



# REIKI VIDYA NIKETAN

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## Sadhak does not need to rely on external means..

## Editorial

In the past few months we have been seeing that suddenly the world has started realizing the evils of the modern technologies like internet and its offshoots. The social media which started showing a lot of promise in creating a better world has suddenly started giving the results exactly in the reverse. I agree that internet is an excellent channel for passing the information like a river or the canal carrying the water. However as we have been seeing in cases of rivers and canals, these have become the means of spreading effluents and dirt to obnoxious levels. We need to understand that it is not the channel that matters. The question is about what does it carry? The most effective media in the hands of dirty minds will only result in spreading the foulness all around. The social media are no different today.

I have been seeing that some of our own sadhaks are glued to these media and getting involved to such an extent that they may find difficult to stay without those. Most of the times the argument has been that we can spread the goodness and the message of the mission effectively. Some of the sadhaks believe that these social sites may help us get more number of participants to our Reiki seminars. I think they are forgetting that Reiki Vidya Niketan has trained more than 30,000 sadhaks on the path of Reiki without putting up a single hoarding or a placard or even the hand bill anywhere anytime. It is the people who learn and transform their lives who are the advertisements for us. If a particular sadhana does not bring transformation in one in terms of happiness and peace, it has no business to spread that. That is the basic bane of our mission. Publicity at any cost is always detrimental to any mission. The message of Shri Ramkrishna Paramhans to his disciple Swami Vivekanand after coming back from Chicago that "an Ounce of Publicity may eat up a Pound of your Purity" is worth remembering. This issue carries the article on Bhaja Govindam which is also on the same theme.

A lot of my sadhaks have pointed out to me that lately there are various sadhak groups operating in the name of Reiki, using the name of Reikibrahma and Reiki Vidya Niketan on What's app, twitters and facebook etc. They have also reported that many a times the discussions within the group are on mundane things and not necessarily related to Reiki healing and spiritual practice. There are plenty of jokes which are shared and all jokes do not seem to have the right taste. I request our sadhaks to restrain from going off board though I know that their intentions are divine. I suggest you may not use the names of Reikibrahma or Reiki Vidya Niketan. It is our duty to see that the names that we have developed without a single blemish on our name are maintained at any cost. Let us not tarnish our own mission under any circumstances. I have no business to say what our students should do in their private lives, though those who believe they are disciples may have to follow certain norms and code of conduct. Else they cease to be my disciples.

Another issue is that we can communicate to anyone with convenience. Since when the sadhak has started looking for convenient and comfortable means? The sadhana has nothing to do with using the outer means to empower you. It is the inner powers those which need to be activated and elevated. If we rely too much on the external means, there are chances that we may lose the inner powers, the way it is happening to humanity at large. Why not thrive hard to empower oneself to communicate to the world through our third eye chakra? I appreciate we need to express ourselves in words too. But then we should keep that to the minimum. "Keep on talking (Bolo India Bolo) could be the slogan which can earn more money to all those network operators. But sadhak should realize the power of his words and utilize the same with utmost care. If we can not keep silence at least let us not create noise. That way we can oblige the world. What is the whole point creating a virtual world within a virtual world, when truly we need to move towards the ultimate truth within?

-Ajit Sir

जटिलो मुंडी लुन्श्चितकेशः काषायाम्बरबहुकृतवेषः ।  
पश्यन्नपि च न पश्यति मूढो ह्युदरनिमित्तं बहुकृतवेषः ॥१४॥



*Those donning matted hair, those who have shaved clean. Those who extract their hair one by one, those wearing the ochre robes and those others who have donned different types of coloured clothes are all fools. They are not the seers but lookers as their whole purpose of doing this is to earn money at any cost to feed their stomachs.*

The poet has described here those who are fakes in the form of sages. Some stupid people feel that just by wearing the ochre or orange robes, by donning the malas of rudrakshas in their neck, by dotting their forehead with a sandalwood mark they become a sage and would command a respect from a common person. If you just look around you will realize that it is not their fault as there are millions of common people who decide to worship people who have these outside appearances. You may see then the thousands of their banners in every corner of the town or a city. They will always talk about their satsangs attended by millions of people. They like numbers. I happened to meet one such guy few years ago. He was quite excited after attending one of such big events. He said, "Oh, what a satsang! The dias itself cost Rs 5 millions. At least there must have been a gathering of half a million people. The sage came sitting on a back of the elephant. What a great event that was!" I said, "Wonderful! What did the sage say? What was a message for his devotees? What did you get out of those?" The gentleman had a heart to say, "I was little away and could not listen to anything that a sage would have said. "I realized the guy was not interested in teachings of the sage at all. He had nothing to do with spirituality. He just wanted to be a part of that grand event, of that grand valor. Believe me, he is not alone. There are millions like him. They get dazzled by the pomp and the show of wealth. If such people are prepared to be cheated why not many will cheat them?

There was a news splashed consistently on all TV channels last year when there was a natural calamity in Uttarakhand (a place in northern India). That was about some sages caught by the police, in the act of looting and stealing lot of things from pilgrims in the midst of such a massive catastrophe. Truly, they were not sages but the thugs and thieves in the clothing like sages. They were hard core criminals as established once they were investigated. Today you can see many of such cheats in the name of saints and those who have a large following are behind the bars. What are their crimes? Rapes and murders. They have mastered the art of attracting poor ladies and gents by their grandeurs, and then exploit them in every sense. The people who are criminal in nature and sex maniacs just wear the ochre robes to attract common people. The question that always comes to my mind is, people know that the real saints never went after the pomp and wealth, nor the publicity, they also know that the saints always believe in living simply, then why do they go after those who are so un-saint like? They should know that the saints are the messengers and spies of the almighty. Like a true spy on a special

mission, they would always like to be away from common man's eyes and limelight. They would prefer to look simple and as common as a common man so that they are not easily identified. That is the only way they can make a change to the world and people. One better realize that only in the Bollywood movies the spies wear the slanted hat and sunglasses with a cigar in their lips. They look so typical spy-like. They can be spotted anywhere. Don't you think a common man should stay away from them? Personally I always feel like meeting divine people whenever I hear something good about those people. But the moment I see them on the banners announcing themselves as a saviour of the world, I shun myself from them. I lose my interest in meeting them. Just by seeing their huge photos on the large banners, I realize that they are cheats. I know that no divine person would like to advertise himself/herself so blatantly. They all follow the model of God- silent and obscured. The way the saint conducts himself is his real identity. They advertise themselves through their teachings. Their real advertisement is their followers. The change in the behaviour of a follower and the love that he/she exudes by following the teachings of his/her master are good enough for people to know the greatness of the divine saint. There are enough people today in India, who have paid massive sums to certain organizations who claim to be the bodies of saint community and bestow the titles of Vishwa Guru (the master of the world), the Jagat Guru (The Master of the universe) etc. These are all paid titles. Another thing one can notice about these cheaters is that they will never tell you that for elevation on this divine path YOU need to do something on your own. No one can really help you to purify yourself except you. They all say that I can do a lot for you if you respect me, pay me money and wealth and I will see that God gives you what you want. They truly pose themselves as the agents of the supreme. I am afraid people would like to follow the agents more than the saints.

One should understand the real meaning of Sanyas (the renunciation). Sanyas is a Sanskrit word, a combination of two words- SAT (means the God or ultimate Truth) and NYAS (means to be with). It means to be with the God or the Truth. It does not suggest at any point of time that it is just leaving the home and wearing the beard and the malas in the neck and having a water pot in hand wearing the ochre robes etc. Renunciation is an inner state and not outer manifestation the way it is made to be. Even if one wears all these things outside and his chitta is not pure, one can not qualify as renunciated. Lord Mahadev has this to say about such sanyasis, in Guru Geeta, a supreme scripture.

“श्रुति-स्मृति अविज्ञाय, केवलं गुरु सेवकाः ।  
ते वै संन्यासिनः प्रोक्ता, इतरे वेषधारिणः ॥ श्लोक १०८ ॥ श्री गुरुगीता.”

This means that the one who offers his homage to his master with the divine love and compassion, is a renunciated. Those who wear the outer clothings are only the wearers of the cloth. Better the world realize that earlier so that the real meaning of the spirituality and the religion will stand out with all glory.



# DESTINY V/S LUCK

What is Destiny? The very aspect of your life, which is beyond your own control. A chosen path for your life. Something which is decided beforehand at the time you were born or probably even before that. The sages call it the 'Prarabdha,' i.e., a result of our past deeds and the modern scientists look for it in the DNA strands of human beings. To try and simplify things let me quote about a tragic incident which happened last year. A young upcoming cricketer, barely 25 years of age, perfectly fit and full of life collapsed in the midst of the field while playing cricket being hit by a ball. He had no explainable reason for death to meet him at such a young and early age. On the other hand an individual like me, diabetic since 17 years, taking insulin shots twice a day and on top of it some really ugly habits to make matters worse continues to survive and that to blissfully for more than 33 years now with the grace of my good lord 'Shree swami Samarth'. What can we say about such things? Destiny seems to be the only appropriate word for such outcomes in life.

The second thing worth pondering about is 'luck'. What is luck then? Some events the outcomes of which elevate you for a short span of time or make you feel low for a while when things do not work the way you want them to be ( which we refer to as 'bad luck'). You may again understand luck as synchronicity or things working out in your favor.

Let me again quote a few more examples to bring better light in an attempt to understand life better. Some examples of luck:

- Finding a valuable object or money
- Winning an event despite negative logical assumptions
- You correctly guess an answer in a quiz which you did not know.
- Avoiding an accident at the last moment

Indeed difficult to bifurcate between the two very old concepts, perhaps as old as the human civilizations on earth. But one thing is very clear about the two and that is 'Destiny' being a

very difficult and a rare thing to change, probably only with God's grace whereas 'Luck' on the other hand keeps on changing at all times. This clearly tells us that destiny is a far broader concept which cannot be turned down by the whims or wishes of the mind and luck highly depends on the state of your mind. Let me clarify this further, with your mind being on the positive and peaceful side of life, small-small things staring to take a turn in your favor and vice versa if the mind-set is negative. Your mind getting aligned with the self results in fetching a lot of things we need despite odds heavily stacked against us. It is always a temporary thing and the moment the mind is dull and fearful we may even not be able to hold onto things which are there for us to receive. But with this you cannot bring about a major change in your core existence. Luck does not mean a paradigm shift. With Luck you may find up a better job in a better place but you won't end up changing your job profile. An engineer will always be an engineer and a teacher will remain a teacher because you were destined or made to do this only.

That is what destiny is. The broad set path of your life beyond your control (as often quoted by 'Guruji'). People born in a poor family, a Ranji player ending his career as a Ranji player, or a fatty born in rich family complaining about his obese condition resulting from his lavish lifestyle, is all destiny. Something which does not change at almost all times. But luck, may be you can do a lot about it. By keeping your mind on the brighter and positive side of life, by waiting for the right time and exhibiting a lot of patience, by allowing things to happen and refraining from saying 'no', by being humble at all times, by displaying a kind and gentle and a behavior full of understanding, by lending a helping hand without any selfish motive, by doing so many things with a lot of heart, we may just be able to pull-off some luck on our side. Remember the old saying..."Whatever goes around, comes around". By the way, "I do not believe in destiny, but I do believe in luck". It's not me Some Chinese fellow said these words, not me...Bye...Jai gurudev.



# The Ladder of hope

- Shivani Karnataki

I ran into him every time,  
When I was craving for some hope!  
To run away from life or removing,  
the heavy, dark cloud covering me!

The shoulders were feeble and  
the face was dropped,  
The painful shadows of memories,  
often stretched across my path!

I was in the valley of discouragement,  
and wanted to get off the track!  
I shouted in the silence,  
Alone in the crowd!

Many times I've said,  
Enough is enough  
I can't handle it anymore!  
and I'm ready to quit...

He was always there  
Smiling through his bright aura  
Optimistic and hopeful as if  
telling me, no night is forever  
I will put you in my prayers and  
I'm sure god will lift you up!

He has done it for thousand times,  
without getting disturbed.  
He is my friend, he is my master  
He is my ladder of hope...





We take Anger as a part of our daily routine. We always have explanations for our anger. **"We become angry whenever situation is not in our favor.** We almost live life saying, **"Agree with me or I will be angry.**

According to Guruji, anger is good if it is appropriate for specific purpose. If it is against the ***injustice, corruption, violence, if it is benefiting society, it is always appropriate.***

Every thought is a vibration inside us. Negative vibrations create a downward spiral of energy within us. It comprises emotions, and emotions create feelings. Feelings decide our moods and character. **Negative thoughts create a negative character.**

When we feel guilty, angry, jealous, or mean we create certain hormones in our system that interferes with our happiness. Adrenal fatigue is caused by stress. **Cortisol, DHEA, Aldosterone** and **Adrenaline** are the main adrenal stress hormones.

**Cortisol**, a very harmful chemical is released in our brain when we are angry. **We harm ourselves more than anybody else when we are angry.** Most people suffer by this wrong idea that others are responsible for our anger. So unless that person changes, we simply won't or can't change. We are dependant on another person. So everything becomes conditional. When he/she changes, I will change is a normal trend in society.

*"The negative feelings like "Anger" triggers the rising blood pressure, heart rate, and stress depress the body's immune system. Oxygen intake goes down drastically. It leads to a deterioration of the nervous system. The arteries contract in a defensive mode, the blood has to pump more. This, in turn, leads to degeneration of bones and ligaments. Simultaneously, the undigested nutrients instead of getting assimilated in the blood stream start collecting in the arteries supplying blood to the heart. **Eventually, anger leads to a heart attack.***

**We can't control every situation but we can control our own thoughts, reactions and opinions.** Being happy is simply wonderful. Now we can understand how could Guruji remain so calm all the time and smile at any situation.

Will not get

**ANGRY**

Telangan



# RECOLLECTING GRATITUDE FOR RESTORING ITS GRACE

NADIA L., CHICAGO

If gratitude were in color it would be crystal sky-blue, liquidy. The color of a mountain lake nestled up high near the sky, snowy peaks and sunny altitudes at once reflected in it, its improbable raw beauty evoking profound thankfulness. Climbing up on a steep rocky trail – sunny out there, the majestic mountain still in its reach out to the sky – the effort and landscape both tranquil, up and up vertically, in sometime finally reaching a plateau, and then the lake comes suddenly into full view pristine and radiant, its splendor overpowers me to tears. This's the kind of feel that completely overtakes you from within, fills itself up with no boundaries, humbling and towering at once. Nothing else inwardly at the time but profound thankfulness – crystal airy-blue, boundless.

Yet, there is a less overwhelming way of having gratitude flown, more like a constant companion, a subtle lingering presence not at all called forth by something from the outside. Decent everyday things take place, and every now and then it cushions the tumble they leave behind. The way a catchy melody keeps on humming itself in one's head, stuck in there for a while, ta-ta-da-ta-da. Despite hundreds of thoughts going on and on and sights for destruction galore, despite all that that catchy tune is so resilient as to find its way upfront, springing out on its own every now and then, ta-ta-da-a. The same way gratitude sometimes is a steady background: things keep on happening, and every so often a spontaneous 'thanks for this, thanks for that one' follows on its own, like a shadow in the sun. One persistent melody of connectedness.

We of course can feel grateful for a very particular reason as well. A big one for example, a jackpot of sort: an ascent to a higher orbit or a life-threatening fear proved false after all, by which even atheists have felt some affinity with God. We struggle to achieve and then rightly appreciate our luck. Often though, apparently insignificant reasons also bring about same great feel: the touch of fresh bed-sheets in the closing of a fulfilling day, a reassuring wink, a funny phrase that prompts family laughter at dinnertime - unpretentious humble moments, easy to let pass by unnoticed, yet so sweet, rewarding when not.

And, perhaps most elevating of all, there's that feel of appreciation for no particular reason at all. That type comes by as a quiet visitor - a wave, it doesn't overpower, yet it's hard to miss. A wave of acceptance and awe for life, so disarming in the midst of nothing in particular, so homey. Resting on the couch, my family nearby roaming in and out, no urgency of tasks at the moment, no particular worries, and here it comes: like a tide – calm and saturating, not for too long, just enough to mark the moment and thread remembrance behind.

Why feeling grateful is that much essential?—for each of us personally and also collectively as a race. The more, the better, especially for Reiki practitioners, this being one of the Five Principles in the foundation for channeling. Let's think about it: 1 out of only 5, that important! "One must not forget to feel grateful. Gratitude is a great cure for the mind", writes Mrs. Takata, the 3rd in row master in our Usui Reiki tradition. "Gratitude is nothing but completing the event", Sir says in his Lamp unto Yourself, "Completion is Wholeness (that is how the word healing has come)."

The very feel of gratitude, to me, is much like a vital bond sustaining our connectedness. Maybe because gratitude best facilitates the separation from my little 'I': by acknowledging the grand power to whom we give thanks, we end up humbled and awake, rather than identified, and thus gratitude is the force that clears the terrain for Reiki to enter, to flow through, for healing ultimately to take place. Increased vibration, intensified aura radiance. "It is through gratitude for the present moment that the spiritual dimension of life opens up," Eckhart Tolle says. Spiritual tradition have always put an accent on gratitude.

I wish I felt grateful at any given moment, no exceptions, but frankly I don't. In fact, being thankful – the feel itself and the inward acknowledgement of it – has grown into an indication whether my current shape is high or low. We all have our times of getting out of balance. Not necessarily due to dark days, no, God forbid! Because from time to time we can't sense propelling power, when moods sink, or wrong patterns sneak in, then being thankful - all varieties of gratitude I mentioned - is lost, alien. I do also lose touch with the grace of Reiki then, with any grace at all.

What do we do then? How do we pull ourselves out of discontent and reconnect with thankfulness so that the current flows through unobstructed?

Gather the thankful moments - when you do have them, that is - one by one, like picking up flowers with bare hands, so that in rainy days there'd be a path already laid to step on and recollect some brightness, some inspiration. Writing down moments like the ones I shared above enables me to reach out to these memories when feeling thankful is out of reach. Some blank pages and ten minutes time for evoking the precise scenery when gratitude has been a welcomed visitor. Not complicated at all is such gratitude journaling, whether in a notebook or in computer files. It is not any novelty either and plenty of information on how-s and why-s to keep track of thankful moments is out there available, and so is current scientific research on biological benefits of having it done. The point for us Reiki sadhaks, I think, is to maintain the state of gratitude day in and day out, to naturally become this state ourselves - that's perhaps what the function of means like a gratitude journal is all about. By collecting all these encounters with appreciation, we honor the blessings once again, we open up to seeking more blessings to occur, digging in the moment. What's even more, I found out, is that in later times, especially in tough days, we can bring past gratitude back to memory, sort of re-experience it once more and with that catapult ourselves up high again. One more tool to outsmart the unconscious, if you will.

It's nice to keep a notebook out handy and get into the habit of writing down 1, or 2, or 3 things that have inspired gratitude on a given day. Pointers to beauty and kindness, a raise, a misstep with a lesson attached, a clue intuited by grace, a goofy joke that spills out laughter on the table. On a day when it seems there isn't a single thing to share with a blank page, it helps to read entries from before reconnect, heal.

# is God There?



This lovely parable is from "Your Sacred Self" by Dr. Wayne Dyer.

In a mother's womb were two babies. One asked the other: "Do you believe in life after delivery?" The other replied, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later."

"Nonsense" said the first. "There is no life after delivery. What kind of life would that be?"

The second said, "I don't know, but there will be more light than here. Maybe we will walk with our legs and eat from our mouths. Maybe we will have other senses that we can't understand now."

The first replied, "That is absurd. Walking is impossible. And eating with our mouths? Ridiculous! The umbilical cord supplies nutrition and everything we need. But the umbilical cord is so short. Life after delivery is to be logically excluded."

The second insisted, "Well I think there is something and maybe it's different than it is here. Maybe we won't need this physical cord anymore."

The first replied, "Nonsense. And moreover if there is life, then why has no one has ever come back from there? Delivery is the end of life, and in the after-delivery there is nothing but darkness and silence and oblivion. It takes us nowhere."

"Well, I don't know," said the second, "but certainly we will meet Mother and she will take care of us."

The first replied "Mother? You actually believe in Mother? That's laughable. If Mother exists then where is She now?"

The second said, "She is all around us. We are surrounded by her. We are of Her. It is in Her that we live. Without Her this world would not and could not exist."

Said the first: "Well I don't see Her, so it is only logical that She doesn't exist."

To which the second replied, "Sometimes, when you're in silence and you focus and you really listen, you can perceive Her presence, and you can hear Her loving voice, calling down from above."

*Beautiful article by Dr Wayne Dyer,  
contributed by Mrs Renu Choudhry, Hydserabad*



# Amazing Grace

*By Prof Bharat Thakkar, Chicago, USA*

Let the Holy Spirit descend  
It did! And all is well in my land.  
Let there be Light, there was Light,  
I fear not, I have got  
The assurance to survive  
From energy above.  
It knows, I search Love.

The fabric of wind I follow  
Like a mother and child,  
Wild are the clouds.  
I ride on them.  
I make them horses and camels,  
I ride through the lightening  
With enlightenment I embrace,

All is well in my land,  
It's an amazing grace

This poem could possibly be the closest words can come to the experience after second level of Reiki. The Holy spirit means Reiki here which descends from up above and then everything is fine with my existence. The Land possibly could be the name of one's existence. With this experience comes the faith and with the faith arriving, the first thing that is driven out is fear. The Energy coming from above is what the grace in reality means. I have always been saying in our 2nd level seminars that the time has now come to play with the whole universe. Here the poet expresses the same feelings. Playing with the winds and clouds and even the lightening! That is the real oneness That is what the wholeness and enlightenment really means. How well the poet has expressed this state of the sadhaks!



# Gurukul

Questions & Answers with Guruji



**Q 1: The Thread ceremony is conducted for a boy but never for a girl. I presume that this was so when girls were not allowed to study. But in the current circumstances, is there a separate process that can be followed for girls as today there is no such restriction on girls' education.**

Ans: I presume you are right when you say that thread ceremony was basically to make a male child get prepared for studies. The thread ceremony basically was to activate the Surya Nadi (The Pingala) fully as that nadi is supposed to create an appropriate energy required to make the mind absorb the knowledge. Ladies were not required to go through this as in any case they never were sent to school for studying. It is difficult to say at this juncture what needs to be done now for girls who anyway have started going to school and study even further. I have a feeling that there is some kind of rituals on the same line (nuptials?) for girls in Parsi community. There is another possibility that with the third eye chakra already active in ladies they may not have to activate their surya nadi. One has to think deeper on this.

**Q 2: Why is it important to have proper wedding ceremony with all rituals irrespective of the religion that one follows**

Ans: The religion does not have much place in human life except that it sets the code of conduct and behavior by believing in certain way of life. When it comes to wedding, we are thinking of two human existences irrespective of their religions and belief systems. Rituals have their own reasons and logic. What we know about Vedic marriages, brings out that the mantras work on DNAs and the chromosome structures (Gotras). It definitely has a long term impact on human relationship and hence life. I would not know much about the rituals performed in other religions and faiths during their wedding ceremonies.

**Q 3: How does the tree treatment work – will hugging a tree take away our ailments / sickness. Also for how long or how often one needs to do this?**

Ans: Yes. It has been strongly believed that hugging a tree helps a lot in management of diseases and mainly the pain. I have experienced this myself on number of times. In fact in Swami Ram's biography there are number of such incidents. Swami Ram when was very small, about 7 years, was moving with

Babaji and experienced how Babaji could transfer his ailments to the tree and freed himself from the same in no time.

This has now been getting documented too. In a recently published book, *Blinded By Science*, the author Mathew Silverstone, proves that the trees improve many health issues such as mental illness, Attention Deficit Hyperactivity Disorder (ADHD), Concentration levels, reaction times, depression, and the ability alleviate headaches.

Countless studies have shown that children show significant psychological and physiological effects in terms of their health and well being when they interact with plants. Children function better cognitively and emotionally in green environments and have more creative play in green areas.

Mathew Silverstone shows that it is nothing to do with this by proving that it is the vibrational properties of trees and plants that give us the health benefits. It is all to do with the fact that everything vibrates and different vibrations affect biological behaviors. It has also been proven that if you drink a glass of water that has been treated with 10Hz vibration your blood coagulation rates will change immediately on ingesting the treated water. When touching a tree its different vibrational pattern will affect various biological behaviors of the body. Hundreds of scientific studies provide overwhelming proof to the idea of touching trees and benefits. That particular report goes even further saying, "safe, green spaces may be as effective as prescription drugs in treating some form of illnesses."

**Q 4: Why is it necessary to immerse Nirmalya in flowing water?**

Ans: It is believed that when we offer flowers to the consecrated God's idol, the flowers also attract the incomplete energies, the way the idol is supposed to do. No wonder the flowers get decayed more when they are offered to the idol than being kept just like that. These incomplete energies need to be negated and that is done most efficiently by the sea which has salt as very important ingredient that fragments these energies and neutralize them. The flowing water is only the carrier of these flowers to sea as every flowing stream of water finally meets the sea.

# Amazing Reiki Experience

By Jushya Naik, Baroda, India

Mr Rupesh Naik, a patient in Baroda suffered from Liver Ascites in which liver is enlarged or swollen and its linking arteries/veins start collecting a lot of fluid like Sodium water. The condition of this patient was deteriorating for the past few weeks and became critical on 27th December 2014. The Doctors attending to the patient lost all hopes. The situation was desperate on the morning of 27th December.

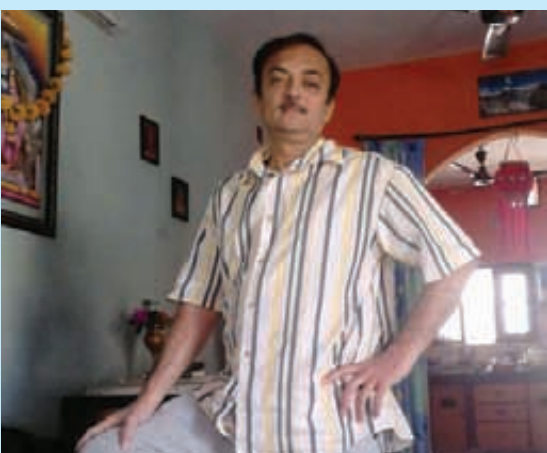


The patient was being given Reiki by some sadhaks including Mrs Nimisha Naik and myself. A team of healers under the

leadership of Ms Krupa Choksi (Reiki Master with Reiki Vidya Niketan) visited the Railway Hospital where patient was kept in the morning around 9 am. Ms Choksi started giving Reiki to the affected part and performed an Aura procedure on liver at that time as an emergency measure. The patient subsequently said that he felt some kind of a jolt with a flow of current when the aura procedure began.

Within 24 hours of the procedure, the patient excreted few liters of Sodium water. His fever dropped down and patient started thinking and reacting in normal manner which he was not able to do before the treatment.

Today the patient has stabilized physically and mentally and has been declared fit. Here are photos of the patient before and after the treatment.



## I am because we are... UBUNTU

*This is a very interesting story I got from one of our sadhaks from Baroda. Look at the principle behind this act of young children here. In the world of competition here are the boys who would like to win together. Can we not live life this way? One does not have to compete to win. By competing you can conquer others but can not win them. Life is not about conquering some one, it is about winning them over. That is what relationships are all about. Today we are trying to prove that we are better than others. Why do we have to do that? What will we gain by doing that? In competition truly no one wins, everyone loses. Humans are the part of the whole universe. We need to be together and united not against anything or anyone but for everything and everyone.*

*In abundance we can always be united. We do not need to separate ourselves from other. Competitions will separate you from the others. One would always try to prove that you are better than others, either through genuine performance or through manipulative leg pulling. The problem is that the younger generation is getting into competition too much. I salute the spirit behind competition but then the competition should be within you. I should be better than what I was. That makes a sense and may create a better world around us.*



An anthropologist proposed a game to the kids in an African tribe. He put a basket full of fruit near a tree and told the kids that who ever got there first won the sweet fruits. When he told them to run they all took each others hands and ran together, then sat together enjoying their treats. When he asked them why they had run like that as one could have had all the fruits for himself they said: "UBUNTU, how can one of us be happy if all the other ones are sad?" "UBUNTU" in the Xhosa culture means: "I am because we are".



Reiki Vidya Niketan's initiative paid very rich dividends when the large corporate entities have started looking to the spiritual outlook promoted by Guruji. Here are some of the events:

## Guruji's presentation to BOSCH India's retired managers



Guruji was invited by BMSI (an associate set up of BOSCH India Limited) Nashik chapter on 30th December 2014 to address their members who have retired in senior positions from the parent company and needed directions to lead a life post retirement. Gurji made presentation on "manAGING

Life" and explained how exactly spiritual science helps them to manage the life. The presentation was basically about Energy Demand Supply Matrix (EDSM) and managing activities to suit the available energy spectrum.



## Guruji's lecture at GSFC, Baroda

Guruji also delivered a lecture at the Honors Club of Gujarat State Fertilizers Corporation Ltd (GSFC) in their Baroda plant on 6th February to talk on "Millenial Managers" The senior Managers and staff members enjoyed every bit of the event and were enlightened to know more about changing generations and the structural changes that have resulted due such situation.



## Guruji's lecture at Indian Oil Corporation, Baroda:

Guruji and his team were invited by Indian Oil Corporation Limited (Gujarat Refinery Unit) in Baroda on 6th February 2015 to deliver lecture on "Effortless Excellence" which was attended by the Executive Director along with senior managers of the company.



## Reiki seminars at Wendt India Limited, Bengaluru

The premises of Wendt India Limited in their Hosur Plant near Bengaluru presented a picture as if there was a festival on 13th and 14th February 2015. The whole space was resonating on the waves of beauty called Reiki. About 40 people learnt the 1st level of Reiki while 12 who had done their first level earlier graduated to second level of unlimited powers of healing through Reiki. Wendt Management requested Guruji to plant a tree named now as a Reiki Tree in their wonderfully landscaped gardens at their plant.

## Krupa Choksi's lecture at Kotak Mahindra Limited, Nashik

Ms Krupa Choksi, our Reiki Master and in-charge of our Non-Reiki Training activities of RVN presented a lecture to senior Managers of Kotak Mahindra Insurance in Nashik on 25th February on Effortless Excellence. The lecture was extremely well received by the audience and enthralled them with the inner wisdom.

## Mahashivratri Celebrations at Devrukh Ashram:

Mahashivratri celebrations were celebrated between 15th and 17th February 2015 at Devrukh ashram. About 50 sadhaks took part in this festival which was exclusively for those who had gone through one month's penance. Ganga,

Trishul and Dumroo were the three groups formed to chant 11 rounds of EkaDashani of Rudradhyay. The teams totally completed 3 Maharudras in 3 days. The vibrations during these three days were to be experienced to be believed. The whole ashram space was resonating with the vibrations of Rudra.

## Guruji meets the Parents at Kolhapur:

The management of Rajat Education Trust at Hoopri, near Kolhapur invited Guruji to talk to the parents of their students on 19th February 2015, to celebrate Shivaji Jayanti event. Guruji stated that Shivaji was the only king officially known as Go Brahman Prati PALAK which means the parent figure for his people. Guruji along with his team comprising of Kalpita, Krupa and Ashwini presented the whole gamut of Parenting Initiative and Challenges to meet the challenges of the future.

# Reiki and Cancer

Here are two interesting documents about the use of Reiki in Cancer treatment. One is the latest clipping from Mumbai Mirror (a supplement of Times of India) dated 10th February 2015 and the second is a letter from Alexian Brothers Hospital in Chicago addressed to us. Both should give some solace to patients suffering from Cancer and can have a faith in Reiki treatment.

**MUMBAI MIRROR**  
**SCI-TECH** [www.mumbaimirror.com/sci-tech](http://www.mumbaimirror.com/sci-tech)  
 10 FEB' 2015 - PAGE 22.

## New research shows Reiki can aid the wellbeing of cancer sufferers

University of Huddersfield research project claims that Reiki can improve the quality of life for cancer patients by lowering their levels of anxiety, depression and fatigue. The findings are to be presented at a major conference and larger-scale research could follow.

The project was conducted by Serena McCluskey, a Senior Research Fellow and professor Marilynn Kirshbaum. They were joined by Maxine Stead, who has an academic background in psychosocial oncology research and is now the owner of a holistic health spa in Huddersfield.

She is herself a practitioner of Reiki, a Japanese technique in which the hands of a healer are said to release positive energy. There is scientific controversy over Reiki, but the researchers were purely concerned with its potential to bring about improvements in wellbeing.

They have concluded that "Reiki could be a beneficial tool in the self-management of quality of life issues for women with cancer". The team now believes that there is a case for

**Therapist performing Reiki over woman**

Reiki being added to the roster of complementary therapies for cancer.

Over the course of a year, the researchers conducted detailed interviews with ten women who had received Reiki therapy at two hospices in the local area. They discovered benefits such as a release of emotional strain, "a clearing of the mind from cancer" and feelings of inner peace and relaxation. The benefits could last for as long as a fortnight.



The Cancer Institute at Alexian Brothers Hospital Network

**ALEXIAN BROTHERS**  
 HOSPITAL NETWORK


July 17, 2012

Mr. Ajit Telang  
 Reiki Master  
 Reiki Vidya Niketan, India

Dear Mr. Telang,

We are pleased to confirm that Reiki channels Varsha Delvadia, Bakul Khara, Sunil Jochi and Prashad Patil trained by you in Reiki have been performing energy healing at Alexian Brothers Medical Center for the past 5 months. They have performed the healing for approximately 10 patients. We have gotten positive feedback from our patients receiving Reiki. Some patients have said "I feel good after receiving Reiki".

One of Alexian Brother's values is Holism. We promote healing of the whole person (body, mind and spirit) through physical, psycho-social and spiritual care of the whole person. Please accept our gratitude, as with the help of Reiki we are able to fulfill this value.

Regards,  


Bernice Klingberg

Bernice A. Klingberg, MSW, LCSW, Oncology Social Worker  
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 0055-Suite 1400  
 Hoffman Estates, IL 60109  
 1.847.755.9400



***“Enjoy the little things, for one day you may look back and realize they were the big things.”*** —Robert Brault



Guruji was explaining us this statement. “It is the small things which exist. There is nothing like a Big thing in life. A Big Bang could possibly be the only exception. We are looking for big things and missing the whole essence of life. It is upto us to look for small things. Small things are manageable. We can only manage what is manageable. When we do not manage them by taking an initiative they appear big. I have been saying time and again in my 1st level Reiki seminars that the breath is only an account of a small fresh breeze of air which lasts for just 4 seconds. This innocuous puff of ordinary air goes through our nostrils and come out after 4 to 5 seconds, again in the form of ordinary air. In between there is a magic in the body. You can imagine those 4 seconds are too small for us to even note. But the whole life is created and played by this small movement of consciousness. Life is nothing but series of such small moments, just like that vast ocean is nothing but a collection of small drop-lets. I got some pictures from one of my sadhaks which are taken magnifying small things like dirt and a speck of dust, enlarged by 2500 times the size. And lo! They cease to look like what they are. They become some of the most wonderful things on the plant.

## Programmes Schedule for March 2015

| Dates                     | Reiki Teacher | Location/Centre   | Degree |
|---------------------------|---------------|-------------------|--------|
| 28th Feb & 1st March 2015 | Seemaben      | Mumbai            | 1st    |
| 28th Feb & 1st March 2015 | Sangitaben    | Devrukh           | 1st    |
| 7th & 8th March 2015      | Krupa         | Baroda            | 1st    |
| 7th & 8th March 2015      | Rakesh Kumar  | Airoli New Mumbai | 1st    |
| 21st & 22nd March 2015    | Vishal        | Vasai             | 1st    |
| 21st & 22nd March 2015    | Kalpita       | Nashik            | 1st    |
| 21st & 22nd March 2015    | Bhartiben     | Ahmedabad         | 1st    |
| 21st & 22nd March 2015    | Rakesh Kumar  | Thane             | 1st    |
| 28th & 29th March 2015    | Seemaben      | Rajkot            | 1st    |
| 28th & 29th March 2015    | Kalpita       | Devrukh           | 1st    |

### Social Education Programs

#### Parenting Seminars EPIC

Date:

**28th Feb & 1st March 2015**

Centre:

**Ahmedabad**

Faculties:

**Ajit Sir/Krupa/Ashwini**

Date:

**28th March 2015**

Centre:

**Nashik**

Faculties:

**Ajit Sir/Krupa/Ashwini/Kalpita**

Now you could ask your questions to Guruji and he will answer them through our New Column called **‘Gurukul’**. The only purpose is to share a new perspective from Guruji to all our sadhaks. This will help you to sharpen your knowledge and will help you to get updated. Send all your questions on [qna.gurukul@yahoo.com](mailto:qna.gurukul@yahoo.com)