

# REIKI VIDYA NIKETAN

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## Be fearless oh, Mind...

EDITORIAL

I just happened to see a video on Anita Moorjani. Anita is one such personality who was born Indian and then moved over to Hong Kong to stay there. About 5 to 6 years ago, there was tremendous transformation in her life which has made the whole science to sit up and notice.

She became ill with a dreaded disease like Cancer to such an extent that there was not even one lymphatic node which was not affected by cancer. A situation which was beyond the reach of modern science and she had no choice possibly but to die. Doctors had thrown their hands up though she was being treated in the absence of any other alternative. She went into coma for almost 34 years and when she regained her sense she was fully healed from cancer. There was not even a sign of this fearful disease after 2 to 3 weeks.

She has shared this experience through various media and on various forums including a book and a series of videos. She says that in such a condition she could see her own body and surroundings and she even could have an encounter with a soul of her own father who had passed away few years ago. In that unconscious state she could hear everything and see what was happening not only in the confines of the hospital room but even beyond.





Be fearless oh, Mind...

She could even hear about what a new Chinese Doctor told her husband in a passage of the hospital concerning her critical state. Medical science can't explain the whole episode today. They are clueless. Anita who went beyond the boundaries of life in the domain of death and came back has a message for all of us. That message is nothing but an essence of our Reiki seminars. That should help one understand what is disease and what is health.

The wisdom that dawned on Anita says that there are only two forces which work on human life. One is fear and the other love (or one can call it faith). There is no third force. The whole ancient science knew that it is the fear which leads us to miseries and diseases. Fear gives birth to insecurities and the insecurities to the diseases. The moment we move away from the divine space the human soul starts feeling insecure and restless. This is the first step towards disease. You all must have experienced this with your own mobiles. The moment you start moving away from your basic grid where your mobile is registered it starts draining away faster. The further it is the faster the depletion of batteries. It needs to be recharged very frequently. Same is the case with our soul. The moment it moves away from the divine space it starts feeling restless and fearful. Love & faith work exactly against this. Love brings up an acceptance, a faith, a union. Love is our own nature. It is a second name of the soul. That is the very reason why saints and divine figures are full of love and compassion towards the whole world around. But as against that the one who does not experience his own love leads a life of fearful entity. They are not even aware about their own nature of love. Then they face all those horrific situations like diseases. Earlier the science accepts that better it is. That is the time then we all move away from the diseases, medicines and drugs. Today the whole lot of scientists like Dr Bruce Lipton, Dr Brian Weiss, Dr Alan Watkins, Dr Deepak Chopra are telling their patients to drop the cravings for the material world and surrender to that supreme power. This should be a turn around in human evolution. The mantra that many of us chant in praise of Swami Samarth starts with "Be fearless, be doubtless" and then the next para starts with " the God himself will write your destiny" That is the message.

*Ajit Siv*

*Nov 25th, 2017*



## Mr P N Devrajan passes away...

The readers of RVN Newsletter must be familiar with the name of Mr. P N Devrajan as we had republished some of his articles in our newsletters during the past one-year. I knew Mr. Devrajan very closely as he was the one who helped Reiki Vidya Niketan to reach and touch lives of more than 2000 students in Chennai and places around. He has always been a great supporter of Reiki spiritual practice and played a large role in spreading health, happiness and harmony through Reiki in the southern part of India... I have been a great admirer of Devmama as he was called and always got inspired by his spirit and zeal in promoting the right cause in the interest of the human society. He has left many memories of his in my heart and though he has left his body to move over to the higher levels of consciousness the spirit that he lived with will never leave this planet. That spirit will always guide and inspire all those who are walking on this wonderful divine path to serve the society at large. Reiki Vidya Niketan and Shree Swami Samarth Math in Devrukh will always be in gratitude for he and his family did for this divine mission of ours. May his soul rest in peace!

Here are some words in homage to this great personality, from Ms Aruna M. who is a Reiki Master with Reiki Vidya Niketan and a niece of Mr P N Devrajan.

Mr P N Devarajan, studied at Ramakrishna Mission School in Chennai, for under graduation at A C Tech (chemical engineering) and MTech from IIT Kharagpur. He said he believes in love and gratitude at all circumstances. He had worked with top professionals on India in private and public sector. He also believes giving is not only material or money. Giving is also your Time, Talent, Treasure and Trust. His famous quote is "give little of your little". One need not be rich to give, instead one should have the mind and attitude to give.

Manava Seva Dharma Samvardhini, was founded by Mr PN Devarajan. This Sanskrit phrase means – the Divine Mother who kindles the natural, in born but hidden inclination in every human being to serve others. The mission has been to promote social consciousness in society and enable

social citizens. Based on this he started the new philosophy of DOS programme ( Dal, Oil and Sugar). This is coordinated by Manava Seva Dharma Samvardhini Trust that encourages voluntary giving of materials that are required by charitable institutions to keep the kitchen full.

A few Achievements of MSDS are

- Conferred the Sadguru Gnananda Awards for social excellence to 95 women, 9 families and 2 socially responsible corporates
- Established learning centres for social entrepreneurship – CSIM( Centre for Social Initiative and Management) in Chennai, Hyderabad, Bangalore, Mumbai and Coimbatore
- Donation of Dal, Oil and Sugar amounting to Rs. 12,76,920 annually to over 50 NGOs.
- Making a difference in the lives of marginalised – 20 narikuravas and 12 transgenders by providing educational support.

He also steered in spreading Reiki for many years in Chennai. This helped more than 2000 people to learn reiki in the years 2000 – 2008. He is also patron of Siva Shakti Kakkum who are taking care of challenged children in Chennai, Bangalore and Thiruvannamalai. He was a devotee of Kanchi Sankaracharya and he has patronized Veda chanting and teaching of Vedas to children at a young age. He has been a path finder, who created an ecosystem for Social Entrepreneurship. He reached God's abode on November 2nd 2017. It's indeed a big loss to the family friends and many well wishers. We are all indeed proud to have known him and have associated with him and inspired by him.

**Excerpts from The Pathfinder - by Marie Banu**

With love light and reiki

**Aruna M**



# "WHO PUSHED ME"

*by Shri Khushal Solanki*

A man had one very beautiful daughter. When the daughter was ready for marriage, the father sent news around town that all the eligible young men should come to compete in a test which would determine who was fit to marry his daughter.

On that day, all was set, all the able-bodied young men came out. Some came with paper and bio and others with cutlasses and swords.

The rich man took them to his swimming pool and addressed the men: "Any of you who can swim from one end of this swimming pool to the other would marry my daughter.

In addition, I'll give him 15 million dollars, a car and a house so they can start life well. I shall be waiting to meet my son-in-law at the other end. Good luck!"

As the young men, all very excited at the prospect of winning, started taking off their shirts, a helicopter came over the pool and dropped alligators and crocodiles into the pool. Immediately, all the men turned back and started wearing their shirts again. Disappointed, some of them said, "That's crazy,

let's see who would marry that girl, no one will".

All of a sudden, they heard a splash in the pool. Everybody watched in amazement as one gentleman waddled across, expertly avoiding the alligators and crocodiles.

Finally, he made it to the other side. The rich man could not believe it. He asked the young man to name anything he wanted but the man was still panting uncontrollably.

Finally, he got back to his senses and made a request saying,  
"SHOW ME THE PERSON WHO PUSHED ME INSIDE THIS POOL!"

Moral 1: You don't know what you are capable of doing until you are PUSHED! Meanwhile, the Crocodiles were Rubber Crocodiles.

Moral 2: Those seeking to push you into the jaws of alligators and crocodiles may have helped you to reach your promised land!!!

Sometimes it takes going through the bad moments to bring out the BEST in us.

Trials are raw materials for Triumphant Testimonies... The push might take different dimensions: some people needed to be sacked before realizing their potentials and reaching their goals in life.

I PRAY YOU WILL GET A DIVINELY INSPIRED PUSH in your life.

God Bless you as you accept the Push to go for the fulfilment of your purpose in life.

**P- Persist**

**U- Until**

**S- Something**

**H- Happens**



# Sindutai Sakpal

## MOTHER INDIA

by Telangan



- ***Gandhari had 100 sons. Ever met a mother of 1400 children?***
- ***"I am there for all those who have no one," Sindhutai.***

*Her life started as being an unwanted child, followed by an abusive husband who abandoned her when she was nine months pregnant. The circumstances she has faced could force anyone to lose courage and die. But Sindhutai emerged stronger with every difficulty she faced and became a 'mother' to over 1400 homeless children when she herself was in a hand-to-mouth situation!*

The 68-year-old lady hides many stories behind her strong personality. Full of energy and passion, Sindhutai is commonly referred to as **'Mother of Orphans'** and as she talks about her life and her children you can see the pain, the troubles and the miseries she has faced and overcome with her hard work during her lifetime. But, from all the emotions you see on her face, an unusual sense of confidence, which is something you get inspired from.

Born at Pimpri Meghe village in Wardha district of Maharashtra, she loved education and used Bharadi leaves to write, as the family was poor. Her early marriage put an end to her desire to study. She got married at a tender age of ten to a 30-year old man. Her abusive husband beat her up and threw her out of the house when she was nine-months pregnant. She gave birth to a baby girl in a cow shed and the same day walked to her mother's place in that condition, who refused to give her shelter.

***"I cut the umbilical cord with a sharp-edged stone lying nearby,"*** she recalls. She started begging at railway platforms for food for her daughter because she was not educated. As she spent more time begging, she realized that there were many orphans and children abandoned. Having faced the difficulties herself, she could feel their pain and she decided to adopt them. She started begging more earnestly in order to feed the many children that she had adopted. Gradually she decided to adopt every child who came across as an orphan and, over a period of time, she emerged as the **"mother of orphans"**.

***Till date she has adopted and nurtured over 1,400 orphans, helped them get an education, got them married and supported them to settle down in life. She is fondly referred to as "mai" (mother). The children are not given up for adoption. She treats them as her own and some of them are now lawyers, doctors and engineers. Sindhutai has received over 500 awards for her extra ordinary support to orphans. Sindhutai with her love and compassion has gathered a huge family of 207 sons-in-law, 36 daughters-in-law and over 1000 grandchildren. Today, She has six organizations operating under her name, which work for various needs of orphans.***



# Key to Happiness

by Aruna M.

As a student, I just remember one important message from first degree reiki in Chennai almost 17 years ago. ***“In this world whatever we do it's simply because it gives us happiness”***. This learning seems so simple yet very profound. It immediately puts our ego in place and reduces expectations from others. We finally understand that all of us are not self-less as we thought so, it is a spiritual journey to reach the top of becoming self-less human beings. I recently got to read a book on “The Art of Happiness” by His Holiness Dalai Lama winner of Nobel peace prize 1989 and Howard C Cutler.

Dalai Lama says “Although it is possible to achieve happiness, happiness is not a simple thing. There are many levels. In Buddhism, for instance, there is a reference to the four factors of fulfilment, or happiness: wealth, worldly satisfaction, spirituality, and enlightenment. Together they embrace the totality of an individual's quest for happiness. But in order for an individual to be able to fully utilize them towards the goal of enjoying a happy and fulfilled life, ***your state of mind is key***. It's crucial.

Summarizing, he said, “As long as there is a lack of the inner discipline that brings calmness of mind, no matter what external facilities or conditions you have, they will never give you the feeling of joy and happiness that you are seeking. On the other hand, if you possess this inner quality, a calmness of mind, a degree of stability within, then even if you lack various external facilities that you would normally consider necessary for happiness, it is still possible to live a happy and joyful life.”

Mr Howard asks Dalai mama Can you speak a bit about desire?” This question reminds me of my question to our Guruji. “if it is wrong to have a wish?” He replied “wish is fine but desire (is = wish + Ego) is bad”. So what is Desire in Dalai lama's perspective?

“I think there are two kinds of desire,” the Dalai Lama replied. “Certain desires are positive and certain desires are negative. A desire for happiness, it's absolutely right. The desire for peace, the desire for a more harmonious world, a friendlier world. Certain desires are very useful. “But at some point, desires can become unreasonable. That usually leads us to trouble. So I think that this kind of excessive desire leads to greed—an exaggerated form of desire, based on over expectation. ***The true antidote of greed is contentment***. One can achieve this by appreciating what we have and not counting what we desire to have.

Another internal source of happiness, closely linked with an inner feeling of contentment, is a sense of ***self-worth***. In describing the

most reliable basis for developing that sense of self-worth, the Dalai Lama explained the following which touched my heart.

Dalai Lama says:

“Now in my case, for instance, suppose I had no depth of human feeling, no capacity for easily creating good friends. Without that, when I lost my own country, when my political authority in Tibet came to an end, becoming a refugee would have been very difficult. While I was in Tibet, because of the way the political system was set up, there was a certain degree of respect given to the office of the Dalai Lama and people related to me accordingly, regardless of whether they had true affection towards me or not. But if that was the only basis of people's relation towards me, then when I lost my country, it would have been extremely difficult. But there is another source of worth and dignity from which you can relate to other fellow human beings. ***You can relate to them because you are still a human being, within the human community. You share that bond. And that human bond is enough to give rise to a sense of worth and dignity. That bond can become a source of consolation in the event that you lose everything else.***”

“Now sometimes people confuse happiness with pleasure.” Every day we are faced with numerous decisions and choices. And try as we may, we often don't choose the thing that we know is “good for us.” the simple reminder that ***what we are seeking in life is happiness***. But there is a better approach: framing any decision we face by asking ourselves, ***“Will it bring me happiness?”***

That simple question can be a powerful tool in helping us skilfully. Approaching our daily decisions and choices with this question in mind shifts the focus from what we are denying ourselves to what we are seeking —ultimate happiness. A kind of happiness, as defined by the Dalai Lama, that is stable and persistent. A state of happiness that remains, despite life's ups and downs and normal fluctuations of mood, as part of the very matrix of our being.

In the path to happiness, though no one denies that our basic physical needs for food, clothing and shelter must be met, the message is very clear. We don't need more money, we don't need greater success or fame, we don't need the perfect body or even the perfect mate- right now, at this very moment, we have a mind, which is all the basic equipment we need to achieve complete happiness. As reiki sadhaks we all have this equipment mind which is in our control and helps us to be happy every day and every moment.

*Excerpts from the “The Art of Happiness” by His Holiness Dalai Lama and Howard C Cutler*



# Relationships and Authenticity

By Vivek Pandye

Relationships are the most beautiful happenings that we cherish throughout our lives. Relations have the capacity to smoothen or burden our journeys of life. Life is like a dream when they are harmonious. However, it may just be a nightmare if things aren't falling into the circle. For us to lead a good life, peaceful to say the least, we all need good and harmonious relations. Also whether emanating from blood or consciously chosen by us, these relationships become the pivot around which our emotional health and life in general rotates. The big question however which comes to the fore is, what makes or mars these relationships. What is the fundamental factor which guarantees a smooth sail for all of us. Is it trust or truth? What exactly!! It is authenticity which lies underneath all the other factors.

Being authentic is like standing in your own truth. Relationships can't exist if one is faking and the other is authentic. It can be very simple and yet a reasonably difficult task to abide by. It needs complete annihilation of the fear factor to be able to stand in your own truth at all times. If we are guided by fear most of the times, we may not get a solid foundation for a good relation. For this we need absolute clarity of who we are in the first place. Standing in our own truth is however far away from standing in our egos. We need to understand this very clearly and distinctly. Be it any kind of an individual, trust me, relationships aren't that difficult to carry. It may sound pretty simple to understand but hard to implement depending on your willingness to give importance to your ego or drop the same.

In the first place, not every relationship may be important for us to get emotionally involved with. Some are just meant to be by-pass our lives. We can't be brooding about them for a very long time. Take for instance a financial equation with someone. It is a relationship meant for the head to take charge. Or some odd individual whom you may know will be useful at times for the purpose of carrying out our duties in this world. We can't be serious about such relations. All we need to do is maintain a certain level of dignity and respect with the individual so that we may co-exist in a cordial way. On the other hand an individual who is not useful at all is certainly a liability and should be done away with or not paid much attention to. (unless you are a Guru). Remember the earth has a population of 740 crores and hence you better not get involved with every one you meet. People who are useful and with whom we aren't emotionally involved become the first category of relations which we may call helpers. They make our lives much easier.

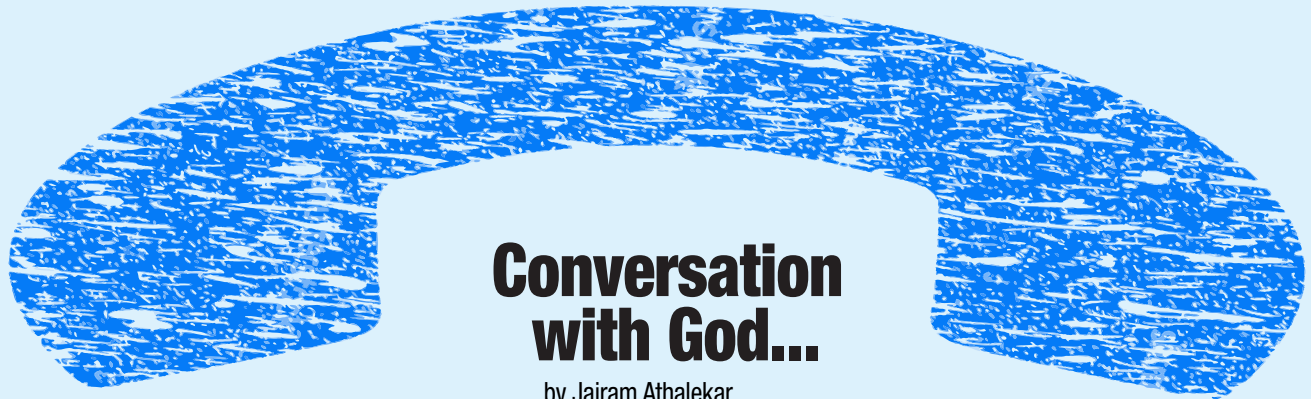
The second of the lot are our close friends and colleagues. They are the ones with whom we love to hang out with. However, we

unfortunately choose to hang out with such people only when we are bored and don't have much to do. What are we actually transmitting in terms of vibes, only the kingdom of boredom. These second of the lot are the ones which specifically need to be taken care of. The financial side of affairs should also be crystal clear or else it may lead to some sort of distortion in the relation. We need a good level of understanding about ourselves and also about the other involved. We should pose in our truth at all times and respect the truth of the other and accept the same. They make our life a lot easier and hence we need to positively and selflessly look at such relations. Taking advantage should never be the objective, instead a transparent give and take would mean a world for such relations. Also the give and take should be avoided as far as possible in terms of numbers. While in a conversation, being straight with life and with each other becomes the key. We may call them co-survivors as we share the struggle of life more or less in the same way.

The third in the lot are the ones where it becomes difficult to look at the two individuals separately. They become a part of each other. Mother and son, Husband and wife are some commonly seen core to core relations. The unconditional love can be seen in such cases only. We also feel free to express in the negative as the feeling of separation is hardly there. It is like someone talking to himself. In such relations the understanding crosses a very high level. Words may not be needed and specific behavioral traits are anticipated well in advance. We can't do much about such relations by being conscious as the subconscious is continuously exposed in front of such people. Whether you want them or not you have to spend your life with them anyways. All we can do is just try and keep the count of altercations to the minimum and do it in a lighter way if at all it happens.

Trust, truth, loving and sharing all become secondary things once you start behaving in an authentic manner. Authenticity is when you know what is appropriate to the situation. Authenticity is when you choose not to drop a relation just because of the fact that it may not be that useful. Authenticity is to know one's own self first and understanding the other later. Authenticity is remaining emotionally intact and yet lovable at all times. Authenticity is picking up the whip when needed for the sake of correcting someone you love. Authenticity is striking a balance between the pride you take in your own journey and the amount of respect you offer for someone else's. Authenticity is continuously reaching for life and allowing people to be a part of it in an inclusive manner. Authenticity is oneness perceived in a divided manner to eventually realize the union of life.





# Conversation with God...

by Jairam Athalekar

***Given ahead is the nice message from Katdare kaka, which I liked and thought of sharing with you... Here it goes:***

God: Hello. Did you call me?

Me: Called you? No. Who is this?

God: This is GOD. I heard your prayers. So I thought I will chat.

Me: I do pray. Just makes me feel good. I am actually busy now. I am in the midst of something.

God: What are you busy at? Ants are busy too.

Me: Don't know. But I can't find free time. Life has become hectic. It's rush hour all the time.

God: Sure. Activity gets you busy. But productivity gets you results. Activity consumes time. Productivity frees it.

Me: I understand. But I still can't figure out. By the way, I was not expecting YOU to buzz me on instant messaging chat.

God: Well, I wanted to resolve your fight for time, by giving you some clarity. In this net era, I wanted to reach you through the medium you are comfortable with.

Me: Tell me, why has life become complicated now?

God: Stop analyzing life. Just live it. Analysis is what makes it complicated.

Me: Why are we then constantly unhappy?

God: Your today is the tomorrow that you worried about yesterday. You are worrying because you are analyzing. Worrying has become your habit. That's why you are not happy.

Me: But how can we not worry when there is so much uncertainty?

God: Uncertainty is inevitable, but worrying is optional.

Me: But then, there is so much pain due to uncertainty...

God: Pain is inevitable, but suffering is optional.

Me: If suffering is optional, why do good people always suffer?

God: Diamond cannot be polished without friction. Gold cannot be purified without fire. Good people go through trials, but don't suffer. With that experience their life becomes better, not bitter.

Me: You mean to say such experience is useful?

God: Yes. In every term, Experience is a hard teacher. She gives the test first and the lessons afterwards.

Me: But still, why should we go through such tests? Why can't we be free from problems?

God: PROBLEMS are "Purposeful Roadblocks Offering Beneficial Lessons to Enhance Mental Strength".

Inner strength comes from struggle and endurance, not when you are free from problems.

Me: Frankly in the midst of so many problems, we don't know where we are heading...

God: If you look outside, you will not know where you are heading. Look inside. Looking outside, you dream. Looking inside, you awaken. Eyes provide sight. Heart provides insight.

Me: Sometimes not succeeding fast seems to hurt more than moving in the right direction. What should I do?

God: Success is a measure as decided by others. Satisfaction is a measure as decided by you. Knowing the road ahead is more satisfying than knowing you rode ahead. You work with the compass. Let others work with the clock.

Me: In tough times, how do you stay motivated?

God: Always look at how far you have come rather than how far you have to go. Always count your blessings, not what you are missing.

Me: What surprises you about people?

God: When they suffer they ask, "why me?" When they prosper, they never ask "Why me?" Everyone wishes to have truth on their side, but few want to be on the side of the truth.

Me: How can I get the best out of life?

God: Face your past without regret. Handle your present with confidence. Prepare for the future without fear.

Me: One last question. Sometimes I feel my prayers are not answered.

God: There are no unanswered prayers. At times the answer is NO.

Me: Thank you for this wonderful chat. I am so happy to start the New Day with a new sense of inspiration.

God: Well. Keep the faith and drop the fear. Don't believe your doubts and doubt your beliefs. Life is a mystery to solve, not a problem to resolve. Trust me. Life is wonderful if you know how to live.



*When I came on the earth  
I had few plans to pay back  
And complete my deeds  
Love came to an end  
When care got over...  
Life stood silent abruptly  
When dreams got over  
Hopes vanished rapidly  
When trust got over*

*I pray god everyday  
To bless me with lots of  
Dreams, faith and love  
And when you want me  
To live without them  
Please let me learn  
How to restore and fight back  
And complete the battle  
Let me live as a last day of life  
but never have to come back again...*

*and never  
have to  
come back...*



# Oh Reiki Mother, Reiki Angel

By Aruna M

Oh Reiki Mother You never lose sight of us  
You find us from nook and corner and  
Shower us with self-confidence and self-worth

Oh Reiki Mother You are so merciful  
You forgive us all the time and  
Shower us with love and compassion

Oh Reiki Mother You are so caring  
You protect us all the time and  
Shower us with abundance and harmony

Oh Reiki Mother You have a Midas touch  
You make us all Golden beings and  
Shower us with health and happiness

Oh Reiki Mother You have a divine presence  
You make us shining stars and  
Shower us with aura of rainbows

Oh Reiki Mother You hug us every day  
You makes us so special and  
Shower us with power and wisdom

Oh Reiki Mother You made us intuitive  
You cover us with divine grace and  
Shower us with peace and purity

Oh Reiki Mother You are all pervasive  
You are in each and everything and  
Shower us with powers to heal the universe

Oh Reiki Mother You got us magic wand  
You choose us as channels of miracles and  
Shower us with extended hands and expansive heart

Oh Reiki Mother our heart is your home  
You extend your heart to ours and  
Shower us with love light and reiki





# The Ashram Experience

By Seema Margi

First of all I wanted to thank you from bottom of my heart for giving us opportunity to give seva in devrukh math.

I would like to share my experience of this November month seva. When Kalpi Di asked me for date I was not in position to confirm any date due to office work load and i just pyayer to swami for the same and give the date from 1st to 5th November. After confirming the dates I was searching for the reason which will be convincing and genuine to the company. I didn't inform anyone in the office till 29th October that I would be not thr for next 5days. On 30th Oct morning when I woke up, loose motions started and mom advised me to take a leave and rest at home but I went to office to complete my task for next 5days as I wanted to go for seva. I have taken Reiki and reached office still loose motions and stomach pain were there and by seeing my condition my colleague forced me to take tablet and advised me to go home but still I worked and finally at 5'o'clock I informed my director that I m unable to work due to loose motion and I am going home. I have booked the bus tickets and packed my bags. Guruji after coming home there were no pain and I felt better. Till I reached devrukh loose motions was stopped and I clicked that that was there only for the office leave reason. I thank swami for creating all the things which was actual become a genuine reason of my 5 days leave.

I reached devrukh on 1st November morning from that day I was feel like I am in heaven and offering Seva in heaven. I made food, daily routine of abhishek, Rudra chanting , floor cleaning, food preparation everything was going so smooth and atmosphere was so fresh and cold just woooooow.

From next day MS asked me for Aarti as singer was unavailable and that experience was like... that day I come to know the meaning of every words of Aarti and then everyday I sang Aarti. On 2nd day we come to know that we sevekari will complete the Gurucharitra parayan by reading aadhaya as scheduled. On last day of my Seva I have read 4th days aadhay and I was so shocked that the aadhaya which I read the story was already known by me, when I heard who told me that I don't no and I literally cried while reading the aadhay. That experience was so different for me. Truly blessed to have you, swami and being part of Reiki.

Yes we can share this experience. One more thing while chanting Shree swami samarth every night after Good night aarti every day I feel presence of Swami like he was standing back of me, I got goosebumps now while writing also. I told Ganesh Patil and on last day I opened my eyes while Chanting and I have seen one tall man with Aura but not face and body of the one who is standing.

Everything which I was just thinking that I will do this during seva I will do that during seva and everything I did in this 5days seva. Everything was going so smooth and we were just flowing with flow. Best part was while returning I was just prayering to swami that everything should be under control in the office and I wondered that everyone was normal and asked me about my health.

Love you Guruji! The big thing I come to know that when they select you to do something they take care of everything.

Thank you Guruji... I m planning to give 7 to 10 days Seva from next time



# Interesting information on Navel (the Belly Button)

*by Ms Aruna M.*

## DID YOU KNOW?

Our belly button (NABHI ) is an amazing gift given to us by our creator. A 62 year old man had poor vision in his left eye. He could hardly see especially at night and was told by eye specialists that his eyes were in a good condition but the only problem was that the veins supplying blood to his eyes were dried up and he would never be able to see again.

According to Science, the first part created after conception takes place is the belly button. After it's created, it joins to the mother's placenta through the umbilical chord.

Our belly button is surely an amazing thing! According to science, after a person has passed away, the belly button is still warm for 3 hours the reason being that when a woman conceives a child, her belly button supplies nourishment to the child through the child's belly button. And a fully grown child is formed in 270 days = 9 months. This is the reason all our veins are connected to our belly button which makes it the focal point of our body. Belly button is life itself!

The "PECHOTI" is situated behind the belly button which has 72,000 plus veins over it. The total amount of blood vessels we have in our body are equal to twice the circumference of the earth.

Applying oil to belly button CURES dryness of eyes, poor eyesight, pancreas over or under working, cracked heels and lips, keeps face glowing, shiny hair, knee pain, shivering, lethargy, joint pains, dry skin.

**\*REMEDY For dryness of eyes, poor eyesight, fungus in nails, glowing skin, shiny hair\***

At night before bed time, put 3 drops of pure ghee or coconut oil in your belly button and spread it 1 and half inches around your belly button.

**\*For knee pain\***

At night before bed time, put 3 drops of castor oil in your

belly button and spread it 1 and half inches around your belly button.

**\*For shivering and lethargy, relief from joint pain, dry skin\***

At night before bed time, put 3 drops of mustard oil in your belly button and spread it 1 and half inches around your belly button.

**\*WHY PUT OIL IN YOUR BELLY BUTTON?\***

You belly button can detect which veins have dried up and pass this oil to it hence open them up.

When a baby has a stomach ache, we normally mix asafoetida (hing) and water or oil and apply around the navel. Within minutes the ache is cured. Oil works the same way.

Try it. There's no harm in trying.

You can keep a small dropper bottle with the required oil next to your bed and drop few drops onto navel and massage it before going to sleep. This will make it convenient to pour and avoid accidental spillage.

I am forwarding this valuable and very useful information received from a very good friend. Its really amazing. A million thanks to the friend. Happy to share it with friends.

Regards

Dr. Ajay dubey  
Assistant professor  
MDNIY AYUSH MINISTRY  
Govt. Of India.

<http://healthycarestuff.com/belly-button/>

<http://healthycarestuff.com/belly-button/>



## Agnihotra event at DRDO Ladies Association, Bangalore

"Our sadhaks had a session at DRDO Ladies Association Bangalore during their monthly meet on November 2nd 2017. The aim of the meeting was on spreading awareness about Agnihotra and how it has become The need of the time today!!

Eleven women attended the session which was conducted by our sadhak Komal Pukale. Agnihotra Process was introduced through a wonderful slide show presentation on the subject. The session was very interactive and informative. This was followed by sharing experiences by those who perform Agnihotra regularly. Some case studies were presented at the end of the session.

Overall audience experience was effective and beneficial, people requested for more such sessions post completion of event."



## Agnihotra event at Baroda



For finding the Cow dung cakes at nearby Vadodara, Smt. Sageeta Kulkarni & Mr. Milind Kulkarni were visited Shree Gajanan maharaj's Ashram, Rasulabad, Ajwa, Vadodara few days ago. The ashram have around 9 Desi Cows. They contacted trustees of the Ashram – Mr. Deota & Ms. Ahmedabadkar (who are also our Reiki Sadhaks) and planed for visit the ashram for Group Agnihotra and shown them for which purpose we need the Cow dung cakes ..i.e. for Agnihotra.

As per the sankalp of Milind Dada & Sageeta Didi and on the leadership of Shruti, we around 20 Reiki Sadhaks have visited the Ashram on 2.11.2017 (Thursday) and performed Group Agnihotra by 14 Agnihotries. Followed by Maha Aarati and Prasad at the divine place. We have chanted Rudradhyay immediately, after Agnihotra. Before aarati we have chanted 52 Datta Bavani.

They have also given us Cow dung cakes, which was purchased by our various Sadhaks at that time and they have also given assurance that they can provides us the pure & clean Cow dung cakes, regular basis.

## Rewards for Gauri Salunke



One of our young students Ms Gauri Salunke recently got graduated with specialization in "Typography" from Mumbai's Rachana Sansad College with first class.

She also won three awards/medals this year. She got an award in the subject "Best Typography" as well as two awards- "best typographer" and "best designer". Gauri says that she loved the field of "art" right from her childhood but after Reiki coming into her life she got more focused and the mind became calm and quite. Reiki Vidya Niketan congratulates her for her wonderful performance throughout a year.



## Agnihotra event at Chicago

Our Chicago students conducted an Agnihotra and Trimbakam Homa sessions at the house of Mr Janardan Engreji at Wood Dale. 14 Agnihotra and 14 Trimbakam homas were done simultaneously by a group of 20 sadhaks. It was a great evening for our sadhaks.



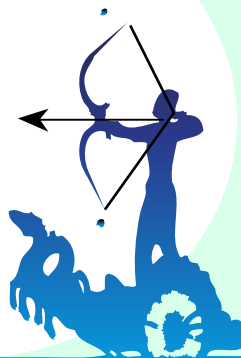
## DACC's exhibition in Pune

On the of Diwali eve Devrukh Arts Creative Community (DACC) – a wing of sadhaks helping the rural talent to explore the opportunities for earning – held an exhibition to promote the rural artifacts. The "Laxmi Lamp" launched by DACC created a lot of interest among the buyers. "Let Laxmi come to your home" slogan became popular. The package depicting the symbolic lotus feet with kumkum said much more than words could ever do. DACC is now ready with table calendars to welcome the New Year. The themes of which are 1) On the life events of Shri Swami Samarth, 2) Invisible expressions and 3) From the land of Peace. No doubt all these three calendars will be well appreciated by the customers.

## Lord Rama and Lanka...

The discussions were on in the ashram on one evening. Everyone was wondering why Indian saints like Swami Vivekanand, Yoganand Paramhans, Swami Rama, Maharshi Mahesh Yogi, Swami Jyotirmayanand went to western countries to teach spiritualism. The western culture is more materialistic in nature. Then what really attracted these saints? What would Yogis do in such highly materialistic societies? Guruji was silently listening to the whole discussion. Suddenly he asked, "Why did Lord Rama go to Lanka? Lanka was in reality a den of all those materialistic and egoist people like Ravana. They believe in austerities more than a simple life style. Then why did Lord Rama feel like going there? Did he have to go and conquer the throne of Lanka or was he to go and do shopping there? The only reason Lord Rama had to go to Lanka was his Seeta was trapped there and had to be released from that golden cage. Listen. This is only a parable! Seeta represents those sadhaks with a lot of faith and piousness but contaminated by the desires and cravings, Lanka stands for the society who is highly materialistic in nature. And Rama stands for a Yogi, that divine soul who has come to this world for service of a common man, to free him

from all bondages of this mundane world, the one who has a tremendous faith in the supreme powers, the one who would awaken the divinity within every human being. If the yogis and saints do not go to the western world moving towards the destruction of humanity, how will the human divine nature survive? Seeta would never come out of that golden cage and the life will be wasted.



## Program Schedule for December 2017

### Reiki Seminars

Dates	Reiki Teacher	Centre	Degree	For registration
16th & 17th December	Vishal	Mumbai	1st	Vinaya Sawant
23rd & 24th December	Ajit Sir/Rakesh	Vadodara	1st	Chandresh Parmar
23rd & 24th December	Sangita	Pune	1st	Amrut Kirpekar
23rd & 24th December	Bharatiben	Ahmedabad	1st	Bhartiben
30th & 31st December	Ajit Sir/Vishal	Thane	1st	Jayshree Desai

### Other Programs

Dates	Event	Location	Faculty
1st to 3rd December	Datta Jayanti Celebrations	Devrukh Ashram	
3rd December	Music Concert and Prize Distribution	Devrukh Ashram	
16th & 17th December	EPIC Parenting Training	Airoli	Ajit Sir