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When nothing is LEFT everything is RIGHT...



EDITORIAL

We are born with absolutely nothing that we can say is mine. And we are so perfect. So happy! So innocent! Everyone around feels so happy in your company! They have nothing material to get from you. And still people flock around, they cuddle you, they play with you. When you cry, they take your care with a lot of kindness.

The moment you start getting and accumulating things with you, the problem begins. People stop coming around and stop becoming happy in your company. They become more manipulating. They start equating what they have with what you have and start measuring your values and worth. Your innocence is all erased. Some more items you collect and different type of people start getting attracted to you, the way the ants and other insects get attracted to you when you carry something sweet in your hands. Only empty hands do not attract the ants and other insects. You are no good for them. In fact you do not even exist for them. The most wonderful part is that when the sweet is thrown out of your hand, the ants run away from you. Same is with the people.



When nothing is LEFT
everything is RIGHT... *Continued...*

Have you seen the deeper message in the whole thing? The moment you start accumulating and start gathering everything around you, your innocence leaves you. Your divinity goes away from you. And the worst part is that we do not even know about that, rather we do not even want to know about such thing happening around us. We are least interested in such divine entities.

The episode of Bhaja Govindam which we are carrying in this issue has the same message. Leave everything that you have accumulated as everything that you have gathered is actually at the cost of what you have. You are truly going away from what you have in search of what you do not have. You are moving away from your fixed assets to the current assets all the time and over a period of time, your fixed assets are all buried under your current assets which keep on eroding over a period of time.

I experienced the statement- the title of this article way back in 1997 and still experience it time and again. I was working with another Reiki organization which had corrupted their basic values over a period of time. Honestly it did not matter me nor was I affected directly. I continued till at one point of time, I realized I should not be a part of that set up. I left teaching for them and started our own. The first seminar I sat on the Master's seat and I realized that I am feeling much lighter, much happier. It was a blissful situation. I wondered what happened? And suddenly I realized that I was carrying that burden of their problems on my shoulders without even my knowing it. Sometimes getting connected with stressful or negative people drains you without even you knowing about it. You realize how big burden you were carrying only when the load is released from your existence. You are left with nothing and things start becoming right for you. No wonder you will see many success stories about people who lost everything that they had to become qualified to get filled up by that divine. The universe never keeps you empty as long as you are alive. It is its responsibility to keep you filled whenever you become empty. The problem is we are fearful of being empty. We do not have faith that the hands will be always be filled. Nature has no empty spaces. When you realize that, you have reached!

With lots of love

Ajit Sir

BhajaGovindam (Verse 27)



Meaning:

Recite Geeta. Recite thousand names of Narayana. Meditate on that overwhelming form of Lord Vishnu. Connect your mind with the good people around. Donate your wealth to needy and poor who need that to survive.

Here the poet is telling a common man what he can do. He is telling what one needs to do to reach that supreme destination. The ultimate stage in sadhana is to be with everything that is true and good- the SAT. That only is renunciation. That only is a state of Samadhi.

The poet is asking readers to recite Geeta. The question here is what is Geeta? Is Geeta only an advice given by Lord Krishna to King Arjun? Then who is this Arjun? Why only Arjun was selected to have such a divine offering? The whole series of questions may stand in front of us.

For a common man, Geeta is only an advice given by the Lord to Arjun to motivate him to fight and win a war. They do not understand that Arjun represents the middle class man. If the advice was only to fight and win a war, the Lord would have selected Bheema or Dharma as they were the army leader and the eldest brother respectively. He could have even made Nakul and Sahadev stronger by his divine advice. But Arjun was unique. He was the middle one. He was the one who was lost in doubts and illusions of life. He was the

गेयं गीतानामसहस्रं ध्येयं श्रीपतिरुपमजस्रं ।
नेयं सज्जनसंगे चित्तं, देयं दीनजनाय च वित्तम् ॥२७॥

one who had forgotten his innate abilities and felt “I am no good” due to his mind experiencing a conflict and turbulence between his conscious and unconscious minds.

Geeta is not a divine book of Hindus. It does not carry a word “Hindu” even once in its 700 verses. To call Geeta a Hindu testament is an insult to that great creation. This book is the manual of mind. It tells us about how to manage your mind. Mind has no religion. As Lord Buddha said the human mind will not change even after 10000 years. And Geeta is only 6000 years old. So it is relevant today as much as it was in those times. Today it is the human mind which is getting destroyed and which will make humans cease their basic values. We may cease to be human as the word itself has originated from someone who has a mind and body. If we do not have a mind, we all become animals. So it is even more important to recite Geeta when everything seems to be collapsing around us. That is the only way to keep our humanity intact.

Here Shankaracharya is also suggesting that meditate on that huge, infinite form of the divine. The word VIRAT does not only indicate the size and form. It is about that infinity, that unlimitedness, the abundance. Concentrate on that infinite, that abundant force of life all around you. That is the only way you may get and stay connected with HIM. The poet says instead of just wandering around and getting lost in the way of life, be with good people. Do SATSANG. You will wash all your sins and impressions, if you spend your time that way. Whatever you have accumulated, donate. Distribute that to downtrodden, poor and needy people. Once you get connected to that divine everything else in life is nothing for you. It will lose all its value. It may not be useful to you at all.

Bharat Mata ki Jai . . .



Off late this slogan has resurfaced on our minds, thanks to some political controversies. To chant or not to chant these simple few words hailing your mother land, is also capable of being controversial in India. Although the choice should be left to an individual, I don't see any harm in chanting a few words in the praise of your own country which has provided you virtually with everything you need to carry out your life with ease and comfort. However, having said this, ever since I was a kid this whole concept of Bharat Mata always seemed to be alluring but a little far-fetched to understand at the same time. Like many Gods, we created an image of a woman being chained around spreading its arms and legs around the length and breadth of India, whom we needed to make-free from the clutches of the British. But still this concept of Bharat Mata didn't get into my head and especially chanting, "Bharat Mata ki Jai". How does hailing a slogan bring about any good to your country? And what are we exactly emphasizing on while saying, "Bharat Mata ki Jai"? Are we praising the fertility of our land or the culture that we have inherited or simply the geographical boundaries which take the shape of a woman standing with arms wide-open.

For me the fundamental question is not whether to chant such a slogan, to make it a compulsion or to leave the choice to the sons of Bharat Mata, but to actually count the number of sons and daughters making Bharat Mata proud. Seriously, how many of us have made Mother India proud. It is pretty simple, those who work for their motherland or for the betterment of humanity in general, do not need to chant Bharat Mata ki Jai and those who are not even capable of making their own lives valuable would surely get involved in such unnecessary controversies. The likes of Sachin Tendulkar, Amitabh Bachchan or Kailash Satyarthi and many more do not need to chant slogans of "Bharat Mata ki Jai", as they have already made Bharat Mata proud by raising the level of their deeds and executing their basic karma (whatever field or profession it may be) to perfection. Please understand, it is not an accident that they have become successful; it is because they have persevered for the same continuously. They have constantly learnt their lessons and thrived to refine

their consciousness to be able to perfectly execute the task on hand. They have ended up becoming the favourite sons of India, eventually making a name for their own country. So the point is, India needs their sons and daughters to execute their own deeds and lives with total honesty and integrity to make a proud India. We need to just manage our own selves and excel in whatever profession or duty we have on our hands. Ultimately life rewards us for the same and in the process we also make Mother India proud.

Finally, to reveal the spiritual side of Bharat Mata, it is the people who make or break a country. Just look around and see what is happening in the Middle- East, terrorism, civil-wars and whole lot of emotional turmoil. Forget about their motherland, they won't be making even their own mothers proud. The people, individually first and then collectively have jeopardized the fate of the very soil they were born and brought up. For Indians, the term Bharat was originally meant to describe the whole world. Few countries in the world have such an ancient and diverse culture as India's. Stretching back in an unbroken sweep over 5000 years, India's culture has been enriched by successive waves of migration which were absorbed into the Indian way of life. It is this variety which is a special hallmark of India. Take a bow, the cultural legacy, that we have received, is nothing but the outcome of the spiritual base that we have. This is indeed the land practising the philosophy of tolerance, faith and truth. For us "Bharat" was always the world and "Hinduism" a way of life. We never got carried away by the barriers of narrow domestic walls or geographical boundaries. Despite the amazing cultural diversity we are still able to experience unity. Thanks to the spiritual heritage, the real treasure of India. Let us preserve this rich cultural heritage to offer the least that we can to Mother India. In the words of Maharishi Mahesh Yogi, "For the forest to be green, every tree must be green" and hence for us to make Mother India proud we all need to raise our own standards and consciousness to eventually and automatically benefit the nation. You don't need to come out and shout slogans for that. Come on India, Bharat Mata is looking for her favourite sons and daughters to raise themselves. That will be enough to make her a proud Mother India.

Power of Prayers

by Telangan

Desires pop up in most people when they see big cars, large houses and luxurious things. They start dreaming for wealth and lavish life. They start thinking that being wealthy is an escape from all the suffering. Power gives false impression that they are beyond supreme authority. However it is not true. Suffering gives us an opportunity to learn from life.

In 2005, I was living in the Defense Colony, Indira Nagar, Bangalore. I had rented a small place in a house of a retired Army officer. The entire lane had bungalows in rows with lots of old trees.

It was calm and peaceful place. There was an old man about seventy-five who was looking after gardening needs around. I met him every morning while morning walk. He always smiled at me but we never spoke. One day he stopped me after the smile and showed me a small picture of a young boy. He said, "This is my grandson. He is eight years old. Doctor says he has brain tumour and is kept in ICU. He is in critical condition. In another couple of days he might get operated". I thought he was expecting some money and I pulled out my wallet. He said, "No sir... I don't need money, please pray especially for my little boy today". He said, "I'm telling this to

everyone". I was quiet surprised. Next day I was doing my first degree Art of Living Course. I shared this story with my teacher. Next five days, all forty people prayed together for good health of the boy. I prayed every morning and evening but never really believed in the power of prayer. I thought when advance medicine can't save the boy how will a mere prayer work? After two weeks I again met the old man in the morning. He welcomed me with bigger smile and wet eyes. He held my hands and thanked me again and again. His grandson had recovered miraculously after the operation. All the prayers were worked for him. I felt shame for all the doubts in mind but I also realized the power in it.

Most people pray for material gain and those wishes never get fulfilled. Then they feel prayer has no power. When we experience examples like these we realize that Grace holds more strength than money, position and rank. Grace comes to us through the prayers.

Every prayer with purity and honesty is always answered.

We become stable and calm after the prayers. When we selflessly pray for others, then our prayers work for sure. Science, medicine and human being hold limited knowledge and controls but Grace could do wonders, beyond our imagination.





ABOUT GIVING

By P N Devarajan

Giving is not only material or money. Giving is also your Time, Talent, Treasure, and Trust. These four 'T's are abundantly available with us any time. You should be willing to give your Time – which is in your control – systematically to a cause; whether for an individual cause, community or campaign. When you give Time, you will not be consuming the energy of others; you will be contributing energy.

When you give your Time with care and share, the value is more for the receiver. You will also see the results of the society awakening and will feel good to see the substantial gains to all the people around. So, there is no shortage for 'giving', or rather, no results are short for 'giving'.

When I say, give 'little of your little', I essentially mean material and money. You need not have to be a rich man to give; instead you should have the mind and attitude to give. You have to give 1 out of the 10 rupees you have in your pocket. It might be small, but the power of giving makes it big. This is because people will like the concept and there will be a big bandwagon behind you.

Giving is an attitude and not a resource. So, I always found that it is always possible to give one thing at a time or certain things at a time, all the time.

Age is not an important factor for giving. The donor can also be a child. I would like to share a story with you. At Shiva Shakthi Kakkum Karangal, we had a couple who used to bring their daughter to play with the inmates here, whenever they brought food. They did this repeatedly and this created an impact on the girl. The parents at one point of time found their daughter more interested in social work, and were worried that her studies may suffer. They therefore told their daughter that they will restrict the visits to the Home once in three months. This incident upset the girl. But, she did not deter. She saved her pocket money that her parents gave in a hundi and emptied it at the Home when she visited. By doing this, she exhibited what was possible within her limits and displayed her qualities of giving. This proves that when you inculcate giving as a habit in childhood, it remains. Nothing can be taught. It should come from within!

This is the philosophy of Dal, Oil, and Sugar (DOS) programme coordinated by Manava Seva Dharma Samvardhani Trust that encourages voluntary giving of materials that are required by charitable institutions to keep the kitchen full of nutrients.

Although the contribution may be small, it is substantial. It is similar to the concept launched by Kanchi Paramacharya which is called Pidi Arisi Thittam, where housewives while cooking food for

the family set aside a fistful of rice in another vessel. This rice is donated once in a month to a poor person. This act of charity becomes a repetitive behaviour and ingrains in the mind of the father, mother, children, relatives, and visitors.

The family is a place where character is built, because the child see its parents practising giving.

There is no age for giving. Even at a time when you are close to one foot in the grave, you can write off all your wealth for a cause.

The children, who otherwise fear of losing their share of the property, should be trained in a family where giving is practised so that they will never object to bequeaths or legacies. Such children will encourage their parents to give. Thus, the seed for giving while young should come from the family.

If one does not have money, he can give his Time and Talent. For example, in DOS programme, we give material and volunteers contribute their time to collect these materials and distribute them to charitable institutions.

Charitable organisations should involve their neighbourhood first. But, in reality, most of them shy away from their neighbours and go to distant pastures to contribute. This takes a long time, because 'seeing is believing'. For example, Shiva Shakthi Kakkum Karangal, a home for the mentally challenged children in Chennai, has the neighbourhood support. They involve them in the day to day activities and the children create a bondage with them.

Charities think that the neighbourhood would be critical and therefore avoid interacting with them. It might be so in the initial stages, but over time they realize the important role you play in the community and would want to partake in your activities.

Most of the philanthropists have the money, but do not have the time to listen, feel, and experience. Such philanthropists do not sustain. Time is essential for philanthropy; else it would be one-off and impulsive.

There should be a healthy mix of philanthropists—both young and old. I plan to launch a Bequeather's Club, where members would leave behind part of their wealth for community causes. The club would be managed entirely by bequeathers' themselves. People who are mentally inclined and also have the support of their family will give 5 to 10 percent of their wealth for a good cause.

This initiative would be easy to translate charity into action plans.

Attitude of Giving

There is a constant struggle between the heart and mind. This starts when the life is created and ends when life is ended. That is

About Giving... *Continued...*

the journey! The heart says: “give unconditional love and compassion” while the mind says: “what is in it for me?” This is the constant struggle and where does it belong on a zero to hundred scale? It depends on what influences the mind, either internal or external.

If parents encourage giving, then their children will give. Thus, the environment which you create in the society will encourage giving. Heart more than mind is a primary social work factor. How many people will be able to generate this attitude? It can be vaguely compared as you are the society's face in the mirror.

First experience of Giving

At IIT Kharagpur in 1958, there were 8 students pursuing their Master's Degree in Chemical Engineering Plant Design, and out of these, 4 students (which included me) were offered a scholarship of 150 rupees a month to cover the expenses. At that time, I felt that regardless of status, the other 4 students also deserved the scholarship. So, I talked to the other three students who received the scholarship and convinced them to share the funds equally among those who did not receive this benefit. This was enough to meet their expenses. This was a live experience of giving and receiving with love and dignity.

I am happy when I see someone achieve his objective of training and empowering others, and I get angry when I see anybody working with me and not achieving their target. If I get an opportunity to meet both—the one who made me happy and the one who made me angry—I would like to speak to the one who made me angry first, as I want to help him. I feel very good when I learn that I have been instrumental in transforming the attitude as a person. I like to be around people who are humble. I don't exhibit my anger in public.

A transition occurred in me when I was 40 years old. I read a book titled 'Power of Positive Thinking' by Norman Vincent Peale, a Pastor. A lot of people appreciated me for my changed behaviour and this refined me to be a better person. This book changed my life.

Being a student of Ramakrishna Mission, I am inspired by Swami Vivekananda's teachings. My father was spiritual as well as rational. Most of the time you find spiritual people to be charitable because it disciplines the mind to be content and thus make surplus available for giving. Spirituality and religion are separate. Religious practices are more scripture and ritual oriented, but spirituality is an attitude. Religion can be involved in charity, but it is not a must. Spirituality is discovering yourself—the God within you!

Dignity in giving and receiving

The top most developmental value is dignity in reaching out. Giving is not just giving, but becomes an attitude, character, and act of gratitude.

I am giving because God has given me this facility to reach out to more recipients thereby spreading the give effect. When you give, somebody sees you giving and it is contagious. People will like to copy this and come to you and ask how you are doing it. Giving is an economic activity and not charity, because you are giving to only those who are skilled and knowledgeable.

When you give to somebody, you are increasing his potential and it leads to growth. More people should give little of their little. There should be no dearth for giving, there are no boundaries, has no limitations and feeds on itself.

The giver is also a receiver. You may be also lacking in something, which you may receive from another giver.

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 food for them?*** 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 is same with the abuses and bad words. If we do not accept abuses from others and respond positively then it remains with the same person.



Hawayo Takata Story (Part 10)

Back Pains:

There was a person who used to stay not far from where Takata had a studio. He was in apiculture business where he had to handle huge beehives. It was sometimes difficult for him to lift them and he used to get a severe pain in the back. He went to a hospital in Honolulu to get examined for this health issue. The doctors there, after all necessary diagnosis, came to a conclusion that all that is required is a surgery on his back. But doctors were reluctant to give a guarantee of success of such surgeries as any surgery on back bone is dicey. Such surgeries could prove to be fatal or sometimes lead to handicap over a long period. That man refused to get operated under such conditions and finally came to Takata for help.

Takata had just started a new Reiki class that time and hence could not devote much time to this patient though she did offer one full body treatment. But within that one session the man got such a relief that he organized a Reiki class for his 30 friends and relatives who all learnt Reiki. After a month he invited Takata to his bee farm for a stay. There Takata and that person's wife started treating him every day with Reiki. The person became 100% fit after few days treatment and also started doing much better in his business too. He and his wife started living life with all 5 Reiki principles in daily use. They became a harmonized and happy family.

Death:

So far in this column we have read enough about how Takata could successfully administer Reiki to various patients on various diseases and cured them. Now let us look at the very interesting episode involving death in Mrs Takata's life.

It was the last phase of 1930's. Takata was just sweeping around her own house on one morning. At the same time, a brother of her neighbour had come to see his sister. This neighbour came out to greet her brother and looked disturbed by her face. That lady saw Takata and told her, "Sister, I am agonized. My brother has just come with the news that my mother expired this morning at 5 am That is a big shock to me as my mother was quite healthy and had no apparent reason to die. Can you accompany me to my brother's house where my mother's dead body is kept right now? That will help me

manage my emotions." Mrs Takata agreed to that. It took about an hour to reach the brother's place. The sister and brother were sobbing and wailing throughout the travel. They looked to be in guilt for not looking after their mother in her last days.

By the time Takata and these two reached the place. It had already started getting crowded with relatives of the deceased gathering around. As Mrs Takata did not know anybody in the family, she preferred to go and sit near the dead body on a small stool kept by the side. The coffin was already brought and was getting readied for the final journey. Takata's neighbour was sitting crying at the feet of her mother's body. As Takata did not know what to do in such situation, she just kept her palms on the solar plexus of the dead body. It was about nine in the morning. The death had occurred about four hours ago. It was very novel experience for Mrs Takata. As there was nothing else she could do in the given situation she preferred to give Reiki on the stomach of the body. Around ten thirty suddenly Takata started feeling the warmth on her palms. She could not believe it at first. But she realized something unexplainable has happened. She decided to intensify her prayers of Reiki. Suddenly the lady opened her eyes and had a long deep breath as a sigh. Takata stood up and looked into that lady's eyes. That lady flickered her eye lids and whispered to Takata, "I can see you". Takata immediately told her neighbour not to cry as her mother has become alive. The neighbour called her father immediately. He spoke to his wife and then asked the people around to take the coffin back. The lady was by that time feeling hungry. She asked for soup. When soup was served to her she sat in her bed and finished the whole bowl. Takata then gave her full body Reiki. The best part of the whole episode was that that lady did not suffer any symptoms of post death life. Her brain and memories were intact. All her faculties were intact and there was no damage in spite of being in the dead condition for over five hours. She lived very healthy life for next 10 years.

When Takata asked her after some time, the lady narrated the whole post life experience. She felt that she was going to pass through a deep and dark tunnel and some or other knew that once she passes through that, she would not be able to come back. She heard her daughter crying at that moment and she realized that she had turned back instead of going towards tunnel. The first thing she realized on getting her consciousness was she was hungry. After that episode Mrs Takata realized the real powers of Reiki.

Mrs Takata left her body in 1980 and possibly the greatest healer on the planet went behind the curtains of time. But the tradition that she left behind is very much alive in the hearts of millions who have learnt this beautiful art of healing.

Readers, this is the last article in this column on Mrs Takata. Her life story is now complete. We trust our readers have enjoyed this series of articles in the past one year. We pray to you all to keep on taking and practicing Reiki by taking inspiration from this legendary healer and use your magical hands for spreading the health, happiness and harmony in human society. May God bless you all!



MOVING ON

by Telangan

Past is a past
Which will never change
Good, bad or ugly
We must accept it as it is...

Some never let it go
They try to reason with it
Some try to erase it
But it stays where it is...

No one can change a bit
No matter what we do
No matter how much we think
No matter how much we cry...

Past is always for a reason
Nothing happens unfair
There is a lesson to learn
From every birth...

We should never try to fix it
Or even dampen our spirits
We must wake up and get out of it
Start living today, not in yesterday...

What happened is gone far behind
Brand new life waiting ahead
We must make most of it
By forgetting and forgiving
Moving on with the moment
Is the only wisdom...

Gurukul



Previously, you mentioned that attachments are not the main problem but the emotional involvement that we humans have with people and situations is. However, I always thought that the emotions themselves are what make us human. Aren't emotions the cause that gives us feelings and that liveliness? Without emotions and feelings, we wouldn't be able to feel love, sorrow or anger. Sometimes these emotions do hurt us but that's how life should be, right? We can just feel them and let them go.

I think you should look to the word Involvement more than Emotions here. The involvement leads to entanglements. One never denies that one should be emotional. You have rightly said that emotion is the core of humans in any case. Without emotions all of us will cease to be humans. But the moment you start getting involved in emotions you tend to lose the reins of emotions and they start driving you. It should be the other way. Once you are driven by emotions you lose your control on your own life and get dragged through the process of life. Even the best of emotions and feelings like love, compassion etc get contaminated as invariably the involvement brings the possessiveness and the right of ownership. Then the whole idea of emotions falls under the control of ego rather than a soul. On the other hand you are right in saying that sometimes it hurts but then it is life anyway. But then one should take the whole responsibility of such involvement and not blame everyone except oneself.

It is said that life is a reflection of what you give to others. If that holds true, then a person, say, A gives his best selflessly to his family and others around him and even then people aren't exactly grateful or at least happy about it. Why does this happen and how should the person A respond to this? Should he stop doing his responsibilities and be angry with others?

I think you are mixing two things here. Life indeed is a reflection of what you give or do to others. But at the same time, one has to remember that whatever we give to others is not to make them happy but to make oneself happy through that person. You are all the time searching opportunities to make yourself happy in every situation. Unfortunately not many know about this innate process. If a person A behaves well with others it is for his own sake because when A behaves well he feels good about his acts. If I smile on the way when I meet you, the smile is not for you though you are a reason (not a cause). I feel good when I do that. My act of goodness has already paid for itself when I felt good. Anything else to expect in return is not fair as there won't be more than one fruit to the same action. If it happens it is a bonus. But if it does not happen it should not dishearten you as anyway that was not an objective. If somebody plays Hippocratic and wears a mask then one is bound to be stressful as one is not going by one's natural traits. It is the unnaturalness that creates anger, irritation, frustration, stress etc. It is not about others that have reacted.

Parenting...

The biggest challenge of the future!



As we all know Parenting has been a subject on which our sadhaks have been working very intensely for the past decade and have come out with some revealing and revolutionary facts. We have decided to give you some information and knowledge in the matter in every issue. Here we are starting with an excerpt from an interview with Dr Bruce Lipton who has been researching on this subject for almost 4 decades. We will tackle some issues with specific focus on certain aspects of this subject. We are sure you will enjoy this series of articles.

Kamrath: I love how you refer to pregnancy as nature's Head Start program. Can you talk about a baby's level of awareness and consciousness within the womb? Also, please discuss the new brain science that shows the impact of a mother's emotional well-being on the health, intelligence and capacity for joy for the child within her womb.

Lipton: Nature spends a lot of effort and energy in creating a child, and it doesn't do so randomly or just on a whim. Nature wants to ensure that a child is going to be successful in its life before embarking on the process of birthing that child. Although a child receives genes from both its mother and father, the genes are not fully set into the position of activation until the process of development. The first eight weeks of a child's development is called the **embryo phase**, and that's just a mechanical unfolding of genes to make sure the baby has a body with two arms, two legs, two eyes etc. The next period of life is called the **foetal stage**, when the embryo has the human configuration. Since it's already shaped, the question is,

what will nature do to modify or adjust this human in the next number of months before it's born? What it does is this: Nature reads the environment and then adjusts the final tuning of the genetics of the child based on what's immediately going on in the world. How can nature read the environment and do this? The answer is that the **mother and the father become nature's Head Start program**. They're the ones who are living in and experiencing the environment. Their perceptions of the world are then transmitted to the child.

We used to think that only nutrition was provided by the mother to a developing child. The story was, genes control the development, and the mother just provides nutrition. We now know, of course, that **there's more than just nutrition in blood**. Blood contains information about emotions and regulatory hormones and the growth factors that control the mother's life in the world in which she's living. All this information passes into the placenta along with nutrition. **If the mother is happy, the foetus is happy** because the same chemistry of emotions that affect the mother's system are crossing into the foetus. If the mother is scared or stressed, the same stress hormones cross and adjust the foetus. What we're recognizing is that, through a concept called **epigenetics**, the environmental information is used to select and modify the genetic program of the foetus so it will conform to the environment in which it's going to grow, thus enhancing the survival of the child. If parents are totally unaware, this creates a great problem—they don't know that their attitudes and responses to their experiences are being passed on to their child.

“Acceptance makes our life easy”

by Krupa Choksi

Today I was just thinking about the whole game of life and finally, I came to the conclusion that everything is destined. Sometimes, we accept happily what comes to us when things go according to our wishes and sometimes, initially we have lot of resistance but eventually we accept. So destiny plays its role whether we accept or not. And our destiny is as you know is based on our past Karmas. (Past actions).

But I have seen when we do not accept events in our life; it creates lot of restlessness within, which eats up lot of our energy. Many times we do something which we don't believe in e.g. obeying elders or doing something which makes other person happy. This is an acceptance but it is superficial. Internally we are not happy and externally we are doing it to please others, but this causes lots of conflict within. So it is an acceptance without will. So be true to your nature and do not lead a superficial life. If you accept it, accept fully.

Similarly many relations we have in our life that we don't like but we have to accept as there is no choice. We have accepted them superficially. Outwardly we show love and respect but inwardly we don't accept which makes us restless, at times irritated and thus creates stress within us. We criticize them at the slightest instance as we have not accepted them as they are. So is the case in our job or working place where we enter into conflict many times because either we have not accepted our boss or subordinate/ assistants. This leads to stress. It may not be always our work pressure but it is our inner conflict of non-acceptance of that person which makes situation stressful when we have to deal with them.

I have seen people giving up hope in life thinking that situation will not change/ or people in their life will not change. They are living but like a dead person. They have accepted everything in their life but with lot of grudges and complaints and it is still in them.

There is a difference between acceptance and surrender and many people do not understand that. In acceptance, the starting point is something or somebody you don't like or some events don't happen as per your liking and eventually you accept them with a thought, “Whatever happens, happens for good”. It is not part of

a natural process. While in surrender, we always nurse the thought that everyone is divine and everything is happening as per the divine will. Divine is looking after me every moment. So whatever happens we accept willingly without any grudge. In such a state, we are free from doubts and feel divine is controlling our life. In other words, we allow the divine to act which is far more intelligent that we are.

Here one is acceptance without ego i.e. surrender and other is acceptance with ego which makes us sad and eventually miserable. One is leading life with awareness about karmic theory that everything is a fruit of our actions done in past. Another is leading life in ignorance where we feel all kind of injustice is done to us and we are victimized.

The idea of life is to reach this state of surrender where we can experience our blissful nature like a small child where we are free from worries, free from anger, free from stress and jealousy. This is a state of Yogi as described in Bhagwat Geeta, **“Sukha dukhe same' kritva labha labhou jaya jayou tatho yuddhaya yujyasva naivam papam avapsyasi”**

This means - Having an equal mind in happiness-sorrow; gain-loss; victory-defeat; engage in battle and thereby you will not incur sin. This is the secret of karma yoga which means yoga of action. Detachment and equanimity are essential for the spiritual seeker. Work as such does not bind any but it is the attachment to the results of actions (fruits of action) that binds the individual. Life is full of waves of happiness and sorrows. Whether we like it or not, we want it or not, we are born into this world and will have to face the pains-pleasures; experience happiness-sorrow and victory-defeats as a consequence of our actions. Learning the art of swimming in the ocean of life is the secret of reaching liberation.

*So just flow with the flow and accept life with a thought that **“Swami (God) is there with us and he is aware of everything that is happening to us. Trust him and allow him to work.”** This thought will help us to remain cool and calm in difficult times. Be in space and do sadhana so that we accept things easily without any grudges. It will also reduce impact of our sufferings and make us realize our blissful nature.*

Guru Shishya Paramparah – an eternal quest

by Aruna M.



As a college student, I had come across the organization known as “Sivananda Gurukulam” who serve the poor and destitute children. Later in life, I heard about many Yoga centres under the same name. I became inquisitive and started to explore more about the same. This gave me a lot of insights about spiritual path, importance of lineage and living life for a purpose selflessly.

Sivananda Saraswati was a Hindu Spiritual teacher who propagated Yoga and Vedanta. He was born on 8th September 1887 in Tamil Nadu. He studied medicine and served in British Malaya as a physician. He realized that the medicines were only helping the patients at the superficial level without even touching their soul. This reminds me of our very own Guruji. Ajit Sir as a Reiki master not only taught us the healing technique, but went beyond and brought the spiritual touch to it. Spirituality became the core of this wonderful organization, Reiki Vidya Niketan.

Coming back to Sivananda Saraswati Swami, his spiritual quest brought him back to India. He met his Guru Swami Vishwananda Saraswati in Rishikesh in 1924. His Guru initiated him in the Sannyasa order and gave him monastic name. He was the founder of the Divine Life Society in 1936, Yoga-Vedanta Forest Academy in 1948 and many more. He established Sivananda Ashram. Sivananda performed austerities for many years but he continued to nurse the sick. He served pilgrims, holy men and the poor using his medical expertise at the charitable dispensary at Lakshman Jhula. This reminds me about the Reiki Arogya Mandir established by our Guruji and which is well executed by his sincere and dedicated sadhaks.

Sivananda went on an extensive pilgrimage and travelled the length and breadth of India to meditate at holy shrines. He went on pilgrimage to Kedarnath, Badrinath, Kailash-Manasarovar, Rameshvaram. He visited Sri

Aurobindo Ashram, had darshan of Ramana Maharishi on Maharishi's birthday. This definitely reminds me the about our Guruji's Yatras and the blissful Intensive at Thiruvannamalai, which turned many of us towards an inward journey.

Shivananda's two main disciples were Chidananda Saraswati and Krishnananda Saraswati. A few disciples who went on to grow new organisations were :

- Chinmayananda Sarawati – founder of Chinmaya Mission
- Jyotirmayananda Saraswati- president of the Yoga research Foundation Miami, USA
- Omkarananda Saraswati-founder of Omkarananda Ahsram, Himalayas
 - Satyananda Saraswati- founder of Bihar school of Yoga He has written 296 books on a variety of subjects: meta-physics, yoga, religion, psychology, philosophy, fine arts, education, health, messages, anthology and many more. He attained Maha Samadhi on 14 July 1963 in his Kutir on the bank of the Ganges in Sivanandanagar, Rishikesh. He was the divine power of truth, purity, love and service.

Yoga must have touched all of us in some form or the other. I am so grateful to this great saint who is so compassionate with healing hands who spread Yoga and Vedanta so selflessly. The seeds he had sown have spread far and wide to spread wellness and healing to the human population. We are very fortunate to have been born in the same country. Above all, I am feeling so blessed to have been part of yet another lineage of Guru Shishya Paramparah. I am sure with such a lineage and Swami's blessings, our purpose of life will also unfold and help us to live a meaningful and a fruitful life. I would like to conclude with Sir's words “Our role is only to make our existence available for the divine to express itself”

National Seminar on Higher Education in India

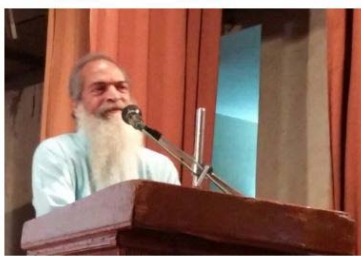


National Seminar on Higher Education in India was organized in Ponda, Goa by Dada Vaidya College on 11th April 2016. Guruji was invited to offer the Key-note address at the event. The event was attended by almost 200 principals and teachers from different parts of the country. Guruji talked about Riding a wave of new generation- a teaching challenge for about 2 hours. Guruji covered the topics of Youth and Education and its various dimensions. He also recommended certain steps one may have to take as teachers to rise up to the challenges so that India not only becomes the largest youth country in the world but becomes the leader to the world by directing the massive youth force. The message was well received.



Guruji on BISAG channel for Teaching the teachers

Government of Gujarat is known for its dynamic and progressive governance. One of the most revolutionary things they have started is using space technology to reach the common man for enriching their knowledge. Out of 12 channels run on Bhaskaracharya Institute of Space Applications in Gujarat (BISAG) 6 channels are dedicated for education. Guruji was invited to address 30,000 teachers at remote locations between 10 am and 12 pm on these channels which reached practically every school in Gujarat. Guruji talked about the challenges in front of teaching community to create new models of teaching demanded by the changing situations. He created awareness about the changing behaviour patterns of the new minds and the personality traits. He also discussed about various new methods like Psychological understanding of the new generation, techniques like Yog Nidra and the integral teaching approach to rise to the occasion.



Teacher's training for Ahmedabad Principals

About 1500 principals and senior teachers in Ahmedabad attended Guruji's Teachers' Training Programme.



Teacher's Training at Palanpur in Gujarat

DISIM seminar in Devrukh



A Tale of Hanuman..



Guruji was telling a story of Hanuman on Hanuman Jayanti. He said "You know Hanuman in his early days tried to conquer the Sun and went to grasp it as he thought it was a fruit to be eaten. His attempt failed. Hanuman had the right energies and ambitions but possibly had no real purpose to eat up the Sun as that was not in the interest of the universe. Lord Ram, the incarnation of Lord Vishnu took a notice of that and used Hanuman's energies to destroy the evils from this Earth instead of disturbing the universe, which is perfect and balanced. There is a huge message in this. The energies of the new generation (Hanuman) can be diverted and channelized to create a better world free of evils. But then it needs the love and energies of Lord Rama in the heart. The earlier generations may have to invoke the Rama within and the situation may no longer look to be challenging. It is so simple.

Program Schedule for May 2016

Reiki Seminars

Dates	Reiki Teacher	Centre	Degree
14th & 15th May 2016	Ajit Sir/Vishal	Nashik	2nd
20th & 21st May 2016	Ajit Sir	Dubai	1st
21st & 22nd May 2016	Rakesh Kumar	Mumbai	1st
21st & 22nd May 2016	Vishal	Pune	1st
28th & 29th May 2016	Ajit Sir	Bengaluru	2nd
4th & 5th June 2016	Ajit Sir	Mumbai	2nd
25th & 26th June	Ajit Sir	Baroda	2nd

16th May to 25th May

Summer Children Retreat Camp 2
Devrukh **by Retreat Team**

7th May 2016

Inner Celebrations: a lecture Sangharsha Sanman
Lecture Series Madgaon, Goa **by Ajit Sir**

14th May 2016

A lecture on Holistic Life in Vasant Vyakhyanmaala
Nashik **by Ajit Sir**

27th May 2016

A Lecture at DRDO in scientists forum
Bengaluru **by Ajit Sir**

Other Programs

1st May to 10th May Summer Children
Retreat Camp 1
Devrukh **by Retreat Team**

1st June 2016

Teachers' Training Programme
Mhapsa, Goa **by Ajit Sir**

