

REIKI VIDYA NIKETAN

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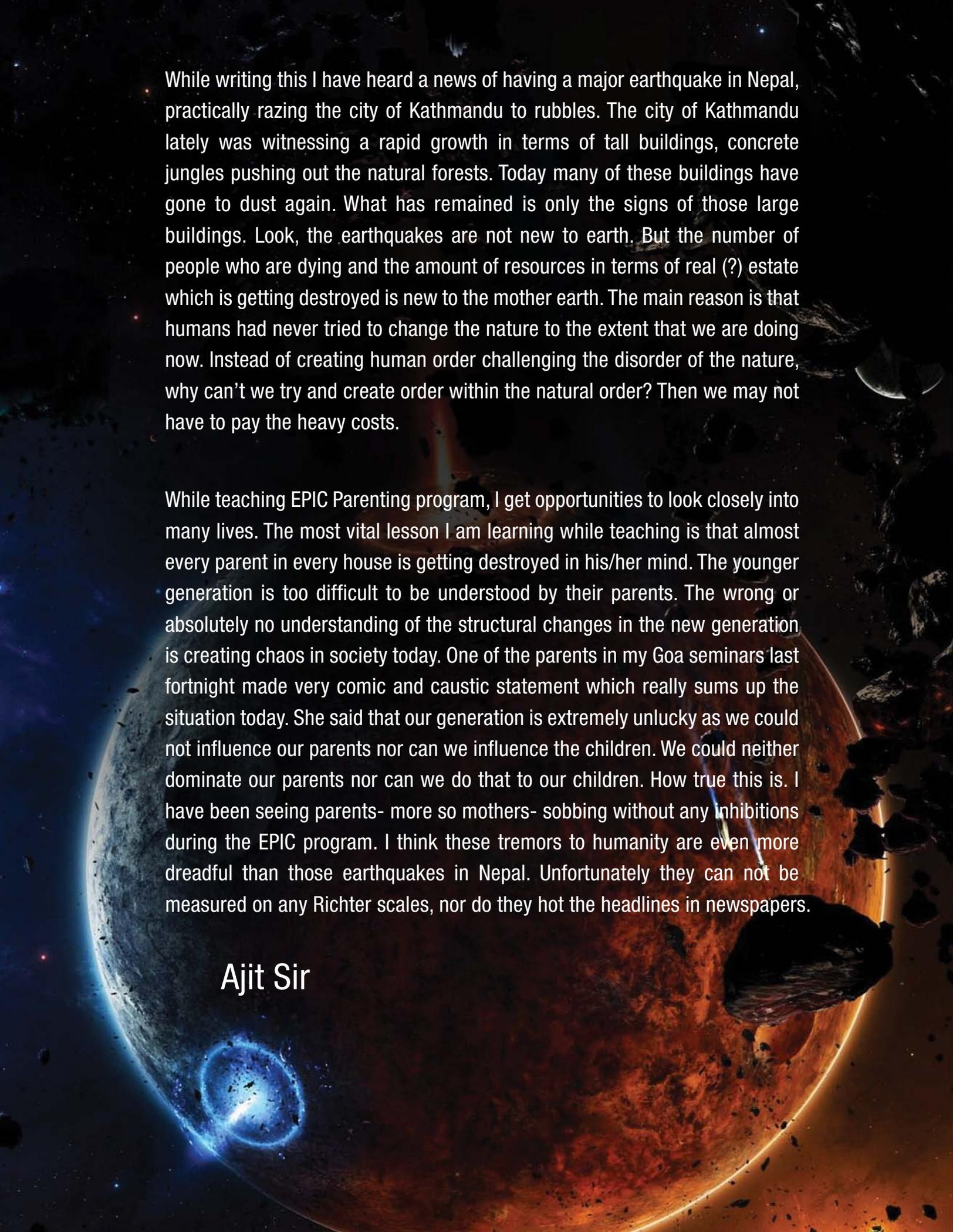
Moving from **ORDER TO**

DISORDER

Just take a look at world around and you will realize that the anarchy has already started surrounding us from all sides. I just read a news three days ago. A news came from USA, the most developed country in the world. A small boy of 3 years shot dead a small boy of 1 year old. The waves of violence have already started reaching the young and even younger generations very fast. It is not about violence alone. The corruption of values and practices are there for everyone to have a glance at. The famous Hindi film actress Deepika Padukone, has come out with a "you tube" film which has already started getting viral on social media. In this film she has demanded a total freedom for all ladies in the world. She wants no moral bindings of any nature. On the other side the casinos have come out in the open stadiums in the name and title of IPL circus and the current laws can just be a mute witness. Even before one could relax with an idea that the cold war between America and Russia has died down, the war is likely to be convert to a hot war. Those who stepped up into spirituality degrading those hard core materialists have joined the same people and have even out beaten the same people in their own game. The best part about this is there is a common thread in all these events. The earlier we understand better it is for us to do something about this.

The principle behind this is that "the nature of the universe is dis-order". If we look at the entire journey of the universe from its beginning (or we think it is) one can realize that order is only temporary and does not take more time in decaying to disorder. Disorder in fact is eternal.

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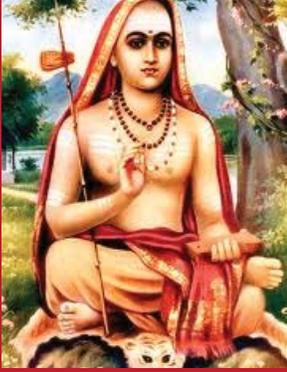


While writing this I have heard a news of having a major earthquake in Nepal, practically razing the city of Kathmandu to rubbles. The city of Kathmandu lately was witnessing a rapid growth in terms of tall buildings, concrete jungles pushing out the natural forests. Today many of these buildings have gone to dust again. What has remained is only the signs of those large buildings. Look, the earthquakes are not new to earth. But the number of people who are dying and the amount of resources in terms of real (?) estate which is getting destroyed is new to the mother earth. The main reason is that humans had never tried to change the nature to the extent that we are doing now. Instead of creating human order challenging the disorder of the nature, why can't we try and create order within the natural order? Then we may not have to pay the heavy costs.

While teaching EPIC Parenting program, I get opportunities to look closely into many lives. The most vital lesson I am learning while teaching is that almost every parent in every house is getting destroyed in his/her mind. The younger generation is too difficult to be understood by their parents. The wrong or absolutely no understanding of the structural changes in the new generation is creating chaos in society today. One of the parents in my Goa seminars last fortnight made very comic and caustic statement which really sums up the situation today. She said that our generation is extremely unlucky as we could not influence our parents nor can we influence the children. We could neither dominate our parents nor can we do that to our children. How true this is. I have been seeing parents- more so mothers- sobbing without any inhibitions during the EPIC program. I think these tremors to humanity are even more dreadful than those earthquakes in Nepal. Unfortunately they can not be measured on any Richter scales, nor do they hot the headlines in newspapers.

Ajit Sir

अग्ने वह्निः पृष्ठे भानू रात्रौ चुबुकसमर्पितजानुः ।
करतलभिक्षस्तरूतलवासस्तदपि न मुञ्चत्याशापाशः ॥ १६॥



Meaning: A person who sits with a fire in the front to keep his body warm and at the same time has a scorching sun on his back, the one who is trying to save himself from the biting cold by piercing his head between his kness, the one who uses his palms as begging bowl as he does not have one and the one

who lives under the shelter of the tree under the open sky. But is spite of all that he is not freed from the dragnet of desires.

This is the description of the one who has renounced the life. Of a person who does not have anything as his own. He does not have the house to stay and hence takes a shelter of the tree under the open sky. Neither he has the begging bowl nor has he a blanket to pull on. He has renounced everything in his life. He has gone beyond all the basic needs But even after sacrificing everything external to him, he could not free himself from the inner desires and urges.

One can not win over the desires and urges by keeping oneself away from the temptations and illusions. It may not work if one just leaves the home and wear the saffron robes with rosaries in hand. All these things need to be dropped by the mind from within. Leaving behind all these desires and urges is what Sanyas (the renunciation) is all about. Even Vedantas do not ask us to drop the desires, they ask us to go beyond these things. We must all understand that our vasanas or desires are like addictions. In our Reiki classes we always say that it is not the addictions which need to be addressed but it is the restlessness, the turbulence in mind, which is the basic reason for addictions which need to be dropped. That incompleteness, that deficiency is what one needs to look at so that all addictions will just vanish as a result of your efforts. All addictions or all desires basically emanate from the feeling of incompleteness. If one is fulfilled in life one will not look at anything for external fulfillment,

What is true about addictions is also true for desires and even diseases. They cannot vanish just by denying them. One can't be in the denial mode and expect to get results. The only answer to this is the self introspection. Knowing one's self. The moment we all realize that we are only the manifestations of that supreme, unlimited, omnipotent and omnipresent divine consciousness we are already in the lap of holistic understanding of reality. But then one needs the intense practice in combination with the divine grace. Only that may lead us to a pure dispassion. And the moment we realize our own holistic nature, how can we remain unfulfilled? We all know as Reiki sadhaks that the moment we are separated from that divine mother energy we become incomplete and then come across all undesirable situations of life like diseases of various hues and shades. Our own Karmic impressions lead us to this disconnection and those situations which fall out. Hence instead of suppressing one's desires by force, one may better be aware about our every deed and action before we perform them. That may need an intense spiritual practice.

Truly speaking, we are all complete in the true sense as we are all created by that divine. We are all the manifestations of that supreme power. The feeling that we are separated from that divine force is only an illusion. Our own karmic impressions have created the feeling that we are separated. But it is just like a small dark cloud hiding the ever shining sun behind for some time. It cannot last forever. The divine supreme form behind the cloud is bound to forge ahead soon. It is just like the surface of the mirror getting covered by the layers of dust. All that it needs to do is to cleanse the mirror. Then once again we can bask in the glory of our own divine sun. Then we can experience our self. Then we can experience that anywhere you look around it would only be our own divine reflection, our own divine energy.. Then we will start feeling complete. Totally fulfilled! And once we are fulfilled, what desires would remain? What would be there to achieve? Then we do not have to leave anything. We may not have to get anything. That would be what Sage Shankaracharya said would be "I am Shiva, I am that formless, desire-less Shiva..



We homo sapiens, started our journey as food gatherer's or hunters. With the advent of some great civilizations unfolding into our lives we started settling down or should I say we started gathering a few other things like some vegetarian food, art and craft and some marvellous architectural structures. We moved on and the last three centuries were completely devoted to attaining physical

freedom in the name of independence movements across the world. Also with the advent of industrialization we were forced to become consumers whereby every single product was made an essential part of our existence and we continued gleefully on the path of accumulating. More recently, in the contemporary times, information seems to be the order of the day as far as this whole process of gathering and accumulating is concerned. All the apps are nothing but information highways emanating from the palace of Maharaja "internet".

On a serious note, with so much happening in the world with an unlimited access of news and views around the world to the common man, and heaps and heaps of information being feeded into our systems, I think one needs to analyse and understand the appropriateness of the content we knowingly or unknowingly catch hold off. As you are all aware, thoughts become actions, actions become habit and habits start to frame our destiny. We all need to bifurcate and discriminate before allowing the outside knowledge and information to become a part of our system.

At this juncture I would like to quote a conversation that I had with Guruji some years back (may be a decade). As a youngster in early thirties with a quest for knowledge and truth, I inquired with him and asked, "knowledge is power, is this statement correct?". To which he said "No". I again persisted and went further, "Applied knowledge is power, is this correct?" To which he again responded in the negative by saying, "No". Desperately I pressed upon him to speak out as to what is it that makes us powerful, and he finally responded with a smile by saying, "Appropriate knowledge is power." For me that one single line serves as a light house till today and will continue to do so.

Coming back to the point of information gathering and more importantly discriminating as to which information will lead us to the soul and which will spell trouble for us by increasing the inner turmoil and remaining and running undigested in our system, I think we need to understand the difference between a philosophy and the truth. A philosophy is basically a persons own thinking which may or may not be correct, which may be based on the philosophers own experience (good or bad), which again is based on the conditioning of his mind, his genetic make-up and so on. The

truth on the other hand has a quality of being universal at all times. It remains the truth whether some people believe in it or not and it applies equally to all at all times or may be even beyond that. And mostly, it pinches you as it has the ability to smash our egos and past conditioning. That is why there are way too many philosophies doing circles in the world but there is only one truth without any plural form attached to it. But the big question still remains how do we know or understand as to which information is truth and which is philosophy?? In this regard, I have worked out a few guidelines along with some anecdotes and proverbs which may help you in your spiritual endeavour... Take a test..

Test 1: Does it make you universal or is the information feeding your ego making you feel elevated only for a while?

Test 2: Find out the source of information and its origin before allowing it to get into your system.

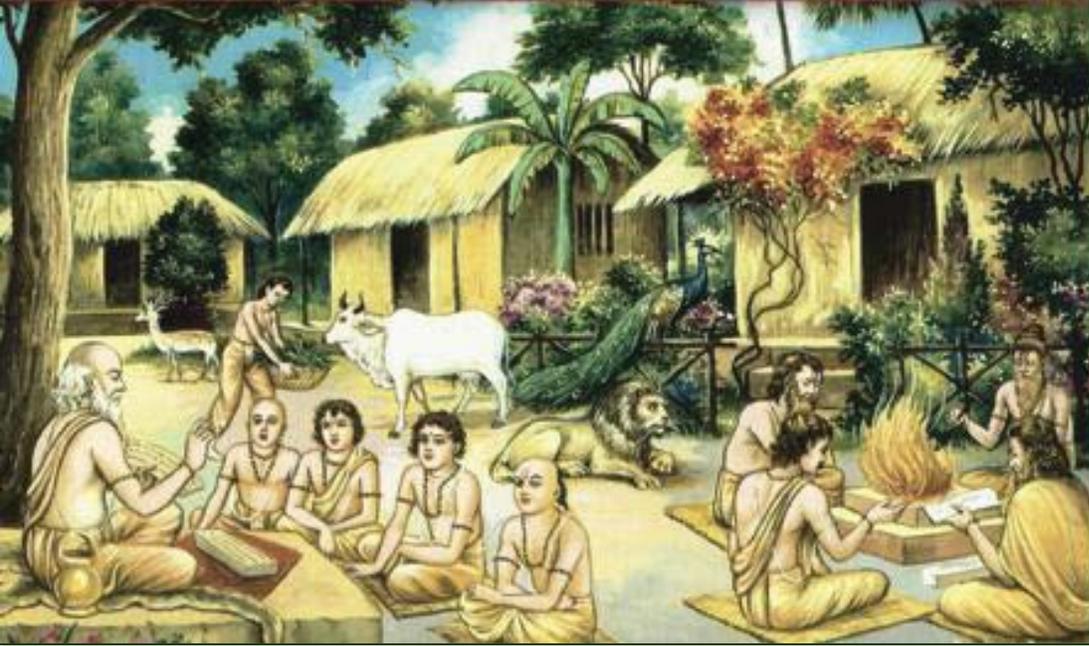
Test 3: Is it logical or illogical? As most of the information meant for you may not follow a logical sequence.

Test 4: Is it appropriate for you? Think about the consequences and repercussions.

Test 5: If the knowledge is coming from an individual in terms of his experience, check whether it will suit your personality and nature and will it eventually bring about a positive change in you?

If this does not make things clear, let me quote a couple of examples. A very old proverb which is very popular on the soft boards of Junior schools says, "A healthy mind resides in a healthy body", is not entirely correct. As far as our knowledge of spirituality is concerned, "A healthy mind results in a healthy body", meaning thereby we can only move from a process of correcting our thoughts first which will eventually produce an impact on our bodies but the other way round theory (which is based on body consciousness) may not be correct which proposes that bodies be corrected first and we will start cultivating good thoughts in our mind. I mean, you can only correct the software first and the result being displayed by the hardware part of our system. The proverb gets rejected on the grounds of lack of universality and is accused of treating people as bodies or separate entities.

To quote one more example from the advertisement world. We all have heard about the famous slogan from a renowned company called Nike, "Just Do It". Of course we all have, but on researching about the origin of this slogan what I found was something shocking. The slogan was actually adapted from the words of a man who was about to be executed. In his despair he screamed to the person who was supposed to hang him, "Just Do It". Funny isn't it? It was an acceptance statement coming out from a desparate soul trying to avoid the inner turmoil and we all have been taking this as an inspirational piece of information to become successful in life or to complete some pending task in the office. Thanks. By the way, "Thanks" and "Jaigurudev" both mean the same thing and both lead us to the truth, no philosophy in these two beautiful words..Thanks once again...Jaigurudev.



Like a Flowing River...

Sandeep Londhe, Thane, India

Imagine what would happen if the course of a River flowing seamlessly in all its glory, is changed by artificial means to meet the Urban Demands!! Surely the River will lose its erstwhile sheen and vigor due to this unnatural intrusion. Similarly, Human Life is like a flowing river which traces its own pre-determined path leading to the ultimate destination. However, as we grow up, our minds are conditioned by external factors and influences in such a way that we deviate from our Original Path and end up reaching a wrong destination. Many times we are just stranded on that wrong path heading nowhere. This leads to Stagnation and Life loses its Rhythm and Charm.

Each of us has a Purpose to achieve in Life and the Universe synchronizes the events of Life in such a manner that we gradually progress towards our Higher Goal. However, our traditional education system and grooming are such that we stop following our instinct and start focusing on things or trends which are tried and tested just to play safe. This goof up may land us a secured and stable job with a neat Lifestyle but it takes us away from the so called Purpose of our Life. After few years of routine, the mediocrity invariably creeps in and eventually the realization dawns that something is missing. But alas, that something is everything that we always wanted to do.

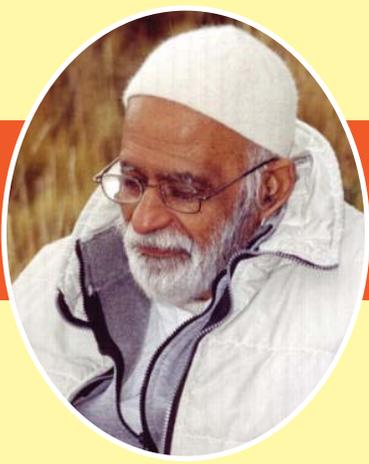
To avoid such Catch 22 situation in Life, it is our moral responsibility as elders/parents/teachers/guardians towards our younger generation that we inculcate in them the habit of Introspection. Children act purely out of their instinct till the age of 8 years and it is during this phase they often display their innate talents and aptitude towards certain areas. Parents and Teachers should make a conscious effort to identify these special skills and aptitude of each child. By encouraging them to practice and hone their natural skills and by providing them the right platform and means to achieve the same, we are facilitating their Flow of Life and in a way complementing the Universe in scheme of things. Once they develop the fine art of introspection and start following their

instinct in whatever they decide to do in Life, they will be in command and will enjoy every moment of Life. A life lived in such manner will only take them closer to their higher purpose.

We have a tendency to use only the left side of our brain which thinks analytical and rational thereby restricting the potential of this super organ. Those who have struck a right balance between left and right portions of the brain have been highly successful and creative geniuses. Scientists, Musicians, Artists, Painters and Yogis are the ones with highly activated right brain because it has been found that right brain directly deals with intuition, spirituality and creativity. Unfortunately, only a select few realize this fact and make an effort to achieve this optimum usage of brain. Meditation and Breathing exercises (Pranayama) have positive effects on the brain and if practiced regularly, can trigger amazing mental faculties.

From an early age, children should be given petty tasks or exercises to accomplish independently. Exposure to Fine Arts, Music, Dance and Drama, surely works wonders with Kids as it gives impetus to their creative talents. Sports should form an integral part of their curriculum and every kid must be encouraged to take up at least one sport and practice it on a daily basis. Children are a bundle of energy and hence it is highly essential that their energies are channeled through right set of activities. Similarly, teenage years are another crucial phase wherein hormones play havoc, deeply affecting their moods, mind and body. However, a planned schedule with right mix of all of the above coupled with studies and proper nutrition, should make teenage phase easy going. Lastly, basic introduction to spirituality, pranayama and meditation is an absolute must for the growing children.

In ancient times, there used to be 'Gurukuls' where children were taught the Life skills from Vedas and Upanishads which are considered as encyclopedia of Universal Knowledge. The emphasis then was more on character building of the students and to bring out the Best of their abilities and skills leading them to a Life full of awareness, glory and meaning.



MESSAGES FROM SHREE VASANT

Do not become miserable over past mistakes. Let it be a springboard for the future.

Now we do more Yajnya, particularly in the densely populated areas where pollution problems are paramount.

All the time have Mantra on your lips, all the time. Do not become thrown to and from every day by troubles in life. At least say, "For this trouble I am deeply grateful, as this is my Karma and it shall no longer anger me, but humble me." Then the whole thing changes. You can reverse your negative life Karma. Try it.

Take refuge in silence. All else will come.

You will always find all Answers you seek in Meditation.

Yoga is most beneficial for body's systems rejuvenation. If done correctly, Yoga can slow down the aging process.

After some time, the strain becomes more and more and even the best personal relationships fail. So one has to have humility. Until one is willing to really go a little deeper, all the relationships are the same: highs and lows. Pride is the worst enemy. Humility is the way.

It does not matter where you are living now. There is no place free from pollution and its degenerating effects on the mind. No matter where you go in a few years, you will see in the country and in the city the same anger, same mental disturbances. Everywhere. We must protect ourselves and our families from impending disaster. Only through Yajnya this can be done.

Proper diet, Meditation, Prayer and Service. There are choices we must make. Always the choice is yours to take. No one is going to tell you right from wrong. When you are given such clear guidance there need be no questions about this.

GURUKUL

Q & A with Guruji



Q *Why do we go to Yatras (Pilgrimages) when God is with us? E.g. Swamiji is in Devrukh, then why does one go to Kardaivan or Akkalkot? If Saibaba's temple is next door to me, why should one go to Shirdi? If the God is in every house why does one have to go to temples outside? What is the science behind Yatras? What is a difference between Yatra of a common man and that of sadhak?* (from: Chandresh Parmar, Baroda)

A You have asked multiple questions and obviously they will have multiple answers. The basic idea of pilgrimage is manifold. The first one of course is that the pilgrimage leads to sightseeing. One can see various dimensions of the nature and hence the creator of the nature (The God) to get overwhelmed with his tremendous powers of creation. The second reason for pilgrimage was you come across so many different ways of life like dressing patterns, languages, food habits etc. But just like nature in the earlier case, one can see a union within this variety. And that is we have the same culture. This was especially valid in a country like India which is vast and a variety of cultural expressions. In the earlier days when the knowledge about world was not abundantly and conveniently available to all, as there were no internet like gadgets, the only way to know about the other people was visiting physically. Pilgrimage provided a reason to do that. The third and possibly the most important is that it leads to self-purification. In the olden days when such pilgrimage were a core part of one's religious and spiritual study, one used to walk all the way over long distances, not for nothing but for acclimatization to different environments. Today that acclimatization does not happen and one suffers badly on the body level due to that. Secondly as you were much away from your comfort zone, you are always away from ego. We know very well that comfort is the abode of the ego. Today while we are trying to be comfortable, we are actually becoming more egoist in nature and going away from the society defeating the whole purpose of such pilgrimages. When you are in a distant land knowing not much about anything around there, you are always at the mercy of the environment. Whoever have gone to places like Amarnath or Kailas will vouch that at one point on the path, you feel so miniscule in the front of that giant nature, that you have not even a trace of ego left within you. Ego as you know is a major foundation on which impurities settle down. Removing the platter of ego literally means removing all impurities. We also meet many people like saints and sages as they also visit these pilgrim sites. That leads to satsangs. Satsangs have their own value in the process of purification and a very valuable too. When you meet such knowledgeable people you realize that you do not know enough. Another reason for your ego to have a bashing! These are things one can understand on the physical level and so are easy to grasp.

We need to look to the issue even deeper, at spiritual level. Pilgrimages are called as TEERTHYATRAS in Sanskrit. These have two words combined TEERTH and YATRA. Teerth again is a combination of two Sanskrit words: Teeh and Tha. Teeh means descending from subtle to gross. And Tha means to settle down. This literally means those energies which descend from up there and settle down on earth. All those pilgrimages places are actually the places where the energy has descended and settled for one to go and experience it. It is like a person from Scandinavian countries come to India or other tropical countries to take Sun Bath. In fact as I understand many of the corporate entities including Governments have made it mandatory for their members to visit the tropical countries once a year so that people can experience sunlight and remain healthy. In this case of course one is talking about the health of a body. In case of pilgrimages we talk of a health in more holistic way. The mind, intellect and heart are equally or rather more important when it comes

A

to holistic health ideas. Now let us come to the word YATRA. YAT here means the movement of anything including body and pranas which are very essential for one to keep going in life. No wonder the word Yatna means no movement in regulated way. So moving to and fro pilgrimage sites is very essential for one to be balanced in life. .

Now is the question about why go out to these places when you have God at home or next door or whatever you may say. The God being at home or in neighbourhood, is it your belief or experience? Honestly if one really experiences the presence of God at home, one does not need to go anywhere. But if one really experiences that the God is there with you at home all the time, then the question is do you behave that way? If God is known to be with you, you will never shout at your wife at home or beat your children, or even will have no petty fights with your neighbours either. When the god is with you and you know that for sure you will have no anxieties, fears, ego, desires and diseases. If all that is not there then one does not have to leave house at all. I think the God being there at home or neighbourhood is only your idea or at the most belief. But not faith. There are still doubts. Then one has to move out in search of God. When you experience his presence, the seeking stops. A guy came to me once a few years ago to have a darshan of Swami Samarth in our Devrukh ashram just before his case was coming for hearing in a court and I found him to be in a hurry. When asked he said that he was to go to Akkalkot and Dindori Math thereafter. I realized that he was not sure where Swami is and was not willing to take a risk. We are all like that. Then we need to go from one temple to other.

Q

The thought you have shared yesterday about..... our state from Disorder (at birth) >>> to Order while living life >>>> to Disorder while leaving the body... was fascinating and I understood. You even said, every order we set sends some repercussions (creating some stress) around the world and which is negative as well.... I didn't understand that part. If that is a rule or unique property for setting up any Orders in life..... Then why do we follow any disciplines even in Sadhana at the first place? For e.g. we should do Pranayama before or chanting of specific stotras before Rudra and so on..... What kind of repercussions would take place by the divinity? (From Anand Karnataki, Mumbai)

A

Thanks a lot for these questions. As I have been saying any act which sets order (like any system) is truly obstruction to the natural traits and threatens the universal nature of being disorder. Orders and systems are created by humans as we understand ourselves as limited entities. As long as we keep on believing that we are limited in nature, one needs order, even though it creates some stress in the universe at some point. It is like we create fires to cook knowing well that we are adding Carbon dioxide in the nature as the cooked food has become very vital for the body as long as we understand that the body runs on food. The moment we break through this understanding and start knowing our divine unlimited nature, we need not follow any order. Then we are perfectly natural. That is what Avadhuts do. They do not follow any human orders. If you flow with the nature in the purest way, you can see order even in disorder though it becomes very dynamic. Sanyas is basically that. Being with the order(disorder?) of the nature. When we expect people to do pranayams before stotras etc, we know it fully knowing that the students are still not experiencing their universal nature. They need to cope up with the society around and still try to have glimpses of universal phenomena. The moment a Master realizes that a disciple has broken through this and does not have to revisit sansara, he is bestowed the order of Swamy. Then he/she is beyond all orderly acts. He sets his own disorders. One can not relate with him/her then. He/she is beyond the realms of a common man to follow. We can just worship them then.



Guarantee Certificate... *by Telangan*

Salesman said 'Sir this is the best deal! There is a five years guarantee with it! Buy this product...My mind was wondering' what guarantee do anything really has? Tsunami first and then Kedarnath and now Nepal tragedy, thousands are dead in a second. What guarantee anybody truly has? Even after studying the 'Law of Karma', heart weeps for those most unfortunate souls. Even if we know life is all about suffering, we can't see so much of pain because we are totally body conscious. Thousands of people go through same experience in a flash of second. Nothing remains that we build up in our entire lifetime. Everything becomes zero instantly.

One spiritual master in his book said that such disasters actually create a situation in the survivor's life, which is like total bliss because when nothing material remains in life, which he/she owns, the calmness is similar to bliss. One should not struggle to come out of it immediately. Remaining in that state for some time and experiencing it thoroughly could take them ahead on their spiritual path by burning lot of karma.

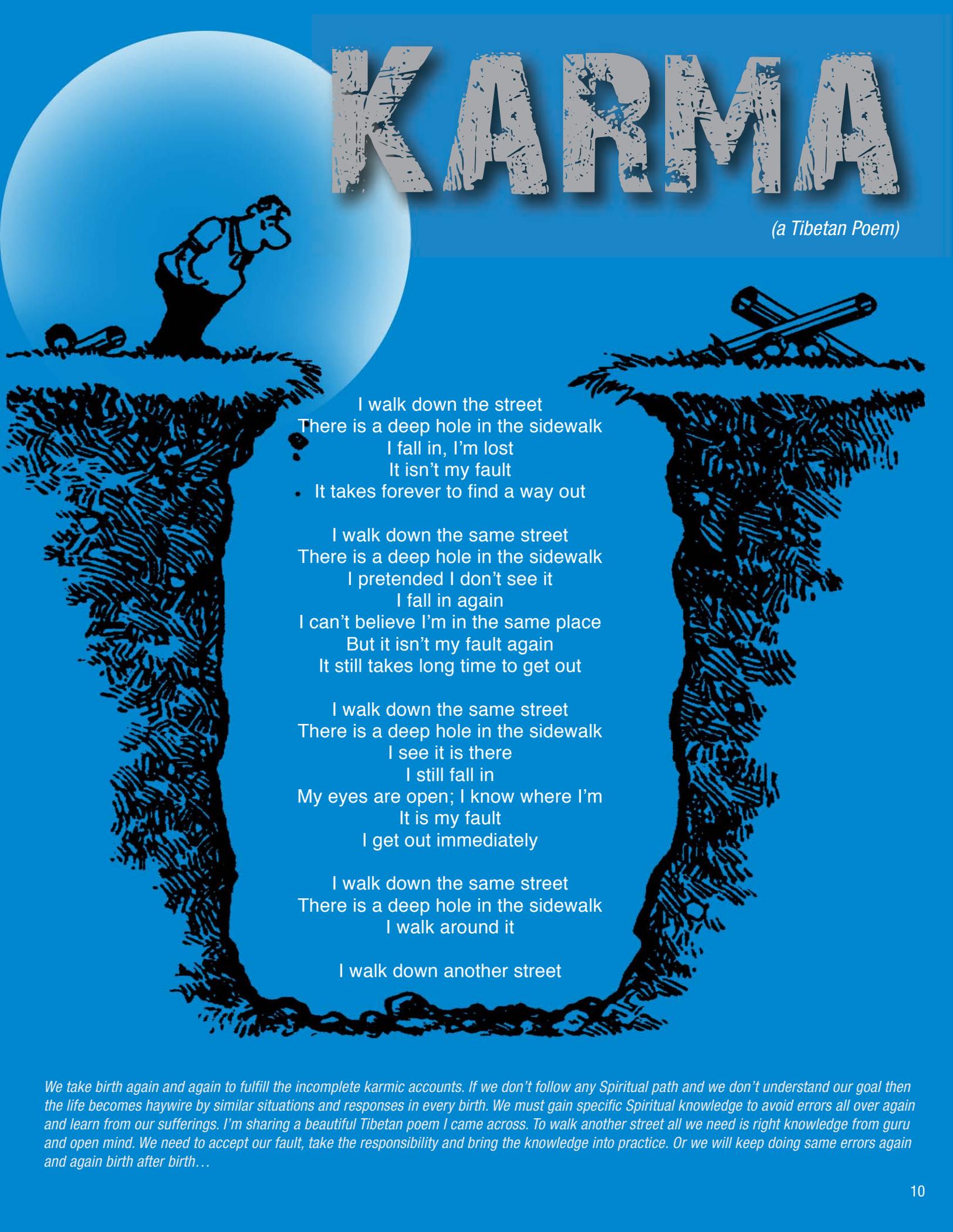
We do not enter this life with anything besides our Samskras and mind. Actually we struggle throughout the life for every material thing, which we are not going to carry with us in our next life. Including body, wealth, academic degree, job, relatives, house, car and property everything is not permanent and we will leave all behind after death. However, we do not understand it and keep gathering, which is totally waste for us. We are so much attached with whatever we have collected in lifetime that when the time comes to leave, acceptance is the lowest. Fear, anger hate and greed increases while death and that is the most harmful for any soul for the next journey.

We ignore all eternal things, which actually carry Guarantee. Five Reiki Principles (Attitude of Gratitude, Love and Respect to all, Honesty, No Anger and Worry), Reiki practice and meditation are life transforming spiritual solutions for everyone. Each and every pure Samskra is going to be with us every moment and no disaster could damage it if we honestly practice it everyday. In any most difficult situation it could keep us stable, firm and calm.



KARMA

(a Tibetan Poem)



I walk down the street
There is a deep hole in the sidewalk
I fall in, I'm lost
It isn't my fault
• It takes forever to find a way out

I walk down the same street
There is a deep hole in the sidewalk
I pretended I don't see it
I fall in again
I can't believe I'm in the same place
But it isn't my fault again
It still takes long time to get out

I walk down the same street
There is a deep hole in the sidewalk
I see it is there
I still fall in
My eyes are open; I know where I'm
It is my fault
I get out immediately

I walk down the same street
There is a deep hole in the sidewalk
I walk around it

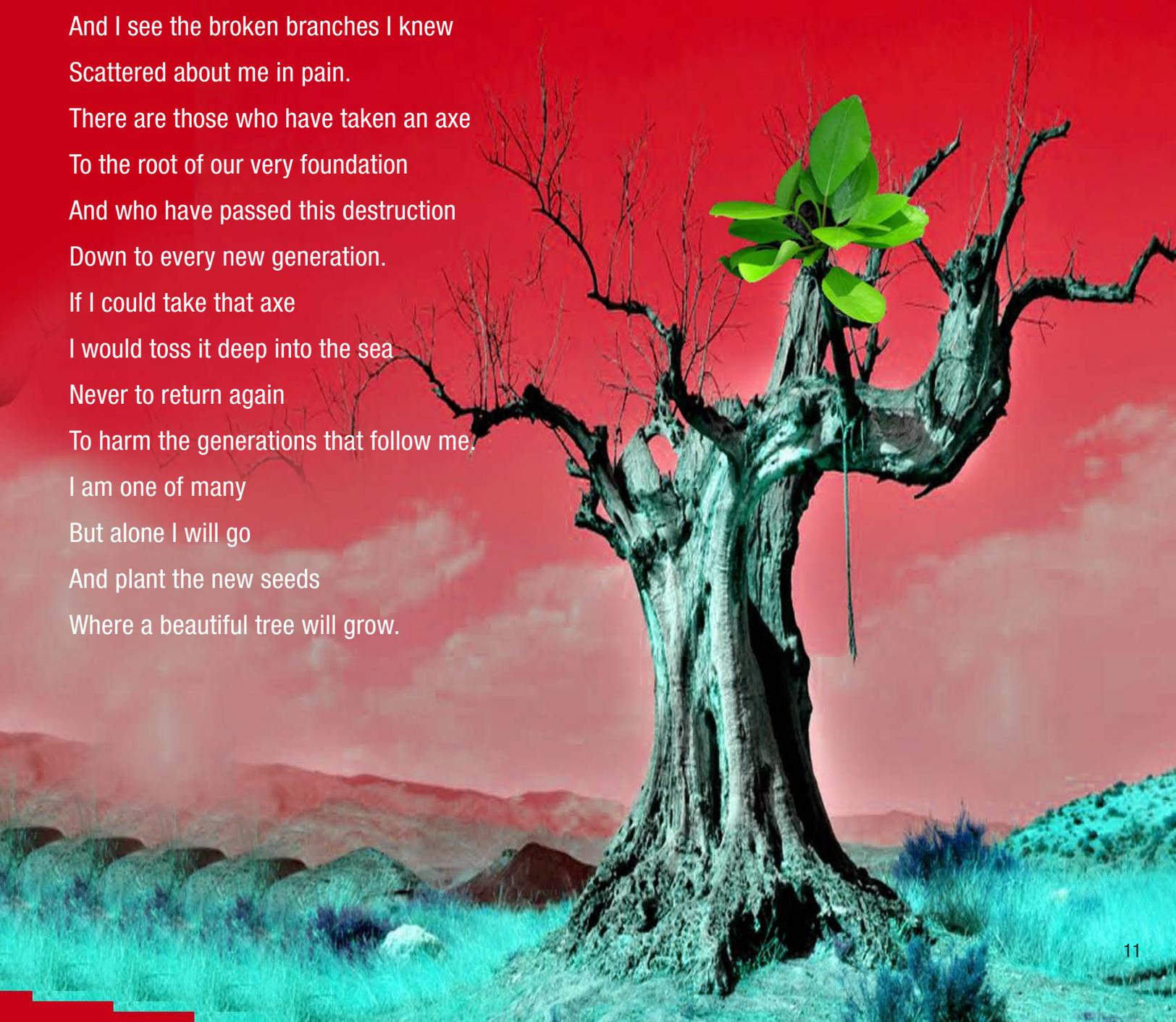
I walk down another street

We take birth again and again to fulfill the incomplete karmic accounts. If we don't follow any Spiritual path and we don't understand our goal then the life becomes haywire by similar situations and responses in every birth. We must gain specific Spiritual knowledge to avoid errors all over again and learn from our sufferings. I'm sharing a beautiful Tibetan poem I came across. To walk another street all we need is right knowledge from guru and open mind. We need to accept our fault, take the responsibility and bring the knowledge into practice. Or we will keep doing same errors again and again birth after birth...

I am one of many
Small branches of a broken tree
Always looking to the ones above
For guidance, strength and security.
One little branch trying
To keep the others from breaking away
Who will fall?
And who will stay?
Now I stand alone
Looking at the earth through the rain
And I see the broken branches I knew
Scattered about me in pain.
There are those who have taken an axe
To the root of our very foundation
And who have passed this destruction
Down to every new generation.
If I could take that axe
I would toss it deep into the sea
Never to return again
To harm the generations that follow me.
I am one of many
But alone I will go
And plant the new seeds
Where a beautiful tree will grow.

A Broken Tree

Shivani Karnataki, Mumbai, India



Pregnancy Protocols (Garbhasanskar)



While conducting EPIC Parenting programs, I am consistently seeing in things happening. And that is when we talk about the impact of the mother's mental and emotional states as well as environment during the pregnancy period. Most of the parents get stunned. Many become depressed and many more especially the mothers start sobbing with tears rolling down their eyes. All the subconscious layers of guilt start falling off. Then only one realizes how important role that period during pregnancy, plays in the life of not only a child but even parents. The entire script of life time is written during this period of nine months. The worst part in the whole issue is that most of us totally ignorant about the impact and the role that pregnancy plays in the crisis the human community is currently going through. The indifference towards the matter is even more hurting. The science of managing Pregnancy (Garbhasanskar) established right since Vedic times, needs to be taken with more seriousness it deserves. The indifference towards this may lead to a costly lapse in the history of human life time and that seems to be the writing on the wall.

Parents, even before they become one, need to be on alert on certain issues even before the child is born. Not only the parents but everyone in that home, needs to follow certain code of conduct. One has to understand that a child born does not belong only to the parents who have biologically given birth to the child but to the whole house. Unfortunately most of us have forgotten this fact. Even the modern science which never believed in the softer side of the life, has started confirming that everything that is happening in the environment definitely has a significant impact on the child during the pregnancy period.

Many people believe that one does not have to be careful about pregnancy during the first 3 to 4 months. Biologically the same may be true. But one has to understand that though the child is born through the body of the mother, its existence is much deeper than

that. Even a soul is supposed to be entering into human existence, the prospective mother should think about which soul should enter into her womb much ahead. Just like a builder who before planning a building also thinks about the people who are going to occupy his creations. If he wants the good, decent people to be attracted, if he provides the construction which looks like a slum, he may not attract the middle class and upper class clientele. Same is the case here. In the first few months of pregnancy, a prospective mother needs to decorate the womb with a very pure and pious presentation. Only that may attract a pure and pious soul. Otherwise she would have to face the motherhood which may not be a very pleasant experience of life. The time has come for each household to think seriously about how best the environment we can provide for the divine child to arrive in this world. Everyone at home has to remember that a child does not bring his own destiny alone but the destiny of the whole house. It is always to be remembered that he is an ambassador of divine world and should be treated accordingly. Can the ambassador of USA be treated like ambassador of any developing or underdeveloped country?

Once the soul has arrived into the womb the mother has to be extremely alert in taking care of the same. The mother has to be extremely careful about her thoughts, emotions, reactions as some aberrations in the negative sides in this issues may disillusion the incoming guest who may not be comfortable in the chosen place. All the actions and reactions of both the parents have to be carefully expressed keeping in mind that the divine soul is very much present in the womb of the mother. A mother have to choose to be happy and also try to keep the environment happy knowing fully well that all these happens will make a child happy and create a welcome pleasant experience. She may have to think more about love, compassion, peace and health giving them a priority for mundane things like money and other material things.

विचार सोडून बाळासाठी प्रेम, करूणा, शांति, स्वास्थ्य
अशा गोष्टींचा जास्तीत जास्त विचार करावा लागेल.

The story of Hawayo Takata (Part 1)



Mrs Hawayo Takata, ranks very high on the traditional chain of Usui system of Reiki Healing and is well known to all our Reiki sadhaks. She was a legend in healing. However not much has been written about her and her mission of healing. We have decided to start this column which will reconnect our readers to the great Master who

ruled the healing world between 1940 and 1980. Here is the first part of the story.

It was on the Christmas eve of year 1900 that Mrs Takata was born at Honolulu, on the island of Kauai, Hawaii. At the dawn when the sun was rising above the hill, a newly born baby was bathed, wrapped in a new blanket and held by a midwife facing the morning sun and was named Hawayo, in honour of the newly formed region of Hawaii.

Hawayo belonged to a family which worked on the sugar plantations in a very simple lifestyle. Everyone practically in this village was a hard labourer. Little Hawayo started going to a public school like all other children from the region and enjoyed her studies as she always loved to learn. Hawayo, once she became twelve years old, started working in plantations with other children to work during the summer vacations. Of course she could not cut the cane as that required much stronger workforce and she as a student would just help to lop off the tops, filling gunny sacks with short pieces of cane. Being small and delicate she would find even that tough and other students would work much faster and go ahead keeping her left behind. She could not finish her work with the speed of others and was to be helped by elders who were kind and compassionate towards her. On the last day of the vacation, while the other students tugged themselves to the dumper carrying the cut sugar canes, riding on the back of the vehicle, Hawayo squatted on the road right in the middle and prayed with raised hands to the almighty. " God, please let me do better things with my hands and do not end me again on this work of cutting sugar canes" And what a powerful this prayer proved to be. She really got golden hands

which made a lot of difference to a lot many human lives in the next seven decades.

The locomotive engineer witnessed the plight of Hawayo and approached her father informing him about the problems this little child faced while working in plantation fields. Her father was not aware though he suspected her problems, knowing that she was weak and delicate. He immediately agreed that she should be relieved of this work. In the mean time Hawayo received one offer from the principal of school boarding whether she would come and stay with her and also teach to the primary classes. Hawayo's family accepted that on the condition that Hawayo would also continue her study in the night school. A 5 dollar gold piece and a Silver Dollar is what she got at the end of every week, which made her family extremely happy.

In 1914, a big store was opened in Lihue where she went for inauguration and the owner was impressed with her and offered her a job to assist him in the store. That assignment would be only on Saturday. Hawayo thus landed up with two jobs at such an early age. Once she finished the studies, she continued with the stores on a full time basis.

After some time, again the life took a turn as one lady who came to visit the soda fountain and office Hawayo was managing, was impressed with the style of work she employed. Hawayo was offered a job by that lady which would give her not only the accommodation and food but also double the salary she was drawing at store. Hawayo never looked back from there. She kept on progressing till she became the chief housekeeper and practically the right hand of the owner of the business. There she happened to meet Mr Satchi Takata, who worked as a book keeper in the plantation company to whom she eventually got married. That is how she now became Mrs Hawayo Takata.

Satchi was full of energy and was extremely social when it came to charitable work. He worked on the welfare board of the district and participated in lot many games. He was full of life and vigour. In October 1930, one morning he spoke to Hawayo about his views on life and death and expressed that he does not believe in death the way the others do, but thinks that it is just a transition. He also took a promise from her that she would not mourn over his transition and can always believe that he would be around even after his transition. Unexpectedly, he passed away within 2 days after this conversation and the page of life book for Mrs Takata turned a new chapter.

WIN or LEARN are the only options...

During one of my recent visits to one of our centres, I came across a girl who was refusing to appear for exams. I was surprised with that as that girl is generally extremely intelligent and has been achieving consistently good grades throughout her school days. Probing more I realized that the girl had got little less marks than expected in one of the tests that she had given a few weeks ago. Her confidence was shaken as she had never got so less marks in life. She did not want to be a loser as she was used to be the winner all throughout till then. I counseled her. I kept on telling her that by appearing for her exams and getting lesser marks would not mean losing. In fact if she does not appear for exams she may lose heavily and that loss will be even worse as it would have a long term impact on her life.

As a sadhak it is very essential for us to have a different outlook towards life. We need to redefine a lot many things like love and hate, happiness and sadness, losses and wins, joy and sorrow etc. In fact we need to redefine the whole of life process. What is a loss and sufferings for common men are actually the opportunities for sadhaks to learn. We have already learnt about the story of Thomas Alva Edison who invented an electric bulb. He created the bulb after as many as 2000 iterations and re-iterations. People called them the failures. Edison used to say that they were not failures, they were only the steps to reach the ultimate invention. He called it a 2000 steps process of development. Sadhaks should have that tenacity and perseverance. They should have that kind of patience. That is what sadhana is all about...

In fact I had one wonderful mail received from one of my students some months ago. They had listed out all those so called failures like Elvis Presley who was rejected then and there during his first audition test and the examiner had said that he could never be a good singer. Elvis proved them wrong. Edison was thrown out of class with the teacher's prophecy that this boy would never come up in life. He was shown the door by the school authorities at the age of 13. His mother brought him home and decided to teach him at home. And lo! Today we have more than 2000 patents under his name and he occupies a premium place in every school text book.

Program Schedule for May 2015

Reiki Seminars

| Dates | Reiki Teacher | Centre | Degree |
|-------------------|-----------------------|---------------------|--------|
| 2nd and 3rd May | Renu Chaudhry | Hyderabad | 1st |
| 9th and 10th May | Bhartiben | Ahmedabad | 1st |
| 9th and 10th May | Rakesh Kumar | Airoli, Navi Mumbai | 1st |
| 16th and 17th May | Renu Chaudhry | Chennai | 1st |
| 23rd and 24th May | Seemaben/Kalpita Jeer | Devrukh | 1st |
| 23rd and 24th May | Rakesh Kumar | Baroda | 1st |
| 23rd and 24th May | Vishal | Nashik | 1st |
| 27th and 28th May | Kalpita Keer | Devgad | 1st |
| 30th and 31st May | Seemaben | Rajkot | 1st |
| 30th and 31st May | Vishal | Pune | 1st |

Parenting Seminars EPIC

Date: 23rd & 24th May 2015

Centre: Pune

Faculties: Ajit Sir/Krupa/Ashwini

Date: 6th & 7th June 2015

Centre: Mumbai

Faculties: Ajit Sir/Krupa/Ashwini