

REIKI VIDYA NIKETAN

VOLUME 8

ISSUE 3

MARCH 2016

Editorial....

1
2

Baj Govindam
by Ajit Sir

3

Shiva Heals you
by Vivek Pande

4

Angels with...
by Telangan

5

The Dialogs
with young Sadhaks

6
7

Mahashivrathri...
By Aruna M.

8

You Never Know
A Poem by Telangan

9

Narmada...
by Krupa Choksi

10

Ashram Events

11

Ashram Wisdom

12

Editorial

Desires, Destination and Directions... the vital 3D's

Many people have this question about what Sadhana really means. This word does not have the exact translation available in English or other languages. Even those following some Sadhana or the other also get foxed by this question when some one asks them. They have no answer or possibly are not convinced themselves about how they have answered that.

Truly the answer to this question is not so difficult as it seems to be. The simplest understanding of this word comes when one understands that it is any activity or process which has the intense urge or desire (one may even call it passion), the destination to reach somewhere through this process and the correct direction. If you turn around and look at processes of your own life, you may realize that most of the life processes and activities have either one or two of these three basic parameters. The third one is missing. Many a times you have direction and destination alright but miss the third ingredient viz the strong

Desires, Destination and Directions... the vital 3D's



desire or urge. In other conditions you may have another combination of the two missing the third one. Some times I have seen people with tremendous passion and urge to do things but miss either the direction or destination to support that passion to culminate into the fulfillment. Sometimes you get the right direction given by some mentor or master but lack that intense urge to follow that direction and never reach the destination.

And these kinds of situations are not only experienced on spiritual path alone but in every Sadhana. Then it could be Music, Dance, Painting or any other form of art or some times even pure business propositions. With one ingredient missing one loses one's way toward the achievement. The newer generation better know about this. I have seen them absolutely passionate about certain things but do not know that only passion may lead to a tremendous speed without direction and destination leading to accidents in life. This generation over and above that can't accept the failures- no wonder the extreme reactions like suicides on failure are growing with times. The violence and the mass organized crimes like rapes are direct manifestations of lack of direction and destination to the strong passion.

I have seen many people coming to Sadhana with an urge to become proficient but do not have the direction and destination to reach. E.g. many people enroll themselves in music classes with an idea to become a great singer or musician and once they realize that they need to work hard towards their objective they just drop the course and seek something else. Same is true about those who walk on spiritual path. They want to have all the experiences that great saint and yogis have achieved in a short time. They forget that experiences are only the milestones that you see on the path and to see the milestones you need to travel on the path. Or when it comes to business field they want to have the huge house like Mr Mukesh Ambani without realizing how much he had to work for that for the past many years. They do not have the idea about the toil and blood that he had invested to reach this stage of life. If our generation can provide them the right directions and destinations, the passionate generation can create a wonderful world around us for ages to come. Else we all head towards the doom.

Ajit Sir

29th February 2016

BhajaGovindam (Verse 25)

शत्रौ मित्रे पुत्रे बन्धौ मा कुरु यत्नं विग्रहसन्धौ ।
सर्वस्मिन्नपि पश्यात्मानं सर्वत्रौत्सृज भेदज्ञानम् ॥२५॥



Meaning:

Do not make an effort to create strife with the enemy or build friendship with a friend, son or relative. Seek the self in everything and everywhere, and give up the sense of division born of ignorance.

Somewhere when you say you are relating with some body, you know what is happening? You are already thinking that person is different than you. So don't relate with your mother. Don't relate with your brother. Because YOU are already there. How can you relate with somebody who is you? Are you getting my point? Because for relationship there need to be duality and you are already one. So why do you get involved into these kind of relationship. Is it making a sense? Because you know, you are not there. You are not separate.

In fact in one of my programs, we call it "Effortless Excellence", I asked everybody to draw "The Map of their Relationship. You know there is a meditation called "Restructuring the relationship". Because lot of relationship are out actually dated. You better cut them and start a new relationship with those people. And there is a way to go about it not that everything is dead. So one person, I asked in that program, who was an Executive of one Company to draw this Map. I asked everybody to draw the same. Everybody drew and gave the paper to me. Next day that person came, he was sobbing. He was an old person around 55 years of age. I asked him, "What happened? He said, "Do you have that paper?" I said, "Yes". He said, "Yesterday I drew everybody". He had drawn circles of relations. You know we have different relationship with different intensity. Some people are very close; some people are not so close. He said, "In the whole

paper I have drawn everybody in this circle except two – his wife and his mother. And I am feeling guilty about it." He said, "Suddenly in the night I realized that in that drawing, I have missed the these two".

And I told him, "Everything is perfectly right. Because you don't consider them to be as separate from you. Your wife and mother can never be different than you. That's the supreme relationship. For relationship you need to put the person out."

Lot of time people ask me, "Can we have darshan of Swami, darshan of Lord Dattatreya?" I ask them, "Are you serious? Do you really want to have a darshan?" They say "Yes". And I tell them would that be okay if I take Lord out of you?". And they say "No. no. its okay. We don't want it". Because to have a Darshan, you need has to be separate from him. We meet so many scientists and lot of people with strong belief. One day somebody challenged me that "You have been talking so much about the soul. Can you show me the Soul?" I said, "Obviously". There was a small rice grain. I picked up a small grain of rice and showed him. "This is a soul". He said, "No, this is not a soul". I said, "That means you know what the soul is. Now show me what it is. Somewhere you know what it is. That is a problem. Somewhere we need to be away. To look into the soul we have to be out of the soul and that means death. The moment the soul goes out of the body you are dead, what will you see? Better not see. Have you ever seen your own face without a mirror? No way. You cannot see because your face is you. Your mother is you, your wife is you, your brother is you. When every relationship merges with you, you cannot have relationship. Are you getting the point? So somewhere drop that the sense of division born of of ignorance. When somebody says I saw this things and I felt very loving. When somebody says, "I saw a beggar and suddenly I felt very compassionate about him". I say, "Where does compassion come from? Does it mean it was not inside?" You should be always compassionate whether you see a beggar or a rich man. Your compassion is always there in the background. You don't need to bring it from somewhere. Don't bring it from anywhere. You need to understand that **"You are compassion."**

Core Statement...

Killing the real demon within

By Vivek Pandey

How wonderful it would be, if all of us could find the root cause behind all our troubles! These so called troubles do manifest at the physical level, but their root cause always lies within the mind. To clarify further, whatever happens at the existential level is actually a result of the impressions or the 'vrittis' we carry within our minds. The mind subconsciously creates all the situations which eventually when emoted get manifested in our physical lives. The patterns within the subconscious mind make us behave the way we do. Say for example if an Individual likes to eat pizza, he/she will end up repeating the same activity for the sake of deriving resultant happiness from it. We lead mechanical lives governed by such patterns and seldom do we choose to operate with the conscious mind moving beyond likes and dislikes and more importantly the memories. If our lives are miserable and lacking in peace, we surely need to do something about the patterns that we hold within us and more importantly the underlying "Core statement", which is the cause of all causes.

Every individual born exhibits a unique pattern of behavior and execution of deeds as per his core statement. It forms the base of all your behavior emanating from the subconscious. We subconsciously create situations as per the command of the core statement to fulfill the same. This core statement if positive can do wonders for us, but if it is negative we may end up with miserable lives. If proper attention is paid to all our activities, we may possibly be able to find out the root of all our patterns. The moment you dig it out and start to make conscious efforts to change the same, all your patterns would be dissolved as you would be by then leading a moment-to-moment conscious life.

It has to be dug out from within your mindsets, and you may use the following tools/ tips for the same.

- 2 To particularly observe and take a note of how you react or what comes out at the end of every event/situation.
- 3 Master the art of observing people (not with the intent of judging them, but as a case study), how they start, how they carry out the process or how they end any given task for that matter. With a lot of compassion and understanding observe their intrinsic patterns.
- 4 Keep on increasing your awareness by doing more and more 'Sadhana'.
- 5 Rise above body consciousness. Realize and recognize the conflict and disease within the mind.
- 6 Observe life with a subjective state of mind and not objective.
- 7 Even if you use the word 'I', make sure it is only for the sake of mentioning and understanding your existence.
- 8 Ask yourself these questions. Am I starting things anxiously? Do I start every activity with a "NO"? Do I hold people responsible for any negative turnaround of the events? How do I look at things at the end of any event or program?
- 9 We ought to learn to move beyond likes and dislikes and accept and love things as they are in general. These likes and dislikes directly represent the intrinsically woven patterns within us.
- 10 We also need to be honest with ourselves. Brutally honest!

Once we catch hold of the real demon within us, we can surely put an end to all the miseries that we have. Finally, how will we know whether we have caught hold of the "Core statement". The answer is simple; our patterns will drop on their own. Jaigurudev.

- 1 By being watchful of your own mind or someone else's daily behavior.



ANGELS WITH GOLDEN WINGS

by Telangan

It was 2am and suddenly the phone started buzzing. The sound of the ring at night is always eerie and before lifting the call one knows that there is bad news waiting. I was thinking who must be at this hour and my daughter Shivani, was sobbing at the other end... my heart stopped beating for a second. She was weeping and wanted to talk to someone dependable. One of her school friends had an accident and she was in coma. That girl had changed dramatically after Reiki seminar. Shivani had received the news at midnight and she was unable to control herself in the hostel alone. I had tough time calming her down over the phone. I kept talking to her and after an hour Shivani was little stable. I slept with keeping Reiki on for both of them and especially for Teju's parents. It must be terrible for them to accept in first place that their child who was so vibrant in the morning is brain dead now. Parents suffer the most when child is in such state.

Everybody experience this deep pain of losing sometime in life. If this happens with someone younger than the pain is the highest, multifold and beyond the words. An infant loses mother or a mother loses child. It is difficult to accept the situation and mind keeps thinking for some

miracle to happen. Person suffers the utmost in very little time span and no wisdom comes handy at that time. A person may have to suffer that extent with some other reasons could take many years of suffering. This is a totally karmic suffering. One past life researcher says... *'The soul is aware and knows absolutely everything about past and future before taking the birth. Those children who leave body in early age takes this responsibility for their own parents to clear a very big mountain of Karmic debt by scarifying themselves in this birth.'*

I've been a part of healing process of a young girl suffering by Blood Cancer. Guruji helped her in completion. Guruji spoke to her many times and prepared her for the final moment and shared precious awareness. I feel there are very few who gets right advice and support from Guru while facing *The Mahakala*.

These children are really those angels with the golden wings. They come in life spreading lot of cheerfulness and joy. They willingly take maximum load of the karma with all the awareness and depart with keeping everyone with the moist eyes forever.

A dialogue with young sadhak...

1. Now I have seen that there is a huge discrepancy between my age wise energy supply & the demands I have created due to my activities. What do I have to do in such case? How do I increase my energy supply?

There are two ways to go about. The easiest way is to change your activities more than changing the energy levels. If you can select your activities which do not demand too much physical energy, that would make your body free from stress. One needs to slow down on physical activities with the age. One should increase the mental or intellectual energies depending on which level of consciousness you are currently in. Many people may find this difficult as their life styles revolve around their activities. You may have to even change the lifestyle. In advanced countries this is actually a major cause of stress and diseases. They are not willing to change activities; they are trying to change the bodies by introducing more harmonic medicines and external stimuli. That would actually cause more imbalances in the body and would make it even more stressful.

The other option which is not so easy to keep on changing your energy levels at will. This will require a tremendous amount of sadhana to cleanse oneself. One has to understand that such shifts can be done at will, if one is not rigid in life. It is the ego that makes this existence rigid. Flexibility is the name of the game. The ego needs to be killed to consistent spiritual practice. That may also lead to total acceptance. This is truly a state of emptiness and hollowness. Shifting your energies and empower yourself to manage a task is possible in such conditions. But what may possibly happen that once you reach the stage of hollowness, the activities may get dropped on by themselves. Nothing in that case may have to be done.

It is somewhat like falling sick. What the body demands is some rest till it gathers and restores its energy level. We do not do that. We try to gulp tablets and capsules so that body's energies can be managed chemically. But that does set some imbalance in the body's chemical structure and leads to more diseases at a later date. But one can raise internal energies through Reiki and can manage the sickness effectively.

2. Why aren't we speaking of 10th avatar?

10th avatara is beyond our understanding as it is beyond our senses. That avatara or stage will happen only after we pass away from this life. That is why it is Kal-ki (tomorrows). Our eyes would not see that, our ears would not hear that etc. So

we can have no reference about its properties and it is always left to imagination, the way Robindranath Tagore would do to his poems. There are no features, no properties, no characteristics. Our understandings happen through these parameters. So we cannot describe that as no medicine book may talk about disorders after death. The science that we know stops there. The references that we have generally stop there. It is on the other side of conventional understanding. One needs to be a siddha- capable of going beyond mundane understanding. Go beyond the laws that we know of. It is state of nothingness if life is something. We do not understand "nothing" Hence one does not have to speak about this.

3. Now a days, we find some children much more intelligent than others in their age group. Is it unnatural?

First & foremost, one needs to really understand what do you mean by more intelligent. Is it more knowledge? Is it smartness? Is it about memories? Is it about presentation? All these are now a days considered as the manifestation of intelligence. If we look at the stages of life based on Dashavatar theory, we realize that the age group between 4 & 21 is typically the stage of learning. Part of this say between 4 & 11 years fall in the Vamana avastha & between 11 and 21 fall under Parashuram stage of consciousness. If you look at it even deeper you will realize that Vamana is more wisdom oriented & Parashuram is knowledge oriented. Vamana learns more by observation & inherent grasping abilities. While Parashuram has to make efforts to acquire knowledge. This is how we build blocks of knowledge & both these stages together were called as Brahmacharyashram. This literally means the stage of learning & imbibing what one has learnt in day to day life. This is basically the character building stage, a foundation for the life to stand up at later stages. What has happened lately is that, the opportunities to have wisdom & knowledge have both expanded much beyond the limitations that the earlier generations had. Suddenly, there is an exploding of knowledge all around which has expanded the opportunities to learn. Naturally, children in current generation have a larger platform than the earlier ones & their knowledge base is more explicit. They may be perceived to be more intellectual because of the outer expressive abilities. They may not necessarily have absorbed the fundamentals of basic wisdom as they are set on the path of the knowledge right from the age of 4. The directions of Knowledge & wisdom being opposite in nature, may be their wisdom is suppressed. This actually has led to more stress, the transition being unnatural. Another aspect of this situation is that, some children are born with knowledge beyond normal levels & are called as Indigo children. But they

do not fit within the laws of nature and become abnormal in behaviour & attitudes with respect to the other children. The unnatural environment has created unnatural situations which one can see around manifested as hyperactivity & strong attitudes towards life among the last few generations.

4. If one looks at the stages of Ram & Krishna, one can see that they went through all the 9 stages of life holistically. But Parashuram & Buddha had to skip some of the steps on ladder of life. Is it so?

What we know about Ram & Krishna as well as about Parashuram & Buddha is based on the mythological stories written by the sages. They created some kind of parables for common people to relate with their lives. If you look at this both avatars of Ram & Krishna are in the prime life of human existence almost comprising of 50% of the life span overall. Possibly they had to be presented in such a way that everyone could relate with them. The life situations were created around them so as to give them much more fulfilled and matured dimensions. One has to look to all of them as our own states of consciousness at various times of life & not as individual persons.

5. To come out of the situation that we have created ourselves we need to shift from one chakra to the other that is understood but do we automatically come back to our natural chakra state or do we have to make efforts? And how long can we be in the state of chakra that we have chosen with purpose?

Basically the presumption that we can move from one chakra to the other to manage the situations itself may be little ambitious. The easiest way is to change the activities more than changing the chakras. It is like if one is over spending to fulfill one's desires one needs to cut down on expenditure rather than increasing the revenue. This is what is happening in the society at large today. The younger generation is looking at more revenues at any cost including the areas of theft, burglary & other criminal acts. This is creating more violence & law & order situations. Ideally they should cut down on unwanted experiences & unwarranted desires to live within the means. So such situations should not be long term. But just in case, one can shift our levels of consciousness to overcome the situation or crisis one can do so using the spiritual powers. But by definition they will be short term in nature. If the person is really spiritual at core he will immediately return to the natural chakra at the earliest opportunity as any shift of consciousness in one stage is always at the cost of

levels of consciousness in other states. Krishna had to shift from his natural state to the other states as & when situation demanded but always came back to his core consciousness. For example; killing of Kansa!

6. Once we know that we are not in the state where we are supposed to be naturally, how do we shift? Is only awareness enough for that?

No. Only awareness may not be sufficient. Kindly refer to the answer to question one above. One needs consistent & intense spiritual practices to achieve this state.

7. One of the participant who had come to learn Reiki today with his mother, asked me one question "We know our responsibilities then why do parents keep telling us about that every time?" How should one address this question?

The energy zone in child is different than the parent. Parent generally views the things from his/her perspective while the child does the same from a different window of consciousness. They have no common window to look at the same window. And every window has a different picture to show. That is generally called as a generation gap. Both become rigid as they do not understand how to appreciate what and why other is saying. After Reiki and any other serious spiritual practice one can shift one's consciousness zone and change the window at will. That makes the communication much easier and understanding becomes better.

Gautama Buddha says: Dirty and stained cloth dipped in whichever colour will never have the desired results. The colours would never set even on it. The same thing is with the mind. When mind is stained and not pure will never achieve freedom. The pure and clean mind will achieve liberation easily and one could expect the wonderful destiny.

Reminiscence of Mahashivrathri...

By Aruna M.

All this started a year back when we came to know that we have to learn RUDRA chanting to be part of "EKADASINI". By swami's grace we could learn and also participate in "EKADASINI". This brought a lot of positivity, good health peace and harmony in all our lives. This time there was an inner voice to keep "Anushtan" before "Shivrathri" which started from 8th February. It was a new experience which unfolded many hidden treasures for me.

I enjoyed every moment of it. Chanting Rudra every day, Thrayambak, 108 times Mruthyumjayamanthram, Eating once a day, sleeping on the floor, celibacy, trying to be part of spiritual activities can purify us to this level was a memorable experience for me. As I watched, read and listened only about shiva /God helped me to develop a beautiful inner space. For the very first time I was able to offer the God in me a better place to stay.

Last few years I have been craving to read "Sri Gurucharitram". During these days I got to learn more about the Datta Paramparah, say Narasimha Saraswati, Sripada Srivallabha, Gajanan Maharaj and Dattatreya. As our Reiki family had set out on "Narmada Parikrama" I learnt about it and also about "KardilivanYathra".

Just a week before I came across an audio book in English on "Sri Gurucharitram" which was also blessed by "Sathya Sai Baba of Puttaparthi". It was as though I found a treasure of my life time. My joy knew no bounds. I started listening to it with immense joy. Got to learn a lot about the importance of Guru through those beautiful stories. I got transported to the days of Narasimhasaraswathi and I felt I was with him in Gangapur.

Then few of us went to Devrukh Ashram as "sekwakaris" during "Athirudram". The way Guruji had faith in us and gave us the duty in the kitchen is so admirable. There were other "Sewakaris" who joined us from other cities also. Swami supported us, listened to us, took care of us and over and above the unconditional love we got from Sir, Mayi, MukhyaSewakari, Masters, all the senior sadhaks, including our own "Mousi" is unforgettable.

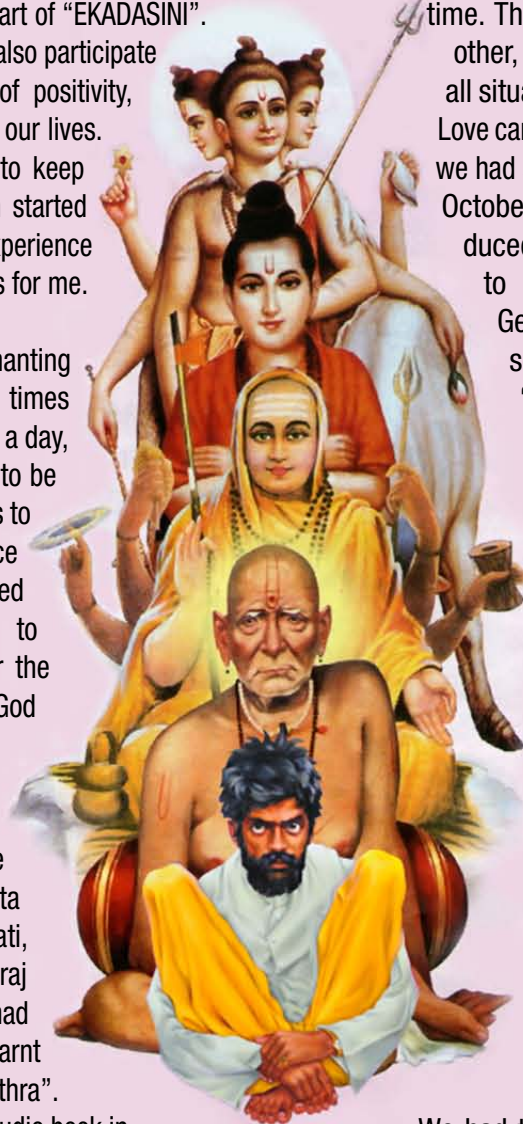
Then the following four days became a learning of a life time. The humility, surrender, love for each other, Guru Sewa, encouraging all of us in all situations gave us immense confidence. Love can transform people to any extent. When we had an intensive in "Thiruvannamalai" last October Guruji on the very first day introduced his Masters to us as "I have come to proudly show you all my Nine Gems". It was indeed true and more so I felt there were many more in the "Athirudram" too.

There were such committed families who all had come to take part in the "Athirudram". In "Athirudram" there were 13 groups of 12 members each who chanted undeterredly. It was a treat for all our five senses. When 'Athirudram' got completed, Guruji was moved after the event and was very moved and touched by his sadhaks sincerity and commitment. At that moment we were able to understand the love Guruji has for his Sadhaks. We all are immensely blessed to have been chosen to be under our beloved "Ajit Sir".

We had the freedom to do everything in the ashram. Keeping the santum clean, decorating swami, Abhishek to the idols in Maithri room, lighting the Diyas, to be part of Aarthi. The list is never ending Above all the final day before we left, all the sewakaris were given reiki by the group of sadhaks and masters whole heartedly. It was a pleasant surprise for us .How did I forget the reiki principle "Attitude of Gratitude" Sir lives the way he preaches and all the sadhaks follow him in the same path.Finally, our Guruji standing behind the gates of the Ashram and bidding good bye to every group was a sight to watch.

Is it possible to be in that spirit through and through? Yes by following "Five principles of Reiki".

Jai Gurudev



you never know...

by Telangan

I want to Dream every minute
Because you never know
When will it come true?

I want to Learn all I can
Because you never know
When will I require to fly?

I want to care one and all
Because you never know
When will I need to relay?

I want to laugh with all
Because you never know
When will I want to be glad?

I want to Love the world
Because you never know
When I will meet the god...





Our Narmada Parikrama

by Krupa Choksi

We went for Narmada Parikrama between 11th to 28th February, 2016. Narmada is a holy river in India just like Ganga and Yamuna. The origin of river is from Amarkantak in Madhya Pradesh and it meets sea near Bharuch in Gujarat. This pilgrimage is considered to be very holy and all Indians would like to do once in their life time. The word “Parikrama” means going round and completing circle. So this whole pilgrimage consists of going on the banks of Narmada and completing its circle as we do in temples without crossing the river. This pilgrimage earlier was very tough as there were no roads developed and people used to walk for months together through forest, mountains, etc. but now it is not that difficult. Still many people prefer do this pilgrimage by walking but now roads have developed so one can go by car and bus.

This pilgrimage has lot of spiritual significance. But frankly speaking, I had gone with Guruji and other sadhaks with a thought that I will have a great time for 18 days as I will be in the space of Guruji. I didn't know anything about this pilgrimage except the places which we were about to travel. I wondered why we have to take a dip in the river at every place when river is same at all places?

When our tour started, I came to know about the mythological story of Goddess Narmada. The story refers to “Samudra Manthan” when Devatas/ Gods and Rakshashas/ demons did the churning of the sea and got 14 valuable gems/things. At the same time, poison emerged from the sea which was dangerous for the entire world. So all the devatas invoked Lord Shiva and requested him to drink poison. Lord Shiva drank poison and kept it in his throat. He converted the poison into divine energy. Due to this divine energy lot of natural calamities started happening in the world. Again devatas requested Lord Shiva to do something and Lord Shiva ordered this energy to take a form. It took a form of a small girl, which was called Narmada. Hence, Narmada is considered to be daughter of Lord Shiva and is considered to be very holy.

Now for me it was just a story. Our first destination where we sighted Narmada was Omkareshwar – a place where there is one of the 12 jyotirlinga. In the morning, we went for a dip. I was not very excited but the moment, I took a dip, I could feel amazing energy in my body. The previous day, we had travelled for almost 18 hours so there was lot of fatigue in our

body but after dip, all our exertion vanished. Our entire group of 40 people experienced the same. I started realizing the magic of this holy river. Thereafter, everyday we would travel for 10-12 hours and reach a new destination being tired and exhausted. But the wonder of this tour was that everyone would wake up by 5 am without any aid of alarms, have tea and go for a dip. We would return fully rejuvenated from the dip. We started experiencing the divinity of the holy river. I also realized the reason behind taking dip at 9 places. Each Ghat had different vibrations and different frequencies were made available at different places.

We travelled for 18 days and every-day we had a new experience. Some of the places we visited barely had any facility of accommodation and toilets but we managed and accepted everything. None of us had any complaints or grudges. Infact, we started enjoying every situation as it never occurred to us that we needed comfort. We accepted everyone and everything.

Our journey in the bus was the time to rejuvenate. Guruji used to explain us many concepts of spirituality in a very simple manner which really got imbibed in us. The spiritual games we played made us more aware about the words we speak. We were not supposed to speak any negative word viz. no, never, not, etc. and avoid words – mine, me, etc. Everyone started watching their words. Guruji made us learn so many things through games. Our whole group was like a family moving together.

I was enjoying all this but at the same time, I was introspecting whether there is any change in me after this pilgrimage. And I got confirmation on the last day that my reactions have stopped to a great extent. I am in lot of acceptance. At that time, I was reminded of Guruji's teaching that this Narmada Parikrama teaches us lot of acceptance. We do not have much option in parikrama so we accept things and people happily. But if we can bring the same level of acceptance in life, there would be no complains and grudges. Think everything happening to us is divine will and everyone is divine. Then life will be eternal celebration. So the message which I carried home was “Let your whole life be Narmada Parikrama” and I think this pilgrimage has helped me to grow on this path. Narmade Har. Jai Gurudev.

Ashram Events

Vinit Laddha wins Prestigious Award

Universal Yoga Cultural Institute from Madhya Pradesh in India had organised a universal Sanskrit recitation competition in December 2015 in Jabalpur. One of our young sadhak Master Vinit Laddha won the first prize and a gold medal in this competition. Vinit is only 10 years of age and we all feel a great pride in his grand success. RVN Newsletter editing team congratulates him and wishes him many more such successful events in times to come.



Narmada Parikrama



Devrukh Art Creative Community: Second exhibition in Goa

Devrukh Art Creative Community (DACC) which is founded by a community of RVN sadhaks recently participated into an exhibition organized by Goa Chamber of Commerce in Panaji between 5th and 8th February 2016. The displays of DACC artistes were well appreciated by those who visited the event in a huge way.

EPIC parenting: The flag is flying high...

Our EPIC Parenting training courses started last year have now spread all over the state of Gujarat and that too with the official umbrage of the state Government. This unique program was well appreciated by the education minister of Gujarat Hon Shri Bhupendrabhai Chudasama during Guruji's visit to him on 25th January this year. The state government has realized the potential of EPIC program to create a new world by directing the younger generation as well as parental support from parents and teachers in Gujarat.



DROP THE IDEA OF DIVISION

A sadhak called from US and asked Guruji, "How do I balance my life between the spiritual and material lives? E.g. On Sunday morning, I need to attend to my entire family as that is the only day when we are all together during the week. So I cook a special breakfast for them. But at the same time I feel like attending Swadhyay Satsang which happens to be in the morning on Sunday. How can I manage this situation?" Guruji replied, "First and foremost drop the idea that there are two worlds- material and spiritual. This division is created by your own mind.

Redefine spirituality and material life as far as you are concerned. Spirituality is being with self and being with good. If you can be with your own self while you cook that special breakfast for your dear family, you are already spiritual. The Swadhyay is already happening. You have already reached the destination. Why do you need a travel now? And where? Once this understanding sets in, you will have no conflicts. If you force yourself to prepare breakfast and do not enjoy the process, then go to Swadhyay and forget breakfast. It is so simple..."

Program Schedule for March 2016

Reiki Seminars

Dates	Reiki Teacher	Centre	Degree
12th & 13th Mar	Bharti	Ahmedabad	1st
12th & 13th Mar	Rakesh	Nashik	1st
12th & 13th Mar	Sangita	Pune	1st
12th & 13th Mar	Ajit Sir/Kalpita	Devrukh	1st
12th & 13th Mar	Vishal	Thane	1st
12th & 13th Mar	Renu/Solanki	Bengaluru	1st
19th & 20th Mar	Ajit Sir/Krupa/Sangita	Baroda	1st
19th & 20th Mar	Seema	Rajkot	1st
21st & 22nd Mar	Ajit Sir/Bharatiben/Krupa	Ahmedabad	1st
26th & 27th Mar	Krupa	Kota	1st

Other Programs

Dates

28th & 29th March

Topic/Venue

Youth Empowerment
Programme, Kota

Venue

Krupa/ Ashwini

For Whom

Gurukul Engg & Technologies