

# REIKI VIDYA NIKETAN

VOLUME 8

ISSUE 2

FEBRUARY 2016

<b>Editorial</b> by Ajit Sir	1 - 2
<b>Baj Govindam</b> by Ajit Sir	3
<b>Dreams</b> by Kaushiki Swarupa	4
<b>Portable Charger</b> by Telangan	5
<b>Shiva Heals you</b> by Vivek Pande	6 - 7

<b>Reiki the Santa</b> by Preeti Khanna	8
<b>Impermanant</b> by Telangan	9
<b>Kindness...</b> by J.P. Vaswani	10
<b>Sewa in the Ashram</b> by Krupa Choksi	11
<b>Hawayo Takata Story</b>	12

<b>With Young Sadhak</b> by Ajit Sir	13
<b>Ashram Events</b>	14
<b>Ashram Wisdom</b>	15

*This is not for commercial purpose.  
Only for sharing spiritual experiences  
and knowledge in Reiki Brahma Group.*

## Editorial

The past few days have been the feast for my mind. Just too many divine messages coming from all corners. I heard someone saying that your richness is not decided by what you have but what you give. How appropriate! The question that rose to my mind is what is that what we can give? Give effortlessly. Because, to give something you need to earn the same from someone somewhere outside you. That would demand some kind of efforts. My insight told me that we have only three things with us which we can offer without any stress and stretch on our resources. They are, **(i) Love (ii) Touch and (iii) Appreciation**. If you dive deeper into your existence you will realize that you have only these three things which you can truly call as yours. And they are abundant and infinite. Anything else you may like to offer to someone will have to be earned from outside which include all material things.

*continued on page 2*



The inner human core is not matter but full of spirit. The spirit which is soaking in the nectar of love, touch and appreciation. These put together can be classified as Kindness.

In this same issue we have reproduced an article from J P Vaswani, a great saint belonging to that sect founded by that legend Dada Vaswani. He says beautifully there that "If you can't be kind at least do not be cruel" Henry James was asked, "What are the three most important things of life?" He said, "The first is kindness, the second is kindness and the third is kindness" What beautiful words are these!

Why can we be not kind all the time? Kindness would be your biggest contribution to the world around. Just be loving, just be touching and just be appreciative, we are not here to audit the world and find out the mistakes of others. If at all you need to look for something, there is enough goodness in the people around. Focus at that. The habit of finding goodness in everyone and everything will possibly kindle the inner kindness. Believe in the science of resonance. Life is anyway nothing but resonating with something all the time, Resonate to the love of others. That may start your heart singing sweet tunes of love and compassion. On the other hand when you try to throw negativities around, you need to acquire them first as our nature is not negative. You will be surprised to know that the subconscious minds of humans store no negativities. They are rather collected by the conscious mind from the environment and created situations. They do not penetrate into your subconscious mind. In fact when the conscious mind tries to do that, the subconscious mind enters into conflicts with the conscious mind and the life goes awry. So why do you want to sadden yourself with that crap? Leave negativities where they belong. Outside your existence! The world is dying for your divine touch. There is a severe draught of love and touch. Allow the fountains and rivers within your heart to pour out. There are enough people creating nuisance in the world today. You do not add to that. Rather negate that with your kindness. That is the need of the hour.

**Ajit Sir**

*13th January, 2016*



# BhajaGovindam (Verse 24)



त्वयि मयि चान्यत्रैको विष्णुः  
व्यर्थं कुप्यसि मय्यसहिष्णुः ।  
भव समचित्तः सर्वत्र त्वं  
वाञ्छस्यचिराद्यदि विष्णुत्वम् ॥ 24॥

## Meaning:

**Vishnu is everywhere; in you, in me and in things around. That is why your anger, anxieties etc are all futile. If you wish to attain the lotus feet of Lord Vishnu, (vishnupad) then you'll have to look balanced (towards) the life.**

All spiritual practices mainly aim at attaining Samadhi (equilibrium). Even in renowned Patanjali's Yoga Sutra, Samadhi (Equilibrium) is considered to be the (last) ultimate goal. Everything else right from yam-niyam (rules-regulations) till Dharana-Dhyan (Retention and Meditation) is merely the preparation to reach the ultimate i.e. Samadhi. All these processes on the path of sadhana decorate us for the ultimate honour. Here the poet is talking of a balanced view towards the life. The lotus feet of Lord Vishnu itself is that balanced state. Each one of us on this Earth is capable to reach the ultimate as I have always been saying through my seminars. The reason is that we have already treaded on this path once. We have come from the same place which was our abode once and what we call as destination now. How can be it difficult to tread the same path that we have walked once?

Till the time we are born, we are all in that balanced state. Is it not? The small child in the beginning years of his / her life asks for food (when hungry) or for toys (to play) by uttering his / her name and does not say I or me that is (the beauty) worth to be taken note of. Thereafter, parents themselves teach the child to say I, me, and mine instead of the name. This means we only teach them duality. Till that moment he/ she perceive himself / herself as they perceive others. Our sanskaras (introjected in us or created by us) push us from oneness (balance) to dualities (imbalance). Thereafter, labeling the individual / things / situation begins (he / she is like that only or this is good/ that is bad) and that gives rise to the conflicts. We tend to forget that each one of us experience differently according to our levels (of understanding). We start feeling that whatever we are experiencing is the only truth (based on our consciousness as well as ) and initiate rejecting viewpoints or experiences of the rest. We doubt about their truths. In one kingdom there was a king who was very

curious about future. One day a very great well known astrologist arrived in his kingdom. He used to not only mention about the future but also used to precisely tell the date and time of death of the person concerned. He also use to give information regarding when and in which form the concerned will be reborn etc. The King had known about that. He called the astrologer and understood his future but the astrologer deliberately refrained himself from letting the king know about his death day and rebirth. However, the king insisted that if he was not told his death day and rebirth he would behead the astrologer. Now the astrologer had no other choice but to reveal. He asked pardon from the king stated that on such and such date you will die and shall be reborn after three days in one of the ugliest places of his own kingdom as a piglet. King, born as piglet! and that too in one of the ugliest place? The king thought for a while and then called his prince. The king narrated to the prince on which date is going to die and ordered the prince that after three days he should go to one of the ugliest place and kill a new born piglet over there. "I don't want to live the life of a pig." said the King. After few years the king died, as per the same date and time stated by the astrologer. Three days after the Prince went to the same place where the king had taken a birth as a piglet. He spotted the new born piglet and he was about to kill the piglet with his mighty sword when suddenly the piglet screamed and said, "Please don't kill me. I am extremely happy here in the mud. I want to live to the fullest." We too live in similar fashion. We ignorantly feel that the environment in which we are born is our heaven. We are unable to leave it. We accept things in our life even though we ourselves had discarded earlier. That is why to achieve the lotus feet of Lord Vishnu, (vishnupad) you'll have to accept balanced life, that the only beautiful and natural option.

# Dreams

*By Kaushiki Swarupa*

Dreams as most people understand,  
Is just like the castle made of sand,  
When the waves of reality hit it hard,  
It breaks into pieces like the house of card...

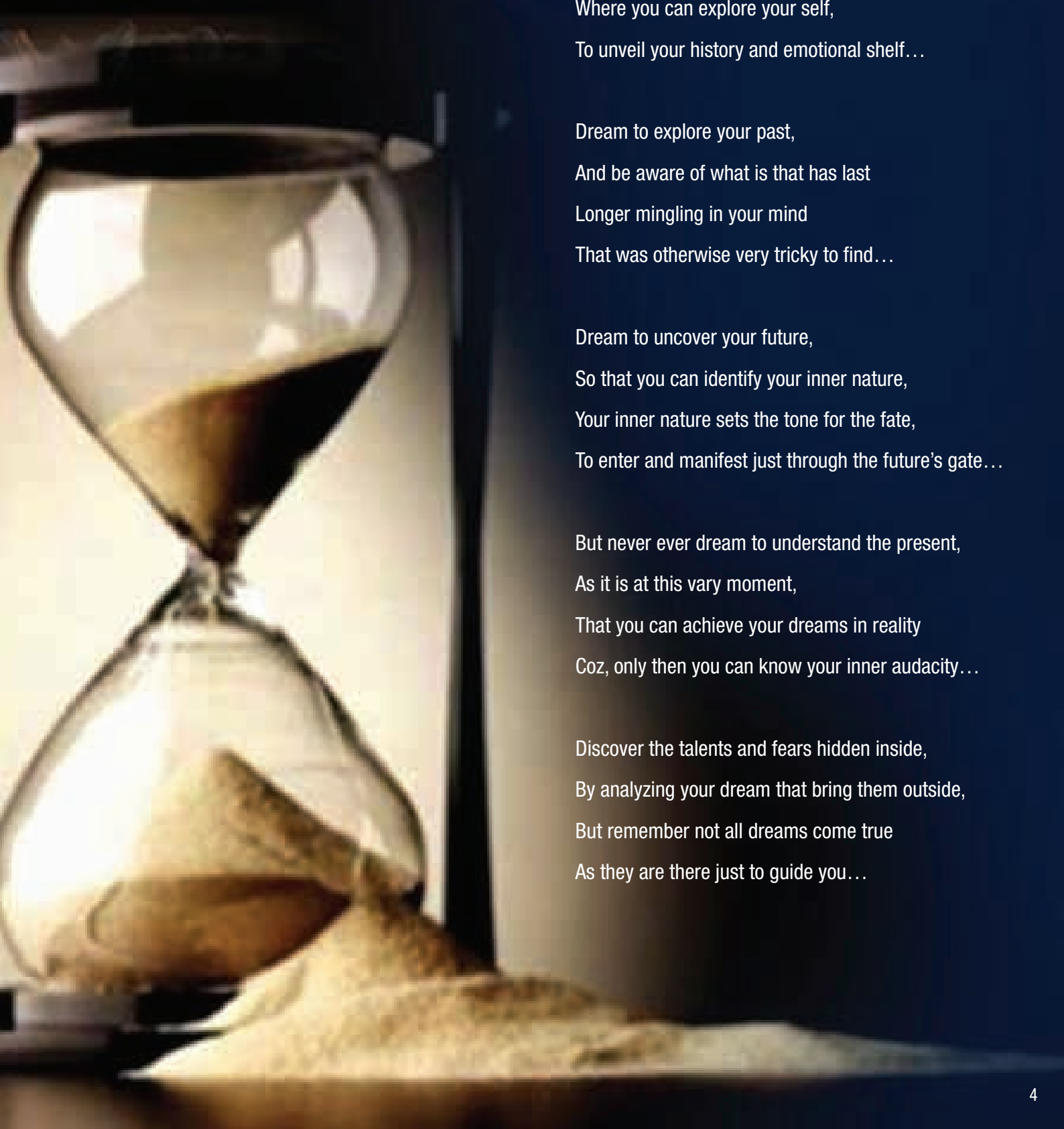
But for me, Dreams are special and unique,  
As there is no other technique,  
Where you can explore your self,  
To unveil your history and emotional shelf...

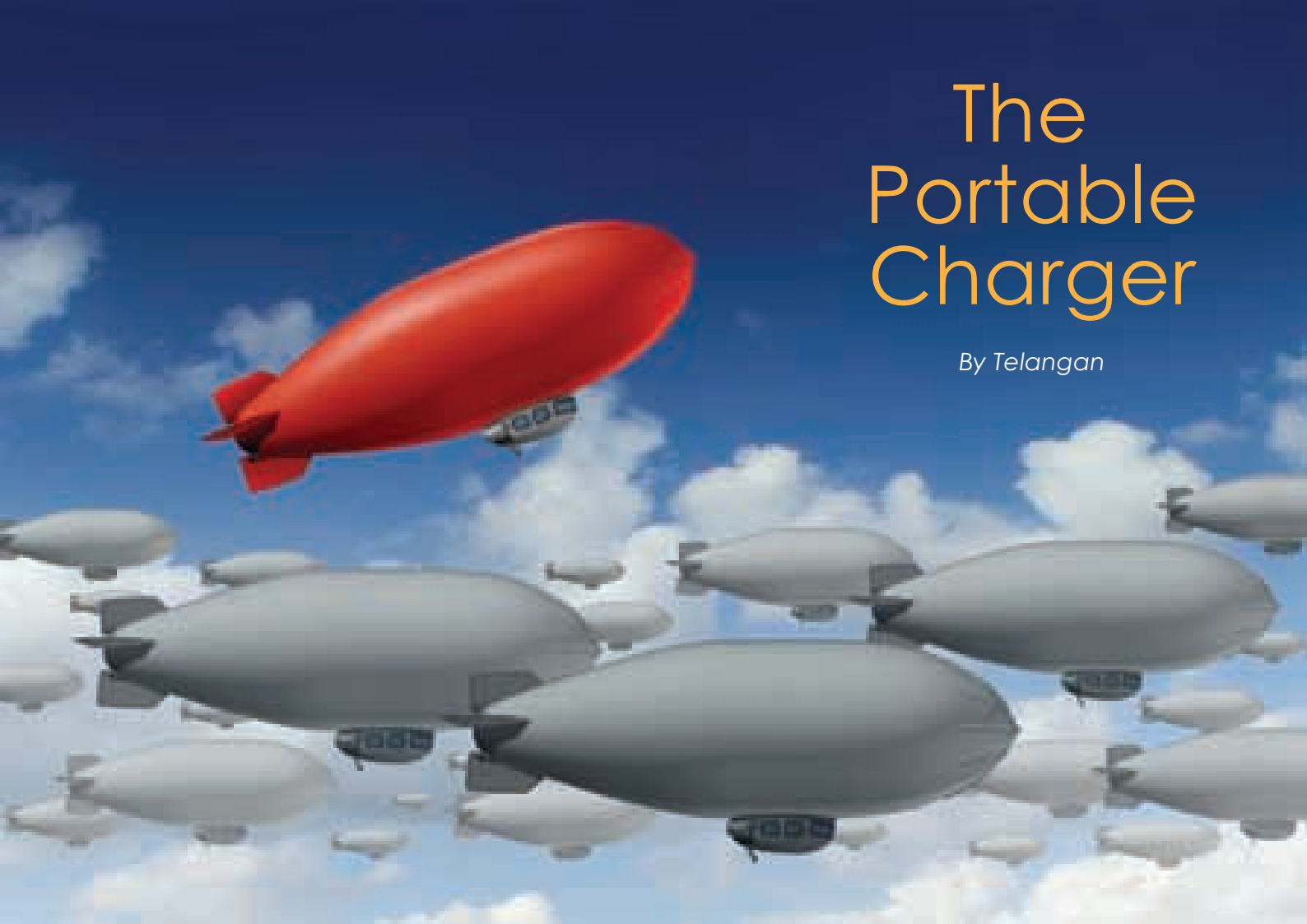
Dream to explore your past,  
And be aware of what is that has last  
Longer mingling in your mind  
That was otherwise very tricky to find...

Dream to uncover your future,  
So that you can identify your inner nature,  
Your inner nature sets the tone for the fate,  
To enter and manifest just through the future's gate...

But never ever dream to understand the present,  
As it is at this vary moment,  
That you can achieve your dreams in reality  
Coz, only then you can know your inner audacity...

Discover the talents and fears hidden inside,  
By analyzing your dream that bring them outside,  
But remember not all dreams come true  
As they are there just to guide you...





# The Portable Charger

*By Telangan*

My daughter was telling me 'I need to buy a portable charger now'! My cell phone battery gets discharged in half a day. The threat came following 'Get me one or I won't be contactable for the entire day.' The technology is so advanced today that one could charge while even traveling without electricity.

Why don't you use one? She was asking. I said I've one! She said show me. I said I can't show you but you can feel it. Where did you buy it from and what brand is that? She was surprised. I said I've not purchased it. Guruji had gifted me. She was confused. I said do you still remember what did Guruji say to all you in first Reiki Seminar? Just start recalling his words.

Isn't it funny that these days we think about our cell phone more than self? The battery of most people gets discharged in the morning itself, some goes on for few hours but there are very few fortunate goes on and on for the entire day.

We just need to bear in mind Guruji's words

everyday and we will keep getting charged time to time. When we form our belief system with them, our lives get transformed. We stop getting excited by miracles because we experience them every moment. Do we remember '**POWER OF FIVE PRINCIPLES?**' It is one of the most powerful messages from Guruji. The Five Principles of Reiki. If follow them, then no one in this world could ever make us sad. Daily Reiki and meditation, along with five principles will keep us charged for 24 x 7 x 365.

The biggest change one could experience will be... we will start forgiving those who did hurt us. We will stop holding on to the past. We will not worry for future and the Present will be happiest. This is not a small thing. We are in process of closing our karmic accounts. On top of it we will be getting blessings from others for our kindness, which will keep us charged forever.

**Everyone should start using this portable yet powerful charger...**



In common parlance, we often hear these words, "It's all destiny" or "You can have only that much as is there written (in some heavenly book) in your destiny, not more or not less. Who knows where this book is where our so called destinies are written. I haven't been able to find it. And more importantly who writes these books, is it Brahma, Vishnu or Mahesh? Or some other deity of your choice, and if you belong to some other religion the ugliest of task (writing your destiny) goes to Jesus or Allah. I know these words have been quoted earlier, but the fact of the matter is there is no one sitting upstairs deciding the course of your life. The obvious question, which follows is, who the hell decides our lives and well being or the lack of it thereof. No prizes for guessing the answer- it is YOU. Only you have been making your destiny, only you are responsible for all that you have and only you can do something to change your lives. Yes and I repeat, you have the POWER to change your lives for the better.

These days Science tells us that this very body of ours is a collection or a community of 50 trillion cells approximately and

every cell is capable of virtually doing what we the so called intelligent beings on planet earth can do. Cell Biologist, Bruce Lipton tells us that cells are intelligent beings capable of breathing, excreting, reproducing and what not. You name it and every nucleus containing cell is capable of doing it. So, how the hell is this exciting piece of information helpful to us in changing our lives and molding it in the way we want? Bruce Lipton further enlightens us by saying, "It is not the genes that shape our lives, but it's the environment". The cells are capable of receiving and learning things from the environment, the membrane of the cell acts like a lens – it catches whatever is there in the immediate surroundings and passes on to the nucleus where the database of our memory is. Once again, the behavioral pattern (repetitive) that we exhibit is the outcome of such database that is there within us and if we wish to change our lives for the better, we need to cleanse the old database. But how to go about it, what is the best way we can turn our lives to a much more healthy, happy and lively space. The answer is become life. But again how exactly to go about it!! How do we become life? Well, take a look at the following steps or should I say truths to realize, understand and bring about a paradigm shift within you.

N number of times I referred to you as "YOU". What is this I in the first place which people refer to as YOU. Your being is not just limited to the 50 trillion cells I mentioned earlier, you are much more than that. You are mind, you are emotions, you are intellect and at a final level you are a vibrational being, alive and exuberant at all times.

*continued on page 7*

## You become what you believe...

*by Vivek Pande*

**SHIVA HEALS YOU...**

Each and every fifty trillion cells have energy emanating from them which end up showing in our aura. So, am I asking you to manage all your fifty trillion cells, NO!! It is neither practical nor possible. Well, the first big favor that you can do to yourself is realize your vibrational nature of being. Move on from body consciousness to the soul level. Realize that the whole universe is one-energy without the second and your body is just a tiny particle exhibiting its part in the larger play of the universe. Realize that you are the universe and that your roots lie outside your body and you command your life from there and not from within the body or genes that you inherited from your parents. Realize that you are above your emotions and mind and intellect, capable of making your body move consciously at all times. Allow your grossness to melt, stop looking at things as a division, don't look at the world as a population of 700 crores, but look at it as the one-energy expressing itself in many beautiful and diversified ways. Once you become one and allow all the dualities to end, you can move on to the next step.

Once you realize your vibrational being, which is your true and permanent nature, and the fact that all the other stuff is a limited time-bound offer, why not understand the nature and functions of our own minds and thereby correcting our "Karma" and preventing some repetitive patterns of our personality. Remember the biggest philanthropy one can offer is a good and peaceful space emanating from our aura. Coming back to this mind stuff – a subtle place where the thoughts occur can be divided (for the purpose of understanding) into the Conscious and the Sub-conscious. Firstly, sub-conscious mind is where all your repetitive patterns reside. It is the Sub-conscious or the mechanical nature which leads us to produce actions which appease the mind only for the time being. Why do we act, the way we act? The answer is because of some prior information in our minds that a certain act will produce a certain result which will suit our mind and appease only our mind, thereby increasing and strengthening the role of sub-conscious in our lives. Remember that 90% to 95% of our biology runs on the sub-conscious mind. This whole act of deriving happiness from a repetitive-stale nature of mind cannot and will never result into permanent peace and bliss. The feverish activity cannot achieve anything more good than a fever. The secret to master our lives is move from the sub-conscious to the conscious level of mind. The body runs on a software called mind and hence the transformation

of it from sub-conscious to conscious should become the most pertinent quest of our lives. How to move from sub-conscious to conscious? Well, here comes the next lesson.

Belief is a system of thoughts lying within our sub-conscious mind. The beliefs are negative as they were gathered because of an erroneous perception about our own identity. The sub-conscious keeps on playing the same recordings over and over again making you stressed and drained out and eventually sick. It is only through a conscious and a circular frame of mind that you may choose to come out of your negative beliefs and replace it with positive ones. But for us to attain such an ardent task we need to constantly engage ourselves in sadhana which cleanses our sub-conscious and places us in good space which again is pivotal for health and well being. You have to be persistent and constantly need to work at your own mind in order to come out of negative belief systems embedded within you over many life times. The task may seem to be tough, tedious and at times monotonous but trust me it is the only way out. Whatever you have gathered needs to be washed and the consciousness descends. The best job you will ever do is working on you.

"Avataar" in Hindu philosophy is God descending from upstairs to uplift mankind from some demons or removal of bad governance pertaining to the times they descend. In the current times also the Avataar has come in the form of "Reiki", which is nothing but direct consciousness. The moment you start practicing Reiki, the first thing, which happens is you get connected to your source and real nature of who you are. You start operating with a fresh and conscious and a much more alert state of mind. And if you keep practicing, it is surely capable of dissolving all your patterns of the sub-conscious mind. It also makes you look at life and your actions in particular from a holistic point of view. Over a period of time it helps you develop a level of alertness whereby you can easily bifurcate between the conscious and the sub-conscious mind. And if you still are persistent with your Reiki Sadhana, it will surely exempt you from all such places or environment which do not suit your biology or are not conducive to your well being. And slowly but surely, when you become conscious at more times than less, you will at all times operate through your original source of being, which is 'Reiki' only. Thanks.

## Meaningless Goals

A farmer had a dog who used to sit by the roadside waiting for vehicles to come around. As soon as one came he would run down the road, barking and trying to overtake it. One day a neighbor asked the farmer "Do you think your dog is ever going to catch a car?" The farmer replied, "That is not what bothers me. What bothers me is what he would do if he ever caught one."

***Many people in life behave like that dog who is pursuing meaningless goals.***



# “REIKI” THE SANTA

*By Preeti Khanna*

25TH December 2014, chill of Delhi was gripping, with Christmas carols humming and Santa taking its toll to reach one and all. The shivering night trembled our house by a sudden jolt of Dr. G.S Khanna, my father-in-law who had retired to his bed after a hearty meal. All of a sudden we heard him with an unusual breathing pattern which within no time led to his breathlessness. Wasting not a second, we gave him reiki and tiptoed to the doctors nearby. A fleet of doctors was soon there only to declare that it was needed an emergency to the nearest hospital.

In vain we tried many ambulances but to no avail. By that time our Santa Reiki took care of papa. Soon we hastened in our car with the most effective paramedic Reiki to the nearby hospital where he was given oxygen and first aid. Unfortunately, the hospital where he was taken was not furnished with supports so we were directed to another hospital. Though oxygen cylinder was direly needed, the ambulance did not have the support. Hence we made our way with Reiki as an oxygen cylinder to the other hospital. It was midnight, cold wind and smog was tyrant but our reiki gave us all hopes.

Dad was admitted to the emergency ward in Kailash Hospital where the doctors declared it as a heart attack. With medical services grappling its hands, it followed a volley of tests where in it left the doctors pondering. The ECG reports showed that the arteries were blocked to 99.99 and 100% and heart shrunk. With hands scratching their hair, the doctors wondered, “How is he alive?”

Confined to ICU, put on oxygen, he progressed and regressed and on each visit to ICU, was the biggest life support reiki given to him by us. As the hospital's religious customary ritual would have it, a row of tests on each part of the body were attended to. Each day it added to a new discovery, when at last the most deafening news was disclosed that Dr Girja Shanker was a prey to the most devilish disease, Colonic Cancer too. Dumb founded, we all had to swallow the bitter pill. No sooner, the deadly decision was left to us whether to operate him for the cancer or heart. Touching him for any kind of operation was as venomous as a cobra. Days after days rolled by with all the life supports including the safest life saving drug Reiki, when after a fortnight my father-in-law was discharged with all the decisions on our head.

The ball was now in our court ,involving all the risks, family pressures mounted but we succumbed to our head of the family, the highest authority- GURUJI (Ajit Sir). As always nobody on this earth could be a greater doctor than him who advised us to take the lesser travelled path that is REIKI. He guided us from Mumbai the course we had

*continued on page 9*



to take and we surrendered everything to him and travelled his path. His prescription included 21 days of full body touch reiki twice a day, following Yog Nidra before each session of Reiki, application of Agnihotra ointment and consumption of Agnihotra Ash. Strictly abiding by the "Reiki capsule", supported by the Reiki Vidya Niketan Delhi sadhaks in this resseruction. We could sail through the difficult times. Days after days flew with this sail in the rough sea when 21 days were extended to 31 days and then to two months.

Then came the signs of recovery and progress. Months rolled by with everyday a new ray of hope of his coming back. Twice in between he nearly collapsed but each time it was the Santa REIKI that stood gifting him with life. Today he stands strong and chivalrous leading the same life that he lead at the dusk of 24th December 2014. Now he practices reiki on his own, religiously following " Doctor" Ajit Telang's presrciption Reiki and Agnihotra. Our heartfelt gratitude to our Saviour Swamiji and Gruruji who took out Dr.G.S. Khanna from the jaws of death !!

# Impermanent

*by Telangan*

I born with long hair  
Today I'm bald...

I born pink and fair  
Today I'm dark and wrinkled...

I born tall and handsome  
Today I'm old and fickle...

I born with beautiful gray eyes  
Today I'm aged with no sight...

I born with diamond and gold  
Today I'm dizzy and cold...

I born with sharp tongue  
Today I can't speak a word...

All up came down and  
All down went up...

Everything is impermanent  
I wish I had learnt it before...



# Kindle little lights of Kindness

*Reproduced from one of the articles by  
J.P. Vaswani in Dilip India*

YEAR after year, the Deepavali returns with the message, if you would be happy, if you would have peace of mind, be as kind as you can. And, if you cannot be kind at least do not be cruel to anyone. The light of life is kindness: cruelty is darkness. Kindle little lights of kindness.

In every situation, let us look for ways to be kind. Even if kindness is not returned, one will have the joy of living up to our principles.

“What are the three most important things of life?” Henry James was asked. And he answered: “the first is kindness: the second is kindness: the third is kindness.”

The day on which we have not done at least one act of kindness is a lost day indeed. And kindness is not kindness, if it is not shown to friend and foe alike.

A doctor related to me an incident, which I cannot easily forget. He was called to see a pale, sad, seventeen-year-old girl. A number of physicians had examined her and unable to arrive at a diagnosis, had said that she was a psychological patient. When my doctor-friend saw her, she lay on a sofa in a small room, which was filled with silk tapestries. Her eyes were half-closed, her head was bowed and she was pale like a marble statue.

The doctor easily guessed her sickness. She suffered in her gilded cage because she had never gone out to give happiness to those in need. The doctor asked her to get ready to go out with him and her father.

“With you?” asked the girl. “Where?”

In an undertone, the doctor said to her, “That is my secret. I can only tell you that it is for your good and that of your father.”

The girl got ready and the doctor took her and her father to a quarter where poor people lived. They took with themselves many things in cash and kind. At the first house which they visited, the doctor had to help her to keep her balance, as she walked. At the second, she went ahead of the doctor. At the third, she almost ran. When the children kissed her hand and the poor women thanked her, both she and her father cried with joy. That outing seemed short to her. And every-day, she searched for those whom she could make happy. She attained health, joy and happiness, which were not found in her palatial home but in the broken cottages of the poor to whom she gave the service of her generous heart.

Those of you who are frustrated with life, who feels unwanted, useless and bored, try this same medicine and there will be no end of real joy for you.

Sadhu Vaswani said to us: “Did you see him on the road? Did you leave him with the load?”

On the road of life are many who carry loads on their shoulders: and the loads are not merely physical. As you bear the loads of others, you will find that your hearts are filled with a wondrous feeling of happiness and joy.



# “Sewa in the Ashram is our need”

*by Krupa Choksi*

In 2015, I had a privilege to offer my sewa (services) at Devrukh Ashram during 1st to 10th December, 2015 as Pramukh sewekari. My experience was overwhelming. There were only few people in the math doing all the chores of the ashram viz. morning prayers, cooking, cleaning, preparing for Aartis, etc. Initially, I wondered how am I going to manage all this as such situation I was facing for the first time. But on the back of my head, I had this confidence that Swami will help me in all ways.

And to my surprise, everything got managed on time. We required six people for aarti – one would do aarti, two people for Chauri, two for singing aarti and one for ringing the bell. And invariably during aarti time for all 10 days, I observed that some local people from Devrukh would turn up and there would be more than six people to perform the austerities of evening prayers (aarti). Besides this, what I experienced was an amazing type of peace which I had never experienced. In spite of doing all work throughout the day, I used to feel charged up and my entire stay was

very rejuvenating. I knew my energy levels were down when I reached the ashram as I had come to ashram after taking two seminars in a row and one more programs. But after 10 days, I was fully recharged. So it gave me reconfirmation that offering sewa in the ashram is not what one should do in free time but it is our need. As in our day to day life we are stressed out and we stretch ourselves a lot. So we need some time to rejuvenate ourselves. We go for holidays, watch movies, and go for hiking, etc. for that. These activities do make us feel good and gives us a good change but it will not purify us and transform us. Offering sewa in Ashram resolves our inner conflict and makes us more peaceful as the energy level of entire space is very high.

Some people may wonder how this happens. Well, I would say if you are experiencing darkness and you enter a well-lighted room, what happens? You see so many things. The same thing happens in ashram where the energy levels are so high. Guruji has put lots of energy in this space. The moment we enter here, everything happens. Initially lot of purification happens at our thoughts and emotions level which makes us restless. All our hidden stresses come out. Because of all these coming out, many people think that they are not enjoying their stay. But actually it is like going to a doctor who gives injection. It pains but then you are healed. After this purification, we become so peaceful and happy that we start enjoying this space. And after a span of 4-5 days, we enjoy so much that we do not like to leave this beautiful abode of Swami.

While leaving the ashram after 10 days, I started thinking what a wonderful gift Guruji has given to us in form of Ashram. When we stay in ashram and perform sewa (service) many of our sanskaras gets dissolved unknowingly. And this is how we improve our physical, mental, emotional, intellectual and spiritual health. Our sewa in Ashram is in fact an investment of time. It is like a sabbatical bath which purifies us and makes us fresh again to go ahead in the journey of life. But unfortunately, we have been seeing that these days everyone has become so busy that people hardly find time for sewa. But believe me, when we offer sewa, God works for us and many of our problems gets resolved. Try it out. Remember Swami's last words “Hum gaya nahi zinda hai. Aazma ke dekho”. He is there to dissolve our sanskaras (impression) but we are so busy in weddings, functions, exams, etc. that we hardly find time for sewa.

Frankly speaking 10 days of sewa rejuvenates you for the entire year and makes us more energetic as our blockages gets dissolved. Spare some days for yourself in ashram as this is a place where you find yourself again.

# Hawayo Takata Story

## (Part 8)

*In the issue before last, we had seen some of the experiences of Mrs Takata about how she healed Cancer cases. Here are some more cases on other diseases which she healed effectively using Reiki.*

After a year this man went to a specialist on the mainland and when doctor examined him, he told this man that he had conquered leukemia. He was now healthy and could return to work in his business.

### Leukemia:



On December 7th, 1941 Mrs Takata had some guest from Honolulu. The doctors had diagnosed her problem as leukemia and she required a weekly blood transfusion. She came to Mrs

Takata's clinic early morning on that day for Reiki treatment and could not go back due to the infamous attack on Pearl Harbour for the next two weeks. She had daily treatments during this time and had begun to improve even though she had no transfusions. She could glow and vibrant with greater energy. She improved rapidly as she accepted Reiki very well. When she returned to Honolulu her friends were so impressed with her progress that there were forty-two students waiting when Takata reached there to teach lessons. After the class her friends worked on her daily for six weeks after which she was completely well.

In leukemia in every case she used to give a complete treatment and she used to feel heat and vibrations in the spleen area. In other case a man had gone very far in leukemia. He had to have treatments for months and his family took the lessons so they could help him at home.

### Nose Bleeds:

In one of the districts where Mrs Takata lectured and was preparing to teach a class, a woman came asking that she be allowed to learn Reiki in order to help her fourteen year old son who suffered from severe nose bleeds. They were so severe that school officials did not allow the boy in any of the sports as they found the condition too dangerous. When the lessons were completed and as Takata was leaving for home, a father of that child came to report that the child is bleeding profusely and his father could not stop bleeding. So he wanted Mrs Takata to rush and help. On reaching there Mrs Takata could realize that the hemorrhage was not ordinary. She propped him up and started applying cold compresses. His mother placed hands on his solar plexus while Takata worked on his nose and nape of his neck. She realized that the hemorrhage was coming from an artery as every time his heart pumped the flow would increase. It was scary. Takata and his mother treated him like that for 45 minutes and the bleeding stopped completely.

Mrs Takata stayed there with his mother for a day more to help her treat the child. He had a weak artery in his head which allowed the hemorrhage so she strengthened her blood vessel. Since the pressure came from below she also treated the whole body to release the tension. With only this treatment he never had another nose bleed and was able to live a normal life





# A dialogue with young sadhak...

## ***4. Can we be connected to God while still taking a liking towards materialistic things?***

Yes of course! By seeing him in every matter! God is where your belief is. As simple as that. It is as good as one getting connected to society or nation. One can be materialistic and still be a patriot. But then one can't resort to corruption which goes against the basic values of patriotism. You can't cause harm to the country and other residents and still be called patriot.

---

## ***5. Why is the world full of evils today and can we change it on a global scale. How?***

It is not the world if bad or good. World is only world. It is the events and their impact on us which is good or bad. The events create situations when we humans connect to that and that creates reactions and emotions. The impact of all this process may be good or bad. The best news is that we are a part of the world. By our changing the world around us changes. It is like if you, your sister, your mother and your father make a family. Now let us say we attach values of 5, 6, 7 and 8 respectively to each of you. The sum could be 26. That say is not okay for you and you want it to be 30. What would you do? No, do not try and change values of others. Just make your value as 9. Now the sum becomes 30. What is so big deal about it? The world is evil may be our perception. If each of us agree to that idea of world being evil, each can manage oneself and then the next morning the world is not evil any longer.

## ***6. If God is ultimately one, in today's world why there are so many controversies about religions and why are people killing in God's name, something which God would never approve of?***

You know the sky is only One. Still we need permissions of other nations to cross from one flying zone to the other. Turkey just few days ago brought down Russian plane as it was within Turkish sky zones (?). Where did the idea of dividing water, dividing air and mostly dividing the land in the name of nations came from human mind and ego. The same mind and ego divide God when truly he is ONE and then they fight over that.

---

## ***7. I have heard we should always give up and surrender to God. I still don't understand this and if I never surrender to God does this mean that God won't ever help me?***

God is least bothered about the human idea of surrender. If you are good to everyone around and do not cause problems, you are already surrendered. The idea of surrender says that you are in tune with the human interest. Just again the way you need to follow the laws of land you need to follow the laws of nature. You may not call it surrender as you do not call following constitution, "surrender." It is abiding the laws. You are punished if you do not follow the laws, either of land or of nature.

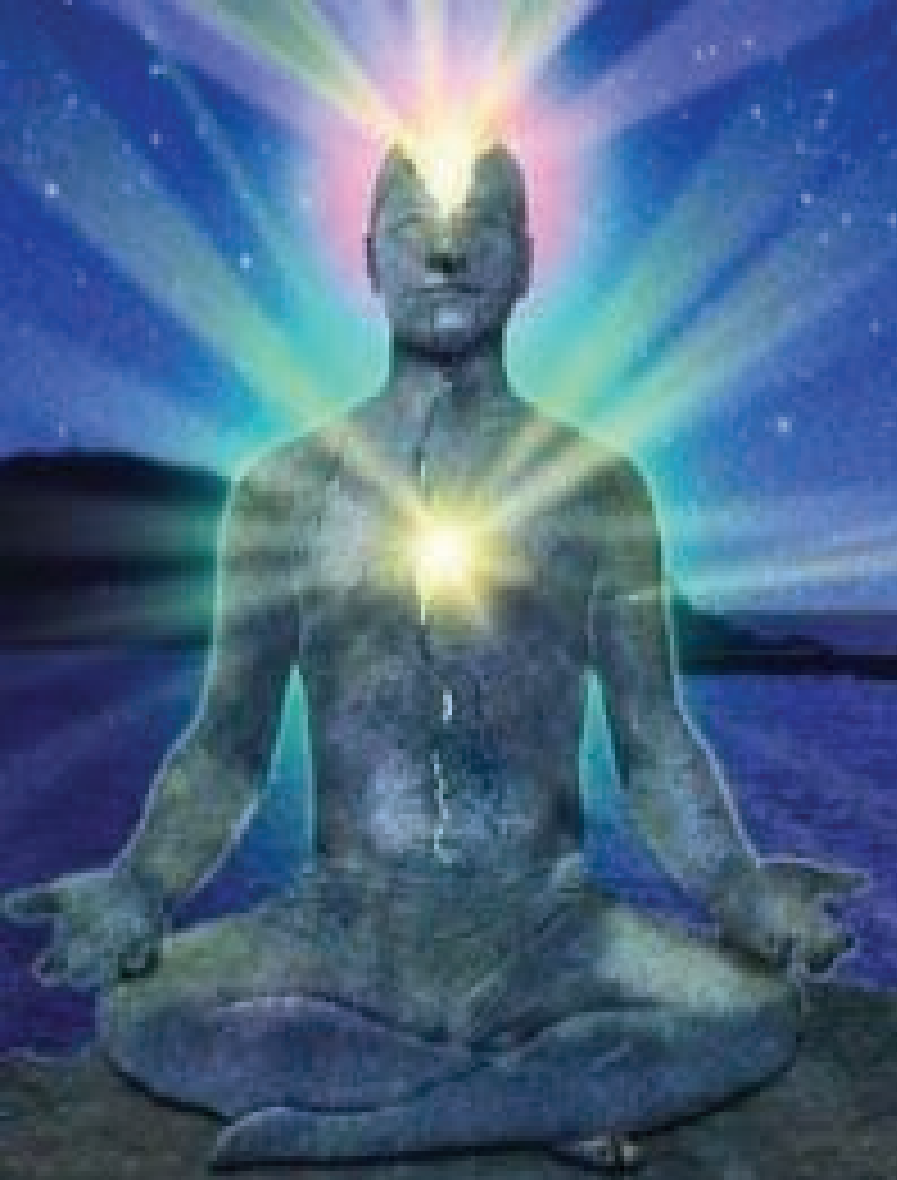
## ***Guruji's lecture at Goa's Braganza Menezes Hall***

Institute Menezes Braganza in Panaji, Goa is a prominent cultural institution of a long standing repute promoting language/literature, art and culture in the state of Goa. Formally known as the institute Vasco de Gama was established on 24th November 1871 was renamed after Goa liberation as Institute Menezes Braganza in 1963. IMB this year had the 3rd Luis De Menezes Braganza lecture series between 7th and 9th January 2016 and had invited Guruji to deliver a talk on Conscious Parenting on 9th January evening. Guruji spoke on the subject that is close to his heart to a packed audience which was well appreciated and left a deep mark on their hearts.



## ***Devrukh Art Creative Community in Goan exhibition***

IDevrukh Art Creative Community (DACC) a newly formed entity by our sadhaks related to Math got a big breakthrough when they got an opportunity to take part in Lokotsav fair which is an annual affair organized by Cultural Ministry of Goa Government. The products including paintings were well appreciated by the hundreds of visitors. The Devrukh artistes have now started getting exposure to the outer world through these efforts. DACC will soon participate in more such exhibitions in culturally rich Goa as well as in other centres of Reiki Vidya Niketan.



## The only way to do Reiki in a wrong way...

In one of the moments at ashram, a person came and asked Guruji if one does Reiki process (a full body attending to 26 points) wrongly what would happen? Guruji was trying to tell that lady that there is no way one can do a wrong process. In Reiki there are not many rituals and practices which could lead to wrong results. Reiki is so kind and compassionate and has such a wisdom that even if one makes mistake without one's realization, Reiki sets it right. The lady was still not getting the issue. Finally Guruji told her, "Look lady, the only way of doing Reiki wrongly is by not doing it all. As long as you do Reiki, everything is fine. Nothing can go wrong as long as you do Reiki regularly

## Program Schedule for February 2016

### Reiki Seminars

Dates	Reiki Teacher	Centre	Degree
6th & 7th Feb	Rakesh	Thane	1st
13th & 14th Feb	Vishal	Pune	1st
13th & 14th Feb	Renu/Solanki	Chennai	1st
13th & 14th Feb	Seema	Morbi	1st
13th & 14th Feb	Vishal	Pune	1st
27th & 28th Feb	Vishal	Mumbai	1st
27th & 28th Feb	Seema	Rajkot	1st

### Other Programs

#### Dates:

8th February

#### Topic:

Parenting Teachers' Training

#### Venue:

Accent School, Palanpur

#### For Whom:

Govt of Gujarat, Education Dept