

# REIKI VIDYA NIKETAN

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On 8th June this year Reiki Vidya Niketan completed 17th year of our existence. The institution which started with only three people- myself, Dr Gokhale and Dineshbhai as founders, this organization has now become a big family of about 30,000 sadhaks. With almost around 10 Reiki Masters and more centres opening all over the world, the mission for Happiness, Health and Harmony for Humanity will spread far and wide. There is no doubt about that.

Every anniversary is an opportunity for one to look back and introspect. On this anniversary when I look back on our own family, I feel so happy and proud that the mission of Reiki has already entered in various application areas like Family relationships, Old Age problems, Deformities, Holistic Pregnancy, Study Circles in advanced areas of healing. Reiki is touching every dimension of life.

On this occasion, in this issue we have decided to give some of the expressions of some of our senior sadhaks who had learnt Reiki before 2002. These articles were published in an issue of Make History, one of the oldest publications in India in 2002. I remember that issue was specially dedicated to Reiki and I had the honor of being a Guest editor. These reminiscences will inspire a lot of new sadhaks who have chosen to walk on this path. My salutes to all those who have learnt Reiki from Reiki Vdya Niketan in the past 17 years and wish them all the best in their lives.

**Ajit Sir**

Editorial



# Getting Attached to God

*Sangeeta Kulkarni, Reiki Master, Vadodara*

Shri Swami Samarth

Reiki touched my life on 19th June 1997. I do not know when it entered my life thereafter. It took me over.

My objective of learning Reiki was that I should be able to guide my school going children and bring them up as good citizens. There were no physical problems. But mentally I had some. Now I realize there was nothing wrong around. There was something wrong within. I used to be in fears, used to get angry, used to be egoistic. All that is gone.

I kept attending more and more seminars. With every seminar the experiences also increased. Every time I learnt something new from my master. Slowly the sanskaras started dropping away. I was becoming lighter and lighter.

I started feeling very nice after the 2nd degree course. Started experiencing different types of healing. I used to get excited with every healing. Then we used to share them with each other on phone.

On the very 1st day of the 1st degree itself, I decided to do the second degree under my master. I got my 2nd degree on 22nd day after my 1st. Went home totally blissful. Life got a new direction. The attitude towards life

changed. Got many windows of life opened that day.

Mind became quiet. Issues did not disturb me any longer. I am more in surrender now.

Reiki taught me to accept life as a Prasad – a blessing of God. How can it be bad? I do not find life to be a burden any longer. It is like travelling light now. When you do not have much luggage to carry, you can just push the same underneath your seat and relax. You do not bother. I feel, with Reiki and Swami supporting me, I do not even have to put any chain around my luggage. I feel light now.

I experience Reiki in every breath. Every moment is a Reiki moment. It is like I am sitting

on the lap of my mother. Nothing disturbs me, nothing bothers me, nothing frightens me.

I am fearless. I do not cry on seeing someone's sufferings, somebody's death. This possibly is the detachment from the daily life. But I know that I am getting attached to God. That is reason enough to enjoy life.

Earlier I used to miss my master – his physical presence. Today it does not bother me any longer. I could sense him all along. That perhaps means refinement. This is all Reiki for me.





# REIKI MY RENDEZVOUS WITH JOY

Mr. K D SOLANKI, Chennai.

Jai Gurudev!

I wish to share my experience of joy and happiness over my practicing Reiki. God has been very kind to me ever since I started the practice. Reiki has created openness and awareness in me, which has led me to the realisation of my life. The purpose and goal in my life is clear i.e. to experience bliss and share the same with all beings on this earth. My ego was at head level and above! By my attunement it came to heart level and broke. By practicing Reiki, it has completely dissolved at soul level. I have realized that I am only a doer and things have started happening. I am experiencing peace and tranquillity with one and all everywhere. I never had any disease in the past two years, my body is hale and healthy. I get sound sleep and feel light and energetic throughout the day.

In the past two years lot of things have happened in my personal and professional life and I am able to sail through with equanimity of mind. Lot of things are happening every now and then, lots of people are healed through me of body pain, blood pressure, diabetes, cold, cough, fever, back pain, sprains and wounds. These give me immense happiness within. I want to share two experiences. My aged father had

a fall, which resulted in a cartilage cut in the ear and severe weakness. He was healed totally in 21 days. As it is said that Reiki sadhaks are always protected, my son who is a Reiki channel had met with an accident and had a deep cut below the knee on the right leg. He had 18 stitches but the stitches were healed in 3 days to the surprise of Doctors. He fully recovered in 21 days.

Reiki has made my inner senses more prominent. I am able to hear voices that guide me during healing process. My wants have come to the barest minimum and needs are fed by God as I deserve. I am experiencing godliness in all human beings. I am content with what I have, not aspiring for more and more. I have mellowed down and prefer silence. In silence I am able to communicate, getting messages for others. Yoga and Meditation practices also help me to keep my body and mind in natural rhythm. I have learnt to take things as they come and as they are, pro-acting instead of reacting and leaving things to Reiki when no other options are open. I am indebted to my parents who have given me life, to my teachers for guiding and leading me on this path and to my wife and son for all the support given to me.





# Reiki – Rejuvenating From Within

Mrs. VIDYA KUMARI, Ahmedabad

As an executive in her late twenties, with the mind and feet firmly entrenched in the ladder towards career and corporate success, I had no time or thought towards the inward looking or even the outward looking, except for the obvious! A regular routine of five-minute prayers was the only leftovers from a normal middle class spiritual childhood.

In my function as a planner of my organisation's Training Calendar, my job was to get the 'others' do their jobs better. Hence, attending the training sessions on the latest good manufacturing processes, better communication skills etc. were more or less mandatory for 'others' in the organisation.

So suddenly, when it was my turn to offer a Training Program in Reiki, (for want of a better term, then) where participation was for those who are 'interested', I was pleasantly surprised by the response. Lots of corporate executives and manufacturing wizards gave in their names. I opted to stay out of the program after sending detailed responses extolling the benefits of Reiki – the Healing Touch; due to a prior personal commitment – my daughter's 3rd birthday.

On the opening day of the 2-day Training Session for Reiki First Degree, I went to the Training Center to meet the Reiki Master, Shri Ajit Telangji, to extend our welcome on behalf of the organization, and to oversee the arrangements. All it took was just a few words and a quiet "why don't you attend" from Shri Telang that made me simply nod my head, and enter the hall. And there was space left for exactly one more participant.

One of the initial happy moments of being attuned to

Reiki included a community celebration of my daughter's birthday with all the members of Reiki programme, and with my family members in attendance as well. The event remains one of the finest surprises, and a feeling of complete happiness that I have received till date.

The magic of Reiki had begun for me, and even after three years it is still continuing.

Reiki is the universal energy that heals the imbalances in both the physical and mental state of being and helps to reach a higher level of spiritual consciousness.

Reiki's healing power is nothing but channelling life force energy to clear blocks that inhibit the physical well being and spiritual equilibrium. Finally, the realisation that I can achieve all this through the palms of my hand was a very powerful and at the same time, a very humbling revelation.

Reiki had opened my eyes to many things that I had taken for granted for most of my life experiences that I had not bothered to read beyond the obvious. Reiki's healing touch has not only helped me to deal with disturbances or irregularities in the physical sense, but also turned to be a transformational tool in improving harmony in thoughts, relationships and almost everything else.

Over a period of time, Reiki has freed me from being the kind of person that I 'wanted' to become to the person that I am. This is a very comfortable feeling where I am not forced into doing or saying something that I would have done previously to keep up with an 'image'.



# LIFE LOOKS BEAUTIFUL

Deepika Sehra, Vadodara

Jai Gurudev.

First and foremost let me take this opportunity of thanking the Almighty for lighting the lamps of spirituality by the grace of Guru. Probably they were the fruits of the past deeds that led me to move on this path.

The word Reiki was an unknown entity that was never thought or discussed earlier. On one of the fine mornings, my friend told me about the Reiki seminar being conducted in the town. I was not willing to attend the seminar but destiny is destiny. I attended the seminar, and believe me, I was thrilled and excited by knowing the fact that God has taken over the responsibilities of my entire life with a helping hand to lift me up in times of grief and sorrow. Knowing this, the life before Reiki and the life after Reiki has made a lot of difference in my quality and thought process.

**Life Before Reiki**

Like a normal person I used to worry a lot about myself, parents and other family members. Knowing the fact that nothing is in my hands, no situation is under my control, I still used to get myself trapped in the situations and held others responsible for the happenings. At times I would curse myself and my fate for the life given to me. Faith in God was always

there but I never sensed HIS presence, never felt the unconditional love and care showered on me. Life was always taken as a burden and I was leading it in an aimless and directionless way. Happiness in life was there but was limited and was conditional. Happiness was directly linked to the situation and happenings around. Remote control was always given in the hands of others and they would react which would indirectly affect me.

## ***Life after Reiki***

My approach and attitude towards life has completely changed. I have understood the meaning and beauty of life. Life that was earlier taken as a burden is now understood as a place to reside, enjoy and celebrate.

Respect for the elderly persons and love for them has grown tremendously as everyone looks as HIS (God's) own reflection.

Personally I have changed a lot. The following are some of the changes:

***Quiet and Calm***

***Peaceful within***

***Expressive***

***Learnt to shift (adjust)***



# An interview with a Doctor on Reiki

*Dr Nabhiraj P. Upadhye, 70, is one of the most well-known names in Ratnagiri district of Maharashtra state, in the field of medicine. He has been a practising Doctor for over 45 years and has been running his OM Clinic and Nursing Home in Devrukh for the past 20 years or so. His services to humanity and his contribution to the Health-care services have been well recognised and suitably rewarded by the Government and other public bodies in the past. Dr. Upadhye is a strong believer in Reiki Healing Technique for over 4 years now. Here is an excerpt of his interview with us, on this subject:*

**Make History (MH):** Doctor, how were you attracted on the path of Reiki at first place?

**Dr. Upadhye:** As a medical practitioner, I have always been keen to offer the best of the medical services to my patients. From this viewpoint I used to read various books and generally be attentive to various sources of information that would help me in my mission. Accidentally, while watching Sahyadri TV channel at home once, I viewed the programme on Reiki. This was mainly a discussion on Reiki. I came to know that Reiki can be used effectively as a healing technique and started collecting more information on this subject. I came across a book, "Joy of Reiki". This opened up the doors of my curiosity and it got aroused fully. I could find out that Reiki was being taught in Devrukh- my own village. I contacted Mr. Vijay Sable who is my good friend and who has been organising these seminars. I registered my name subsequently and learnt Reiki.

**MH:** How was Reiki useful to you in your profession?

**Dr. Upadhye:** I started thinking seriously about how I could use this noble practice in my profession. I started taking Reiki before sitting on my chair every morning and praying in a traditional Reiki way. This practice I continued. Then I gave Reiki to my diagnostic instruments and other appliances in my clinic. I was benefited tremendously by this practice especially in difficult cases. I started finding the way with absolute ease. The option of treatments started unfolding in front of me. Besides, in emergency cases, I could give relief to the patients and reduce their trauma to a great extent. E.g. Patients with complaints like backache, toothache, scorpion bite etc.

**MH:** Can you cite in detail any particular case where Reiki was of great use to you?

**Dr. Upadhye:** Reiki has been a very effective treatment for very serious diseases too. One patient aged 35 years was sick with Liver

Cirrhosis with Ascites. It was absolutely an emergency. In fact it was a pretty bad situation. One MD specialist inferred that the patient will not survive even 15 days as he had practically reached the end of the road. This patient was working in my own clinic and was admitted to my clinic only. We decided to treat the patient with Reiki which seemed to be the only alternative.

Fortunately around the same time, Shri Ajit Telang (my Reiki Master) was in Devrukh only. I requested him to look into this case. On seeing the case he immediately asked one of his senior assistants to perform a Reiki treatment on Liver. The patient was attended accordingly. Thereafter all of us – the Reiki practitioners - gave Reiki for 21 days. We were asked to clean his aura and give group Reiki treatment. We did that for another 21 days. I started realising that the patient was benefitting tremendously. There was a marked improvement. The size of the stomach which was around 42" to begin with (due to accumulation of the water) came down to 38" after the first round of treatment. My Master was there again during that time. He was happy with the progress and suggested that we continued for another 21 days. To our great surprised the patient was totally healed during that time. The size of the stomach came down to 32". His appetite had grown which meant that his liver had started functioning normally once again. One should have seen the faces of those Reiki channels who gave him Reiki during those testing days. This was a unique experience. A person who was on the doorstep of death was saved by Reiki. A miracle had happened.

**MH:** What else would you like to say on Reiki?

**Dr. Upadhye:** It was proved many a time that Reiki has healed patients of various diseases. But what enchants me more is that the change which occurs in one's existence – a phenomenon which cannot be expressed in words. Reiki really acts on various dimensions of life which changes the life of a person totally. One starts understanding the real meaning and value of life after Reiki. It can be a boon in the old age. I am experiencing all that and do not know how to express my gratitude to Reiki for all that.

# LIFE BEFORE AND AFTER REIKI

MRS KUMUDINI KARMARKAR, VADODARA



On first September 1995, I retired. As I reached the 61st year, I took my first degree of Reiki on 30th and 31st December 1995. I could feel the results immediately. I took Reiki for 21 days to myself. Mr Vinay Vaiya, my master for the first degree narrated the experience of himself and his master Mrs Shymal Durve. I was overwhelmed. At times, I used to think, 'has Vinay hypnotized me?'

My habit of tea just vanished from 1st January 1996. I did not leave it. It just got left. I always wanted to leave it, but I was a slave of the habit. Good that it went without any resistance.

I was addicted to solving crosswords. I wanted to come out of that. That also happened suddenly.

My physical energy, mental energy all were on the upswing. I was not tired with enhanced workload too. I felt very fresh.

My spondilosis problem was also solved. I used to have a severe problem in winters. That slowly vanished. Now I feel the problem when I bend and lift heavy things. Otherwise I do not feel there is a problem at all.

I started feeling more hungry, gained good weight, my digestive power improved, I could sleep well now and my confidence was on the upswing. And the 21 days passed by. I had a great experience

of 1st degree. I did my 2nd degree under Shri Ramkaka Deodhar. He was 75 when he taught me. He looked as of 60-62 years – his dark black hair, his willingness to work inspite of 3 heart attacks, his travelling schedule. His wife was also with him. I had a good experience that time. I intended that my acquaintance Mr Katdare who was not well, be discharged from the hospital. He was in fact discharged the very same day. My intentions were working.

After that, God knows what happened. The magic in Reiki seemed to have vanished. I had no experience while giving or taking Reiki. No vibrations, no warmth in hands. I started getting depressed. I started missing Reiki. I started avoiding Reiki. I felt something had gone wrong. Probably I had not learnt fully. Otherwise it would not have happened. That was what I carried, as thoughts. My entire batch experienced that sadness. We felt that everything that we learnt was lost. Perhaps it was all illusion. We decided to learn all over again.

We met Mr Vinay Vaidya again and told him that. He said, "You keep on taking Reiki". We never started that. Then I met Mrs Shymal Durve in one of her "one day meditation camp". She said, "Reiki has now started moving from matter to spirit. It does work on finer consciousness. If it is moving to finer consciousness, why

should one experience it? You continue Reiki". That worked. I realised that nothing was lost. I started Reiki again. Thereafter the experiences began again.

#### **The painless death:**

I had the opportunities of giving Reiki to some of the patients on the deathbeds. I realised that I could give them painless death. They all died peacefully. I felt very happy about that.

#### **The impact of disease lessens:**

I gave Reiki to many of my family members as well as other around. I realised that though the disease could be prevented, their impact was much lessened.

#### **Healing the dead:**

I send reiki to dead every evening. I had one great experience. Mrs Kamlati Harshen, who had died a few weeks ago, appeared in front of me and asked me, "what are you doing? I am feeling good. I came here to tell you that".

#### **Travelling becomes easy:**

If Reiki is given while one is travelling it becomes stress-free. I had many experiences of the same.

#### **Pension was released:**

After retiring, I had applied for my pension. It was struck up for quite some time. I gave Reiki to the intention and the work was done. Five and half years of struggle with the government authorities only led to frustration. Nothing seemed to be working. Then I met my Gurudev in Kayavarohan (a place near Baroda where Reiki Intensive was organised). I asked him. He told me to have an intention and give Reiki. Within 10 weeks I got a letter confirming my pension. That was also without paying any bribe to anyone at various levels. All credit to Reiki. While human efforts lost, the divine intervention worked.

#### **Mentally retarded lady came back home:**

There was a lady who had run away from her home and was staying under a tree near my house. People around used to help her. I tried to talk to the police, social workers and even to her home mates. Nothing worked. Then I realised that I could give Reiki to her for her to return home. And lo! She was back home soon. I started feeling more faithful towards Reiki.

#### **The lost things were found:**

One of my friends lost her golden bangle. I gave Reiki to the intention and within 12 hours, she found it again.

Reiki is a medium to progress on the spiritual path. I have any experiences of that. Shri Swami Samarth is protecting me all the time.

I attended many Reiki Intensive sessions. Kayavarohan shibir was excellent. I enjoyed all the experiences in meditations. I

could see the Aura for the first time. In Zadeshwar (on Narmada banks). I had some unique experiences. The gates of spirituality were opening one after the other there. Every moment was a meeting with the God. I went into bliss many times. Then came that ultimate experience of Girnar mountains. I could sense the nearness to Lord Dattatreya. I could actually meet the God that day.

Reiki developed new relationships for me. I got two new friends- Sunilatai Kavdi and Mohinitai Korde. We are extremely close to each other. We meet everyday, do Reiki and our meditations together. We cannot live without each other. In 2001 Ashadhi Poornima Day, three of us had a pooja of Shri Swami Samarth. I had a fantastic experience then. The Japa of Lord started on its own. It did not stop for 4 days thereafter.

On Datta Jayanti day, we did Guru Charitra Parayan as told to us by our Guru. On the very first day, there was a prasada from the Lord. We found a small pendant made of gold lying in front of us as we started reciting the Datta Charitra. On that was inscribed an idol of Lord Dattatreya on one side and on the other side, the footprints of the Lord. That was amazing. That is still available in Bapu Swami's math in Baroda. We were all in bliss the whole week thereafter. Everything was just happening around. This all happened because of Reiki only.

Every moment I experience the presence of Swami Samarth and my Gurudev. The Hrishikesh Reiki Intensive took us all to great heights. Especially for all of us who had faced the riots in Baroda and Ahmedabad, this came as a shower of blessings. The words of Shri Swami Samarth and Lord Dattatreya which I heard belonged to Gurudev. I asked, 'What is this happening all around? When will it get over? How can one be happy in the midst of this chaos?' The answer came, "Do not worry about such things. You have no reason to be tense. Keep on doing your sadhana".

This has all happened because of Reiki. My whole life has been transformed. We all take Reiki everyday. We are all healthy, happy and active. We are all progressing on the spiritual path.

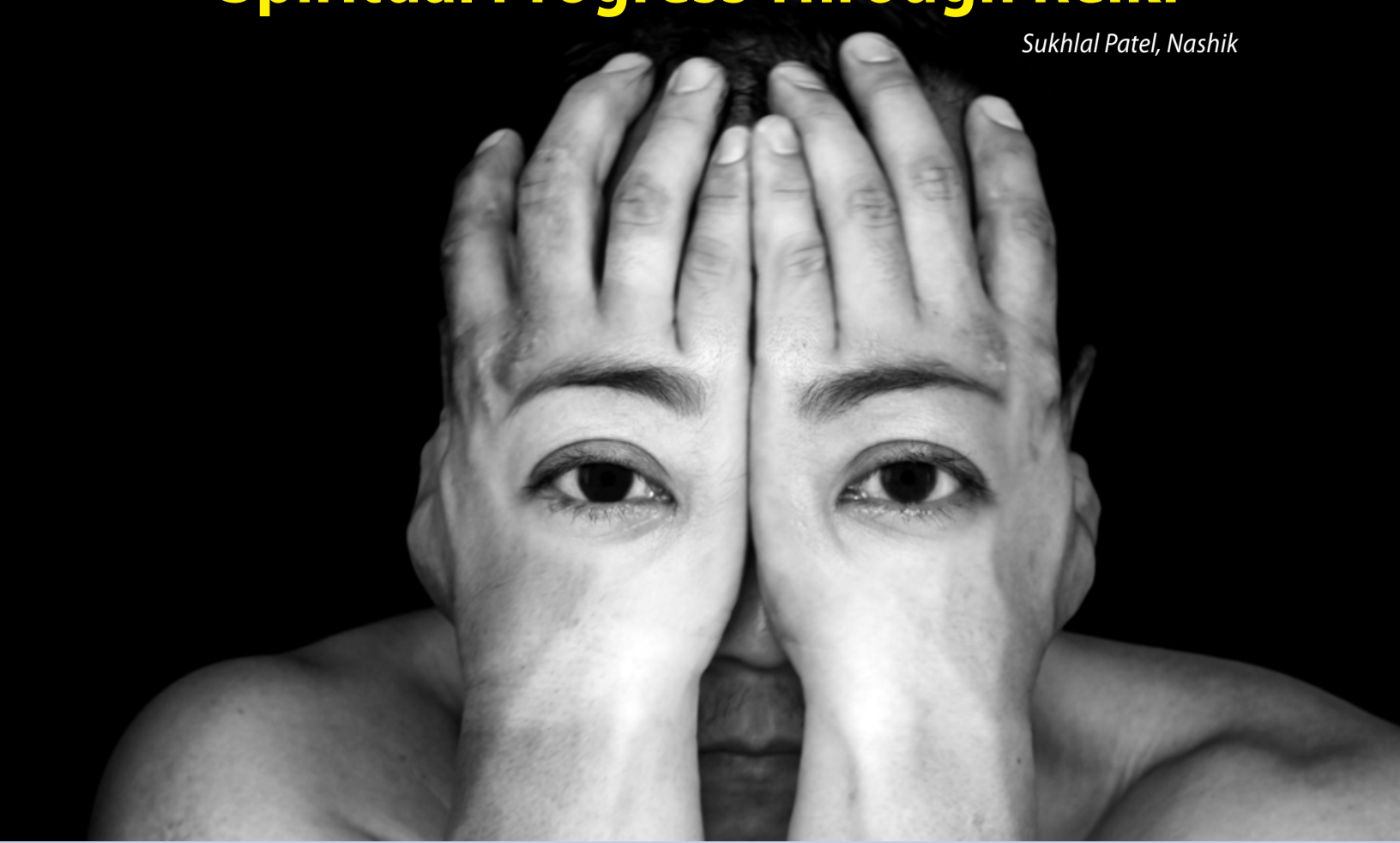
There are some human traits in day to day life. But then I get recovered very fast unlike earlier. I am aging with time which is natural. But what is important is that I feel young, energetic. At the same time I have started feeling a little detached. The reactions to the environment are getting much controlled. Life has become Reiki itself. There is nothing but Reiki. I salute to Reiki and all those who kept this spiritual practice alive over ages.

Jai Gurudev.



# Spiritual Progress Through Reiki

*Sukhlal Patel, Nashik*



I started Reiki 2 years back. When I started Reiki, I came to the Reiki seminar fully wrapped up in multiple sweaters and shawls around me. This was mainly because my body used to remain cold and I had become allergic to certain foods and also to the cold climate. It was one of those cool mornings in Nashik, as I remember now.

After my first experience of Reiki all these problems vanished. I started feeling more energy in my body. My mind started experiencing the warmth of confidence. I feel now that I am not alone, I never feel helpless. Whenever I need, the energy within helps me.

Reiki helps in Sadhana (spiritual path) at a jet speed. It helps one reach dizzy heights very fast. Reiki brought to me some opportunities to learn other spiritual techniques like Antardhyana. The mantra of Antardhyana developed in me on a higher level of spirituality, as I believe. It has helped me keep my cool in routine life.

That is why I compare this progress with the jet you plane. When you start flying at take off stage, you feel you are running pretty fast. But the moment after the take off, you do not feel the speed at all. Because, possibly you have lost touch with the

reference points. Only those observing the plane from the earth level feel the speed. Just like this at the beginning of Reiki, I got excited with lots of experiences. Today the experiences are there, but the excitement about them has cooled down.

Reiki helps one's own existence but it also helps the others at our own wish and will and in its own way helps the universal salvation. Reiki is to be considered as a Sadhana and not only medicine. It helps one become "Stithpragnya" ( as Lord Krishna talks in Shri Bhagwad Geeta).

It makes our Aura stronger and protects us from the evils around. Reiki helps keep away the undesirable events and personalities. People around become more open to you and more positive. Today I can observe that people around me share their lives with me with lot of confidence and faith, which never used to happen before. Your own presence alone becomes sufficient to dissolve problems of others. That is the grace of Reiki.

Many a time I experience that due to the grace of my Sadguru, my whole body gets charged with Reiki and I start getting miraculous experiences. Not only that, the people around me at that time also experience such miracles.



# The Miracle of Reiki and My Realisation

Mrs Swati Bhowmick, Nashik

Today Reiki has become very popular and is known to many people in the world. To me, it is not only a process of universal power of healing but also a way for a radical change in human habits. It is so powerful that it purifies us internally. Through Reiki one can reach the spiritual space and achieve universal emancipation, self realisation, self control, patience. It helps to develop positive attitude, endurance and steadiness.

I started Reiki with 1st degree in 1999 and thereafter I did my 2nd degree. Before attending the course, I did not have any idea or knowledge about Reiki. Just out of curiosity, I joined the 1st degree of Reiki because I had no problems, either physical or mental. I was very happy in my small family of husband and two sweet sons. I was basically emotional, a little sentimental and at times used to react quickly.

After learning Reiki from our Guruji Shri Ajit Telang, I have developed all the positive habits. I have started taking others' view with a balanced and positive frame of mind instead of reacting very fast. I am lucky to get Shri Ajit Telang as my Guru. It has come to me as a blessing from God. The chakras are open fully. I feel the existence of God and realise the truth. One should constantly observe the habits, attitudes, the way of living and saintly conduct of him to whom you have surrendered yourself. Self is the fountain of eternal knowledge

and absolute bliss. Man suffers from agony and misery because he fails to realise his own self. The exclusive concern makes me realize the Brahman (one's own self). The same self manifests himself as diversity.

Here I want to share some thing that may not be applicable for all. One thing is very important for all in Reiki, is "attunement". Today it is money making professional process of teaching. Attunements should be given by a person, who is not only a Master or a Grand Master. He should be a spiritual Guru who has the power to purify one's mind, soul and body. Without the blessings of our Guruji it is impossible for me to reach the ultimate sensation of mind, soul and body. Then it reacts and one can feel the intensity of Reiki.

As I realise, let me describe Reiki in the following manner:

- R** Realisation (of self)
- E** Emancipation (in life)
- I** Insight (one's self reflection)
- K** Knowledge (yourself)
- I** Infinite (to go back to the abode of God)

I offer my pranams once again to Guruji. Because of his blessings it has become possible for me to be here and share my realisation and feelings on Reiki.



# REIKI – A SUPREME SPIRITUAL PRACTICE

RENU CHOUDHRY, HYDERABAD



Shri Swami Samarth

Jai Gurudev.

It is almost five years back when I felt the touch of Reiki through our Guruji Ajitbhai. I still remember the day i.e. 18th October 1997, when I did my 1st degree of Reiki. That time I used to practice on myself and was healing my mother-in-law (for acidity) and husband for (for severe back pain). They were totally cured. Immediately next month, I did my 2nd degree and followed 21 days practice regularly. But some or other I stopped thereafter. I could see the Reiki box, which I had created, on the shelf but could never give Reiki to it. Thereafter I received a call that there is a one-day meditation camp in Baroda and was asked I intended to attend the same. I did, and that was the turning point in my life. Our Guruji, Ajitbhai asked me to come for assisting. He gave me an assignment alongwith my colleague sadhaks Deepika and Neeta to heal my very first outside patient who had blood cancer. From then onwards, there was no looking back. I started healing more patients, also started assisting each and every seminar held at Baroda by Ajitbhai. I started loving that space and enjoying the seminars. I was becoming more and more devoted to Reiki. During the full

one year after doing my 1st degree, I had wonderful experiences and also bad ones, which have shown me the path towards Spirituality. It wasn't my goal when I took my first step towards Reiki. Of course it was made possible only due to my guru - who I realised, is omnipresent. Whenever I had fallen, he had picked me up and shown the right path. It taught me to be in total surrender and walk blindly throughout the life.

I was bent towards Reiki only because I heard that it is a natural healing process. Oh! What a misconception it was. It is the enlightenment towards spiritual path and the healing happens on the way as a gift or "bribe" by a mother to continue on this path as our Guru rightly said. I was given lot of bribes but it never got into my head. I realised that it was not me who had healed and that I was just a medium. Before, if somebody would say anything, or blame me or shout at me, I used to get disturbed. But now nothing disturbs me anymore. I have accepted everything. I used to trust everybody very easily but had so many fears inside me, which were making my life miserable. Then, I learnt a word called total trust. Now look at me and you will find a confident person and also a child who is sitting on her mother's lap and is sure that she is being protected and taken care of all time.

Our training for the 3rd degree began and all of us started enjoying the lovely meditations sent by Ajitbhai. We used to always wonder how he could think of such meditations, which changed us totally. And with the Guru's grace I became Master along with four other colleagues on 9th May 1999. Life totally changed thereafter. What had started as a small change with assisting, had grown into a big one now. The meaning of healing was to cure people, which changed to wholeness i.e. completeness, which we started experiencing. Till now, we used to heal people, assist our Guruji, from other side of the Master's seat. To be on the Master's seat meant a lot of responsibilities. It is no longer only healing and assisting, it was taking the people towards it and to grow along with your students.

After ten days of vigorous training, I became Master on the 10th day. I had my very first seminar along with my colleague Subhashini. We started experiencing that my energy level had changed. Whenever, I used to sit on Master's seat, I was not myself, some force takes over me every time and that the seminars cannot be planned, they happen. Even in daily life, I find that I am in more control of my emotions, myself, my thoughts, etc. The seminar space is not only the hall but every moment of life has become a seminar. After four months of my mastership, I had an opportunity to conduct an Question/Answer session at Nashik for about 200-250 people. No sooner I saw the crowd in the hall than my heartbeat went faster. As I started chanting my Guru's name, I became normal. I found that there is so much strength in Guru's name. I could conduct the session with lot of confidence. (Before coming to Reiki, I could not even speak to a group of people, I would be nervous). I very well remember the first seminar when one of our participants was praising us, we told him to meet our Guru. As Gurumayi says, shisyaas reflect Guru's light by giving example of a moon reflecting sunlight. So whatever our participants saw was only a few waves of the ocean. Each and every incident in our life gives us clarity. When so many students come and share their life, their problems, the first thing I do is I ask my Guru to take over me while listening to them and that time all the questions are answered. Recently one of my students asked me a question which otherwise asked by him would have been embarrassing but at that time without any hesitation, I answered him looking straight into his eyes. He prostrated in front of me. That time, I told my Guruji to accept his gratitude as it was by his grace that such things happen or more rightly I must say that he has become one with me and does this. In another incident a person attended a seminar as it was in his house and his wife wanted him to do. He was very skeptical when he was asked to do Reiki. This person at the end of the day came to me and said, "Why didn't you come into my life earlier?" There are so many things happening in life. There was one lady who told me that if she had not done Reiki, she would have committed suicide. This lady was in deep depression taking medicines and was in bed. Though she was working, she was

not going to office for more than six or seven months. She would not do anything, would just sit idle. She came to my house as one of our sadhaks told her husband and they brought her. When she talked to me slowly, she opened up and cried so much and requested me to teach her Reiki. She started practicing Reiki and now she is perfectly all right. She has started going to office and she is now on her own. The day she had to join office she had so much in mind as she had not gone for a year. She was worried about what people would say and so she tried to postpone. Her husband called up and asked me to speak to her. I told her to go to office and that no such thing would happen, and that her mother is with her and will take care of her. She went and felt very happy and phoned me up in the evening and said that, "I thought how people would react but they all welcomed me and were very happy to see me back" That day, I thanked Swamiji, my Guruji, to have made me a medium for saving a life. I feel I have been of some worth to humanity and that I am not just another worthless creature on this planet. In these three years of Mastership, there were so many incidents, if I pen them down; it would take a long.....time. The protection, the motherly care and guidance provided by my Guru has led me to this spiritual path of blessings on which I am walking today. I am waiting eagerly for the day when my commitment towards my family will get over, so that I can totally devote each and every moment of my life to Sadhana. I pray to Swamiji (Guruji) to always hold on to my finger in his hand and take me along.

To sum up: Before Reiki who I was? I was a total wreck, a very sensitive, emotional, tensed and worried kind of person. Reiki has given new dimension to my life. From Reiki- I to Mastership, the self-identity, the presence of soul, and the life energy- Chetana was sensed. Slowly the flow of energy and its effects on the body and ultimately the reality descended down i.e. the Oneness with the Universe. And all this could happen due to the Grace of Guru. Once I read a book by Baba Muktanand, and his teachings touched my heart that Guru's feet dwell in the Crown Chakra, in the head, in the Sahasrar of the disciple. If we keep our attention focused on the crown, where the Guru's feet abide, then the lotus of our heart chakra will remain open. Just as in the night blooming lotus opens when the moon rises, in the same way the heart lotus within us remains open as nectar flows down from the Guru's feet. When this happens our vision becomes clear and discerning. We become stronger. This is when we truly experience-our own courage is -that is what Guru does to you and we are lucky to have found the Sadguru. I would like to quote a few lines of my favourite song in the end - "Hey mere Sadguru pranam baar baar. Honto pe ho aapka hee naam baar baar. Hey mere Sadguru pranam baar baar" (Oh my Sadguru, I repeatedly salute you, let my lips carry only your name all the time, Oh my Sadguru I salute you all the time)".

With lots of Love, Light and Reiki.





# Reiki

## "Experience Life"

*Vishal Shridhankar, Mumbai*

29th April 2000, was the day I was newly born. A spiritual birth, when I was introduced to Reiki. It was when I became a part of this Reiki tradition. The day Guruji came into my life, I became his disciple. The most wonderful thing started happening to me. Miracles started happening. I guess I should say I became aware of experiencing this miracle. What an ecstasy!

In the life before Reiki, I should say, I was normal in my own way. Same things that all of us experience. I used to get angry more often. I used to get disturbed quickly. I was quite jealous of others. After Reiki, things started changing. There was a complete transformation. I should also say I was a staunch disbeliever of Reiki. I used to laugh at people practicing it. But now I live Reiki. Everything there now is Reiki.

Reiki is like a spiritual mother who knows that a child wants and required, and how much it is appropriate for him. Reiki came into my life very strangely. One of our family members did Reiki and asked us to do the same. But I was quite reluctant to do it. Finally I decided to give it a try. And then the doors to the garden of heart opened. What a place it is to be in!

I have got a path of spirituality and a light on the way now. Reiki is to us what air is to the man. Such a life force! Reiki has boosted our confidence so full of energy we have become.

Reiki was just a reason to meet my master. Reiki made us realize that how much we are loved by others. How much people care for us. Reiki taught us the art of loving. Loving without any conditions. I sometimes wonder how much close relationships are developed after doing Reiki prior to which I did not have any.

Reiki has opened a door of options, door or choices. Reiki has taught us to shift ourselves, to deal with problems. Reiki is really easy to do as a type of sadhana which anybody can do. But all depends on the way one chooses to be with the tradition. I found myself by the grace of Swamiji so fortunate to be with him.

I really wonder what could have happened if Reiki had not been in my life. I would have found myself sleeping – fast asleep with blanket over me.

Reiki has brought a new lamp in my life. It has removed the blanket of ignorance over me. Reiki has improved by lifestyle. My life patterns were shattered. I used to like all those things prior to which I used to dislike.

I really think quite fortunate for doing Reiki and experiencing the beauty of life. Frankly speaking, Reiki is a way of life. It is so caring that it takes care of you on each footstep. People say "live life" but Reiki will make you "experience life".

Reiki is like taking an energy shower. And faith is the soap required to cleanse ourselves. After practicing Reiki for 2 years, I do not feel like looking back nor am I interested in the future. I believe in This Moment.

Reiki has made me accept each moment and take the best from it. Reiki is also a first step towards spirituality or I should say it is indeed spirituality. No rules or patterns. Just play of hands. And that also we are not playing. We are only witnessing.

I am really so much in bliss at this moment that it is hard to express it in words. So much joy is flowing out now!



# Transformation Through Reiki

Yogendrakumar Trivedi, Ahmedabad

It was 1996, when one of my colleagues tried to tell me about Reiki. I did not listen to her. She gave me some reading materials on Reiki. I did not read it.

It was 2000, when my dearest friend Bharat Zinzuwadia informed me that he has undergone the first degree course on Reiki. I was surprised. I asked him "do you believe in all this?" He said "Yes. It is a matter of experience".

Then we, that is, my family and Bharatbhai's family went on an 18 days tour of East of South India. During this tour I received Reiki twice and it was a pleasant experience.

In July and October 2001, I was fortunate to undergo first and second degree courses of Reiki under the most able master Hon. Shri Ajitbhai Telang.

I had expected that I would be cured of my Diabetes but after the course I have not even checked it. But my feeling says that I am improving.

The most important gain is the mental peace that I am feeling after Reiki. No stress, no strain.

Life is different to me now. Nothing has changed around in the real sense except that now I know how to manage the facts. Be it "Good" or "Bad".

In fact, after Reiki, I realised nothing is good or bad. My attitude towards people around me has changed. I am now free from the load of strain of my position.

I was and am following honest practices but earlier that was found to be creating enmity from those who thought were affected. Now the same people feel it differently.

Earlier, my superiors were, many a time, finding fault with me. Now in a similar situation their behavior is different. Instead of finding faults with me, they agree with my views.

I know only one thing now, and that is whenever there is anything, be it personal, official, social, etc. which disturbs me, just draw three famous symbols and give Reiki to the situation and then just forget. The disturbance gets resolved. Thanks to Reiki.

Jai Gurudev.



# Acknowledgements

I deem it a great privilege that I could come in contact with Shri Ajit R Telangji in whom I could see a holistic meeting of science and Spirituality. With an M.Sc. in Nuclear Science and Radio Chemistry, and with a Master's degree in Business Management, and have established himself as a Management Consultant of repute, Shri Telangji is devoted heart and soul to yet another pursuit – Reiki. The missionary zeal with which he preaches and practices this healing cum spiritual tradition is indeed commendable. It is our good fortune that this issue of Make History is privileged to have Shri Telangi as its Guest Editor. I thank him whole-heartedly for the generous supply of articles for the issue. The selection and arrangement of articles show how methodically he has planned the work.

An ardent devotee of Lord Dattatreya and Swami Samarth, Shri Telangji has built a temple and meditation centre at Devrukh, Sangameshwar District, Maharashtra. He

frequently travels to several places in India to spread the spiritual science of Reiki, which he says, is not a healing technique, but something much more than that. It has tremendous transforming powers on the persons practicing it. This aspect of Reiki finds frequent expression in the pages of the issue.

I believe, to the novice or the uninitiated, this issue is enough to give a fairly comprehensive picture of what Reiki is all about. To those who are already well into the field, again this issue might be like adding an invigorating aroma to the sweetness they are already experiencing. The credit goes to Shri Telangji in making this Annual Issue a very worthy one.



I owe thanks to Mrs. Jayanthi Karthikeyan, Chennai, for her very efficient coordination of the work, herself being a disciple of Shri Telangji and a practitioner of Reiki.

I will be proving myself unfaithful if I fail to mention the name of Mrs Kaveri Natarajan of Kaingarya Trust, Chennai, through whom I had the privilege of being introduced to Mrs Jayanthi Karthikeyan.

I thank all those contributors who have come forward to share their valuable experiences through their write ups.

I am sure, readers will appreciate our efforts in bringing out this issue and that at least some of them will seek to be benefited (and also benefit others) by getting initiated into the practice of Reiki.