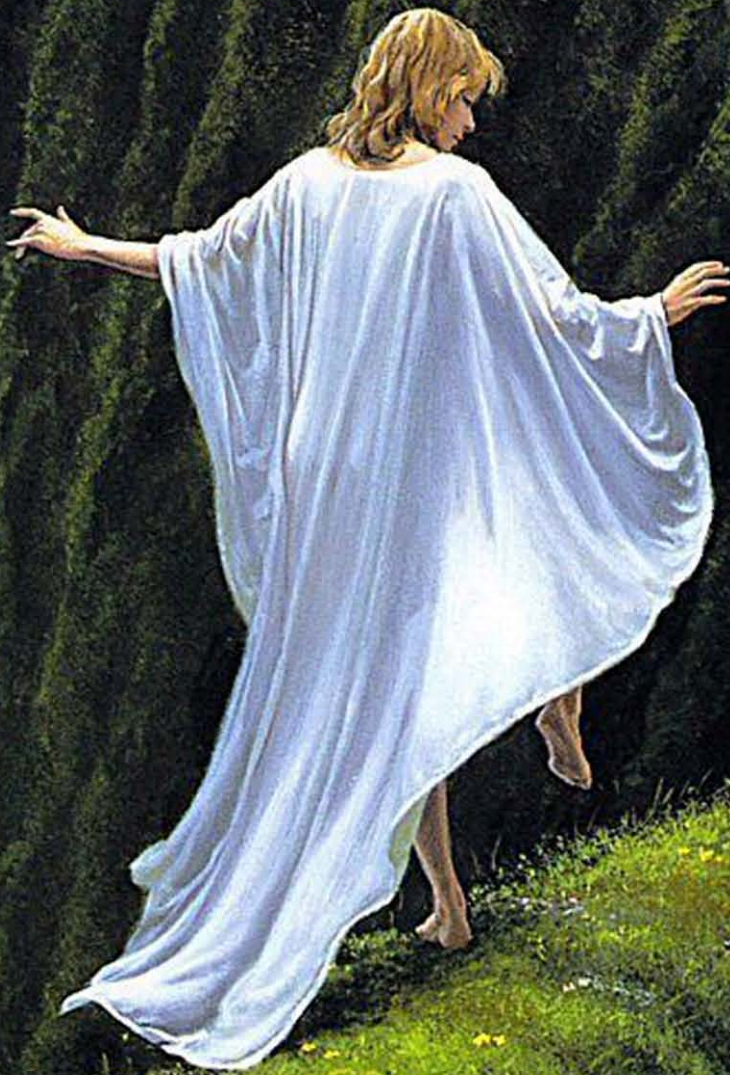
no room for such desires at all. If at all one could find a reason for such a state is meeting that divine or even the self. The true Yogi attains this kind of blissful state of consciousness. The moment you meet the self, the duality ceases. And once the duality is gone how can even the thought of good and bad emerge? Once you plunge into the ocean of bliss where is the reason to find the cause of that state? We all have seen young children many a times smiling just like that or clapping looking looking at the space up there. As adults we wonder why is he smiling and why is he clapping? The adults need the reasons to laugh or clap or even to dance. But the young children live in their own world. They are not tainted by the good and bad impressions, the world creates on human existence. They are so pure. Originated from the realms of union-ness into the world of duality, they are still not contaminated by the dual nature of the world. No wonder they are still in touch with their purity, curiosity and the innocence.

The Yogis are more or less like these children. Younger children are moving from the realms of union-ness to duality while the Yogi avadhootas move in the reverse direction from duality to unionness. Both have crossed the limits of mind and are hence beyond the cause and effect relationship. If one understands this, one can appreciate the statement of Lord Jesus, "I tell you the truth, unless you turn from your sins and become like little children, you will never get into the kingdom of heaven..." (Mathew: 18.3 Bible) I do not think Jesus talks here about the children in terms of age but definitely in terms of purity, innocence and curiosity. We all have that child in the real sense in our existence.

Generally, people in such a state of consciousness are termed as Avaliyas or Avadhootas. They relate more to the inner self (the Brahma) than to the outer world (Maya or Illusion). One can find the large number of such saints in Lord Datta's spiritual path. Great saints like Shri Swami Samarth used to sit on the heap of dirt or even on the heap of bones and run the world. Because they never carried discretion that the pile of dirt is bad and the throne is good. Such things never came to their mind at all. Truly speaking the clothes are not the need of human existence. The human civilization which created a social structure demanded the use of clothing. This was the need created by illusions of mind more than the need of the universe. In union-ness, there is no one but one so, whom you should be ashamed about? The one who is covered by the robes of vast sky in the 10 directions may not need any other clothe to wrap one self. When the body is getting old and dilapidated day-by-day why should one use the good clothes to cover? Can the old rags be not enough? If the human body is born without a cloth and even dies that way. May be in the childhood the clothing which was used to protect oneself from the vagaries of the nature becomes the need of mind and ego over the time. And then the world around starts accepting or rejecting you based on the clothes that you wear than the man that you are.

OF HOPE and HOLDING ON

by Shivani Karnataki



Standing on the edge,
I looked back
At the immeasurable distance
That never felt so endless before.
Today looking down at the roaring waves,
It's peaceful enough to soothe my soul.
For, this ocean is deeper
Than this never ending road,
Deep enough
To embrace my wails,
And never let my voice reach out to 'em.
This ocean seems so deep now
That maybe,
Just maybe,
I'd lose my breath
And race towards that one ray above,
Penetrating down in the darkness of the sea,
And find my way out
Only to see the light that would show
How little that distance
On the other side of the cliff has always been!



WOUNDS & WISDOMS

by Telangan

*“Believing as I do in the theory of rebirth, I live in the hope that if not in this birth, in some other birth I shall be able to hug all humanity in friendly embrace”... **Mahatma Gandhi***

I'm not sure really what happens to us when we die but one can't take all the experiences in single lifetime to get only direct knowledge. At one point one has to be depending on the experiences of other enlightened and trusted wise men like Buddha, Jesus and Guru. I quite liked what Mahatma Gandhi said because there is lot of hope for everyone in it. There is lot of merit in being optimistic than pessimistic.

We start believing certain things in our lives since childhood. It is better to believe blindly and follow what Buddha or Jesus said than cursing a black cat for crossing our path or tie up a lemon and chilies to avoid evil forces. We do love to believe in nonsense or simple external easy solutions than powerful but time consuming yet difficult solutions on our issues and therefore we run behind fake babas and bogus people for answers than following Buddha blindly.

We keep coming birth after births on this earth. Fortunately or unfortunately we don't remember our past lives. It is fortunately because if we had done anything terrible in the past life, we could go into depression. It is unfortunately because if we knew it then we could have had a great chance to correct our errors in this lifetime only.

We learn certain things predominantly about relationships in every birth for sure. We need to observe our own lives very

carefully and also with honesty; we could easily know what was the purpose of this lifetime. For example if we deal with people who are constantly getting furious without reason or we are blamed all the time for something that we don't know. Someone creates every movement like hell. In such cases either we don't accept it and respond a **'Tit for Tat'** approach or we deal every moment with lot of endurance. *Tit for tat approach creates more painful situations in life and we create them even for future with our every reverse response. In contrary calm, let go approach builds more patience within us.*

We close painful Karmic accounts with every forgiving act. The more important is our learning in this lifetime. Love; forgiving and patience works better and have lasting effects than the anger, impatience and distrustful, blameful mind that creates violence. In this birth we are born to get this important knowledge or learning. ***When we lack something in this birth and refuse to learn then perhaps we get another chance to learn it again in next lifetime... it could be harder and along with additional learning as well but there is no escape until we perfect those errors.***

It is important to sit back for a while and think what is the purpose of my being on this planet and what have I learnt until now... ***There are Wounds in our lives but they give us important Wisdom also...***



Sleep like **KRISHNA**

by Vivek Pande

The Russians say, that a good laugh and a good night's sleep are the two best medicines. Just recall those days where you weren't able to get good sleep. I am sure each one of us has gone through a phase where we have remained deprived of a good night's sleep. This may have happened because of some work load at the office, some relationship issues or some nasty situation at home. We all have gone through some or the other phase in life where falling asleep, one of the most natural acts (involving no action) appeared to be more than a struggle. Well whatever may be the reason, none would disagree about the fact that we all need a good sleep to lead our lives better and to set life in a get-set-go mode for the next day. And it goes without saying that its importance can never be undermined as we spend almost a one-third part of our lives on the bed. However, the most pertinent question that arises is, how do we get a good sleep? How to go about the process in the most effortless and non-struggling ways? Before we learn about the spiritual ways of getting a good sleep, let us take our imagination for a while to those days, where you weren't able to get a good sleep, without which the very purpose of writing this to you will remain unfulfilled.

Back? Good. Vedic sciences say that the universal consciousness manifests itself in four states. The Jagrut awastha (which is the waking state), Nidra awastha (sleeping state), Swapna awastha (dreaming state) and Turiya awastha (the superconscious state or the fourth). The first three states of consciousness are experienced by us in abundance, the fourth state i.e. the Turiya awastha is experienced in smaller packages by us and is more of a ball game of the Yogis or the Siddhas. Here we need to make sure that in no way we prefer one state of consciousness over the other. Each has its own significance in this journey of life,

and hence we need to respect all states including the Swapna and Nidra awastha. The Swapna Awastha, releases all the hidden emotions and desires hiding in the subconscious, whereas a good tight sleep results in Nidra Awastha which again has profound significance in terms of healing.

Ever wondered how lord Krishna looks when he goes to bed? Is he fully conscious while asleep (huge contradiction)? OR does he just become completely unconscious like most of us (because if he does, he becomes unqualified for being called as God). Let me help you ponder over this by narrating one of the most quintessential moments of the Mahabharata. Just about when the war was about to break open and most of the kings of India were left with the perennial choice of choosing between Kauravas and Pandavas (or face the wrath from either side). As an official procedure, Lord Krishna was approached too by Duryodhana, the prince of Kauravas and his own beloved friend Arjuna. What happens next is Duryodhana enters the bedroom of Lord Krishna, finds him fast asleep and decides to sit right next to his head while awaiting his response of joining him in the ultimate war. Things get slightly delayed in case of Arjuna and he enters the palace of Krishna just a moment after Duryodhana, but chooses to sit right next to the lotus feet of his friend and the Lord of the universe himself. As such, it makes sense for a person seeking help from another, to be sitting somewhere near the feet rather than the top of the head. However, Lord Krishna being fully aware of the whole situation, deliberately decides to overlook Duryodhana and chooses to open his eyes by getting up in front of Arjuna. Lord Krishna's that very expression when he wakes up (or should I say that he was never asleep), prompted me to write this to all of you. That expression of Yogeshwar was beyond

>>>>>

all the normal phenomenon of tiredness and sleep. Coming back to the episode of Mahabharata, Krishna is supposed to have said, “Arrey Parth tum kab aaye?”, as if to say that he never came across the presence of Duryodhana, who was sitting right on top of his head. An act of divine intelligence at display to be deliberately escaping something he never favoured. The rest, as we all know is history. Duryodhana, as per his own sensibilities chooses “the Narayani Sena”, instead of the “Narayana” himself and Arjuna is more than happy to just have the companionship of his friend.

In case of Lord Krishna, the consciousness seems to be flowing in an uninterrupted stream of data, whereby he is always aware of what is coming towards him. His attention resides in the Anahata chakra (An-ahata= un hurt) whereby he simultaneously displays his talent of all knowing, all understanding and forever being in the present. His breath completely balanced, the rhythm of which could be matched by none on the earth. Inhaling the smell through both his nostrils and exhaling fresh air to provide breath to this living planet. The intellect which is always neutral and non-judgemental of the multifaceted vision of the world. The wisdom, over-ruling and over-riding his emotions most of the times. The mind ever so balanced and proactive in dealing with even the least important mundane matters of life. And also, a will, which is ever so engaged for the betterment of the human race.

Coming back to the episode of Mahabharata, Lord Krishna seems to have fallen asleep only from outside, whereas within him he seems to know exactly what was coming towards him. He seemed to be asleep at the physical level but at the same time highly awakened within him. He looks fresh before going to bed, while asleep or after getting out of

the bed. I wonder if Krishna were to be here during these times, would he get tired by working on the computer till late night or have dark circles under the eyes for that matter. I don't think so. The whole phenomenon of getting tired and then waking up seems to be pointless in his case as he is beyond all dualities of the world. But how does he manage to do this? As Reiki sadhaks we ought to know about this. One reason for sure is he does not go to bed by throwing his mind out and running away from the so called daily troubles. He not only faces those so called troubles for him but has accepted and also is aware of all the solutions coming up his way to resolve the issues. Where most of us are gutted in the root chakra while going to bed, Krishna does not look at sleep as a process where he takes rest, rather he treats it as giving rest to his body which is the lowest frequency under which the humans operate. If you can believe my words, he watches himself go to the bed through the consciousness shifted/fixed in the soul and watching the body rejuvenate. If we could all learn to calm our minds and accept whatever it is in one's life, we could slowly move from Root chakra to Crown chakra and thereby become aware of the larger game of life, I am sure the quality of sleep that we experience would be a lot better. Also the deeds done by us, the reactions shown by us during the Jagrut awastha, also play a pivotal role in deciding a good sleep. This whole process of shifting our consciousness and going to bed instead of running away from our own mind and throwing our bodies on the bed is the key to a good sleep. And last but not the least, taking 'Reiki', is surely the easiest and the best ways to go about it. Mother Reiki ensures a good sleep to all her children provided we choose to lie down on her lap. That is all from my side. Good Night!! Sleep tight!! Just like Lord Krishna. Jai gurudev.

Why Eating Meat is Harmful to us?

A channel was showing a documentary on slaughterhouses of India. The conditions at the slaughterhouses were very bad. The animals were tied up at open area where they could witness the killing process. The fear and agony was clearly visible in their eyes. The place was full of blood and leftover remains of the bodies. Animals were helplessly waiting for their turn to die. There were no doctors available. Sometime those animals were struggling hard to die because of the poor and primitive equipments. That was leaving a great psychological impact on the other animals.

Fear, depression, agony, hatred, hopelessness stress and many dangerous hormones along with all kinds of

negativity would directly pierce through the mind and the body of the person who is going to be consuming that meat. This was more dangerous effect then the hygiene part. The study shows that the harmful changes in the attitude of people appear only after consumption of the meat. We see growing anger (Tamas), depression, stress, fear, and diseases like cancer or heart because of eating meat. Europe and America where maximum meat is been consumed are having similar tendencies and sexual behavior of animals in relationships. Meat takes 72 hours to digest and it remains in the intestine for that long. Every Spiritual master and all the Saints recommend only vegetarian food because they have understood all the harmful side effects of it long back.



Understanding Mantras

By Ashwini Telang

Recently I attended the Ancient Wisdom Study Circle on the topic 'Mantras' conducted by Pritiji in Thane which was really pretty good experience for me. In this session, she explained the meaning of the word Mantra, the concept behind Mantra Siddhi and many more things like; what Purascharana actually is etc. After the session was over, I subconsciously opened one of my personal diaries and there! To my surprise I found some notes on Mantras & Symbols which were written way back in 1998 when I was in school. I immediately read that out to one of the sadhaks who happened to be there with me and is also in the editorial group for Reikibrahma Newsletter. While reading, I thought to write an article on the same so that most of us can benefit from it. At that very moment she also mentioned the same thing which according to my understanding must be the divine will that I should reveal to the world what I myself have understood.

The word "Mantra" consists of two words "man" and "tra"; wherein, "Man" refers to the "mind" and "tra" literally means "for". In other words, that which is for mind is Mantra. The mind is the only thing which makes all of us Humans and that is why; mantras are of immense importance in human life. The Mantras do not possess any power of their own but are means for arousing and concentrating already existing forces of the human psyche. It is said that, we humans do not even use one percent of our mind and brain. So in order to access the hidden and dampened features of our mind, mantra is used. Mantra of specific deity are the archetypal sounds, if chanted correctly for the prescribed time basically serves as the password to unlock and activate that part of our mind which possesses features related to that particular deity. On the other hand, as per my understanding, Deity is nothing but the frequency of bands available for us to get connected to enhance our psychic abilities. I suspect that this is the reason why it is said that if we chant certain mantras of deities we acquire their properties. Basically, each mantra serves the purpose of unleashing some aspects of mind which probably we are / were not even aware of. According to me, this is Mantra Siddhi.

Most of the time, along with the mantra another word Symbols (Chinha) comes and often it seems to confuse most of the individuals as in why should these two go hand in hand? To understand that we should also understand what the word symbol means and where has it originated from. The word

"Symbol" has its origin in the very structure of our psyche (Consciousness). Therefore, Symbols are not arbitrary creations of individual initiative but arise from collective or general human experiences, modified only by cultural or religious traditions. *For example, so far as religious tradition is considered Swastika is drawn in certain pattern and not the other way round. While the modern symbol for AIDS would be best example for cultural tradition.*

On one hand, "Symbol" may be defined as the primitive experiences of the oblivion. While on the other hand it is an idea that corresponds to the highest intuition of the conscious mind. Such things like conventional symbols are not to be thought out, but must grow up again from the dark depth of the unconscious, in order to express the outer premonition of the conscious mind and the highest insight of the spirit, so as to integrate the uniqueness of consciousness, that is fully aware of the present, with the primordial past of life.

The mantra basically enables us to connect our Conscious mind (peripheral consciousness) with our unconscious mind (in-depth consciousness) which represents the totality of our past. The seed (bija) mantras are pre-lingual, primordial sounds which express feelings but not concepts, emotions rather than ideas. In simple words, Bija mantras are the sounds, which if chanted appropriately, may trigger your emotions and feelings in order to cleanse the particular chakra the bija mantra belongs to. It is also said that one should never ever share his or her bija mantra given by one's guru. As per my knowledge, Guru is the one who knows you in-and-out; hence he provides the bija mantra which best suits your existence. Bija mantra is just like the bandwidth given to the service provider within which they can operate. Can you imagine what would happen if the bandwidth of two or more service providers is the same? It will be the chaotic situation; the same happens if the confidential bija mantras are shared – the signals may get mixed up and result into a mess of conversation. However, there are seed/ bija mantras which are general too and can be used by everyone like a wifi connection without password like Niranjan Mantra. However, like the one cannot use wifi until own wifi is switched on; the mantras too are needed to be chanted with sincerity to qualify to catch those wifi signals. These general bija or seed mantras actually help us to cleanse overall upper layers of our existence.

I went to the temple,
Church, and the shrine
Searching for you...

Long queues of people
In belief of receiving
Something from you...

By paying extra cash
rich could go closer
queues meant for poor

The priests were agents
promising the heaven
behalf of you...

Looked around hard
But I was thrown out
When I asked for you

Have you change address
and not informed them
how do I find you on my own

Years went searching
all over the world... up and down
found only agents but you

Now I'm wrinkled and aged
Met you while dying
Fading away in the light

Realized you never lived
in the temple, Church or shrine
neither you had any agents

You were in him, her and me...
Wasted time in queues
Searching for you...

In Search

by Telangan



Hawayo Takata - a life Story (Part 7)



In the last article (November 2015) we have seen how Mrs Takata could manage to heal diseases like Leprosy and Asthma. Here are more such experiences of Reiki healing as experienced and recorded by Mrs Takata, which should inspire many of our Reiki channels.

1) Ulcers:

Once a person came to me with ulcers in his intestines. He had lost appetite and had a nausea about food. He used to vomit not only the cough and bile but also the blood. Whenever he would eat a meal he used to get a severe pain in his stomach. That was the reason he used to eat a bland diet. But after taking Reiki treatment from me for 21 days, he not only got his appetite back but his vomiting totally stopped. He became very restful and started eating anything and everything he cherished.

2) Cancer:

There were lot of Cancer patients who used to visit me. They were from different types of cancers like breast cancer, colon cancer and even some one with tongue cancer. For all these patients I offered the same Reiki treatment. First and foremost I would offer them full body Reiki. I would start from the head points, followed by the glands on the front of body, then on the lower part of the body in the front and finally used to turn the patient on his back and treat the back points. Thereafter I used to treat a patient on the affected part of the body. I experienced that if the gland of the cancer was of the size of a walnut, it would get dissolved after 21 days of Reiki.

If a lady had a breast cancer, I would treat her reproductive organs like her ovaries and uterus etc besides the full body points. I also used to treat that lady on that part of her breasts where there was a cancer. Many a times I used to

feel that the colour of that part was different like say violet or sometimes reddish before Reiki treatment began. As the treatment would progress, I could sense that the colour of skin on that part would start changing and became normal. That was a sure sign that the surgery could be avoided.

In one of the cases, a lady was told by the doctor that she would have to go through a surgery after 5 days. That lady was shaken with fear and very nervous when she came to see me. I could feel a small growth of a size of small walnut. I gave her Reiki the way I have explained above and sent her to the same doctor after 5 days. When he examined her he could find there was no gland at all. The lady was extremely happy and so was her husband. They came and learnt Reiki themselves from me after few days.

(to be continued)



Ashram Events

Swachetana Shibir

(Reiki Intensive), Borivali, Mumbai

Reiki Intensive generally called as Swachetana Shibir was organised by Mumbai centre of Reiki Vidya Niketan on 17th October 2015 at Vamanashram in Borivali. It was a great opportunity for new sadhaks who have joined Reiki family in the past few years to have met Guruji and discuss various issues related to Spiritual practices like Reiki. The one day event was full of interesting episodes like discussions, questions & answers, presentation on Healing by Mrs Hawayo Takata, Candle light meditation with Rudra chanting and some other meditations. About 120 people participated in this event. It turned out to be a great opportunity for sadhaks from Mumbai, Thane, Pune and Nashik to meet after quite some time and exchange their Reiki experiences.



spiritual practices can prove to be a great boon to bring the humanity back to track. NMA has now organised a two day EPIC Programme on “Responsible Parenting” to be conducted by Guruji on 12th and 13th December 2015 at Navasari.



Yoga Niketan, Vadodara

Yoga Niketan is one of the pioneering institute in the field of Yoga science in India and located in the heart of Baroda city in Gujarat.

The management of Yoga Niketan invited Guruji to deliver a lecture on Reiki Healing to its members in the morning session of 2nd November 2015. Guruji gave answers to various questions related to Reiki healing science and explained the need of Reiki in today's stressful environment all over the world. The meeting was held thereafter between the coordinators of Reiki Vidya Niketan and Yoga Niketan to find out the possibilities of these two premier institutions coming together to create a spiritual healing option for the common man. The joint efforts of these two Niketans will start from January 2016 when Yoga Niketan will organise a Reiki session to be conducted by Guruji.



Navasari Management Association

Navasari Management Association (NMA) from Navasari in Gujarat state, organised a meet on Relationship Management on 18th October 2015 at their centre in Navasari. Guruji was invited to deliver a lecture along with Swami Amrutvadan Das from Swami Narayan sect. Guruji while talking on his favourite topic of Managing the Manageable won the hearts of the members in audience which came in large numbers. Guruji while expressing his thoughts drove the point home that



the real problem is the stressful minds and explained how

Adhyatma Vidya Mandir, Baroda

The night of 2nd November was a great event for the members of Adhyatma Vidya Mandir at Dandiya Bazar in Baroda. Guruji spoke on Bhaja Govindam, the immortal poem written by Shree Adi Shankaracharya about 1500 years ago. The hall at the event was packed and overflowing with the keen listeners of the topic. The speech lasted for almost one and half hour during which Guruji covered first 13 verses written originally by the poet. Guruji explained the deepest meanings of these verses by giving simple examples of daily life and enthralled the audience which was spell bound for the entire duration.



The Master and Disciple

Generally it is believed that, the disciple does not have to search for the master as the master searches the disciple. Though this statement is partly true, not many sadhaks understand the deeper meaning of that. Few days ago, a sadhak asked Guruji, "you are our master, aren't you?" Guruji immediately responded, "I think you should not be asking this question to me because till you consider yourself as disciples, I cannot be your master. It is the disciples which make the master and not the other way. Master at the most can create a student but not the disciple. One need to have certain qualifications to become a disciple where there is no discipline, there is no disciple. The question is whether you have that discipline within you? Where there is no faith, there is no disciple. Do you have that kind of faith within you? Where there is no surrender, there is no disciple. Do you have that surrender within you? If you are suffering from some physical ailment and if I tell you do not do anything, everything will be fine. What will you do then? Would you run to the doctor after waiting for couple of days giving the reason of pressure from the family members or would you not? You need to take your own tests like these. The master never takes test as he knows you inside out. He just creates situations so that the environment is created for you to test yourself just like the teacher in the 10th or 12th grade gives you the list of probable and important questions for you to solve at home and evaluate yourself. Now keep on giving tests and evaluate yourself as and when the situations emerge. Once you feel that now you are a disciple, I'll become a Master. That is the real meaning of when the disciple is ready, the master emerges."



Program Schedule for December 2015

Reiki Seminars	Dates	Reiki Teacher	Centre	Degree
	28th & 29th Nov	Krupa	Delhi	1st
	28th & 29th Nov	Vishal	Mumbai	1st
	28th & 29th Nov	Bhartiben	Ahmedabad	1st
	5th & 6th Dec	Ajit Sir	Goa	2nd
	5th & 6th Dec	Vishal	Goa	1st
	5th & 6th Dec	Kalpita	Devghadh	2nd
	5th & 6th Dec	Seema	Morbi	1st
	5th & 6th Dec	Renu	Hyderabad	1st
	12th & 13th Dec	Kalpita	Pune	1st
	12th & 13th Dec	Vishal	Nashik	1st
	12th & 13th Dec	Kalpita	Devrukh	1st
	12th & 13th Dec	Seema	Rajkot	1st

Other Programs	Dates	Topic	Venue	For Whom
	12th & 13th December 2015	EPIC Parenting	NMA Hall, Navasari	NMA Members, Navasari
	24-26 Dec	Datta Jayanti	Devrukh Ashram	For all sadhaks