



REIKI VIDYA NIKETAN



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Editorial

Has the idea of Reincarnation failed?

Lately in one of my seminars on Reiki, someone asked “Why does the God not reincarnate again, in spite of his promise that whenever there is anarchy, violence, the criminal upsurge, HE will come back. Has not Lord Krishna said that?” I looked to that gentleman very deeply and asked back, “Are you aware about the whole statement, what you call as a promise of God? You are narrating only the first part to allege God that he is not keeping his promise. The second statement is even more intense.

Continued on page 2...



The God says further that I will come as a saviour of Sadhus (the pure and clean people) and to destroy the evils. Now tell me where are the sadhus? Where does one search them? Wherever you look you may find only arrogant, egoist, violent and selfish people. Why should God come to save these people? Even when Yadavas fought within themselves, the God did not intervene. He would come back only if at least some maintain their purity.”

Look around and you will realize that in Gujarat the people are fighting for reservations. Believe me these are the people who are well settled in life with a lot of wealth and a good life. They are definitely not down trodden. These are the people now trying to create a problem in the back yard of the most dynamic and honest leader who is coming amongst them. When for the first time in the history of this country the citizen have started feeling confident and proud being Indians, they are the ones who are throwing a spoke in the cart wheel running on the road to success. These are of course materialistic people. Then there are people whom we regarded as the most selfless in our lifetime, the Indian Army's retired people fighting for their pensions, keeping their agenda ahead of the agenda of the nation. I can not imagine soldier fighting for the extra money after retirement. Where is the patriotism? Where is the spirit gone? And not far away in the midst of Kumbha Mela, the largest religious congregation on the earth, at Nashik this year, the so called sadhus and mahants are fighting for their “rights” to take a bath in the divine river of Godavari creating their own hierarchies and ego. The examples of Bapus, Maharajas, Swamis and Maas are all there in front of us to create doubts about their credentials. I also know some noble saints of modern times going from country to country and from institution to institution soliciting for his nomination for Nobel Prize for Peace. Lately I also came to know about a well know saint telling his disciples to sign agreement with his and commit for some percentages of their annual income till the end of their lives, so that they can call themselves his disciples and get his blessings in return. Some way of encashment of blessings and good will. I am all lost seeing all this and wonder where is a sadhu that God has to save.

I am sure even in Mahabharata times, Lord Krishna must have found it difficult to decide which side to support or even intervene at all as both of them showed the same traits of Ego and arrogance. The Pandavas became qualified for Lord's support only after they went to forest for 12 years and stayed away from the comfort zones so that their ego no longer expressed outward. May be Lord created this environment. I always wonder whether Pandavas could have avoided the conflict by withdrawing from the race of Hastinapura. Did they really need to claim Hastinapur when Lord Krishna was with them and could create Hundreds of Hastinapurs if He wished? Why did they forget that? For whom will the Krishna come now?

Ajit Sir

BhajaGovindam (Verse 19)



योगरतो वा भोगरतो
वा संगरतो वा संगविहीनः ।
यस्य ब्रम्हणि रमते
चित्तं नन्दति, नन्दति, नन्दत्येव ॥१९॥

Meaning:

Someone is busy in practicing Yoga, while someone is busy with his mundane, material life. Some people like to be in the midst of other people while still some other prefer to be with their own self. But those who are attached with the Brahma or the Truth only experience a bliss, bliss and nothing but a bliss.

In the earlier verse we had seen that everyone is trying to achieve something in their lives. It is mostly the power. The power of something! Some prefer to choose the wealth and luxurious life as their objective while some others feel that they should keep on pursuing different kinds of spiritual practices. But ultimately they are all looking for their own happiness. But as they keep on chasing their goals, they realize that they have actually come very far from their chosen goals. The one who has a relation with that cosmic phenomena called as Brahma feels fulfillment He does not have to seek anything thereafter.

But to get and stay connected with that Brahma Chaitanya, one needs to move away from mundane relationships as well as all processes and activities (even if they are spiritual). If one is not aware about this, one is bound to lose the direction. Just the way an airplane has to pull in its wheels to take off towards the sky. If that does not happen, the plane will go nowhere it is aiming at, even though it may have the large wings and a strong engine. Finally when one is moving toward that infinite power, one may have to leave behind the limitedness, the finiteness, the shapes and forms way behind. If any process is not capable of taking you beyond process, it may not be worth doing that. Then one is just wasting one's time.

There is a story about King Janaka. He was loved by his Master. And this was not okay for many of his sadhaks who felt jealous as they always thought that they are ones who have left everything they had to be on this path. Ultimately

Janaka is a King and has not renounced anything in life. How can he be so dear to his Master? The Master knew about this resentment in the minds of his sadhaks. Once as they were all sitting in the ashram discussing many things, in the evening time, suddenly they all could see that the palace of King Janaka which was bang opposite to the ashram caught fire and the flames very pretty huge. Suddenly there was a chaos. Everyone ran helter skelter. Even the sadhaks ran out of ashram towards the palace as they were worried about their belongings which were kept in the basement rooms of the palace. King Janaka was however sitting quietly looking at the fire without even moving an inch. The Master asked Janaka whether he is not concerned and worried about his palace getting burnt right in front of his eyes? Would he not like to go and save his wealth? King Janaka answered very calmly saying that this palace is not mine at this moment. And of course even the wealth in that also does not belong to him at the moment. When he is in ashram, he is not a King. When the sadhaks came back with their staff and water pot and some clothing, the Master just told them, "Do you always wonder why King Janaka is more dear to me and also feel jealous about that, right? Just look at this incident. When he was here and his palace was burning in front of his eyes, he did not rush to save anything that belonged to him. When he was here he had renounced everything. When he is a sadhak he forgets that he is a King. And what about all of you? You ran just to save your meager things like a staff and water pot. You are supposed to be those who have renounced everything. Renunciation is not a physical act. It is your mindset." The Lord in Bhagwat Geeta says that "If you surrender to me totally, without getting attached about anything else, I will look after your life"

It is important to establish that relationship with the divine. Once one is attached to the cosmic energy that way, there is no other choice but to be in bliss all the time. Then one does not have to seek happiness from what you do.



Share a Piece of Your Heart, Not Your Mind...

Communication is the essence of our lives. Without communication, life would be a little difficult to imagine or to say the least it will not be as interesting as it is with words exchanged. If it was not for communication we would possibly experience life in a vegetative state. Communication is what makes the game of life interesting and any event or chance meetings worth remembering. Even animals do communicate in some or the other way, in a language probably unknown to us. But it is indeed the human race which has been gifted with the power to communicate things with clarity and purpose. As is often quoted by Guruji, animals possess intellect and emotions, but it is only the human beings who have minds to regulate the other two faculties. To repeat things and making it boring for you all, the seat of the mind is throat chakra and the obvious result is a lot of communication happening at all times. Just imagine how the communication would be, if two dirty, unclear and unregulated minds interacted, "Nasty! and scary as well"!!

So, we boil it down to the basics, it all comes down to the mind or the state of mind. Communication gets better with a clear mind and an ambiguous mind would lead to a disaster. The mind being the seat of purity, by default becomes the seat of impurity as well. Instead of doing its regulatory function, the mind may become the master and spell disaster as far as relationships and the world in general are concerned. To imagine a worst possible case, if a person happens to be an over-reactive and an impulsive character, all I can say is, "God Bless You dear"!!

To further update you with the human mind, it contains some great tendencies like anger, jealousy, fear, insecurities, hatred, malice and much more. Words coming out from such places can be nasty and are capable of destroying two worlds. It becomes even more difficult to keep a check on their words for Sadhaks as they constantly and continuously go through a process of shifting and churning of consciousness. Noticeably, the common man (a person who is not doing any sadhana) seems to be a lot more stable and comfortable in carrying out conversations, simply because he does not experience any upheaval of energy within him. The sadhaks need to call upon a

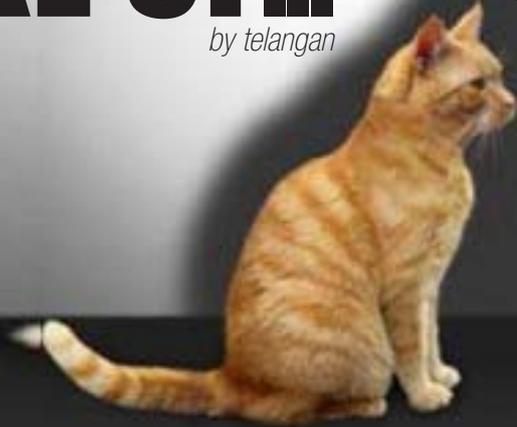
constant vigilance on their own self at all times to carry out normal-good conversations by being aware at all times within and without, at least till you reach a "siddha avastha". To end the gloomy picture I just created about communication, nothing can start your day better than having a good chat with a clear and conscious mind.

So, what is the solution? Have a heart! Just remember this, Have a heart! While talking to people before the words come out of your mind and mouth, just remember that life is eventually a struggle for all. Simple-looking, good- individuals all around still have their own heaps of troubles. So, if you were to take my opinion share a piece of your heart, but not the mind. The mind, if not quiet contains a whole lot of painful memories, past experiences and habitual tendencies. It cannot guarantee beautiful conversations at all times. The heart if kept as a base behind the words, is the seat of compassion and ends up in understanding and caring. The heart also called as the "an-ahaata" chakra is a place where you cannot get hurt (an-ahaat = unhurt). The heart feels and does not rule, the heart understands and pardons even misunderstandings, the heart also knows in a compassionate way, the heart is the soul and when we are in heart, duality ends. No wonder! The whole of Buddhism is focused on one single word, "Understanding". With the heart listening, understanding, bearing, tolerating and being nice at all times, comes pretty naturally. Mind when quiet, just plays a simple role of regulating and checking for inappropriateness. The heart is the centre and only the heart can heal!!

So next time around if you are talking to someone, just do yourselves a lot of favor by being in the heart. Let all words originate from the heart, let no soul on earth get disturbed because of our fragilities. Despite all the problems that people have, let us all be aware that at least the communication from our side stays jovial and pleasant. Let us spare the people around with the unpleasant and ugly. Let us quietly learn to bear the pain inside us. Science and intellect is not going to take you to Mars in some near future. So, let us not dominate people with our knowledge and ego (mind=ego). Nelson Mandela once said, "Spread Love Everywhere".

WAKE UP...

by telangan



On the Guru Purnima day one of my junior ex colleague who had left and joined another organization called me and wished me. He reminded me about the significance of the day and wished me. Whatever I had taught him had helped him getting a new higher paid job and he was very much thankful for that. For a minute I felt great. It made me proud and gifted. Thankfully, the fever passed away quickly and awareness popped up. It was good on his part that he had the feeling of gratitude but for me it was only nourishing my ego, nothing else. As a senior it was my professional duty to share knowledge and improve skills of my juniors and on top of it, I was also paid for it.

As a learner on the spiritual path, it is most dangerous and depleting energy, for anyone who is falsely feeling egoistic. I thought, I must be aware every moment that whatever I'm learning or reading, that is not my own knowledge until I experience it and bring it into the practice. This knowledge is totally intellectual until I discover its direct effects over me. I have no rights to exhibit it in front of others. I'm not going to grow or learn because some people talk greatly for me. I need to be humble, compassionate, pure and free from egoism if I want to learn. I made a mistake in the beginning when I understood little knowledge, I felt very proud and started feeling very advanced. My humbleness diminished totally. I started looking for debating opportunities and started feeling

pity for others thinking they were ignorant. I started comparing people and their knowledge. I was feeling the need of reorganization from others. Few days passed and I faced tough situations in my life. No knowledge came to my rescue. Fortunately by guru's grace soon I understood all my mistakes. Nothing helped me because I was not practicing what I was taught by Guruji. Knowledge was remaining only as intellectual information for me. That could impress few and their reactions could only boost my egoism but no development or self-progress was possible.

Since that lesson, I decided to be aware, humble and kind, listen more and talk less. I started having self-talk and evaluation of deeds every day. This helped me a lot in life. Since then, I had no conflicts left with others. If someone acts arrogant, I don't oppose or debate. I acknowledged it as another perspective immediately and stopped imposing my ideas on others. This helped me to be calm and balanced. I realized that balanced, and humble mind, which is free from egoism, only could focus on the knowledge and help to bring it into practice. If we get attracted to the net created by egoism we immediately stop learning and chances are we get entangled in it forever.

We need to be aware and treat every moment as a wake up call...

Listen to Your Inner Voice

By Kaushiki Swaroopa, India

*It is said that the world is illusion,
But do we really feel that it is just a delusion?
The obvious answer is NO,
From those who haven't felt so...*

*As feeling is just another word for LIFE,
The understanding shall have either of the 2 sides,
That sooner or later becomes a rife,
Isn't it creating the duality...
Within just one obvious reality?*

*The reality is just to realize,
That we have always been given a choice.
One of which will lead our life to rejoice,
And that's the point,
Where we need to listen to our inner voice....*



acceptance

by Shivani Karnataki

As I look into the mirror, my heart is now at peace,
I give a vague smile, for no one except you I please.
Reflecting features, how I rejoice for a moment!
In silence I await for your soul to be content.

As I notice the curves that fall on my cheeks,
No dimples to attract, unlike your smile so meek.
The fast racing blood all through my veins,
Is a string of nature, silently suppressing the pain.

Still glaring at the mirror, I notice my dark wavy hair,
Each strand when curls inward, like you I strive to bear.
Suddenly I smile, there's a faint memory in mind,
Adored by the Lord Himself, He embraced you with His touch so divine.

I refuse to turn around and simply walk away,
This reflection in the mirror is more than what it says.
I can feel your motherly presence, eyes glaring back at me,
Conveying your bliss, and seeing the peace within me.

There were days in remorse, I wept in pain,
For then I hadn't found this reason to be sane.
I feel your embracing touch as you hold me in your arms.
For I have left the past behind, and walked beyond His norms.

As we saw in the earlier episode, the response of the community in Kamuela Town was gratifying. This town mainly comprises of farmers and cowboys. With very large cattle ranches nearby, the classes that she took had far reaching effects. The farmers started energizing the seeds and plants using Reiki and produced bountiful crops. Even the chicken farmers started giving Reiki to baby chicks each day for 15 minutes so that the flocks remain healthy. Even the egg production increased substantially. Reiki energy was expressing itself through different dimensions.

In 1939, Mrs. Takata travelled Big Island in places like Kona & Paho. She worked there tirelessly and was invited for vacation by two school teachers in Hilo. While driving through Hilo after a boat ride, her hostess stopped in between to visit an old man's residence. When introduced to the old man, he mistook Mrs. Takata as a buyer for his house and immediately agreed to give property to her. Mrs. Takata looked around this beautiful property with an acre of land and a well built 4 bedrooms and half basement with a large garage in house and adjoining quarters for a maid. Immediately she realized that she could start a Reiki healing centre at this place and also provide the residence to her parents and other family members in this lovely place. She immediately decided upon this property and with little modifications she created a Reiki healing centre there with two treatment rooms, a large waiting room and a private living area for the family.

This was another turning point in her life, where almost overnight she became popular by healing manager of the sugar plantation who had fallen from his horse & was injured. People from all over the island soon started coming to her for treatments as well as learning Reiki. The above incident of plantation manager, her influence on several villages around which were managed by him was very great. This manager started organizing her visits to various club houses with large gatherings of people. Naturally the story of Reiki healing spread throughout the area.

On her expansion of her work, another episode about the blacksmith from the plantation boosted the process of spread even further. He was suffering from piece of steal in his eye which the doctor had been unable to remove. This guy asked Mrs. Takata whether something can be done to make him free from his pains. As the area was bandaged she worked on his eyes and head for about 20 minutes placing her hands on top of the gauze. When that man

blinded there was no pain & the next morning when he went to the doctor there was no sign of steal. Her students were amazed that only with one treatment the foreign body was removed without even touching the eye.

From there she went to another village to conduct classes where the minister of the church took her to a man. He was bedridden for several years and was unable to walk after an accident that injured his back. Here she had to ride on a horse back for several hours. This man was well versed with Reiki as he had read a lot about this technique. Mrs. Takata stayed there for 5 days, taught Reiki to his wife & also treated this bedridden gentleman. Other family members also learnt. Within one year that man was able to walk about his house & garden. Thereafter there were rewarding reports, wherever she went demonstrating many times the truth that Reiki healing works on everything that has life – on plants, fowls and animals as well as human beings.

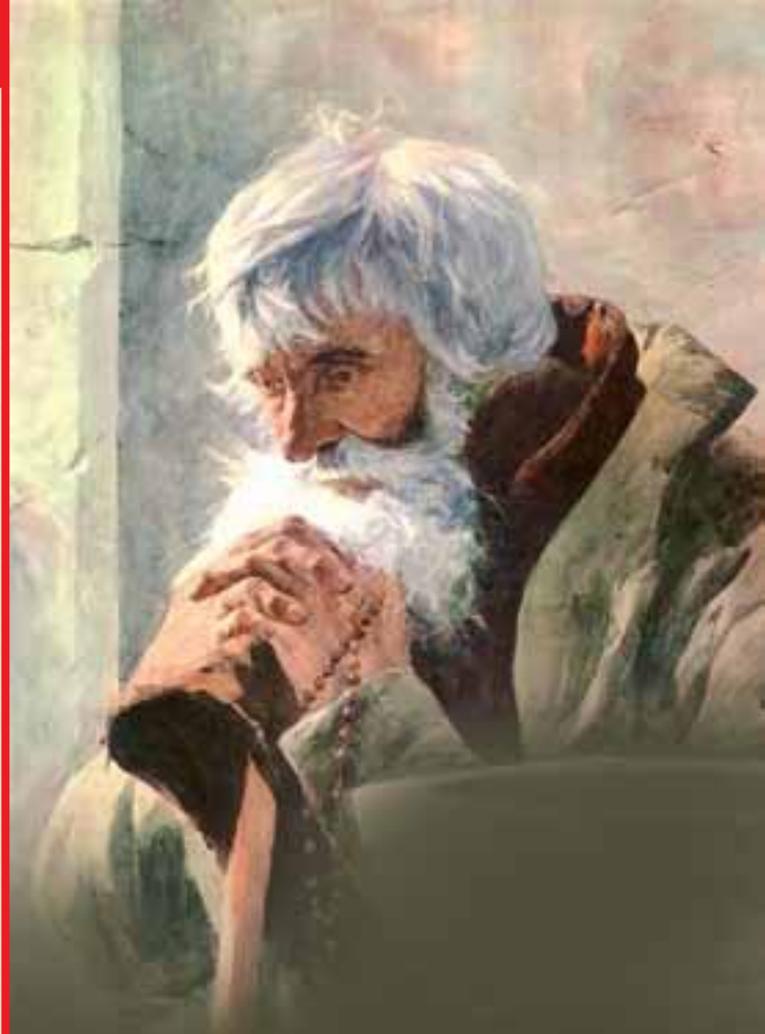
In early 1940, she had a vivid dream in which she saw Dr. Hayashi in a formal kimono of white silk. He walked back and forth three times and she could hear the swish

Continued...



of the silk upon the Tatami mats. It was a very vivid dream. A few weeks later she had an urge to visit Japan & Hayashi was surprised to see her. Dr. Hayashi commented that she arrived little too soon and she could not make any sense of that. However, he suggested her to go to Kyoto to study hydrotherapy. Mrs. Hayashi in the meantime spoke to her privately to tell her that Dr. Hayashi has decided to take Samadhi in the next few months. On finishing her course she got a telegram from Dr. Hayashi to come immediately. When she arrived she was greeted by Hayashis and Dr. Hayashi told her very calmly that he would go into transition between 1 to 1:20 in the afternoon. He also informed her that she would succeed Dr. Hayashi as the head of Reiki tradition.

At one o'clock Dr. Hayashi entered the room in the same Kimono which Takata had seen in her dream and even he walked across the mats she could hear the swish of the silk just as she had dreamed. He explained everyone there about his momentous decision. He said that he knew that there will be war between Japan and America and he would be called as an officer in naval reserve on active duty on battleship. He may have to kill many people but as a devote Buddhist and a reiki master he could not destroy life. After the funeral, Mrs. Takata realized that she was torn between the duties of motherhood and reiki healing. Hence, she asked Mrs. Hayashi to run the Reiki centre at least till the time Mrs. Takata could return on settling her things in Hawaii. But, their communication got broken during World War-II and after many years Mrs. Takata came to Tokyo to visit. On coming she realized that Reiki center was the only building in the area which was untouched by devastation, remaining in perfect condition while there was only rubble and debris all around as far as the eye could see. The whole city was in turmoil but Mrs. Hayashi was intact and had given shelter to several families as refugees in the Reiki center. She was teaching skills such as sewing to orphan teenaged girls. Mrs. Hayashi was very sad that she could not continue Reiki work. Mrs. Takata returned the property to Mrs. Hayashi and went back to Hawaii to continue with her work. After almost a decade of success with her healing center at Hilo, Mrs. Takata returned to Honolulu where she made her home for next 30 years. She travelled to mainland America as well as Canada. The teaching kept her occupied all the time. The need for more teachers became obvious and she initiated 22 reiki masters by the time she went into transition in December 1980.



Grand Pa...

I drop my food everyday...

I said as a little boy
Grand Pa whispered...
Don't worry, So do I...

I can't wear my shoes...

I said again
Grand Pa grinned...
Don't worry, So do I...

I wet my pants...

I moaned over again
Grand Pa giggled...
Don't worry, So do I...

I cry a lot...

I sobbed more
Grand Pa chuckled...
Don't worry, so do I...

Everyone ignores me...

I had tears
Grand Pa cried...
I know what you mean...

“Shortest Route to reach on this Divine path”

Krupa Choksi, Rajkot, India

In our life whenever we go somewhere, we try to search for the shortest route which makes us reach faster to the destination especially when we are falling short of time. To get this shortest route we take help of either “Google Maps” or GPS or map quest or ask our friends who have gone there and then we take a decision which route to follow.

But what we do to in our day to day life to reach the destination on road at the fastest pace, we don't do it in our life. Even when we know what is our purpose of our life and time is limited. Many people read so many books, listen to so many audio clippings of all the learned masters and learn so many new techniques but all this is just information like a map. In our Spiritual journey of life, we need to select a path suitable to us. And once we have decided the path, we need to keep going on it to reach the ultimate destination. If we choose a path and still keep on looking for other routes and keep on changing them than we are wasting our time and it will make us reach late. A rational person once has selected a route on road then doesn't change unless he/she gets an information that road is jammed by traffic or road is under maintenance.

But in Spiritual journey, the best part is we do not get traffic jams and roads are never under repairs or under maintenance. We can go at any speed as there are no speed limits too. There are no traffic signals and police (Guru) appreciates us, if we accelerate our speed. Here we do not get ticket for our excessive speed. But we do get a penalty/ fine in form of our sufferings when we don't do our sadhana and drive on this spiritual path. Here in life, if we don't drive, than our path drives us. So our choice is to be aware and go on this journey happily by choosing of path of sadhana.

And the shortest route in sadhana is the one shown by our Guru/ Master. In GPS and other software programs, if they are not updated, there are chances of getting misguided. But in our spiritual journey, the path shown by our Guru/ Master is always sure shot because he himself has gone by this route. So we can blindly follow him. Put aside all our logic because our logic works only on the basis of our world of information which forms our reality. But in this spiritual journey,

we are going to enter into the realms of unknown. So we should drop our false notion that we know everything. We should not doubt our Guru even when we find him illogical or his acts does not fit in our knowledge which we have gathered from books, etc. Our Guru knows where he is taking us. And his world of reality is very vast which comprises of many many universes. He has universal knowledge and love is his existence. And what we know and whatever is available in books and internet in is just a spec of what exists.

So whenever we feel disturbed, agitated, we feel our Guru is being illogical, our Guru is not teaching us anything, just be calm and trust him. No matter what books tell you and what your mind tells you, trust him because he knows how to manage each one of us and lead us on this divine path. If we interfere and stop walking on this path or change the route or disobey him, we are delaying our journey. He is like our tour guide who knows in and out of our journey and also knows in and out of our existence. His job is to squash our ego. And it is our ego which deviates us from our path. So every time when we get angry or feel injustice is being done to us, its time to be aware and be careful.

Why we are on this planet again is probably, we have changed our route or left our tour guide or not walked enough as per his directions so we could not reach. But our tour guide is so committed that he tries to make us reach as fast as possible because he is assigned some people by God. And it is his responsibility to take us to our ultimate destination.

At this juncture, I am reminded of Swami Muktananda. He has narrated in his book “I have become Alive” that he wandered 40 years and met so many Gurus but ultimately he came to the Guru whom he met when he was five years old. So if we keep on changing our tour guide, they we are delaying our journey as he is the one who will make us reach. And delaying our journey is nothing but increasing our suffering. Once we have decided in life who is our Guru. Stick to the path shown by him. No matter what we feel. Believe me he is watching everyone of us. And he is the one who is most interested in making us reach because he loves us more than we love ourselves. So in all the scriptures, it is said surrender to the Guru is the shortest possible route.

*Dhyaana-Mulam Gurur Murti, Pujaa-Mulam Gurur-Padam I
Mantra-Mulam Gurur-Vaakyam, Moksha-Mulam Gurur-Kripaa II*

Ashram Events



Rudraksh Tree fructifies in Devrukh Ashram

Rudraksh plant was planted in Devrukh ashram about 8 to 9 years ago with an intention that it would bear a lot of fruits (called as Rudrakshas) though such Rudrakshas are generally found in the northern hemisphere at high latitudes. To the delight of all sadhaks in Devrukh ashram we are enchanted with the great divine design when found since past few days hundreds of Rudrakshas appearing on the tree which had grown to its full height in the past 8 years. Literally it is raining Rudrakshas which is plated right near the site of Shivalinga. Here are some photos of this historic event. One can see for oneself how the tree looks now with Rudrakshas falling continuously every few minutes.

New Economic Initiative at Devrukh



Economic development in Devrukh has always been on the agenda of Guruji for the past many years. He and his sadhaks have always been looking for creating new opportunities for Devrukh sadhaks who can become economically stable over a period of time and do not have to relocate themselves in search of earnings. These efforts have now got a breakthrough as one of the sadhaks Mr. Anand Adsul decided to quit his well cushioned job in Mumbai to devote himself for the cause. A joint venture is promoted between CSIM, (Bengaluru & Chennai) and Devrukh Shikshan Prasarak Mandal/ Modak Academy, Devrukh and Mr. Anand Adsul. This entity will be organizing training programs and workshops on a regular basis to empower NGO workers in Maharashtra. Besides the special programs will also be launched for Corporates to

create an awareness and understanding about NGO operations and also create a federation of NGOs. The agreement was signed by Mr. PN Subramaniam (CSIM), Mr. Sadanand Bhagwat (DSPM), Mr. Madan Modak (Modak Academy) and Mr. Anand Adsul on 15th August 2015.

Group Agnihotra performed on 17th July 2015

Our Baroda centre organized a Group Agnihotra on 17th July 2015 at 48, Kashi Vishwanath Society, Near Kashi Vishwanath Temple, Lalbaug Vadodara. It is Residence and Santsang Place of Shri Harishbhai Patel who is the followers of Shree Jagadguru Shankaracharya & they are doing satsang everyday on "Vedant" The initiative to spread the noble spiritual process of Agnihotra was taken by our sadhaks Shri Surendra Dhumal & Shri Chandresh Parmar. Around 50 to 60 people attended the event. 30 of our Baroda sadhaks performed the Group Evening Agnihotra to demonstrate the process and give audience an experience of holistic environment. The most wonderful thing about this event was the participation of 23 sadhaks (out of 30) who were initiated on this path only 20 days before in an event at Dandia Bazar on 27th June. One of the members of the group volunteered to supply pure cow dung and pure cow ghee for Agnihotris. Our senior sadhak Shri Chandresh Parmar explained the basic rules of Agnihotra and the team of sadhaks from Reiki Vidya Niketan also cleared all doubts from the minds of audience by satisfying their queries about this marvelous technique. Shri Harishbhai Patel concluded with vote of thanks.



SHRI KRISHNA JANMA MAHOTSAVA

Dimensions of Krishna Consciousness

at

Devrukh Ashram

Between 6th September & 9th September 2015

Lord Krishna is an epitome of the highly advanced Mind consciousness and has been a great guiding force behind all activities leading to human evolution. He has a multiple dimensions to his character which need to be appreciated so as to understand the essence of a phenomenon called Krishna. From this year onwards, Shri Swami Samarth Math would be celebrating this great event of a birth of Lord Krishna for three days. The idea of these celebrations is to bring out the essence of Lord's multiplicity which encompasses every aspect of universal life. This year we have decided to honor this great divine phenomenon by creating an ART EVENT which will have a combination of multiple artistic events as under:

| | |
|-----------------------------------|---|
| Dance | Folk Dances |
| Songs and Musical Concert | Bhagwat Geeta Recitation Competition for Children |
| Traditional Keertans | Dahi Handi and Other Traditional Games |
| Painting Competition for Children | |

Come and join the celebrations. Be a witness when Devrukh ashram dons the face of Gokul of yesteryears. Be a part of the environment where the God reincarnated for the welfare of the humanity. In case you would like to join, please contact

Ms Krupa Choksi (9925033220)
email: krupa.choski@gmail.com

Ms Ashwini Telang (8976065116)
email: ashtel86@gmail.com



Many things about Rudraksh

The news of fructifying of Rudraksh tree in our Devrukh ashram was enough for our sadhaks to get excited about the phenomenon of Rudraksha. A lot wrote and still a larger lot called with an eagerness to know more about what and whys of Rudraksh. Unfortunately though everybody on this path of spirituality respect and worship Rudraksh, not many know much about this wonderful fruit. We are trying to quench their thirst to some extent here,

The tree of Rudraksh is quite large in size and always green and has a large sized leaves. This tree is normally found in the tropical climates about 2000 metres above the sea level. In India we get two different varieties of this tree. One, are those which are found in the cold regions northern India like say in Himalayas and the other in the southern part of the country where the climate is hot. The species that we normally find in northern parts are like Janitrus, Sikkimensis, Simaluances, Spherics, Stipularis, Storky, Grandiflorus and Accuminates. The south Indian varieties include Syratrus, Tuberculats, Venustus, Blaskoi, Marnoni, Rickervats, Veryobilis, Koreosius, and Aminus

Botanically Rudraksh tree falls under the family of Elaeocarpaceae. Elaeo in Greek language means Olive and Carpus in the same language means fruit. The fruits of Rudraksh look like those of Mango when they are green in colour and they are of the size of a lemon. As they start getting ripened they start showing a wide range of blue hues and shades. They range from a sky blue to as deep as a dark violet is seen as the fruit evolves on his way to

become ripe. This transformation is called as Cynagenesis. The best and most important point here is that this colour is not due to any chemical. It is called as a scientific miracle of the nature. It is called a Light Interference. The flowers of these trees are like a beautiful young ballet dancer wearing a wonderful frock.

These trees normally grow upto 50 to 200 feet. The stem is oval shaped and its skin is whitish in colour and little rough to touch. The fruits of Rudraksh are called as Droop. The external surface of Droop is called a Ectocarp, the middle level as Mesocarp and the innermost layer which is very hard is called as Endocarp. This Endocarp is only know as Rudraksh. Mesocarp is little sour in taste and is liked by birds especially the bats. The endocarp does not get digested by these birds and it comes out from their excreta that gives birth to new Rudraksh plant.

The mesocarp is used to create different food products. In the northeast states of India, they use it to make a pickle. Rudraksh also shows the same kind of structure like human brain, mainly the Gyri and Sulci the way we find in human brain. No wonder it attracted the wise sages in the mythological times. Normally these fruits have 5 compartments and each compartment has one seed. Then it is called as Pentameric Ovary. This is the variety that we have got at our ashram. But there may be some varieties when it comes to number of compartments. There could be one, two, three, four, six or even more compartments in some varieties. But they are rare.

The features of Rudraksh with 5 compartments as found in our ashram are given in table below.

The Medicinal use of Rudraksh:

The science of Ayurveda gives tremendous importance to Rudraksh. It is known to reduce the blood pressure, reduce the unwanted fat within the body, reducing the heat within the body, reducing the anxieties, reducing the fits in epileptic patients, managing the digestive disorders, killing the germs of Malaria, etc. Ayurveda has described these properties of Rudraksh. Even the modern medicine science has also started looking to Rudraksh with a lot of respect knowing that there are more than dozens of drugs and chemicals from this tree. A lot of research papers have been published on national and international medical forum to establish the usage of Rudraksh on blood pressure, fat burning, Cancer and even Aids.

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| Symbol of : | Kalagni |
| Ruling Planet : | Jupiter |
| Ruling Deity : | Shiva (Sadyjyot + Tatpurush + Aghor + Vamdeva + Ishaan), Rudra, Kalagni |
| The auspicious day : | Monday |
| Influence on which organs? | Bone Marrow, Liver, Thighs, Feet soles, Pancreas |
| Properties : | A. Normally of 5 compartments and abundant in nature B. The one which gives a lot of happiness, bliss, peace and prosperity.. C. Kills the animal instinct in humans and fulfils the life. D. Freedom from unnatural death, from mental disorders, poverty, conflicts, obesity, diabetes, diseases related to ears, thighs and kidney problems. |
| Mantras : | १. ॐ क्लिप्तं नमः । (Shiv PuranE) २. ॐ ॐ नमः । (Padma Puran) ३. ॐ धूम धूम नमः । (Skanda Puran) ४. महामन्त्रुजय मंत्र (Bruhad Jalaba Upanishad) ॐ त्र्यम्बकं वज्रामहे सुगन्धिं पुष्टिवर्धनम् उर्वारुकमिव बभूवुः सत्वम् सुवर्णम् सुवर्णम् ॥ ५. ॐ नमः शिवाय । |
| Method of wearing : | A. Keep 3 Rudrakshas in the water for the whole night and drink that water the first thing in the morning without consuming anything. It helps control blood pressure B. String 3 Rudrakshas (with 5 compartments) into red thread and wear in the neck after touching the same to a Shiv Ling. |
| Who should wear? | 1. Diabetics 2. Blood Pressure affected. 3. Ear Problems 4. Kidney Problems 5. Disorders related to Thigh 6. Peace of Mind 7. For Spiritual Upliftment 8. For Healthy Life |



BEING WITH NATURE

One research says that most people switch off their TV sets just before sleeping. I am not against the technology. In fact I work in an IT firm. My concern is about our over-dependency. When Guruji shared his experience of a day without clock in the ashram. It inspired me a lot. I wanted to try the similar experience of aligning self with the nature.

I reached home with severe throat infection and fever on the Thursday night. A friend said without antibiotics this can't get be cured. This thought disturbed me. Why can't this infection be cured naturally? **As Guruji says there is a doctor in our body who keeps repairing continuously.** I must experience that. But how do I do it? And suddenly the thought popped up in my mind. There was someone in my family, who is still closer to the nature. 'LEO' My dog. I started thinking. What would he do if he were unwell? (1) He would stop eating immediately (he doesn't eat at all for days at times). (2) He would sleep as much as possible. (3) He eats leaves and grass and vomits the waste out. But Mother Nature cures him almost every time.

I checked the thermometer. 102 degrees. It was a big risk. What if it goes higher? I decided if one more degree higher and I would be visiting doctor. Till then I must sincerely try. I didn't want my family suffering because of me.

I switched off my cell-phone first. I told everyone at home that I'm going to observe complete silence (*Maun*) for next 48 hours and I will talk only if it is necessary but I should not be disturbed as much as possible. I took a thick blanket and slept for next 48 hours. I just got up for going to toilet. I decided to consume food exactly like ashram. Spice-less and satvik. Pej (watery rice) and little dal. I drank lot of water. My body had no other work given but to repair the infection. In-between I ate some Tulasi leaves. No TV, no computer, just avoided connect with the external world totally. The only different thing I did other than Leo was practicing Reiki. The fever came down by one degree by the evening. Next morning it was another degree and after 48 hours it was vanished. Except the weakness there was no trace or any side effect. After 48 hours of sleep, I just could not sleep anymore but that was a sign that I was recovered. It gave me a good time to self-talk. There was no fever at all. I was feeling very fresh. Medicine would have taken a week.

Monday morning The Nature had cured me totally. Leo came to me as usual for the morning walks. I looked into his eyes and said Thanks my boy! For teaching me how to be with the nature. He was happy as usual, jumped on me and got ready to play.

Unhealthy minds create more pollution..



The whole ashram has been buzzing with an idea of Krishna Janma Mahotsav for the past few weeks, right from the time Guruji announced this to honour about 23 of our sadhaks coming from Rajkot in group to experience ashram around Krishna Jayanti. One of the popular approaches that sadhaks at ashram would like to follow is to educate people about the rituals and symbols in mythology. Some sadhaks were discussing about the significance of Shankha (the Conch) in the hands of Lord Krishna. Guruji heard this and immediately said, "Do you know what it signifies? Shankha is a Sanskrit word and comprises of two words. Shan and Kha. Here Shan means Positive or good, pious and Kha means environment. When one blows the Shankha the sound frequencies created cleanses the negative feelings and thoughts from the minds around. It is the mind which is creating more pollution on the planet more than any chemicals and gases. But most of us in material world are bogged down by pollution through materials and are not bothered about subtle pollution. The conch removes that pollution and makes one's mind free from such evil thoughts and sad feelings. That is a real purification. The world is not suffering from unhealthy bodies as it does through millions of unhealthy minds."

Program Schedule for Sept 2015

| Dates | Reiki Teacher | Centre | Degree |
|------------------|---------------|-----------|--------|
| 12th & 13th Sep | Seemaben | Jamnagar | 2nd |
| 12th & 13th Sep | Krupa | Delhi | 1st |
| 12th & 13th Sep | Rakesh | Thane | 1st |
| 12th & 13th Sep | Vishal | Mumbai | 1st |
| 12th & 13th Sep | Sangita | Devrukh | 1st |
| 12th & 13th Sep | Ajit Sir | Pune | 2nd |
| 16th & 17th Sept | Krupa | Kota | 1st |
| 26th & 27th Sep | Bhartiben | Ahmedabad | 1st |
| 26th & 27th Sep | Sangita | Baroda | 1st |
| 26th & 27th Sep | Seemaben | Rajkot | 1st |

EPIC
Parenting Program

Date
26th September

Faculties
Ajit Sir/Krupa/Ashwini

Venue
Mulund West