



# REIKI VIDYA NIKETAN



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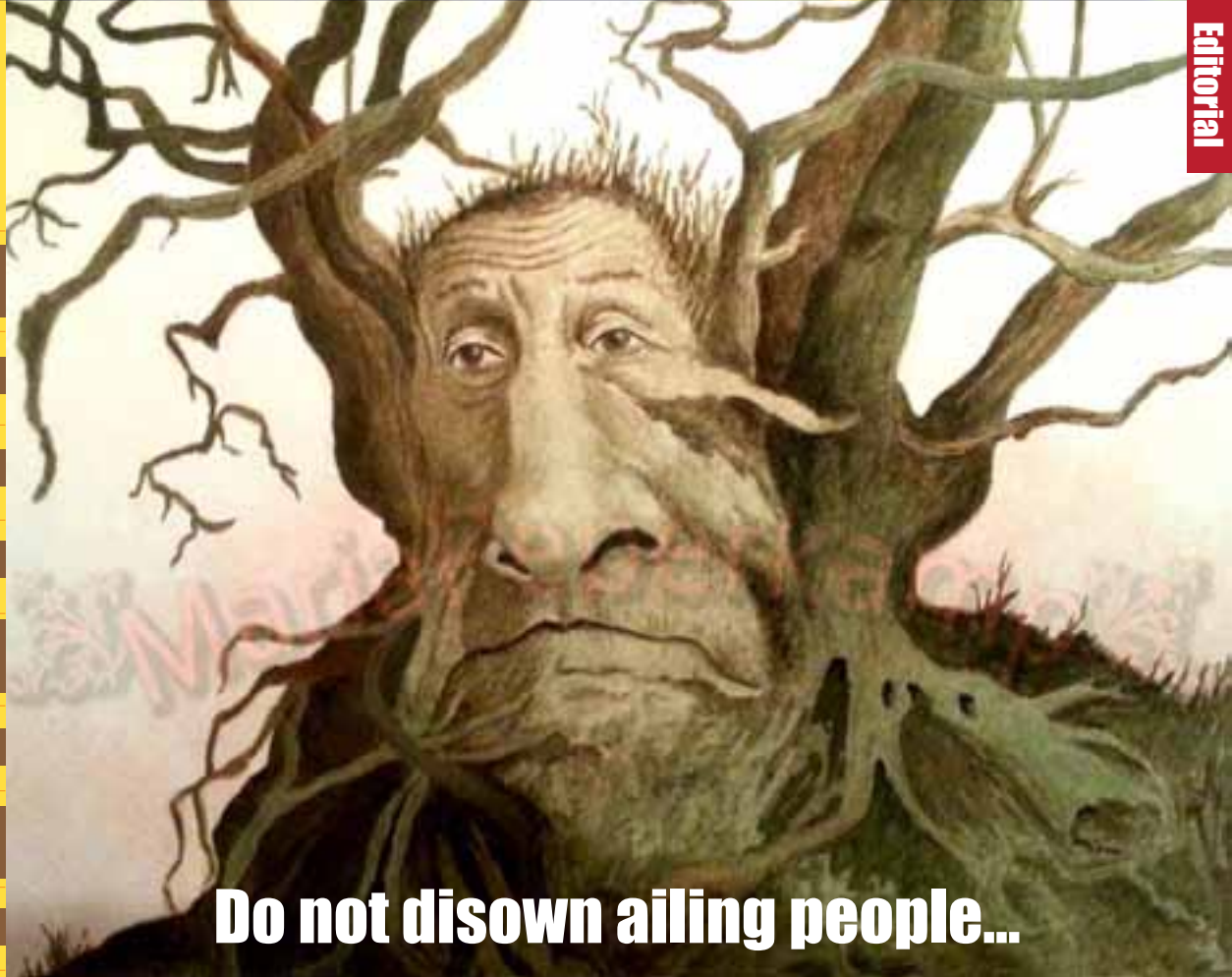
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Editorial

## Do not disown ailing people...

A senior sadhak approached me a few days ago with an idea that he wanted to implement and wanted my blessings. He wanted to start a Hospice in one of the cities of India. In fact Hospice is a new concept to Indian society though it has been an established concept in developed countries. I myself had some opportunities to visit some hospices in USA to understand how they function. For most of readers who are not familiar with this concept, I can say that this set up is an in between to Hospital and Home. Hospitals are well understood by a common man as a place to go when you are not well and need to take some treatments to get well. Hospice on the other side is a place where one goes when the Hospitals reach the end of the road as far as healing is concerned and Doctors throw their hands up and ask patient's relatives to take patient home to die. That is what Indian society has been doing for ages now. As and when a patient reaches the end of life and no medicines are likely to work on him/her we generally take such people home to die in a familiar surroundings and feel complete with all relations around at the time of death. That is one of the ways one can give your dear ones a send off, in the midst of love and compassion. We can't go with the departed soul to the other side of the life but we can at least accompany him/her to the beginning of the last journey. That is perfectly human.



## Do not disown ailing people

*continued*

Hospice on the other side is a place where you can dump someone at the end of life and wait for the person to die in strange environment. It is as good or as bad as telling a person that he/she is unwanted at home if the person is not fit enough to contribute to the life of others. Many a times I have felt extremely sad and miserable to know the stories of people being left out to such hospices to die and children (and sometimes even a wife) asking the Hospice management to take care of the person till he dies and inform them once the patient passes away. They keep on paying the charges for his upkeep till the end arrives. They fail to appreciate that a patient needs to be paid by love and compassion and not by money.

I shuddered when this idea of Hospice was thrown to me by my sadhak. I could immediately see what would happen if the concept of hospices got popularized in this country. I thought my sadhak was getting crazy by mooted this idea as that may open the flood-gates of people leaving out relatives to die in such dying places. By creating such institutions we will be a part of the sinful act which can even be termed as abetment to crime. Today fortunately people have limited choice for ailing people waiting for death as Hospitals are not interested in keeping the 'near death' patients. Such people are staying and dying at their own homes, dying hopefully into the laps or arms of their dear ones. It is the touch of love which may make a difference in destination to hell or heaven and we are not aware about this.

When it comes to terminal illness I remember a solid case where Reiki clearly indicated how compassionately it can bless human life. A young lady came to me about a decade ago, asking whether I can send a completion Reiki to her mother who was dying and had reached the end of the road. The lady was wrongly told by someone that Reiki can complete the life by giving death and free one from sufferings. I told her that Reiki does not work that way. Reiki will do whatever is good for a patient and we can't impose ourselves on completing a person's life. As a healer we just need to work as medium and allow Reiki to do whatever is in the interest of humanity in general and that human in specific. The lady was little lost as she had already made up her mind that her mother had to die as she wanted to go abroad and settle down there. I found her thoughts little crooked and inhuman as she was putting her interest ahead of her own mother. I started giving Reiki to her mother as promised. I went and taught her Reiki too so that she can practice. I was not too sure what would happen as medical doctors had thrown their hands up and were helpless to save her. On some treatment and her own efforts, after a month the lady was fully healed and you may be surprised to know that she is still alive and kicking at the age of about 80. Her husband who was fit and fine that time, in the mean time passed away. The daughter and her family shifted to a country abroad and this lady is intact. What can one say? Healers should not close the opportunities of healing and leave it to the divine. All that one can do is be compassionate and loving. We are unfortunately losing those virtues now as we have started putting our interest ahead of someone close to us.

I strongly feel that hospices are not for this country. Old age homes and senior citizens' centres have already created enough imbalances in this human society. I can't imagine someone keeping his/her parents to old age homes when one can very well afford to keep them at home. Just imagine what as a child you would have felt if your parents had packed you to some such set up. Your parents have done enough for you. Now do not run away when it is your time to help them. That is what relationships are all about. Do not disown your parents, no matter what happens. Many senior people come to me with some or other illnesses mainly the pains in the body asking for some remedy or the other. I always like to tell them that what they need is a hand to press the aching part and not the medicine. That touch of hand will play a magic. The pain may not go but you may rise above the pain. I have been seriously planning to start a training course on Nursing for Non-Nursing people as I know there are enough young people who would like to take care of their ailing and aged parents when they are down and do not know how to manage them. Let us empower the young generation to look after their parents more than tempting them with hospice like facilities.

**Ajit Sir**

*Sept 15th, 2015*



# BhajaGovindam (Verse 20)



भगवद्गीता कश्चिद्धीता, गंगाजललवणिका पीता।  
सकृदपि येन मुरारी समर्चा, क्रीयते तस्य यमेन न चर्चा॥ २०॥

## Meaning:

***The one who has read even a small part or few versions of Bhagwad Geeta, or the one who has tasted the few drops of Ganga water or even the one who has worshipped Govinda – The God even once, is free from fears of death or the death cannot touch them (without their consent.)***

The basic question here is who is afraid of death? We need to explore little deeper into human existence. I just had an opportunity to visit USA for 43 days. I visited many cities and provinces during this trip. I met number of people from different segments of society. One thing that struck me strongly is that the whole nation is under the shadows of fear. The fear is consistent and reflects in everything they do and think about. The fear has become a huge driving force in the lives of American society. The amusing part of the whole thing is that while trying to avoid and run away from fear is ultimately landing them into the worst. While travelling through Chicago, I consistently watched the electronic displays of number of accidental deaths in the city, displayed throughout the city, I could sense that about 414 people have died in road accidents since January 2015 (till June 2015) in that city alone. The thought always used to make me wonder how come with all the modern roads, the best of signal communications regulating the traffic and the best of the driving habits inculcated by consistent awareness, so many people can die? I do not think even in a city of Mumbai where I stay where the traffic though disciplined but still can't boast of the signal efficiency of American cities, full of safety gadgets and guiding road signs, not so many people die of road accidents every year. Or is it that fear created by those same gadgets designed to save them from death is killing them? I have been seeing that every one every time thinks of death. Even a small illness like a cough and cold make them run to a Doctor who prescribes them a dose of steroid, no matter whether a patient is a small child or a grown up person. There are of course glaring exceptions of our sadhaks who have broken through this trap of fear and have kept themselves fit and happy using their knowledge and experiences of Reiki and other remedies which are friendly and non invasive. They do not

push the panic button and rush to the doctors at the slightest sign of physical discomfort. A lady sadhak had an amusing tale to tell me. She has not visited the doctor for the past four years and had to go to her doctor who used to attend to her four years ago for some other reasons like insurance check up etc. The Doctor just refused to even see her, saying that as she has not fallen sick and reported to the Doctor for the past four years, she has no right to get treated now. That is painful to say the least. That is not human definitely. The system should reward the people who have not fallen sick rather than punishing them.

The question is always discussed in the parlance of spirituality, why a sadhak is not afraid of death while a common man is so fearful? The main reason is that it is the mind which has a fear of death. The mind always thinks that it is connected to the body. Obviously it associates the death of the body with the death of itself. It is just like someone who is staying in a dilapidated house will always be afraid of collapse of the house. This will create a fear of his/her own death. Same thing happens to the mind. However on choosing to be on the path of spirituality, the mind starts associating to the soul rather than the body. That makes a huge difference. The soul is immortal and can't die. Of course the mind starts disassociating its death from the death of a body and feels secured, like someone staying in a huge palace like house made from stones. The same person can now enjoy the cyclones and heavy rains with a hot cup of tea in one hand and a nice, hot sandwiches in the other.

The poet is saying the same thing here. A small portion of Ganga waters or a small version of Geeta or a little time spent in the worship of God can also connect one to the soul making one fearless of death. It is only a small moment that makes a difference in life. I still remember the golden moment when me and my students stood in front of that 16 feet tall divine Shivaling in the Amarnath cave way back in 2004 and then cried embracing each other. I still do not know what and why it all happened at that small moment. The entire stress and fatigue of reaching the cave was gone in that divine moment. Same thing then happened in Kailas pilgrimage thereafter in 2010. The moment that majestic divine mount Kailas stood in front of us at Dera Phuk at the height of 16,000 feet, we all cried incessantly. Some sadhaks came to me and said that they feel so complete that they feel like shedding their body at the moment. One aged person came to seek my permission to drown himself in that Manasarovar. If you look at that, all these reactions and fearlessness or the feeling of fulfillment happened at a spur of moment, with a single glance of that supreme divinity. That is a miracle by itself. That is bliss of ultimate nature.

# Inhumanity

By Shivani Karnataki, Mumbai

A petite little figure, tiny little feet,  
Eyes so swollen yet as blank as a sheet.  
Emotions all bottled up, she refused to suffer any more.  
No more did she wait, for him to turn up at her door.

She had given up all hopes, no light did she see.  
He vanished in the dark like a mere drop in the sea.  
It had been long ago, when truth paved her way,  
followed by nightmares, and days in dismay.

Truth echoed so loud, in the depths of her sorrow,  
poisoning her existence, a reality so hollow.  
She was now nothing but a flesh with a price tag,  
Sold away to strangers like a bag full of rags.

She began to doubt the pride she then held,  
how honorable it was to be a woman, she once felt!  
Her emotions were scarred, and wounded so deep,  
and her faith in humanity had taken a leap.

She had never known how he was; now she never wished to know.  
What kind of a human he'd be? Ashamed of the seeds he sowed...  
She was a part of him, his blood flowed through her veins,  
but she knew she'd purify it, for her heart was unstained.





# EMPATHY AND ME

by Telangan

Sucha, made me park the car on the busy road, got down and gave entire pizza to the beggar's young kids. I sat sulking in the car because we were getting delayed for something and I was hungry also. I could not understand Sucha's pain at that time but she had tears in her eyes. Rather it did not touch me at all the way she felt. She was like this. She could feel sad by looking at hens in chicken shop, suffering stray dogs or old beggars. She would jump in and put puppies safely somewhere from middle of the busy road while no other person bothered. She could fight with three times larger person for hurting someone very easily and without fear, I would helplessly keep protecting her. I could never understand her feelings and would tease her calling Mother Theresa. Today after many years I understood, Sucha was gifted with this rare quality of 'Empathy'. One could not beg, borrow or purchase it from anywhere. It has to be within. With age one could experience it in little degree. She was a good teacher, preparing me giving those demonstrations time to time. It was 'Learning' for me but it took many years to even identify with.

*We normally feel pain, grief or suffering of those, if we have gone through similar experiences in this birth or in past births. That's a reason we commonly could feel sorrowful emotions of loosing loved one easily. People read newspapers and watch TV shows on horrific scenes of disasters, earthquake or Tsunami but very few could feel the real pain and*

*they immediately support with real empathy. There are deep-rooted Samskras hidden inside which would pop up if we have experienced similar disaster in one of the past births and it would influence our mind to help.*

Empathy is an ability to put us in someone else's shoe and feel the pain. Literally see the situation through someone else's eyes. Sucha could always genuinely feel happiness, pleasure of others and she could participate in other's

success with pure heart without jealousy. She was very advanced. She taught me the core principle of how people in different roles get connected with each other and our response would help us progress spiritually. She could trust every being so easily and now I know it was nothing else but her pure core.



Empathy gives us lessons and learning which would last forever even in future births. It is one of the rare qualities we need to learn and experience while we are in our physical form. Empathy is the key learning for removing painful situations, dark emotions and difficult relationships of life. We can't transform negativity into the constructive energy without 'empathy'. And we can't understand 'Empathy' without experiencing it in our present life.

***Experiencing 'Empathy' could  
change our lives totally...***





## MY FAVOURITE 31ST DECEMBER..

India is a land of celebrations. Somehow it is embedded in our culture that in the name of festivals and occasions, be it from any culture or religion, we all find excuses to celebrate. Actually we are all experts in celebrating togetherness. This habit of coming together and accepting the unity of the soul is atrociously etched in our genes. We don't have to think about such things, the happening of coming together happens very naturally with us. One of many such occasions is the night of 31st December, where we all look up to the upcoming year with a hope and faith that the next 365 days will be brighter and much better than the previous ones. One such 31st night is particularly etched in my memory which I could not resist sharing with you all. It was the night of 31st December, 2005.

On the last day of the year 2005, at the age of 23, I, like any other youngster was looking forward to having a blast and end the year with some fun time keeping my syllabus books aside or should I say not even looking at them. With a whole lot of exuberance of the youth and some young blood gushing out every now and then, I decided to arrange for a small party at my house with the permission of my parents and of course with the intention of getting a financial approval for the same. My father had retired a few months back and my mother was also not getting any younger, but still both of them, without frowning their eyebrows, gleefully agreed for the same. My third and the youngest sister (out of a total three) Chetna, who was unmarried then and a couple of years elder than me, literally jumped at the idea of organizing a retreat and came up with a bunch of suggestions with regard to the menu in order to make the event a grander one. Just at the time, when all four of us were tickling our wish bones, my neighbour who also happened to be the society president, came up with the proposal of organizing an event for all the members of my neighborhood thereby giving a clean sweep to my plans and fantasies. My father gleefully accepted the idea of my neighbour and gave him his consent, as it was

favorable with regard to managing the economy of our house. After a few emotional hiccups and some counselling from my sister, I accepted the turnaround of events and decided to move on, what choice can you have when Swami decides and compels you to expand in better ways. With a few spiritual insights and looking at the fact that a larger gathering would mean an even larger celebration, I finally shifted from a probable small happiness to a bigger one.

However, the event that this article has more to do with, was regarding the three little puppies and a miracle that took place on the most fortunate day of my life and little to do with my family tree. On the night of 31st December at around 8 pm, people of my neighbourhood had started to gather and were falling into groups of their choice of friends. The food was being cooked out in the open to give a folk fervor to the celebration. Just around the place where the food was being cooked, those three little puppies tried to sneak into the area where the make shift kitchen was temporarily placed. Perhaps the aroma of the food and their hunger and even more importantly their unawareness of the fact that they were animals, and were not allowed to disrupt the proceedings of some hygienic-civilized beings, made them commit a crime of hovering around the food area. The result was expected and those three little beings received a severe thrashing from some of the men guarding the area. Not that they should not have been shooed away, but the people responsible should have found more gentle and human ways to do it. Especially, considering the fact that they were mere puppies, completely unaware about the rules and regulations the dog community is supposed to follow. In the mean time, I had occupied a chair and was watching the whole episode with a bleeding heart. Despite the fact that those three puppies were stray dogs (although we never treated them like one), they were very close to me and my family as my mother fed them with milk and bread

## My Favourite 31st December... *continued...*

everyday with the same amount of love and affection that she used while serving me with food. The thrashing those three puppies received pierced my heart and almost instantly a prayer came out which was more of a hapless cry. I prayed to Swami, "If we humans can enjoy a retreat with all the resources provided by you only, why can't these little puppies have a celebration too, may be a big bowl full of milk and some bread should be arranged for them as well". The prayer came out very naturally and instantly. I started to make an attempt to pay attention to the proceedings and the event underway. However, my heart and mind was still lingering over those three little puppies and they being well, but they were not to be found anywhere. Perhaps the beating was a bit too harsh for them which made them disappear.

The never stopping time ticked its way through the clock and I was once again sitting on a chair enjoying my supper. I tilted my head towards the right and something caught my attention. One of the puppies was holding a milk pouch in his mouth and running towards me with his tiny four legs from the end of the lane. He came to me and put the milk pouch under my feet with a prior knowledge that I would put it in a bowl for them and the milk will not spill if they themselves tried to cut open with their teeth (what an act of intelligence at display). I requested my sister to bring out the bowl which was kept for them only at the back of my house while those three puppies again ran away towards the end of the lane approaching the road. My sister came out and just when she was about to cut open the milk pouch we saw something amazing. The three puppies were again running towards us with each of them holding a milk pouch in their mouths. We gleefully

collected all the three pouches and decided to get a bigger vessel. Somehow I got a feeling that my prayer was being instantly answered by Swami, but my logical mind could not stop asking the question as to where these puppies were getting an access to those milk bags. The third time around when they came with those milk bags, I decided to follow them and investigate into the matter and the source of those milk bags. What I discovered was that at the end of the lane on the road, there was a milk tempo that had crashed into a bushy area and had fallen over. The entire load of milk pouches and other dairy products were lying on the ground. The tempo-driver was not to be found anywhere and my smart and intelligent puppies grabbed the opportunity with both hands (or should I say four).

I came back towards my house and both of us filled a large bowl of milk for them along with some bread which I had bought along the way from a grocery store. Our faces were blooming with joy and laughter as we had just witnessed a miracle. While the three puppies were busy filling their tummies, I could also see a motherly satisfaction on my mom's face.

The three puppies are no longer there with us, but their third generation still hangs out somewhere near the verandah of my house especially during the study circle sessions or any such spiritual events. The current generation disappears for weeks but seldom miss a chance to take advantage of my space on Saturday's at about 6 pm. Who knows why they come here and who sends them and what intelligence makes them move. However, the entire episode emphatically announced the fact that "Swamiji" answers all prayers.

## AT THE FEET OF GURU



This is a wonderful mail from Guruji. A Rudraksha tree planted in ashram before 10 years, which now started giving fruits and the Rudrakshas are falling at the feet of Shivlinga after every five minutes. What a delightful end.

I felt the spiritual path of Reiki is like that Rudraksha tree. When Guruji sow that knowledge in all of us the way he planted the Rudraksha tree. We Sadhaks are like those fruits. It will take time but one after other each fruit will be ready and fall at the feet of Shivlinga (Guru) one day.

Every Sadhak comes to Guruji carrying different Samskars, beliefs and ability to learn. They get the required knowledge and guidance from Guruji. When we honestly

practice that knowledge daily for years, then slowly we would get ready to merge with his shadow. This will not happen at one time for everyone. Each one of us will get ready one after other... time is irrelevant. Until then he will look after us the way nature is taking care of the fruits.

When a baby carelessly put something in its mouth, mother steps in and makes every effort to remove it from baby's mouth but if she could not do it then she would put her fingers in deep throat and even if little blood comes she will not be afraid to do it. This is because her deep love, compassion and care for the baby. Similarly Guru looks after all his students. The one who act foolish like a baby will be treated little differently, firmly even sternly if required by Guru. But the one who keeps faith and practice the knowledge in daily life would be gifted by rare wisdom and would get an ultimate chance to remain at the feet of Guru forever.



Mrs Takata loved to play Golf and also travel a lot. That is why wherever she would go, she would look for the Golf ground. Her living was simple. Though she was neat and presented herself with dignity, one cannot say that she was obsessed by the fancy dressing. She used to spend money with discretion and did not believe in spending unnecessarily.

Though Mrs Takata taught the 5 principles of Reiki, one can't say that she could follow the principle related to anger to the core. She used to express her anger to her students and colleagues many a times. She did not hold her expressions. However, after some time she would forget everything and used to laugh like a small innocent child.

She used to advice her students with absolute earnestness and used to correct them whenever she thought they were making mistakes. While teaching Reiki, Mrs Takata was very confident about whatever she would say. She never doubted herself and her teachings. She used to say that everyone has to look for their inner feelings and respect them. Generally she would not mind if someone made any errors but when it came to Reiki teachings she would not spare anyone making mistakes. She would not tolerate that.

No one can really define what Reiki means as Reiki is not like electricity or magnetism. Mrs Takata used to say that Reiki is a natural energy. That is scientific. It is not a mystical phenomenon or any kind of magical proposition. It is as simple and natural as one's breathing. The same energy is referred by different names like Pranas, life force etc. But Reiki is a mother of all energies. It is in everything and everywhere. It is the basic energy of the universe. She used to say, "Reiki can't be really taught. Your Master just opens up that seed within you like a gardener does to the seed which flowers into a tree and fruits. This seed becomes active after Reiki attunements and keeps on working throughout one's life. That is why everyone can experience Reiki in different ways. Feeling warmth in the palms or feeling cold, feeling some kind of vibrations on palms and fingers are normal experiences that sadhaks get on this path.

Mrs Takata used to say that Reiki is infinite in nature but in some ailments where one has gone beyond repairs, Reiki may not be able to save a life but can definitely make that patient free from sufferings in the last days of his/her life. Reiki invariably makes a situation which will make a patient comfortable. Reiki definitely makes people stronger in terms of the resistance power and immunity. Reiki restores the balance of energy which was imbalanced by some reasons or the other and termed as illness. If any of the organs is not functioning to its designed capacities, Reiki will ensure that the organ is no longer deficient in energy and rejuvenate the same. She had proven many a times that even in a case like diabetes, the patients health can be restored by giving Reiki and the dosage of insulin taken exter-

nally can be reduced. Generally it takes few months for the bones to get reset after accidental damage but in case of Reiki, she would say that within few weeks or days the bones will get joined to each other.

***Mrs. Takata always used to tell her disciples about reiki's features as under:***

- 1) The power of Reiki flows through everyone as we are all made of that divine force. The question is only about a choice. One can choose to experience the flow.
- 2) Using Reiki practice, we can stay healthy and can also make others around stay or become healthy.
- 3) One does not get someone's sufferings by giving Reiki because when giving Reiki we are not using our limited energy but are connected to the divine energy which is infinite and unlimited in nature.
- 4) As mediums of Reiki flow of energy, we truly do not do anything, and hence can't claim the credit for healing someone and also can't be responsible for results.
- 5) Be sure that you do not get anyone's diseases and get unduly worried about that.

One does not have to know the human physiology to treat someone with Reiki as Reiki has its own intelligence. She knows everything. Mrs Takata however used to know the human physiology very well. She always used to say that Solar Plexus is the heart of energy as it supplies the energy to the whole body. She firmly believed that one has to start giving Reiki first to the abdomen and solar zone as the roots of all diseases and sufferings are found in the past memories which are unresolved in human existence. Mrs Takata also had a strong conviction that one has to give Reiki to full body and not to some parts if one wants to address the issue of health in holistic way. The body is so wonderfully interconnected that one can never understand how integrated it is. That is why she never compromised on treatments. Treating 26 points in case of every treatment was a must for her. She never made compromises with her art of Reiki and neither she allowed others to do that.





# Creating Awareness about GMO Foods

*By Kalpita Vazail, Mumbai*



GMO” Genetically modified organism; a topic that needs to be revealed to the masses at the pace of time as its ignorance may lead to the end of this planet Earth & life on it.

Mankind is unknowingly heading towards a disaster which is more dangerous than the ones experienced by humans so far, like the Nuclear attack on Hiroshima & Nagasaki which killed over 220000 people and left 400000 crippled for the rest of their lives. 9/11 Terrorist attack which reported death of 3000 people and caused injury to over 6000. All these incidences clubbed with the misery, loss of properties & life inflicted by Hurricanes, earthquakes and floods will pale in front of this catastrophe which we may call as “GENO BOMB” if we do not make a collective efforts in diffusing it. A bomb which has the potential of killing every single living being on this Earth.

Genetically modified organism are foods that have been artificially synthesized by humans in the laboratory. The technique involves crossing DNA of two different species to produce a variety of crop that instils properties or qualities of both the parent crops. For example. Gene from pig is being taken to be put into rice. The gene from pig to tomato. The gene of milk from human female is put into rice. Scientist are now trying to say that this will take care of Diabeta in human. The resultant crop contains a DNA not found in natural, hence it has adverse effect on the environment & on human health.

The objective behind the research or adopting genetically modified mode of agriculture is to meet the increasing demand of food supply of nations around the world. However the truth is, it is mean to have control over agriculture and food distribution across the globe by few big Multinationals like Monsanto. The scientific findings on the harmful effect of GMO on human health have been submitted to FDA, an institution that have been created to protect health. FDA ignored the results, declaring these foods to be safe and fit for human consumption. The fact

is, the person in charge of the policies had been recruited to FDA from Monsanto’s law firm who later became Monsanto’s vice president. The institutions that have been created to protect health are actually hand in glove.

Killing potential of GM Food became known for the first time in 1989 when a dietary supplement L- Tryptophan lead to death of nearly 100 people in America causing sickness and disability in another 10,000 people. Few of the symptoms caused by consumption of L-Tryptophan have been listed below.

- Severe Pain
- Hair falling out
- Muscle weakness / uncontrollably locked on tightened up.
- Memory loss
- Skin becoming leathery and painful.

Monsanto’s own clinical research on mice proved its to be fatal to life by causing ill effect on kidney, liver, blood causing irritation and all kinds of diseases. Offspring’s of rat died within three weeks of trial. If it can happen to mice, there is no reason why it should not happen to humans?

European countries initially encouraged the use of GM food as a new revolution to solve food crisis but later on seeing the adverse effect of the people’s health put a ban on its import. Few observation made by the government officials on consumption of GM foods are cited below.

- Allergies skyrocketed in UK with the introduction of GM soy.
- 12 cows died in Germany when feed with GM corn in 2001
- BT pollen triggered severe skin diseases and respiratory infection and affected nearly every single people living in villages in Philippines in 2003.

- The rising incidents of prostate cancer and its link to the GM substance called bovine growth hormone. The use of this growth hormone on cattles lead to diseases like “Mad cow” & “Foot a mouth” diseases to such an extent that they had to burn thousands of cattle’s alive.

Hence all the European countries put a ban on GM Foods.

But the scenario in India is different. Ignorance of people, specifically farmers & corrupt in competent regulatory mechanism in the country have made possible for the Biotech MNC firms entrench in India and carry out trials over the host of vegetable and food items which will soon find their way over our platter.

Trials have been conducted on crops that are integral part of our diet like

- |           |               |           |
|-----------|---------------|-----------|
| - Brinjal | - Okra        | - Potato  |
| - Cabbage | - Cauliflower | - Ginger  |
| - Corn    | - Tomato      | - Mustard |
| - Rice    |               |           |

In future times we may not get the nutrition from the food, which we always expected to get from the vegetables.

BT cotton is the only GM crop approved for commercial cultivation in India. Thousands of farmers who opted for BT cotton committed suicides while hundreds to them who use to work in BT cotton field developed skin allergy which was not known before. The toxics present in BT cotton are so harmful that nearly 2000 sheeps & goats that went for grazing in BT cotton field in rural areas of Andhra pradesh died in no time in the year 2006. It means that the food that they ate was not digested because the micro organism which digest the food simply died on account of BT toxins.

The same is the case with BT Brinjal. It has gene which has a potential to create super disease untreatable with antibodies. It may turn our own intestinal bacteria into living pesticide factory. It is already shown to have allergic and toxic reaction. If you were to keep a glass box one BT brinjal and put some insects into that you will see in a day or two all those insects dying. We can imagine what will happen to our body when we consume BT Brinjal.

The question that we all must raise “Is US food chain in India safe for consumption”?

Some items which have been illegally imported to India containing GM ingredients are

- |               |             |          |
|---------------|-------------|----------|
| - Doritos     | - Chunk     | -Mx-corn |
| - Super moist | - Gold fish |          |

Proponents of GM food may argue that it is been sold in US for nearly 2 decades and people have been eating it and not dying so why there is so much of cry in the other countries?

The citizen of American are not aware of the kind of food they intake. When questioned “have you eaten GM food in your life” 60% said “NO” and 15% said “I do not know” ¾ of the Americans do not know that there are GM ingredients in most of their meal.

USA not be considered to the beacon or the guardian for the rest of the world as their judgment cannot be trusted. It took them 500 years to realize that Tobacco is dangerous.

The only way to stop GM foods creeping into Indian market is to spread awareness about it and collectively raise a voice against the one supporting its use or distribution. We as citizens of this country have the right to voice our opinion and stop government from the imports of GM foods and establishment of companies encouraging its utilization and distribution.

# Freedom

Every Seeker on the Spiritual path dreams only for the Freedom.

- ***Freedom from bondage of passions***
- ***Freedom from the suffering***
- ***Freedom from the Ignorance***
- ***Freedom from the rounds of Birth and Death (Nirvana or Moksha).***

Moksha is like those mountain peaks of Himalaya, which are seen by everyone but only few could touch it. Like the great ocean has one taste, the ***Knowledge of Liberation has one taste.... Taste of Freedom.***



# The science behind levitation

Those who have gone through the first level Reiki course may know that invariably the course ends up with a demonstration of lifting a person in the air without any stress and efforts. The whole idea of this demonstration is pretty simple. As most of the participants are not familiar with the philosophy of energy, sanskaras and Karmas, they are not exposed to that during the study days in college and schools. The idea is to make them aware about phenomena which exist beyond the knowledge covered in typical educational syllabus. That creates awareness about a fact that what we know through the so called science may not be a complete knowledge. There is something more than what we know. That opens the minds of those participants to absorb and accept the idea of energy healing in a better way.

However the mystery of how one can be lifted against the gravitational force always remains at the back of their minds even after going back home. We have stumbled upon one of the write-ups on this phenomenon in one of the scientific book as one of our Masters, Vishal came across this book. We are sharing that knowledge here for those who would love to know more and which may prove to be a good food for those scientifically oriented.

This lifting is called as “human induced levitation” in scientific language. It is the principle of diamagnetism which underlies behind the human induced levitation and anti-gravity vortexes on this planet. Diamagnetism is basically a neutral zone existing between north and south magnetic fields, which can be exploited for this kind of levitation. Here the arrangement of five levitators can be used as quadruple gravity antenna to perform levitation of the central person. The levitators are positioned 45 degrees off the magnetic compass direction of North, South, east and west for maximum effectiveness. Alternation of male and female sex of the levitators adds to the power of this antenna. None of the levitators feel the slightest resistance to their efforts when they lift the central person. One can not only lift a person in the centre but even a “thing” in the centre. What actually happens is that the four persons have created a small, short duration diamagnetic levitation vortex identical in function to the Earth’s big, permanent diamagnetic levitation vortexes at such places as Coral Castle, Florida or Alice Springs in Australia.

Whether it is on the surface of the Earth or within the human sphere of the four levitators, the mechanism for levitation or anti-gravity is identical. In either case there are four energy lobes or directions. The north-south axis elements are usually called as magnetic and the

east west axis elements are called diamagnetic. Levitation is produced by diamagnetism existing on the surface of the Earth. Diamagnetism works at 90 degrees from magnetic but in three directions and not on a flat and two dimensional on a sheet of paper as usually drawn. If magnetism flows in the plane of the Earth’s surface diamagnetism works straight up in the direction called as levitation or anti-gravity.

The east-west diamagnetic lobes look like a horizontal “bow-tie” known as Bloch Wall in the magnetic sciences. The Bloch wall is central to our understanding of diamagnetism, gravity vortexes and levitation. It is the neutral centre region at the junction of two magnetic poles (north/south). It is thereby a “magnetic flow reversal point” also known as

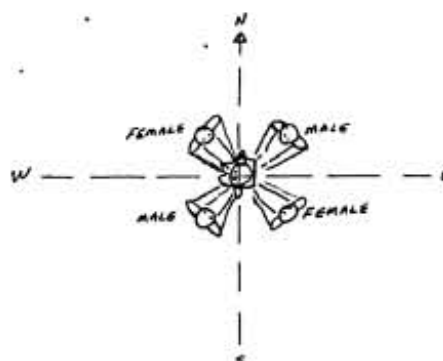
Diagram 1

Party Levitation in action



Diagram 2

Human Quadropolar Gravity Antenna



“diamagnetic vortex point” The negative energy pole and the north pole magnetism spins to the left while positive energy pole and south pole magnetism spins to the right. The point of zero magnetism and no spin and also the point of magnetic reversal where the two fields join is the Bloch Wall. In terms of the earth grid, where the Bloch wall of gravity wave field source exists certain physically anomalous events can take place like levitation. The four people are a small, temporary Earth grid point as far as nature is concerned. Thus the Bloch Wall effect is created and thus levitation of the central object results. Leedskalnin played with the massive stones to create Coral Castle and Schauburger put the mechanism of water tubes using the same principle. Does it explain how our ancestors could lift huge boulders to great heights in mountains like

in case of Ajanta Caves and also in case of Kedarnath temple in the midst of Himalayas at the height of 15,000 feet with each plate measuring 35 feet.

The reason for the weight of a mass in a gravitational field is the counterpush of the two masses gravity radiations. As humans we push more powerfully on the Earth via our stress body than the Earth pushes on us. The total of the two pushes of gravity is called as weight. If we lose gravity (stress push) by radiating it, as in the experiment of lifting a person, we push less. As our push decreases, the earth's push-effectiveness on us increases. This is the “weight loss” or levitation which is just letting the Earth push us away. It is not the total quantity of masses that counts but the effective local gravity field's relative strength.

## very interesting story

Shared by Dr Ramnathan Iyer, Mumbai

*One truck driver was doing his usual load delivery at a mental hospital, by parking his vehicle beside an open drain. He discovered a flat tyre when he was about to return from the mental hospital. He jacked up the truck and removed the flat tyre to fix the spare tyre.*

*When he was about to fix the spare tyre, he accidentally dropped all the 4 bolts in the open drain. As he could not fish the bolts in the open drain, he started to panic as to what should be done?*

*Just then, one patient happened to walk past him and asked the driver as to why he was looking troubled. The driver thought to himself, since there is nothing much he can do or this mental joker can. Just to keep the bugging away, the truck driver informed the whole episode to the mental patient and gave a helpless look.*

*The patient just laughed at the truck driver and said you just cannot even fix such a simple problem? "No wonder you are destined to remain a truck driver for life".*

*The truck driver was astonished to hear such a compliment from a mental guy. "Here is what you can do" said the mental guy... "take one bolt from each of the remaining 3 tyres / wheels and fix it on to this tyre. Then drive down to the nearest workshop and replace the missing ones. Isn't it simple my friend".*

*The truck driver was so impressed with this quick fix answer and asked the patient "How come you are so smart and intelligent and you are here at the mental hospital?"*

*The patient replied "Hello friend! I stay here because I am crazy but not stupid".*

*No wonder, there are some people, who behave like the Truck Driver, thinking that others are just stupid. So, guys, though you all are learned and wise, but, just watch out, there could be some CRAZY guys in our professional / personal lives, who could give us lot of quick fixes and brush our wisdom.*

### **Moral of the story:**

*Just do not conclude that you know everything and do not judge people by mere looks/ attire stature or academic background!*





# “Guru knows how to convert difficulty into an Opportunity”

**Pratibha Choksi**

Once I was in the Ashram. At that time, one sadhak was discussing about some problem related to Ashram. At that time Guruji said, “Guru knows how to convert difficulty into an opportunity”. This sentence got imbibed in my mind and I started thinking that how every time Guruji converts problem into an opportunity.

I remember some such instances. During the year 2000, in the month of May, there was an intensive seminar in Rishikesh. We went there to attend the same in VishwaGuru's Ashram which is a center for Yoga. Many rooms were there but the number of bathrooms was less so many sadhaks started grumbling about it. He heard this and declared to everyone, “Tomorrow we will go for Ganga Snan (dip) at Brahma Muhurt”. All sadhaks were excited and at sharp 4.00 am we all went to the river bank of Ganga and took a dip in cold Himalayan water. We enjoyed the dip and got very fresh. After coming back to Ashram, all of us got ready in no time and then he called us for Yog Nidra. This way the problem was solved and everyone enjoyed the Ganga snan (bath) at brahma muhurt.

I remember many such occasions with Guruji in past 17 years where he has taught us many things without giving any lecture but by teaching practically through his acts. He always says that every opportunity is a learning opportunity. If we learn from it then life becomes worth living. If you stop learning from the situation, then life becomes stagnant and starts stinking. So if we consider every difficulty as a learning opportunity, then the burden or fear of difficulty disappears and by learning from the situation, difficulty also disappears. And thus life becomes celebration. If we keep on thinking about difficult problem than it becomes more difficult and if we positively accept the problem than we can find good solution and it becomes a memorable experience of learning opportunity.

At this juncture, I am reminded of one such situation in my life. I have two children and both of them went out of the town for higher studies. I was feeling very lonely and missing them all the time. But thereafter soon I realized that I should utilize this time to learn something new rather than thinking and worrying about my children. So I decided to learn classical singing for which I had a desire to learn since my childhood. I always wanted to know how to identify Ragas, how they are formed and how other people are enjoying and why can't I understand? All these questions made me join music academy where I learnt Vocal Classical for 6 years. And let me tell you that was the best period of my life as I was enjoying a lot. I was addicted to music so nothing bothered me; work at home, my job, social functions, etc. I was happy that I could convert my problem into a learning opportunity.

**In our day-to-day life also we come across many difficult situations, which we can consider as a learning opportunities. E.g.**

- 1. If servant is on leave, we get an opportunity to clean our home thoroughly.**
- 2. If our scooter/ car is not working, we get opportunity to walk and exercise.**
- 3. If there is no electricity in the evening at home, we get opportunity to have a candlelight dinner.**
- 4. If many people are there at home, we should think “Asli maja sab ke sath” and enjoy.**
- 5. If no one is there at home, we get opportunity to enjoy the solitude and meditate.**

*If we think this way then life will not be burden but it will be an opportunity to learn every moment and evolve on this divine path..*



# “Instant Bliss”

*Krupa Choksi*

Once I was really bothered about something. I was worried though the matter was trivial and not that significant. But my mind was pre-occupied with that thing all the time. And finally I got realisation that my pre-occupation and worry would not help. My expectation was getting converted into desire as I was getting attached to the result.

Finally I left everything to God. And gosh! Wonderful thing happened. I understood that I was blocking my energy by imposing my expectation and being rigid. And in that process, I had become unhappy. And the moment I had this feeling that I don't want to expect anything. Let God give me whatever is best for me, I went into bliss. Now there was no sadness of happening or non-happening of the event. I totally disconnected myself from the result of that event. And I understood that life is very simple. If we remain all the time in acceptance of whatever is happening, things are pretty easy.

I do not mean that we should not expect anything in life. What I mean here is that we should expect but should not get attached to the result as that attachment is our desire. Our desire is attached with our ego. And most of the time our ego drives us when things don't happen as per our wishes. And as a fall out of that we become unhappy and depressed or else we try to achieve it by hook or crook.

This is what Guruji teaches us and the same thing Lord Krishna has told us in Bhagwat Geeta – “*Karmanyeva Dharma*” means do your actions but do not crave for results. Many times in life, situations are complex and it is very difficult to apprehend and interpret what is good for us. So here what we should do is trust God and his design. We should have full faith that God has created our destiny and he knows what is good for us. As he loves us more than we love ourselves. He is really concerned and wants us to be happy.

This faith will allow us to be happy. Otherwise, situations will keep coming, event will happen in life but we will remain unhappy all the time. And you know something, when we surrender, things happen on its own which I have learnt it. I would like to narrate one small incident which recently happened with me.

I was travelling from Rajkot to Mumbai in train. I got an upper berth but I wanted lower berth as it is very convenient. In my compartment there was a family of four – husband, wife and two kids. Initially I thought of telling them to exchange but I remained silent and thought we should accept whatever is given to us. When it was around 9.00 pm in the evening, we all ate our dinner and everyone was in the mood to sleep. One of the kids went on the upper berth and slept, looking at that, another kid started crying as she also wanted to sleep in an upper berth. Her mom was trying to explain her that upper berth is not ours so you cannot sleep but the child was not listening. At that time, I told them I do not mind if kid wants my upper berth. The kid was more than happy and so was her mom to exchange the berth. They thought I did a sacrifice for them but I had a hearty laugh at God's plan. If I would have asked to exchange the berth, there was a chance that the family members may have rejected but God was so kind that he created a situation where in they felt obliged. I got a lesson that all that we need to do in life is to wait and things will happen on its own.

Thereafter, many such things are happening in my life which has made me believe that when we leave it to God, things work better. If God can create situation in such a small matter then do you think he will not create situation in big matters? Impossible. So Lord Krishna has told in Geeta at the end to Arjuna – **“Sarva Dharma Paritajya maamekam sharanam varja”** – Leave aside all your beliefs and logic and just surrender to me.



# "Krishna-Mahotsav"

## Ashram Events



During 5th to 8th September, 2015, for the first time in the Ashram, we celebrated "Janmashtami" festival (birthday of Lord Krishna). The whole ashram was decorated with lights and lamps and the ambience of Ashram was created like a village (Gokul). Priti Sawant, Kalpita Rakesh, Anand Adsul, Modak Kaka, Raja Gaekwad, Ashwini Telang, Manisha Gore and many other sadhaks did lot of work to organize the event. There were huts, tea stall (Tapri) wherein tea and snacks were served and Gramhaat (shops) to sell handicrafts and other handmade items. Many sadhaks from Rajkot, Mumbai, Thane, Nashik, etc. had come to enjoy the celebration apart from the local sadhaks of Devrukh.



On 5th of September, 2015 our trust had arranged a drawing competition among the students from the age group of 8 to 14 years wherein we got overwhelming response. Total 97 Students from various schools had participated in this competition. The

theme of the competition was "Krishna". At midnight on 6th September, 2015, we celebrated birth of "Lord Krishna". Little lord Krishna was kept in a cradle which was nicely decorated. Everyone rocked the cradle and sang Krishna bhajans followed by Garba "Folk dance of Gujarat". Guruji was asked to break "Dahihandi" which was a beautiful sight to see. Thereafter we did Aarti and everyone retired to their rooms.

On 6th morning there was a wonderful programme of Kirtan on Krishna by Mr. Mahesh Bhagwat. In the evening at 4.00 pm there were presentations given by Mr. Madan Modak and Ms. Krupa Choksi as a part of the lecture series titled "Krishna – as I have understood." Everyone enjoyed that and appreciated the new dimension of Krishna given by them.



Thereafter, there was a talk on "Bhagwad Geeta" by Mrs. Ushatai Tole. She wonderfully explained the inner meaning of Geeta in a very simple language. Thereafter, there was a programme of "Dahihandi" organised by Rajendra Gaekwad and all the male members in the ashram participated. In the evening, there was a programme of bhajans which was named as "Krishnarang". This was organised by established names on Indian Music scene like Manisha Gore, Jairam Athlekar, Veena Athlekar and many Devrukh sadhaks also participated in this programme. Budding artists were given a chance to sing and the quality of their voice and art made audience mesmerise with joy.

On the 7th morning, there was again Mrs. Ushatai Tole's lecture at 9.00 am followed by "Geeta Pathan" competition which was organised for school kids. We got overwhelming response in that as well. 98 students from various schools had participated in it. The judges were stunned to hear the small kids singing verses from Geeta so perfectly that it made

their task of judgment very difficult. Right after that there was a cooking competition in which the participants had to prepare dishes with milk as the main ingredient. Delicious dishes were prepared by the participants with lot of enthusiasm.



At 4.00 pm, there were lectures on the series "Krishna – as I have understood" delivered by Mr. Sachin Gadre and Mrs. Pratibha Choksi. This was followed by talk on the gist of "Bhagwad Geeta" by Mrs. Ushatai Tole. Thereafter there was a dance programme performed by students of Mr. Ashok Akhade – Kathak dance teacher. The programme was very well-received and appreciated by the audience. The audience kept on increasing and at one point of time it became difficult to accommodate everyone. But everyone co-operated with us and enjoyed the programme.

On 8th morning, Mrs. Sangitai Kulkarni shared her views on "Krishna- as I have understood", as the last lecture in the series. It was followed by a talk/ poetry recitation by Smt. Umatai Karnataki – a great devotee of Lord Krishna, wherein she narrated her experiences with Lord Krishna in form of her poetry along with its explanation. Mrs. Jyotsnatai Sawant also narrated a story on Meerabai and gave some inner dimensions on Krishna.



In the evening, there was traditional Marathi style Kirtan by Ms Priya Purohit, a young girl of 15 years from the local village around Devrukh. The Janmashtami celebrations concluded with the most interesting performance of this four day long programme. It was the drama written by Guruji on "Apni Adalat" ("Our Court"). A court scene was created and various allegations were made on Lord Krishna viz.: why he did injustice to Radha by not marrying her? Why he used to steal butter? Why he is not coming now when so much violence and corruption is seen everywhere? etc. Lord Krishna gave answers to all accusations in a very apt manner which spellbound the audience. And finally the verdict given by the court was that Lord Krishna was innocent and people had made mistake in understanding him due to their ignorance. Whatever he did was for the benefit of the humanity at large.



All the sadhaks enjoyed entire festival. The whole atmosphere was dancing with Krishna consciousness. Everyone was experiencing Krishna in different forms, sometimes as little Krishna bothering Gopis and dancing with them, sometimes stealing butter while sometimes as Jagat Guru (Master of the World) preaching Geeta. Everyone's moment was moment of learning as well as enjoyment.

# WE ANALYSE WHEN WE ARE DOWN...

The other day, Gururji was in Pune to conduct the 2nd level of Reiki seminar. During this trip he also went and met Dr Subhash Gokhale, his colleague founder member of Reiki Vidya Niketan who does a lot of research on Energy science, now called as Supersensonics. Gururji was pleased to know about the developments on this front. This is basically about a diagnostic aspect of human problems in energy terms. The first day of the seminar was little dull and Gururji and his assistants were discussing about the negative energies and measurements of the same using dowsing as a science. Everyone was analyzing



about how the energy in the seminar space was strange etc. The next day was a totally different phenomenon. The whole space was bubbling with energy with participants just swinging on the waves and so were the assistants. The

next morning Gururji asked his assistants, "Hey what happened? Yesterday you were to measure the energies using dowsing, the way we did on the first day." The sadhaks were foxed. They said they did not even think of that and missed out the

whole matter. Gururji explained, "That is what happens in our life also. When something goes wrong and you feel lousy, you start analysing. But when you are blissful, the first thing that goes out of window is the analysis. Whatever gives you bliss, you do not analyse because you don't need that. Only when you are down you are start measuring things and analysing. Do you

know now why in Spirituality, we do not analyse? While in modern science everyone wants everything to be analysed. No analysis has really led to any discoveries or inventions which have changed quality of human lives."

Dates	Reiki Teacher	Centre	Degree
10th & 11th October	Kalpita Keer	Nashik	1st
10th & 11th October	Vishal Shridhankar	Pune	1st
10th & 11th October	Rakesh Kumar	Airoli	1st
10th & 11th October	Ajit Sir/Seema/Krupa	Rajkot	2nd
24th & 25th October	Kalpita	Mumbai	1st
27th & 28th October	Ajit Sir/Bhartiben	Ahmedabad	2nd
31st Oct & 1st November	Kalpita/Vishal	Devrukh	2nd
31st Oct & 1st November	Ajit Sir/Sangeeta/Rakesh	Vadodara	2nd

## EPIC Parenting Program

**Date:** 30th October 2015

**Faculties:** Ajit Sir/Krupa/Ashwini

**Place:** Vadodara

## Reiki Swachetana Shibirs

**Date:** 2nd to 4th October

**Place:** Thiruannamalai, T.Nadu

**Remarks:** For Bangaluru sadhaks only

**Date:** 17th October

**Place:** Vamanashram, Mumbai

**Remarks:** For sadhaks from Mumbai, Pune, Thane and Nashik