

REIKI

VIDYA NIKETAN

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MIND YOUR MIND...

Look around and you will realize something is not right with your and my world. The environment has something to protest about, the rains seem to have gone on a long lay-off, and wherever they are falling they are coming with such a fury that thousands become homeless. On the human front too, the news are not encouraging. Where are we all leading to?

Lot of people have their own ideas of the end of the world event. Pralaya as it is called in Indian languages. Many are sure of Tsunamis to come, the earthquakes of higher degrees of Richter scale, the massive landslides and so on. I do not think we should get unduly worried about such catastrophic events to follow. They may kill humans but not humanity. And secondly no Tsunami, no cyclones, no earthquakes are permanent. They all cease and the things may come back to normal minus some human beings and some real estates. The life continues thereafter.

The real challenge is that the human mind is getting crashed. The mind is the essence of humanity. Remove mind and we are all animals at the core. The emotions and intellect that we all have are ultimately regulated by the mind. If ideas generated by the intellect and the emotions rolled out by the heart are not regulated, they may be disastrous. Today we find the same thing happening. The emotions of the humans are coming out in the form of unregulated emotions leading to murders and rapes and suicides. That is what the terrorism is all about. The brilliant ideas of crime come from the uncontrolled intellect. The mind is all lost and scattered. That is going to be the huge challenge. The minds need to be saved to save the humanity. The minds need to be recast as they have started collapsing. We all know how to reconstruct the collapsed buildings and cracked roads. Where is the technology to reconstruct the destroyed minds? Pralaya now could mean the Laya (the end) of Prakruti (the nature of humanity).

Spiritual practices could possibly be the only answer, the only technology that can help in the current situation. We need to manage the minds which are still intact so that they do not collapse. We need to build new minds in the younger generations so that the humanity is left with some future. We need to repair the minds which are already hurt and on the verge of collapsing. We need to rush them to some intensive care unit where they will be injected with a lot of love and compassion, go for some kinds of Open Minds surgeries, put them on life saving ventilation of faith and peace. We need to look for a different science which can make the humans survive now more than look for false ideas of progress. Let the life move between the love and wisdom as late Wayne Dyer would have said. The love which makes you know that I am everything and the wisdom which makes you know that you are nothing. We need a middle path. We need to balance. We need to be more human in nature.

With lots of love

Ajit Sir



BhajaGovindam (Verse 28)



Meaning:

Man is always ready to take all experiences that gives pleasures to his body. But Oh! That is where all his physical pains and diseases all begin. Though this all leads to his own death, he is not willing to leave those physical pleasures.

Just the other day one of my lady sadhaks came to see me after a while. She was earlier in politics but after started walking on the spiritual path she slowly delineated from Politics. She had a question about all that corruption cases that we are seeing lately getting exposed all around us. Some of the ministers of the past are in jailed after making illegitimate wealth of crores of rupees. Some are standing on the doors of death with some serious diseases and still involved in corrupt practices not willing to change their corrupt nature even at the sight of death. Some claimed to be the big industrialists and had a great life styles and are now eloped from this country trying to avoid the noose of the law around their neck. Where will they all go? Where will the wealth they earned go after they are gone? Even a corruption can't be limitless. It has to operate within its own limits. While trying to satisfy all their desires of life, they do not understand that the desires can never be fulfilled. They only give birth to more desires. They are eternal and will never allow you to get out of their trap once you are entangled.

Vivek Chudamani a famous Indian book on philosophy says that the being born as human, the strong urge to move towards liberation and the grace of Guru are three things which are very rare. In this book written by Shankaracharya

सुखतः क्रियते रामाभोगः पश्चाद्धन्त शरीरे रोगः ।
यद्यपि लोके मरणं शरणम् तदपि न मुञ्चति पापाचरणम् ॥२८॥

(the same author of this Bhaja Govindam) in the very first verse he says, out of all births, human life is extremely rare. We need to take this life pretty seriously from that point of view. He says there is a lot of similarity between the humans and the other animals.

आहारनिद्राभय मैथुनं च सामान्यमेतत् पशुभिर्नराणाम् ।
बुद्धीहि तेषामधिको विशेषो बुद्ध्याविहीनः पशुभिः समानः ॥

This means that Eating, sleeping, fearing and sexual acts are common in animals and humans. But humans have something that the animals do not have. And that is the mind (or a seat of Viveka) which is a seat and source of appropriateness. If humans lose this, then there is hardly any difference between humans and other animals. If you look at all those murders and suicides, rapes and mass killings you will realize that human mind has already started collapsing. We are actually on the verge of extinction. Yes, extinction of human race. Human race does not mean the human bodies. Bodies may survive but without mind we cease to be humans. It is the mind plus body (Mana plus Ushya- the Sanskrit terms for mind and body) which makes a human a Manushya. Without mind and appropriateness, humans will start experiencing life as animals do and will also give that experience to others around. Spiritual practices may help him to recast his demolishing mind. Spirituality was a path earlier for those who wanted to pursue their destination of Moksha. One could have chosen that path as an option. Today it has become a necessity to survive as human being.

While satisfying one's pleasures of physical body he starts experiencing physical diseases and starts moving fast towards his death. One life gets wasted. Then one has to wait till he gets another opportunity to have the human form. If it happens to one person we can understand it is happening out of his ignorance. But when the entire community goes through this situation, that indicates the Pralaya- the end of world for human species as humans.

Reiki Experiences

From: SHRUTI KELJI
Sent: Sat, 30 Apr 2016 07:44:05 +0530
To: Krupa Choksi, Sheetal Sata
Subject: information about reiki result within few days

Jai Gurudev.

My friend's relative Smt. Changunabai Bapu Mane (76 yrs old) was ill. She was having kidney stones and stomach pain. On 18th April 2016, the doctor informed that she must be suffering from pancreas cancer and they did test for the same. The reports of her test were positive and due to which she had to undergo a surgery. He also mentioned that surgery would be risky due to her age and asked to go for another medical test to check how much it had spread (i.e. at which stage the cancer was now).

My friend called me on 24th night and asked me to pass reiki to her. I sent this message to our reiki group on 24th and we started giving group reiki to Smt. Mane from then till Thursday as she had to go for test. On 28th April evening, my friend got her test reports which were quiet normal as compared to the doctor's assumption. Even the doctor was surprised and he said "it is not as serious as I thought. We can start her treatment without any operation")

My friend's relatives thanked my friend and our reiki group. They are saying it's just like a miracle for them. Please share this message to Guruji as I don't have his email id.

Jai Gurudev.

Yesterday a student of mine, Sagar got a PH meter and we did some interesting experiment and observations with water
PH of plain tap water was around 6 (acidic, water is expected to be neutral) Ph of Agnihotra water was around 7.5 (this is good for human health) Ph of Agnihotra water with 2nd degree symbols was 9.7, the highest

Makes me think that we can do a lot of crystalline manifestations with our 2nd degree symbols and consciousness. Please get into the experiment mode and a paradigm shift in water consciousness can save this Blue Planet!





GRATITUDE THE Magic Lantern

By Telangan

We come across all types of people in our lives. Many of them give us pain in some way or the other and very few supports us by their kindness whenever we are in trouble. Over the period of time we forget these small events of humanity very easily and remember all the insults and abuses in detail. Actually it is important to be thankful to those who supports us in crises and we should get inspired by these acts and help others as well. When we do it, our soul gains lot of energy out of every kind act, which helps us to built powerful protective shield against sinful effects.

I remember a beautiful story of a young blind girl. She feels irritated that everyone around her could see while she remains in the dark. She hates the world except the young boy who was deeply in love with her. He brought smiles on her face time to time with his small kind acts everyday. She thinks I could have surely married him if I had vision. One day a miracle happens, someone

donates eyes and money for her treatment and after the successful operation she could see the world. She wanted to meet the young boy first. When she meets him, she feels the most disappointed because the boy was also blind. He overjoyed by the news that now she could see the beauty of the nature. She refuses to marry him and left him alone in his dark room. While she was leaving he wishes her and say darling, always keep smiling and take care of my eyes!

This is how most human brain behaves after changing the condition. Only few remember who were there even in most painful situations. If we have gratitude in our heart for what we get in life, we not only act kind and fair with everyone but we forgive all those who give us pain.

Gratitude is a magic lantern, which shows us that others could not see.



Sharing of experiences

By P N Devarajan, Chennai, India

HOC - A Government of India enterprise in Rasayani, Maharashtra. I was the Chairman and Managing Director of Hindustan Organic Chemicals (HOC) and lived in the company's colony at Rasayani in Maharashtra, about 60 kilometers from the city of Mumbai. I was deeply involved in social service activities and connecting with the employees and their children in schools. This gave me an opportunity to work in this vertical. One example is that we handed over the school that we managed to Fergusson Society of Pune, a very old educational institution of repute. We provided the teachers with accommodation and we did not interfere with the academic administration. We provided with top class facilities for them as well as for the school children.

For instance, we provided an indoor auditorium, and a half of Olympic size swimming pool, to develop extra-curricular activities for the children of the employees. During holidays when parents wanted to go on a trip or on a holiday, the children refused to go along with them because they wanted to spend time in the indoor auditorium and swimming pool.

Another great attraction that I provided was, to invite people who were top sports personalities to live with their family in our guest house and teach our employees' children indoor games. One such personality was Shri. Prakash Padukone, a top badminton player who spent a month with the children. Thus, children used to look forward to spend time with such people rather than joining their families for a trip outside. Even though employees had Leave Travel Concession (LTC), they could not leave the city because their children would refuse to join them. Their children were more actively interested in developmental activities and this facilitated their all-round development. To this extent, all the school children scored good marks and pursued a good career as well.

This is a way in which you can become socially active through an opportunity given by your own organisation. I call it a neighbourhood. Instead of going out to around 300 kilometers to do some social work, just look around and you will find opportunities.

HOC built a hospital with 50 beds and recruited several resident doctors so that the entire institution and their family members were provided quality health care, most importantly preventive health care. The children studying in 10th to 12th standards are grown up and independent. So, we involved them in conducting eye camps for the company employees, their children, and the neighbourhood people. We selected 6 to 8 villages in the areas around our colony, most of which belong to the fishermen community, Kolis.

The employee's children went to their dwellings and found out how they were dealing with issues related to education and how they were unable to manage their eye related problems. They collected data on the type of eye problems that were prevalent so that they could be brought to the eye camp which was held at HOC hospital with the support of doctors from Mumbai.

All the above programmes were managed by the children. Thus, we inculcated the spirit of service amongst the children of employees. The employees were happy and so were their children. Thus, we engaged in social intervention by helping the people in our neighbourhood.

I wanted to make this eye camp as a perpetual camp wherein it should not be conducted for a particular week, but instead throughout the year. This was because we had many people who have various grades of eye problems that required our attention. We lined up these people so that in 3 years' time we could totally address all eye related problems in our locality.

To get a flavour for this program, we named this after Late Dr. Kasbekar who was the Former Chairman of HOC. He earlier worked in the defence and was deputed to HOC. Employees held him in high regard as he was very much inclined to help people. The eye camp was thus called "Dr. Kasbekar eye camp". What is in a name is always a question, but a name can get people to identify themselves with somebody whom they revere.

Reliance

I approached the board of directors at HOC and got a fairly large sum to manage the eye camp. I invested this into a corpus fund and from the interest amount managed the programme along with some additional donations as an ongoing camp year after year.

The entire programme was managed by the employee's children and the doctors. There was a surgical theatre, operation theatre and we brought specialist doctors from Mumbai on specific days for consultations.

We extended the scope to social interaction by using employees and their children engaged in this activity. We could ingrain the attitude of giving in the minds of the employees.

Now, the programme at HOC is continuing and they have completed about 100 villages. We have spoken about this in several public sector forums so that many people can adopt this methodology.

This is a CSR activity when it was not at all heard about. It was in 1977 to 1981 and the company reported these activities in their annual financial report.

We also brought in new concepts in our annual reports. We made our profit and loss accounts corrected to inflation, i.e. if inflation is taken into account are we really making any profits? This is because of the constant cost factors in the profit and loss account. For this, we got recognition from the Chartered Accountants of India as the best presentation of balance sheet amongst the public sector companies in the country.

Another programme that we launched at HOC was providing monthly incentives to SC and ST students to pursue their education and assure them with employment at HOC after they had completed their graduation. There was a reservation system for SC and ST candidates for employment, but none fulfilled the criteria for employment. I therefore made the organisation realise that we have to make the availability of candidates possible through our efforts. Thus, I visited schools in villages that were named after Dr Ambedkar and mentioned about our programme to the students. Students who were pursuing their second year of graduation were adopted and were assured employment on completion of the course.

This scheme was praised by Hon'ble Minister Bahuguna and shared our example with many public sector companies. It was a special participatory proactive drive to make availability of scheduled caste people for employment. Around 10 companies that came under the Ministry of Chemicals implemented this programme.

There was zero attrition rate at HOC as wholesome support was provided to the employees and their children.

At Reliance, I was the Group President and had direct interactions with Dhirubai Ambani. His approach to social work was entirely different. He used to say that he was creating a culture of 'equity investment' through shareholding by public at large. There were millions of shareholders and every year the price of the share was going up due to the company's good performance in growth. Thus, every year, the shareholders made wealth through shareholding.

Dhirubai thus created a culture of equity shareholding amongst public at large. He used to say that this in itself is social work, because the money gets distributed. The availability of money to the family helps them to manage their children's education and family needs. Therefore, the company does not require to run schools since he has enabled the people to fulfill their need themselves.

Later on, the company through its Trust constructed hospitals in Jamnagar, and bought the Harkissonndas hospital in Mumbai and converted it into a speciality hospital.



One day a person for some reason gets angry with Buddha. He goes and abuses Buddha with harsh language and rude words. When he finishes, Buddha calmly looks at him and says, son sit down...

Do you get guests at home?

The man says yes off course I do...

Buddha says: do you offer them food?

The man says yes, sometime I do...

Buddha says, some accepts it and some will not... what do you think, who belongs to the food when someone doesn't accept it?

The man says, off course it's mine only.

Buddha says... you are perfectly right. When we offer anything and if the person refuses to accept the offer then it belongs to only us.

It happens same with the abuses and bad words. If we do not accept abuses from others and respond positively then it belongs and remains with the same person.

REIKI REQUESTS... by Vivek Pande



Ever since we have learnt Reiki, especially second degree, (whereby sending energy at a distance becomes possible) the number of Reiki requests or people approaching us to send them Reiki, becomes a part of our lifestyle. The benefits of receiving Reiki whether through touch or distance is obvious and there for everyone to see and experience. The Reiki is demanded by people for a variety of reasons, starting from lack of health, unharmonious relationships, lack of jobs, exams and what not. However, the fundamental reason for people seeking Reiki is lack of something within them. People seek Reiki for a turnaround of events as per their liking. They fail to understand that the basic reason for learning a supreme spiritual practice like Reiki was to fill the gap or lack or the loopholes in their persona. Simply demanding Reiki to temporarily fix up things or to tackle the very materialistic affairs of life should be treated as the lowest possible application of something as magnanimous as Reiki. Having said all this, there is nothing wrong at all in taking or demanding Reiki from people for any reason that we may like, but the underlying statement is we need to move on and explore the causes and nature of our existence which are way beyond the tiny problems that we have in life. We need to understand and explore this thing called human existence in context of Reiki

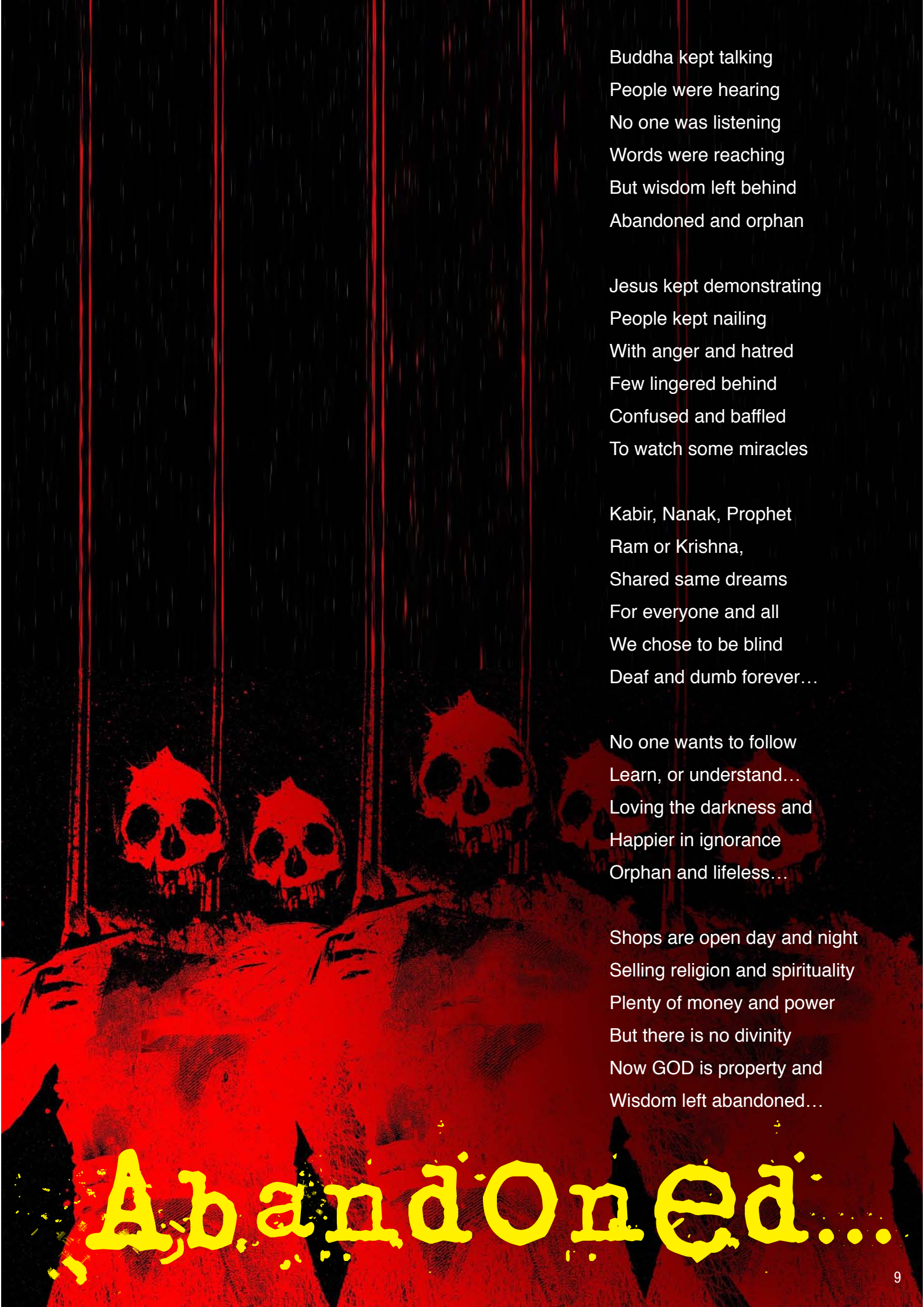
The most common instance of people demanding Reiki is lack of health or in simple terms not feeling well. Once again, nothing wrong at all in demanding Reiki for such cases or seeking help from upstairs, but as a second degree Reiki practitioner we cannot stop there and wait for the healing to happen. The mind of the person not feeling well should go back and inquire as to why the ill-feeling developed in the first place. Who made us land up in an ill-conditioned state and also what are the tendencies that we constantly withhold within us to be manifesting in the form of a disease. It's when we constantly inquire, understand and learn the very nature and causes of our existence, only then we may be able to fulfill the very purpose of learning second degree Reiki. Also if you are practicing Reiki everyday you will know that your Masters who taught you Reiki do actually send Reiki everyday from 10:00 to 10:10 every night which is adequate enough if we have faith in our hearts.

The second most common instance of people demanding

Reiki is exam. The word exam itself implies ex-am i.e. I-am not there. You create a distance from yourself during exams. You become absent and lose connection with your core. The 'I' (which is your existence) and the 'AM' (which is your awareness) tend to go for a toss during exams. The mothers tend to panic more than their children during such occasions. However the case is pretty simple. Every individual is born with a certain ability of grasping things and also the aptitude towards studies and hence he or she prepares accordingly. The eventual result cannot be something beyond what proceeded before the examination for the entire tenure of a year or so. Yes we may seek Reiki so that students may not forget what they have actually prepared, but any other expectation over and above this is futile and calls for an exceptional case of miracle in the making. So please do request people to give Reiki during your exams, but also do remember to keep the ground realities in mind. Reiki is meant to increase your intelligence and enhance your curiosity about life and not just to add numbers to your marks sheet.

The third and the most desperate situation one comes across, is in the boss's cabin. Whenever we have a tough situation in the office, the first thing we do is we make phone calls to fellow sadhaks to send Reiki. The amount of fear and panic over-rules and over-rides our existence. It seems to be the end of the world for us. It has been observed that Reiki does help and protect almost every time in such cases, but we also need to explore better ways of managing things within ourselves. By becoming more and more capable, calm and composed as an act and result of increasing Sadhana, we need to learn to shift the consciousness from the 'Root chakra' to the 'Third eye' to tackle tough situations and be able to see things with a clear perspective rather than getting scattered all over the place. Finally, we should have strength to face any situation in life as our very existence is nothing but Reiki only.

Lastly, to sum-up things, what we need to learn is to explore Reiki beyond the process. We need to break the chains of duality and experience Reiki as a principle. We should develop strength to face any situation as it is the fallout of our own Karma. We need to understand that by simply remaining open and having a little faith can do wonders for us. We need to stay positive and alive at all times, for us to be actually receiving Reiki from the universe and not just from a few fellow sadhaks around. So, let us stay open and receive positive vibes from the universe 360 degrees and stay blessed forever.



Buddha kept talking
People were hearing
No one was listening
Words were reaching
But wisdom left behind
Abandoned and orphan

Jesus kept demonstrating
People kept nailing
With anger and hatred
Few lingered behind
Confused and baffled
To watch some miracles

Kabir, Nanak, Prophet
Ram or Krishna,
Shared same dreams
For everyone and all
We chose to be blind
Deaf and dumb forever...

No one wants to follow
Learn, or understand...
Loving the darkness and
Happier in ignorance
Orphan and lifeless...

Shops are open day and night
Selling religion and spirituality
Plenty of money and power
But there is no divinity
Now GOD is property and
Wisdom left abandoned...

Abandoned...

What Happens To Your Body When You Start Eating Ginger Every Day

By Prof. Hesin



Ginger is a flowering plant whose rhizome, ginger root or simply ginger, is widely used as a spice or a medicinal herb. Ginger has been used for medicinal purposes in Asia for thousands of years and sometimes is called 'ginger root' only because it grows underground.

Now, science is catching up and researchers around the world are finding that ginger works wonders in the treatment of everything from cancer to migraines. Here are 11 reasons you should eat ginger daily.

11 Reason You Should Eat Ginger More

Improves absorption

Ginger improves the absorption and stimulation of essential nutrients in the body. It does this by stimulating gastric and pancreatic enzyme secretion.

Strengthens Immunity

Ginger helps improve the immune system. Consuming a little bit ginger a day can help foil potential risk of a stroke by inhibiting fatty deposits from the arteries. It also decreases bacterial infections in the stomach, and helps battle a bad cough and throat irritation.

Cold and flu

Chinese medicine practitioners commonly prescribe ginger to treat symptoms of colds and flu. The root acts as an antihistamine and decongestant, two cold-easing effects that can help with symptoms.

Protection from UV Rays

Research data has shown ginger possesses UV absorbing capabilities that protect against DNA damage related to UVB (ultraviolet-B) light. Extracts from ginger stimulate antioxidant production, suggesting protective effects against potentially damaging UV light.

Stroke and Heart Disease

Two of the biggest killers on the planet may be kept at bay with regular ginger use, especially when eaten with other key super-

foods. Garlic, ginger and onions all have an anti-blood-clotting ability, yet when they're eaten together they're a powerful mainstay against heart attacks and stroke!

Diabetes

Studies show ginger may reduce urine protein levels, decrease water intake and urine output, and reverse proteinuria, which is kidney damage caused by too much protein in the urine. Ginger may also protect nerves in diabetics and lower blood fat levels. "Ginger can help increase circulation, thin blood, and lower both blood pressure and cholesterol.

Clears Sinuses

There is an active ingredient in ginger that has shown to work wonders on the sinuses, helping to unclog them and facilitate drainage. All you need to do is brew a nice cup of hot ginger tea to get the benefits without the use of medications with possible side effects.

Improves Circulation

Ginger gets the blood in your body flowing, which will give you a feeling of having more energy, and can help you with any feelings of sluggishness or fatigue.

Prevent Cancer

Ginger may have some cancer-fighting properties, according to several studies. In one, researchers found that ginger caused ovarian cancer cells to die.

Morning sickness

A teaspoonful of young ginger juice with some honey will also help alleviate morning sickness, sea or motion sickness, dizziness and even nausea caused by chemotherapy or anesthesia.

Anti-coagulant

Add ginger in most of your cooking or add a teaspoonful of young ginger juice in your beverages to enjoy the anticoagulant properties of ginger. It helps make blood platelets less sticky which in turn reduces your risk of atherosclerosis.



Children Retreat 2016 – Learning for Teachers

by Krupa Choksi

We just completed first batch of Children Retreat Program of 2016. The program started on 1st May and ended on 10th May, 2016. We had 39 students in the batch which comprised of children from different places like Ahmedabad, Goa, Kolhapur, Devrukh, etc. This time the theme of the programme was “Great Warriors”. We had 4 groups viz. Maharan Pratap, Rani Laxmibai, Chattrapati Shivaji and Samrat Ashoka. The theme was taken with an idea that the children should imbibe the good qualities of these warriors in their personality and get some inspiration from them. During this span of 10 days, we taught them Reiki with more practical activities, Agnihotra, Prayanam, Surya Namaskar, Prayers, Drawing, Craft, Information about ancient forts, etc. Alongwith the information about life of these great warriors, we also made them do drama on this theme. There were also classes for karate, dance, candle making, chocolate making and Sagar Goti (Ancient game played with stones). One day we took kids for Vanhojan and adventure like river crossing, rappelling and swimming. All the children thoroughly enjoyed the retreat.

All the teachers also enjoyed the retreat but at the same time it was a learning opportunity for all of us. We saw that though children came from different locations, they got adjusted very easily. They came on 30th evening but by 1st morning everyone had made friends. These kids are very adaptive and accommodative. One should learn from them. Another instance happened on 30th evening. One kid was feeling home sick and started crying. One of the kids came to us to inform. When we went to console the child and make him feel comfortable, we found all the kids had gathered there and were trying to make him happy. I could see their compassionate and kind nature and it inspired me to be like them.

I witnessed one more incident which surprised me. Some kids were teasing a small kid whose thread ceremony was done recently and had shaved his head. We told the kids that it is not a good thing to tease anybody and Swami never liked that. But that small kid took this teasing so lightly that I was amazed with his reaction. He coolly said, “I have this hairstyle because of my thread ceremony which took place recently”. He didn’t get offended neither showed any sad reaction. I realised that because of his purity and innocence he could give such a cool reaction. I got an inspiration to purify myself.

During the entire Retreat program what touched me the most was

the purity of the children. Sometimes when they were being too naughty, we had to scold them especially when we had gone for adventure on the out skirts of Devrukh where some risk was involved. They listened to us at that point of time but they never kept those words in their mind unlike elders and reacted with us. They showed same love towards us. This depicted that they had a pure chitta. I got inspired to be like them. It is difficult for elders as our ego comes in our way all the time and we start labelling a person based on his reaction.

In our Teacher’s training program we always say that till certain age, for a child, teacher is next to God. They have immense love for their teacher. I got a chance to experience that also. They would come and narrate everything which they have experienced in their life. I enjoyed that connection but at the same time I realised that it is a big responsibility on the teacher to listen to them, to bring out their hidden emotions and to give them proper guidance. I wish I could get some more time with these children.

Children enjoyed every moment in the ashram and the best thing was that they were true to themselves. They never faked any reaction and would express what they felt. I admire their frankness as many times, we fake our reaction just to please someone. But internally it creates stress for us. I realised that children were happy all the time as they were very natural and truthful to themselves. We all are longing to experience that inner bliss which we used to experience when we were young. If we achieve that state we would not require anything in life as in all the conditions we will be happy. This state can be achieved by being natural and removing all the dirt of sanskaras (impressions) which we have accumulated over a period of time by doing reiki, meditation and Agnihotra fire.

These children though were young in age but were very wise. They used to ask questions which we never expected from them. They were our big teachers who had come in small bodies. They made us realise many things and inspired us to be pure like them. At this moment I am reminded of words of Jesus Christ in the bible, **“Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.”(Mathew 18:3)**

Gurukul

By Ajit Sir



Ms Vanshika Madaan : *I recently read some things about karma. I understood that what you give is what you get and you keep playing the cycle of birth and death until we reach enlightenment and discover ourselves. We break the cycle at this stage and become free.*

Now, as being a teenager I am still in the phase of discovering and creating myself, my strengths and weak points. During this journey I feel the need to react to some situations, fight for what I believe in and let my feelings out to others. I fear that if I do this, won't I be creating karma? What if I don't want to be all nice and good and follow through the expectations of others and all the laws of nature. Of course, I won't hurt someone but I want to lead a different life style because I am right now a student and still interacting with the society. Just by being myself and making mistakes, will God accept me the way I am? Or He only gives freedom to those who are always calm, never react and never make karma?

Sorry if this is a bit confusing...but this has been bothering me for quite a bit. I can clarify this question more, if needed.

Ajit Sir: Thanks. I understood your question. I appreciate all that you have said. Forget the complicated aspects of Karmik theory. Let us try and simplify this. There are situations in life where one has to react. And when we react we have a choice to react like a human or as animal. When I say human and animals I am pointing at humans who are supposed to have awareness about the environment as well as about one's self. Animals are supposed to have the consciousness about the environment. In many situations where we could have behaved like animals, we have behaved like humans. That awareness about being human at the back of our mind is important. Similarly an act of getting angry or irritated etc is an issue. Whenever we act or react we keep in mind the law of the land as good citizens. We do not cross those lines. Same here! We should all the time be aware about what one is doing and take full responsibility of the repercussions being aware about a divine law. Then it becomes much easier to behave. As easy as we behave within the law of the land!

Ms Vanshika Madaan : *I become quite apprehensive when I think about death, maybe because I don't know everything about it. Mind fears the unknown, right? I always think that whether it hurts during dying and does our soul go free for some time or immediately enters some other living entity. I don't want to think about it because I don't want to leave my family and friends behind because of the emotional*

and deep attachments I have bonded with them. Could you please tell me how do I deal with this?

Ajit Sir: Thanks. In fact the idea of death and more so of a re-birth gives one some anchor to hold to. The moment somewhere you start believing that you were born before with different identity and with different parents and family it the whole idea of leaving the current parents and family becomes easy. The moment one comes to know that we are just playing roles in different dramas we are set at rest. Suddenly one realizes that even in the past lives you might have got equally attached with your parents and spouse and children and loved them so much that you never thought that they can exist without you and you without them and the reality is that the moment you have found a new role you have fallen in same kind of love and attachment with your current parents, you realize how funny the situation is. It is like you were a King in a particular drama with someone playing a role of a beautiful queen and a prince and princess around and you loved it so much that you never wanted to leave them. But alas! The bell rang and the curtains were downed. You moved to another drama forgetting that the earlier drama ever existed and again had the same intensity for other role playing personalities. That is a dynamism and impermanence of life. You can't wish it away only because you don't like it.

The idea of being fearful about unknown comes from our insecurities and fears. The moment the fears are gone, we are free to accept all unknown scenarios. The life is more about unknown than known. Why fear that. Only when you create a comfort zone of what you know then you may feel fearful about unknown. So drop becoming comfortable with what you know. Always tell yourself that what you think you know truly may not be knowledge at all. Do not attach your ego with what you know. That will make it hard to accept the unknown. Then we are stuck with our knowledge and never progress. Death is unknown as you say, birth was also unknown but you have taken it as an opportunity. Look to death the same way and you will not feel scared with an idea. The writer or a singer who is afraid of completing a sentence may make a mess of their arts. It will all be gibberish. What you call as a stop, may be only a pause. If you are afraid of stops or pauses, somewhere it shows that you are engaged in doingness and are activity oriented. The means have then already become an end. How will you reach where you need to?

अयं मे हस्तो भगवानयं मे भगवत्तरः । अयं मे
विश्वभेषजोऽयं शिवाभिमर्शनः ।

ayam me hasto bhagavānayaṁ me
bhagavattaraḥ. ayam me viśvabheṣajo'yaṁ
śivābhimarśanaḥ.

ayam – this; me – my; hastah – hand; bhagavān –
is (as good as) bhagavān (blessed); ayam – this;
me – my (hand); bhagavattaraḥ – highly blessed;
ayam – this; me – my; viśvabheṣajah – is blessed
with all medicines and cures, for (this hand);
śivābhimarśanaḥ – has come into contact with
Lord Śiva (through pūjā)

This hand of mine is (as good as) Bhagavān
(blessed). This (hand of) mine is highly
blessed. This (hand of) mine is blessed
with all medicines and cures, for this (hand)
has come into contact with Lord Śiva
(through pūjā).

Reiki and Shri Rudram

By Aravind S

Dear Guruji,
Jai Gurudev

Gayathriji's uncle Seshadriji shared the below connection between Shree Rudram and Reiki. It one of the mantra in Shree Rudram. We thought we will share it with you.

Om ayaM mE hastO bhagavAnayaM mE bhagavattaraH | ayaM mE
vishvabhEShajO&yaM shivAbhimarshanaH || 10.61.12 || (ayaM mE
hastO bhagavAn ayaM mE bhagavattaraH | ayaM mE vishva bhEShajO
ayaM shiva abhimarshanaH ||) Om

Meaning of the Prayer Mantra:

My this hand is the God. My this hand is higher than God! My this hand
holds all the healing. My this hand is the one that touches shiva!

Notes:

1. abhimarshanaH - touch. 2. The hand that touches and worships Lord
shiva is like the God itself. It is even higher than the God. That holds the
healing of all kinds for the world

Parable of AN EMPTY BOAT

by Runita Targe



A monk decides to meditate alone, away from his monastery. He takes his boat out to the middle of the lake, moors it there, closes his eyes and begins his meditation. After a few hours of undisturbed silence, he suddenly feels the bump of another boat colliding with his own. With his eyes still closed, he senses his anger rising, and by the time he opens his eyes, he is ready to scream at the boatman who dared disturb his meditation. But when he opens his eyes, he sees it's an empty boat that had probably got untethered and floated to the middle of the lake. At that moment, the monk achieves self-realization, and understands that the anger is within him; it merely needs the bump of an external object to provoke it out of him. From then on, whenever he comes across someone who irritates him or provokes him to anger, he reminds himself, "The other person is merely an empty boat. The anger is within me."

Time for introspection & search for answers within.



“The energy which is there in our cell is the soul energy”

*(Translation of Article in Gujarat Samachar, Ahmedabad Edition on 24th Jan. 2016, by Devesh Mehta)
Krupa Choksi, Rajkot, India*

Different opinions are given by many Philosophers and Scientists about the existence of God, life and material world. From centuries, much research has been published on this topic. And it has created lot of controversies among them. But now they have come closer, having formed a similar opinion and they talk alike about the totality of energy science.

Scientists having materialistic perception have started believing that human beings are formed on the basis of spontaneous bio-chemical reactions. In that case, all human bodies may not have a basic structural similarity. As the new research advanced in the direction of finding the secrets of human existence, scientists have come to the conclusion that though the human structure may be classified and differentiated on the basis of body structure, height, complexion, shape, blood and bones, but in the deeper aspects of human life such kind of differentiation does not exist. Presence of energy makes all personality “Whole”. This makes each one different so we cannot bifurcate into a class. Each person is whole and unique in its own way. He is class in himself.

Just like mud, stone, etc. which is material in nature, is basically made up of electron, proton, neutron and electronic waves which are active in them. Similarly the bodily organs which we can see are made up of bones and flesh which are made up of cells. And in that there are genes and chromosomes. These genes and chromosomes are creative and active in different energy processes. Each individual has got different and unique personality trait because of that. Right from unicellular amoeba to most developed human being, this impression is stored. One healthy person contains 60 thousand trillion cells in his body. Out of that 10,000 cells are controlling self-regulated processes in the body. Each cell is like a factory which does a function of production,

disposal of waste material and works like a well-organized and well planned system. This subtle factory has three divisions. First part is cell, which is like a transparent thin membrane. Second part is called Cytoplasm, which is semi-fluid and full of chemicals. And the third part is the nucleus, which regulates all the processes in the cell. DNA – deoxyribonucleic acid is found in the nucleus, which is a store house of chromosomes and genes. This subtle structure of cell is like a big lake which is known as Protoplasm. As the description given in the ancient scriptures, we can say “life force” is “Kshirsagar”. In the midst of Kshirsagar there is nucleus which is depiction of Lord Vishnu. From the navel of Lord Vishnu, the creator Brahma is born and they are connected. In Navel like form which is the nucleus, the creator Brahma is residing as DNA. As Brahma has four heads similarly DNA has four components. They are Adenine, Guanine, Cytosine and Thymine. Adenine and Thymine is a pair and Cytosine and Guanine are always together. Order of these pairs will decide similarity and dissimilarity in human beings. These four components are the basic ingredients in the composition of DNA.

Permutation and combination of all four components and number of DNA generates different- different energy messages and decides our energy levels. That is Lord Brahma with four heads is known as Creator. This is the science behind it.

Order of Chromosomes in DNA decides whether the person will have dark complexion or fair. All the organs of the body and its characteristics are decided based on the combination of different proteins in the body. DNA of the cell synthesizes all these proteins. Enzymes are also made from these proteins. Every creation, progression and destruction of the bio-chemical reactions is the game of these enzymes.

In the world, different animals have different languages. One species of animal cannot understand language of another species. Though humans have developed many languages but the language which he does not know, he cannot understand but all the animals have is the same chemical language. And all the cells are quite familiar with it. The meaning of the language for the unicellular body is same as for the multi cellular organism. From all these, it can be concluded that the basic life force energy in all the creatures is the same. The basic ingredient of their creation is the same. It is because of this life force energy, all the Rishis and Yogis could understand the motives of these animals and could influence their behavior through their mental state.

Only one soul is residing in all the creatures. One sun is reflecting in many different waves. This reflection takes different forms and shapes. Just like thumb impression and sound frequency graph of different people are different, similarly the cellular structure of different people is different. But in the trillions of cells residing in human body, its basic characteristics remain intact. That means human being is complete in itself. It is not an accidental combination of different characteristic and flow of energy. Its specialty is not due to the combination of spontaneous chemical reaction.

Very little is known about the protoplasm in the DNA and many secrets are yet to be revealed but it is clear that all new cells are born from existing cell. All the information is transferred to the cell alongwith its maps and design and thereafter it opens its factory. The coded language of heredity is not yet fully known. When this secret will be revealed, some light can also be thrown on the all pervasive nature of the energy which is residing in each cell.

Vedas and Upanishads says “ Ekamevadwitiyum – the divine force is supreme and it is unique.” “Satyasya na hi nanatvam – truth is not many” “ Ekum sat vipraha bahudha vadanti – truth is only one which is revealed by scholars differently.” The same energy is taking different- different forms. The forms of animals and things are not accidental. It is a part of well decided and designed process of nature. The universe is driven by the rules of the creator. Our energy levels are not accidental, everlasting and unchangeable. It is neither created nor destroyed. Our existence is full of energy. Human is part of God. “Amrutasya Putraha sa vai swarado bhaven”. We are sons of immortal divine energy and we have to become supreme king of his kingdom.

Swami is all Pervasive by Aruna M

I would like to share three beautiful experiences I had during reiki seminars and parenting Seminar.

RVN started Bangalore chapter from 2007 February. It used to happen in our school premises. One of our house keeping lady used to help us dutifully in buying tea and keeping the premises and toilet clean during the seminars. She was the only earning member of her family. Her son had written the School final in the year 2008. They didn't have enough money to educate him. By Swami's grace, my husband helped him in going through the counselling for Engineering seat and my brother sponsored his four year BE degree course. Later he got a good job around 2012 and he is also taking care of his mother, sister and brother now. This gave me an insight that a smallest help done by anyone is taken into account by Swami and he showers his blessings multi fold.

In April 2015, we had reiki first level seminar at Bangalore in my neighbour's house. She is from California and was keen to learn reiki. We wanted to shift a mattress for the Master to sit comfortably during the seminar on Friday a day before the seminar. I requested our security to help us out with the work. He too helped us whole heartedly. His name is Amir and he was going through some severe bodily ailment. He had spent money and time to cure himself. There was no improvement. The same night he was soulfully singing his prayers to Allah (may be to cure him). As I heard him, it occurred to me that I can show his reports to my neighbour as she was a trained medical assistant. She took his reports and called her doctor

friend to treat him the very next day. She even sponsored his treatment, gave him ration for the next week. Before the seminar got over he got the right kind of medicine and within fifteen days he got better. One small good deed helped him to cure a bigger health issue. End of the session I realized “There is only one God” whether you call him Shiva, Allah or Jesus.

I would like to quote one more incident around the same time. We had parenting seminar at Bangalore for the very first time. We had it at our school premises. One house keeping lady helped us to arrange for the seminar without any expectation. After two months I came to know she had a crisis. Her son's admission which was to be sponsored was not through and she needed admission and money to admit him in a good college. As it was a large amount, I requested my friends to contribute so that we can give him admission. It's a miracle that we collected the exact amount Rs 19,500/- a day before. She admitted him in a good college. Now after 10 months I met the lady and she thanked me immensely as her son was doing extremely well in his college and even said that she prayed for us during her Sunday prayer in Church. This again became a reinforcement that “Swami is all Pervasive”.

Oh Swami, Thank you for choosing us and giving us this divine experience all the time.

Jai Gurudev

With Love Light and Reiki

Childrens' Summer Retreats at Devrukh Ashram

Two camps of childrens' summer retreat were held in the month of May this year at Devrukh ashram. About 80 children participated from different parts of the country. This was the fourth year of such retreats in the ashram place. With every year these retreats are getting popular among the children of our sadhaks from different centres. Drop-it, Chiji, Kaizen for children and a differently designed Reiki course for the children were the new highlights of these retreats. The children were subjected to various trainings related to art and culture, adventures, karate, western and Indian dance. Special lectures on Brahmi language and the historical forts, candle and agarbathi makings, LIFE program, the films and quiz programs related to the theme of the retreats etc were as usual the major training subjects. This year the theme was of Indian patriots and warriors like Chhatrapati Shivaji, Rani Laxmibai, Maharana Pratap and Samrat Ashoka. The ambience was created to suit the theme by the artistes related to RVN.

The new Reiki centre opens in Dubai



20th May 2016 created a history in the life of Reiki Vidya Niketan. A first degree class was held by Guruji on 20th and 21st May in Dubai. Reiki teaching of Reiki Vidya Niketan has now penetrated the middles east countries. The flow of that divine love and compassionate energy has now started in the midst of the gulf and deserts.



Guruji's lecture at Ravindra Bhavan, Madgaon, Goa

Guruji was invited to deliver lecture on Inner Celebrations by Ravindra Bhavan, Madgaon, Goa. It is an institution founded by the Cultural Affairs Ministry, Government of Goa. Ravindra Bhavan organizes a lecture every month to commemorate the Sangharsh Samman (felicitation of those from Goa who have left some footprint on the world wide society) and invites one of such known personalities. Guruji was invited for the 17th such episode of this event on 7th May 2016 and it was dedicated to a great painter of the last century, late Mr Dinanath Dalal. Mr Dalal became a household name in Maharashtra and Goa for his wonderful art expressions in 1950 and 1960s. The function was attended by more than 300 people as well as by the Chairman of Ravindra Bhavan, Mr Damodar Naik. A great painter Mr Shridhar Kamat Bambolkar was a chief guest. Guruji was felicitated with a shawl, coconut and a samai (traditional lamp) at the occasion.



WHAT WILL YOU ASK?



Guruji has been saying that after the second level of Reiki the life becomes a huge prayer. Prayer means asking. Asking with power, asking with the power of love, asking with relatedness! It is like a child asking for food to her mother. That is not begging. The child is not asking from the lower position. In fact he is on the pedestals of a child. That is the position of power. Not many understand that. Not many experience that when the experience is there on their platter. May be they are not used to the idea of wholeness. They possibly do not know that the life was already a celebration for everyone if one understands that. The question is what will you ask? Not many can ask as they do not know what they want. Not many can ask as they have lost their confidence in asking and getting and many more do not ask as they do not know how to ask. Just ask as if you have already got it, without doubts and with a lot of faith, with a lot of responsibility and a will to have that.

Program Schedule for June 2016

Dates	Reiki Teacher	Centre	Degree
4th & 5th June	Ajit Sir/ Rakesh	Thane	2nd
4th & 5th June	Seema	Rajkot	1st
4th & 5th June	Sangita	Baroda	1st
11th & 12th June	Renu/ Solanki	Bengaluru	1st
18th & 19th June	Kalpita/Rakesh	Mumbai	2nd
18th & 19th June	Seema	Nagpur	2nd
18th & 19th June	Ajit Sir	Ahmedabad	2nd
18th & 19th June	Solanki	Chennai	1st
20th & 21st June	Seema	Nagpur	1st
25th & 26th June	Ajit Sir	Rajkot	2nd
25th & 26th June	Rakesh	Nashik	1st
25th & 26th June	Vishal/Kalpita	Pune	2nd
25th & 26th June	Seema	Jamnagar	1st