

REIKI VIDYA NIKETAN

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Editorial

Bring the prayers to Life...

The other day I attended a small assembly of devotees of Shri Swami Samarth. It has always been a divine experience to be in the midst of Swami devotees and this time was no exception. The group mainly had the senior citizens who were in their seventies or even more. >>>>>

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Bring the prayers to Life...



>>>>>> We chanted the aartis and the recitations in praise of Swami. And thereafter we had some chit chats and discussions. One of the person started talking about how his son has been diagnosed with the heart ailment and how the doctors have recommended the angiography and the bypass surgery after going through the regular check-ups like ECG, Lipid Profile analysis etc. We were discussing about whether such blocks do really exist or they are all imaginary. As a person strongly in favour of natural therapies, I was trying to work out various possibilities where the surgery could be avoided. The guy said that the family had already decided to go ahead with the surgery as Doctors had told them that the person may not survive in case the surgery was delayed. Knowing that the person was perfectly functional in his daily life with no symptoms of any serious ailment, I thought that the doctors were taking him for a ride. I told this gentleman not to rush into this surgery as I had some confirmed reports that almost 85% of heart by-pass surgeries are performed when they are not required. The guy was very adamant and said that he feared that his son may not survive if the surgery was not done when the patient himself was reluctant to go ahead with this operation. I realized that the biology of fear had now started working on the whole family. This was the same guy who was loudest to chant Swami Samarth Krupateerth Tarak Mantra (which literally means the saviour Mantra which activates the Swami's grace. The mantra starts with the first two lines which say "Nischank hoi re mana, nirbhay hoi re mana" This means that "Oh Mind, be free from all doubts, be free from the fear" Everything else that followed was so divine but based on these two lines. I asked this gentleman that now you are so much fearful and full of doubts about the divine grace, how could you chant this prayer a few minutes ago? Was he just chanting words or was that a prayer? If he can't believe in the grace of Swami and can't be free from doubts and fears, would he be qualified for the grace to descend on him? These lines are the foundations of the whole prayer and the guy who was chanting this for past 30 to 40 years had not realized and lived the first line in his life. What can you say to this? The prayers are there to be lived not only to be said without realizing the powers of them. Can we all live the prayers that we chant and be really qualified for the divine grace?

Wishing you all a very Happy New Year!

Ajit Sir

Jan 04, 2016

BhajaGovindam (Verse 23)



Meaning:

Who are you? Who am I? Where have come from? Who is my mother and who is my father? Look for these answers. (you will realize) the whole world is an illusion. Leave this illusion.

It is very essential to consistently search for questions like who am I? Where have I come from? This is the first stage of Self Realization. This is what introspection is all about. There is a story of a sage Bhṛugu. He had many disciples. These disciples used to come from various segments of the society. Many a times the ideas are better than the actual happenings. Spirituality could be one of such things. Just by getting excited with the idea of leaving something one renounces and suddenly the temptations of the material world start whistling at them and attract them. I know a few cases where these people left the mundane world at very early age in their life without really knowing what they are landing in and then struggling to get out of the same at later stage in their life. Similarly the disciples of the sage Bhṛugu also started finding opportunities to run away from the hermitage and take umbrage of their towns to start material life. One of the disciples who happened to be from a family of ironsmith ran away to his town and started doing the smithy work. Once he was making some arrows on orders and was very involved in his work. There was a procession of the king of that kingdom moving on the road with a lot of fanfare. This guy was not bothered and was busy with his work. Suddenly someone came and asked him, "What is happening out there?" This guy did not even look up to see who was asking as he was totally engrossed in his work. Without even looking up he answered, Can you not see it is the procession of the King?" That man said, "Oh! I know. But I still can't figure out who is the King in this procession?" The ironsmith again answered without bothering to look up, "The one who is riding the elephant is the king." That man said innocently, "Oh! Now at least I know there is a King and elephant. But I can't see who is the King and who is the elephant?" The smith said, "The one who is sitting up is King and the one who is down there is an elephant". The man was little confused even now. He asked, "Now I can guess something but still I do not know what do you mean by Up and Down." The smith knew this guy is totally ignorant. He asked the man to sit on his back by crouching on his limbs and said now you are Up and I am down. Understood? The man now said, "Yes. Very much! But the question now is who is You and who is Me?" Listening to that the smith suddenly suspected that this guy is not ordinary as this was the favourite question

कस्त्वं कोहं कुत आयातः का मे जननी को मे तातः ।
इति परिभावय सर्वमसारम् विश्वं त्यक्त्वा स्वप्न विचारम् ॥२३॥

of his Master. He looked up, recognized his Master, prostrated and said, "Master, Yes I know you are there to take me back" He went with his Master then. Great saint Ramana Maharshi always used to tell his disciples only one mantra. "Find out the answer of Who am I?"

Many a times on the spiritual path one meets a lot of challenging situations. The biggest obstacle on this path comes from your own relatives. This is what King Arjuna experienced in Mahabharat. The great war of Mahabharat is not fought with enemies outside. It is the description of those inner enemies. All the relations and the emotional involvements start surrounding one and dancing around creating distractions from one's chosen path. Then Lord Krishna had to ask the confused Arjuna, "Who are you? Who is your father and who is your mother?" These kind of situations come in every sadhak's life some or other time, when there is a direct conflict between what you perceive and what you are. The one who think that they are the bodies then start believing that the one who has given birth to your body are your parents. But the one who has experienced the infinite nature of human existence start realizing that parental relation of the divine father (the father in the heaven as Jesus used to say). Then one realizes that we have come from that unlimited, infinite entity which is waiting for us to return. We forget that with a change in the body our parents change. The ones whom we love so much as our parents and children are not going to be there in the next birth and will be replaced by another set of relations for whom again we will cry when we separate from them. How long can this drama last? It is exactly like an actor acting as someone's child in the drama starts believing the drama as reality and gets attached to them as real parents and disowning the real parents who have given a birth to the body.

We also need to remember that we have been sent to this earth by that divine, for us to take experience of life process and return. We do nothing in this life in the real sense. He is the one who creates situations in our lives for us to learn and be complete with knowledge and experience. The way a typical mother sends her child to other town to study engineering or medical or something like that and then expects him to return to home. But if the child gets defocused and distracted from his purpose and starts doing something for which he was not sent, how would the mother feel?

I have seen many a times that a loving mother in spite of her ageing and ailing body prepares a sumptuous food for her own son (no matter how old he is) on his birthday and wait for him to come back in the evening after his office hours. The son comes very late and heads straight towards his bed room to rest telling his mother that he has no appetite as he has had a party with friends without appreciating what and how his mother has prepared for him. What that mother must be going through at that point of time? The God has similarly kept everything ready for you but we have no time to appreciate his love and compassion. What he must be feeling?

Intelligence and Shifting of Consciousness... by Vivek Pande

William Shakespeare once said, "Every intelligent man knows himself to be a fool and every fool thinks he is intelligent." The aforesaid words would give you a hint as to what is coming up in this article. Well, to start with, it goes without saying that intelligent beings are appreciated almost everywhere and the foolish suffer virtually in every part of life. Almost every individual is surrounded by at least one person around us, who seems to take over the proceedings just due to his sheer knack of analyzing a situation or showing clarity as to arriving at conclusions or simply providing prompt solutions for seemingly difficult situations. We all have that one person who seems to have a guiding presence which compels us to admire them. But again, what is it that decides or declares one individual to be more commanding in terms of their presence. And more importantly what can be done to acquire such astounding abilities of displaying remarkable intelligence in every sphere of life.

In the circle of life, we all are surrounded by so many frequencies. Some hit us on a regular basis, whereas some occur only at rare times. While moving about with the business of life, every individual acquires some amount of awareness within him. Depending on the level of education and of course the upbringing, we all showcase an array of abilities as well as disabilities. The so called intelligent beings have the knack of catching up with the higher frequencies. How do they do so? Let us recap some of the basics that we have learnt from Ajit Sir. As a matter of fact, there are in all basic seven chakras or energy centers in the human body. It's the same one-energy without the second vibrating and manifesting at different levels. The human mind plays a pivotal role in deciding our level of intelligence or the corresponding growth in our persona. The human mind again can be transformed as per our sadhana, but in between that transformation which can be a lengthy process and far too stretching for our comfort, we can learn something called shifting of our consciousness. How to go about this? Let us proceed with Lesson No.2.

As we begin with our Sadhana, in most cases, the human mind as we discover is a garbage or debris of thousands of thoughts accumulated over a period of time. We all really find it difficult to contain and manage the same. But as we proceed on this beautiful path, the number of thoughts goes on reducing and the corresponding gap between the two thoughts keep on increasing. The moment we start acknowledging and recognizing the kind of thoughts we entertain within ourselves, we also begin to understand the fundamental energy center from which they emanate (which should be an eureka moment). Just at this point of time we need to act like policemen who are always on the lookout for a thief or some sort of foul playing happening around. We need to explain and quietly make ourselves understand the kind of games we play by entertaining thoughts of lower frequencies and negative emotions, which eventually results in our own loss and we create a sort of pattern which again we find it difficult to come out of. The human mind which is capable of shifting to the higher energy centers if remains stuck up somewhere

may result into a catastrophe. So the moment we catch the real thief attempting to manifest some crime scene, we should order our intellect and heart to catch hold of the thief and place him somewhere else. By this I mean we should learn the art of pulling our minds out of the routine and put it into the realm of higher chakras where the divine resides. At this juncture, let us figure out what some of the common characteristic people display, pertaining to their mindsets.

If our minds get inclined towards the root chakra more, we may appear to be good in terms of our behavior, but our presence and physicality is always very gross. In such a state of mind the materialistic world and

its various divisions are the only reality. During such times, we have little to offer in terms of spiritual growth.

Next comes the 'Swadishthana', and we are more willing to transact and communicate a lot more than the previous focal point. We become peaceful and do not emit any disturbing vibes through our presence.

However the sense of gaining something for everything we offer also becomes very strong. Up next is the 'Manipur Chakra', a seat of power so to speak. If we manage to shift our consciousness to this region, our whole

personality becomes very expressive and commanding. We end up dominating most

situations but along with this a tendency to criticize may also just creep in. Again in the 'Heart

Chakra', which is the centre of our existence, we seldom

get hurt or feel bad. Life just becomes a roller coaster ride and every situation is dealt with humility and a whole lot of playfulness. We console people a lot more if we reside more in the 'Anahata Chakra'.

In our minds, if we are aware of what is happening around us we gradually shift to the throat chakra, which is again the seat of mind. We become good orators and words flow effortlessly and naturally from our mouth. Next comes the 'Third eye Chakra', the final seat within the human body. If we consciously shift to this level, the field of intention becomes a whole lot clearer (for us or someone else). The drama virtually ends in this zone and we are direct and straight with life. The ability to analyze and understand also grows tremendously. However the personality still remains at this level. And lastly, if we move a little further up towards the 'Crown Chakra', we become an impersonal being. The 'WE' that I have used so often in this article, actually makes sense at this level only. We start to experience the universality of the universe. We become soulful individuals.

Finally, what is the whole idea behind writing this to you all. Well! All we do is from a mountain of thoughts we convert our minds to a very small focal point and eventually shift it to any level as per the needs and demands of the situation. For developing intelligence, we follow a two -fold path. Learning this whole game of consciousness and avoiding a sense of personal doer ship at all times. Learning this whole art of constantly moving and manoeuvring the human mind (at will) is the art of becoming actually capable, commanding and intelligent beings on earth.





If Jesus really comes... By Telangan

I woke up at 4am by a most divine dream of my life. What an experience. I could see large gathering of fluffy clouds around myself with soft light radiating through them. They were dazzling with yellow and purple edges. A large hand approached me from the light and I held the finger immediately. I could not see the face of the giant. I could see one more hand to my left and I held even that. Now I was between two giants. They had glowing bodies, which were radiating fragrance and white golden light. They reduced themselves to be smaller and I recognized both of them. Buddha and Jesus were smiling cheerfully at me. My heart started pounding with joy and then we walked long way together. They guided me to a direction inside glowing tunnel, where I could see a brightest ball of light glowing at the end of it. Three of us slowly walked into it and slowly merged. It was a very calming and unforgettable blissful feeling. After waking up I could not cope up with daily routine for long. Some unique sensations were tickling inside continuously.

Soon I came back to the senses. I realized that this was a pure divine experience, which I was craving for long time. A thought popped up in mind... What if Jesus really comes

and says '*let me be with you for a day or two*'. Will I be able to live with him? Will I be able to deal with so much purity and energy force? Will I be able to justify every response and action of my day? Will I be able to introduce him with every friend, or thought of mine? Will I be able to be stable when at least he is around or will I display my anger, worry jealousy as usual? Will Jesus feel sorry to be with me? And the honest answer was 'NO'... I will not be able to deal with him. He is too pure. His way of life and values are uncomplicated yet most difficult to live with. It is easy to discuss him as an intellectual argument but bringing him in Real life and Live with it, one needs to be really very serious and conscious about every moment of life.

It is easy to have a dream but making that dream into reality is not very easy. I seriously love Buddha and Jesus from heart. I admire their ability to love and forgive anyone. I worship their teaching and wisdom completely.

I am going to have a resolution for 2016 that even if Jesus really comes, he would not feel sorry to be with me or I would not feel terrified to deal with his purity.

Wake up and Rise

by Kaushiki Swarupa

Wake up and Rise,
Not only because you are wise
But because you heal,
And that's the only way to deal

With the current scenario of crimes outside,
Let your light shine bright from inside
Encompassing every nook and corner of the world,
Touching each heart and reaching every mind
Just enough so that we keep the humankind
Alive and bonded together

Remember the crimes are increasing
Because the criminals never received love
And felt the necessity of their lives are decreasing
It is the love and compassion that seems to be light
To eliminate the darkness that surrounds the earth
For now, the divine has already taken a birth...
In each and every house of yours and mine,
But are we ready to feel the divine?

Reiki Experiences

by Krishna Khinchi Transcreated by: Neeta Parekh, Kota, India



The article is an experience shared by one of the devoted sadhaks of Kota chapter. Her name is Smt. Krishna Khinchi. After learning reiki she experienced an oceanic change in her life. For the purpose of this article it was narrated by her. I have tried my best to justify her sharing.

Before she learned reiki, in 2005 Krishnaji had to undergo an operation of Brain tumour. Due to this operation the seventh nerve of her body was damaged and as a side effect she had facial palsy about which doctors had already informed earlier to her family members. Next, she had to go through an eye surgery in which a small piece of gold was inserted in her eye lid. In the year 2008, she faced another trouble when two bones of her left leg had broken down. To repair the fracture, two iron plates were inserted in her leg. Gradually after nine years she could maintain her normal routine with number of precautions as a part of her life.

After knowing all the precautions anyone could be awestruck as I was when I heard it from her while noting them down. The first condition with her was that she had to sleep for thirteen hours and had to put eye drops and wear such eyeglasses which would protect her from the atmosphere. She was unable to sit for even half an hour on the floor but when she came to learn first degree she could sit on the floor till the end of the day. Another discomfort of mouth which she faced while chewing the food and speaking. In one or two days she used to experience dizziness which is not the case now. She was also unable to eat food for almost a week. After learning reiki she had to undergo a minor dental treatment and two days later she could take food like a normal person and now she feels energetic. The pain which she felt in her eyes earlier has been vanished and even the reddishness of eyes has gone now. No one has to take special care of her as she feels quite normal now. She does not need to do pranayam too.

At the end would like to add that Krishnaji always helps us during the seminar and remains present throughout the day offering her services to the centre. May God shower blessings on her providing health and happiness!



By the Grace of God and Guru I have been initiated into Reiki and have witnessed many healings directly or indirectly.

I experienced Reiki and the Grace in a very profound way in the recent past. It started in a way where I developed few tiny red spots on my

legs, which became noticeable in a couple of days.

This looked very benign as there was no pain or any abnormal sensation attached except for the many tiny red spots.

In a day or so the spots increased in number and size and there was swelling and pain in the legs. The physician administered a few



blood tests that included platelet count which came normal.

However as hours passed the red eruptions multiplied and also formed 2 large red rash patches on the ankles, associated with heavy swelling and was very painful. Next day I was prescribed with a dosage of steroids and asked to see a haematologist.

The symptoms I had indicated is a condition of vasculitis called as HSP (Henoch-Schönlein Purpura) Doctors mentioned that the exact reason is not known; this is caused by inflammation in blood avessels of the skin. In few cases this is also known to lead to arthritis, kidney inflammation, and abdominal pain.

In this condition, adults are also more prone to permanent kidney damage & other complications which could be life threatening. However I did not have any abdominal pain.

I sought guidance from Guruji, Rakeshji and my aunt who is also a Reiki Master. While taking guidance, I experienced someone was strongly guiding me from within; also which was well aligned with what the Masters were suggesting. How could this inner voice be so clear without the Grace of Guruji!

It was an effortless decision to stop all the steroids / medicine.. The inner voice guided no need to even visit the haematologist; I stopped going to the regular physician as well and focused entirely on Reiki and the guidance provided. Guruji mentioned that there is nothing wrong on a body level. Possibly it is the stress that I was going through for the past few years that had started showing up.

I went by the guidance of the Masters & Guruji -

Full body Reiki preferably at a fixed time. Requesting Reiki from our fellow Reiki sadhaks at a fixed time.

Aura cleansing.

Doing Agnihotra and exposing the affected parts to Agnihotra flames

Consumption of Agnihotra ash.

Application of the ointment created from Agnihotra ash and purified ghee.

Meditation TM twice a day.

Generally relax.



Guruji, Rakeshji and many of our Reiki sadhaks were sending me lot of Reiki energy. With their blessings and by following the above, without having to take any medicine my health restored in about a month's time, and in a few weeks beyond that I bounced back to Life with full vigor.

I feel so blessed and lucky to have Reiki, Guruji and our Reiki family as a part of my life.

As someone has said words are very shallow to convey the feelings; I can only attempt to express how grateful I am for having experienced this blessing.

I will cherish this experience for my lifetime..

Amol Pukale

Gurukul



Some of the questions raised and discussed were as follows:
As asked by Amrut Kirpekar, Head Reiki Study Circle, Pune and
Apex Coordinator

1. What is the difference between dreams, sakshatkaar and after-death experiences?

Same difference as between sleep, wakefulness and death! You cannot have a dream without sleeping, can't have sakshatkaar unless you are awakened and can not have post death experience without dying. In fact more than a difference there is a similarity that all these are the personal experiences which can't be totally shared with others even if one wants to as they are beyond words.

2. How can we be in a continuous state of awareness? Especially when there is so much disturbance, stress and negativity in daily life.

Awareness is not different than disturbance, stress etc. If you are aware about your disturbance, your stress and negativity in daily life, you are already in awareness. Now the problem is not about awareness. It is about not doing anything about that. Fortunately all three have reasons – reason to get disturbed, reason to get stressed and reason to get negative experiences and all these reasons can be avoided by stepping out of them. If one is not aware about them then one should become aware and act.

3. What is the connection or interlink between our chakras, sanskaras and our DNA?

DNA is a root of our physical existence and carries the entire code of our life. DNA is a seat of our sanskaras as sansakars play a dominant role in programming our life. Chakras are the manifestations through which DNA program works, the way it does through the body.

4. What is the composition of the human DNA. Exactly how many DNA strands / qualities do we inherit from our parents and grandparents?

All that one knows about DNA is it is Protein based stuff called

as De-Oxyribo Nucleic Acid. The acronym of this is DNA. Scientists world over know only about 2% of what exists in DNA. We are groping in dark and believe that DNA is a helical structure of Proteins and is likely to have 12 strands.

5. If it is true that our ancestors are re-born why do we do prayers in their memory even years after they have died?

We pray because we miss them. That is our incompleteness. Not many know about humans as energy and energy is eternal. So nobody has died. Fewer people know that the energy is convertible and anybody who has died has possibly take another birth somewhere. We all relate to forms and bodies. We get attached to these forms and bodies and call these attachments relation. It is like while seeing one drama we like a character and he dies in the drama by the end of it. We start sobbing, crying missing him even after the drama is over. We forget that the guy has already got up and at this moment is playing some other role in some other drama in some other city.

6. Why are we naturally designed to forget our past lives and our learning from those lives?

Forgetting past lives and events is perfectly alright. Why past lives, we forget what we have done yesterday too. You do not know possibly what you were doing exactly on this day last year. That is natural. What we are not designed for however is forgetting learning. The learning should stay. Our bodies are designed to throw everything that we have eaten yesterday. But something (15% at least) has to become blood and the blood should stay. That blood is learning and the food that you ate yesterday is the events.

7. Are child prodigies the ones who have inherited skills and knowledge from past lives?

We all inherit skills and knowledge from past lives. When the time and opportunity comes, it becomes active. Some people get the opportunities in the early life. Their prarabdha has decided that. Many a times our parents and teachers do not see our skills and knowledge and do not create situations for those to express. It is a matter of prarabdha to have right people in life either.

BORN FREE

by Telangan

I was a prisoner of my own
I was stuck inside a dark hole
Walls made of anger, greed, and envy...
The door created of ignorance....

I was trapped in for long
enjoying the same state
and living like a corpse,
I was a prisoner of my own...

Now I couldn't see beyond
there is no freedom at all
just thick darkness all over
I was a prisoner of my own...

One ray appeared today
from the window high on top...
That eliminated the dark
and I could see the new path

I threw away the chains
and held the ray firmly
my body trembled and shook
by the vibrations of energy

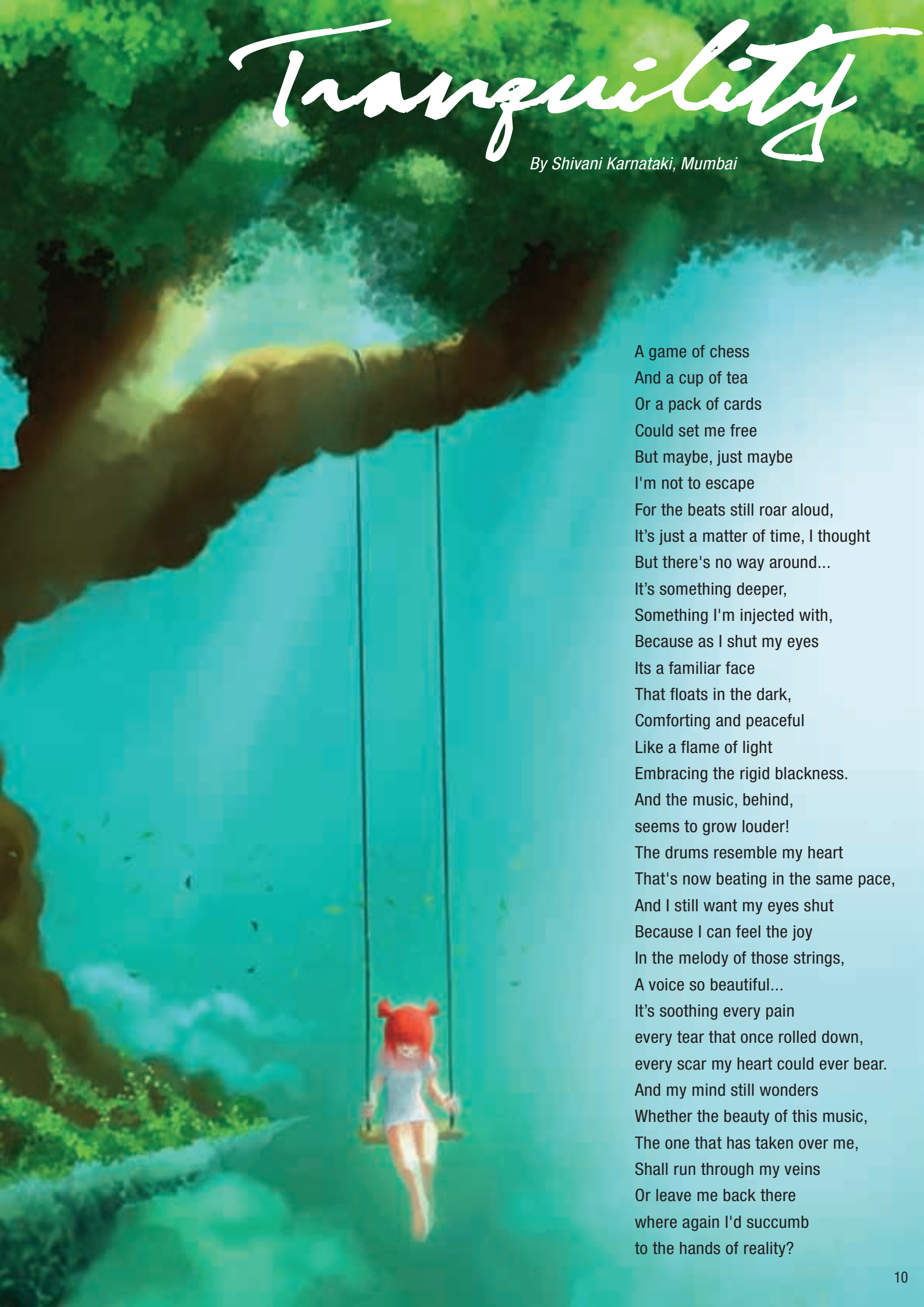
all labels flew away...
the stones started falling...
the walls started breaking
every step lightened
I started melting in the glow

All vanished at the back...
which was never true anyway,
I held the ray firmly,
now I'm not letting it go...

The soul shouted with joy...
I am Free... I am Free... I am Born Free...

Tranquility

By Shivani Karnataki, Mumbai

A girl with red pigtails is swinging on a swing set. The swing set is positioned in front of a large, leafy tree. The sky is a vibrant blue with some white clouds. The girl is wearing a light blue dress and white shoes. The overall scene is peaceful and serene.

A game of chess
And a cup of tea
Or a pack of cards
Could set me free
But maybe, just maybe
I'm not to escape
For the beats still roar aloud,
It's just a matter of time, I thought
But there's no way around...
It's something deeper,
Something I'm injected with,
Because as I shut my eyes
Its a familiar face
That floats in the dark,
Comforting and peaceful
Like a flame of light
Embracing the rigid blackness.
And the music, behind,
seems to grow louder!
The drums resemble my heart
That's now beating in the same pace,
And I still want my eyes shut
Because I can feel the joy
In the melody of those strings,
A voice so beautiful...
It's soothing every pain
every tear that once rolled down,
every scar my heart could ever bear.
And my mind still wonders
Whether the beauty of this music,
The one that has taken over me,
Shall run through my veins
Or leave me back there
where again I'd succumb
to the hands of reality?

A dialogue with young sadhak...

This is a new column that we are starting for our young generation sadhaks. These sadhaks I have noted have a radically different thought process than what the earlier generations had. The first episode of this column starts with Ms Vanshika Madaan from Delhi who has been a voracious reader and a deep thinker about various issues related to life. We invite even other young sadhaks (between say age 6 years to 18 years) to join in this new experiment.

These are some of the questions that just occur to me after observing my surroundings.....

1. I feel that God was the one who ignited the start of universe, but does this mean that He also controls it? In my opinion, the universe should work on its own and shouldn't be controlled as there is a science to it, is that right?

Yes Vanshika the idea of God is only human. It is something that science does not know about. That unknown is generally called as God. Science just explains how the things happen but can't say why they are happening. E.g. Science says there is a force of gravitation. That is also an idea of humans. We call something as something and start believing it and then call it a science. After some time, we realize that it was not the way we exactly understood and then change the windows of science to accommodate our understanding. I do not understand what do you mean by Universe? That is also an idea created by our limited understanding using our limited senses. The universe that we know now was not known before few centuries and was possibly known in the ancient times. So the understanding and references change with passing time. But that understanding is only an effort to know the truth. Control is also not a God's idea. It is human idea again, as good or bad as an idea of God. So when you say let it work on its own, actually it is (working on its own). The creator keeps on creating the way the artist keeps on painting because he loves to do so. Where is the idea of control if an artist paints a landscape today and portrait tomorrow? The viewers may or may not like his portrait and may feel that he should be drawing only landscapes because YOU love them. If he

does not, you may feel he is controlling. That may not be a proper viewpoint.

2. Why did God create women/females closer to a spiritual path than men?

I think you need to drop the idea that God created everything. That is an old fashioned idea. It is as good as saying that you created your image in the mirror. Though you need to be in existence to have an image, but still you have not created that. It just manifested. Even spiritual practices are created by humans the way they created science as we know today. Did God make the apple to fall down or did Newton made it fall down? May be not either! It just happened. That happening gave an understanding of gravitation as ideated by Newton. So humans created a process called spiritual practices as he created material practices and set up rules. Within these rules, some human structure called females seemed to have an advantage being spiritual. Why weightlifter can lift huge loads while a common can't? Did God create weights?

3. I realize that God always gives us a choice in everything. But why He does so even knowing that we can go towards a dark path?

I think you are contradicting yourself. When it suits you, you pass judgments like this. Either you have to believe that God exists or he doesn't. In either case all the experiences of life can be had. These experiences then can be judged and analyzed based on the core understanding. In any case, the God has not given a choice to us. He has just created situations. We find the choices out of our duality. All options are okay. Why call them good or bad? When a university gives degree to a student, it gives because you are qualified as per standards set by them. One may become a great scientist making people's life pleasurable while the other student from the same batch may use the knowledge to make explosives to kill people and make their lives miserable. Was the choice created by University?

Dear Renu mam,

Nameste!

It's seven days, since I got attuned with first level of Reiki course!

Thank you so much. It has been a great experience especially initiation within 2 days, fortunately on 28 was my 10 wedding anniversary, so I felt blessed! You are a simple lady with such and so many years of Reiki healer's, teaching, practitioner, experience! Yet, you looked so simple person, who said that till your last breath you will send healing to us all, it is responsibility, which a mother can take!! Thank you again for that! I should be aware of those energies Now, I would like to share little experiences with you, I practiced reiki on my husband and on myself, it was relaxing for him , and once I saw flow of white energies in his 2 main nadis, they were criss crossed like a DNA coil!!! and on myself , I feel , relaxed and there was heaviness in my abdominal region which has reduced a lot , some kind of tightness of nerves in side my temples which is also free now !!

My intuition or reiki says what to heal sometimes there is a feeling of constant flow of this energy, which is so humbling, Feeling of love in my heart! Wish I knew this energy deeply before!

I feel there are many who have tremendous healing capacity, like you might have heard of Benny Hinn, as he touches anyone they fall down. He is a wonderful healer! And during Navratri, I read that Devi Siddhidhatri is a goddess who helps all those who deal with energy work!! Whether, it's Christ or Reiki or Devi, it is all one energy of universe!

I thank you for your classes and certificate and a rose flower!

With love and warm wishes for Christmas and New Year....

Archana. Vishwanath, Bengaluru



**A letter from a sadhak
about Reiki seminar**

Reiki Vidya Niketan on the platform of Yog Niketan

The New Year (2016) started with an auspicious event. On 2nd and 3rd January a Reiki seminar was organized in Baroda jointly by Reiki Vidya Niketan and Yog Niketan- a well established and revered institution in the field of Yogic Science for the past many decades. Guruji had delivered a lecture on 3rd November 2015 to the members of Yog Niketan which culminated in the interest of the institution to organized Reiki training for their members in the premises of Yog Niketan. The first seminar was attended by 51 participants and was a great experience for those who participated.



Datta Jayanti at Devrukh ashram



Datta Jayanti is possibly the biggest festival celebrated at Devrukh ashram every year. This year the auspicious day happened to be on 24th December. The traditional 3 days Datta Yaga was performed by sadhaks connected to Math. Sadhaks from all over including Goa and Bangalore joined the regular sadhaks from Devrukh, Mumbai, Thane, Pune and Nashik to create a great and vibrant environment.

The artists related to Math had created a wonderful decoration depicting Swami and Lord Dattatreya controlling the whole universe.



Teachers' Training Program in Palanpur, Gujarat



Shree Swami Samarth Math got its first big breakthrough when Guruji was invited by the Education Department of Government of Gujarat to address about 650 school principals from Banaskantha district at Palanpur on 16th December 2015. The audience of around 650 principals was mesmerized by Guruji's oratory and discourse on the new challenges posed in front of education system. Guruji touched upon the topics like the changing DNA structure of new generations, the impact of the same on human society in terms of crimes like suicides, rapes, violence of different kinds etc. He also emphasized the need for different approach and understanding from the education system including teachers, principals and educationists to meet the challenges of the future. Government of Gujarat has now decided to organize Guruji's lectures at different districts and forums to create awareness about the changing situations.

Just the other day Charles Armstrong was in the news. Charles was a world Champion Cyclist for last many years and became the ambassador of the Chemo Therapy treatment when he was supposed to have a Cancer, till he was dropped from the position when he was found in a drug racket. The Chemotherapy lobby as aggressive as the treatment itself, in their marketing efforts found another ambassador in Yuvraj Singh, a sportsman from India. This Charles Armstrong in his recent interview said that the biggest regret in his life is that he hurt most people in his life and he repents for that. While this was being discussed in the Ashram, Guruji said, "This is possibly the best statement from Charles. He has hit the nail on the head." The whole Spiritual practice gyrates around the idea of not hurting anything or anyone any time. When we hurt someone, we collect more sanskaras than any other action human in nature. The one whom we hurt is actually freed from his or her sanskaras and the giver of the hurt accumulates all of them and depletes his spiritual energy. So not hurting anyone be a mantra for 2016. Have a strong resolution that you will not hurt anyone during the year, no matter what happens. Otherwise you will be like one of those barrels with the bottom pit – the more you fill with grace the more you drain yourself."



Do not hurt anyone...

Program Schedule for January 2016

Reiki Seminars

Other Programs

Dates	Reiki Teacher	Centre	Degree
2nd & 3rd Jan	Ajit Sir/Sangita/Krupa	Baroda (Yoga Niketan)	1st
2nd & 3rd Jan	Rakesh/Vishal	Mulund	2nd
9th & 10th Jan	Kalpita	Pune	1st
9th & 10th Jan	Rakesh	Mumbai	1st
9th & 10th Jan	Seema	Jamnagar	1st
23rd & 24th Jan	Ajit Sir/Bhartiben	Ahmedabad	1st
23rd & 24th Jan	Seema	Rajkot	1st
30th & 31st Jan	Renu/Solanki	Bengaluru	1st
30th & 31st Jan	Vishal	Devrukh	1st
30th & 31st Jan	Sangita	Nashik	1st

Dates

16th & 17th January 2016

Topic

EPIC Parenting

Venue

Dr Saloni Shah Hospital, Rajkot

For Whom

All registered participants