

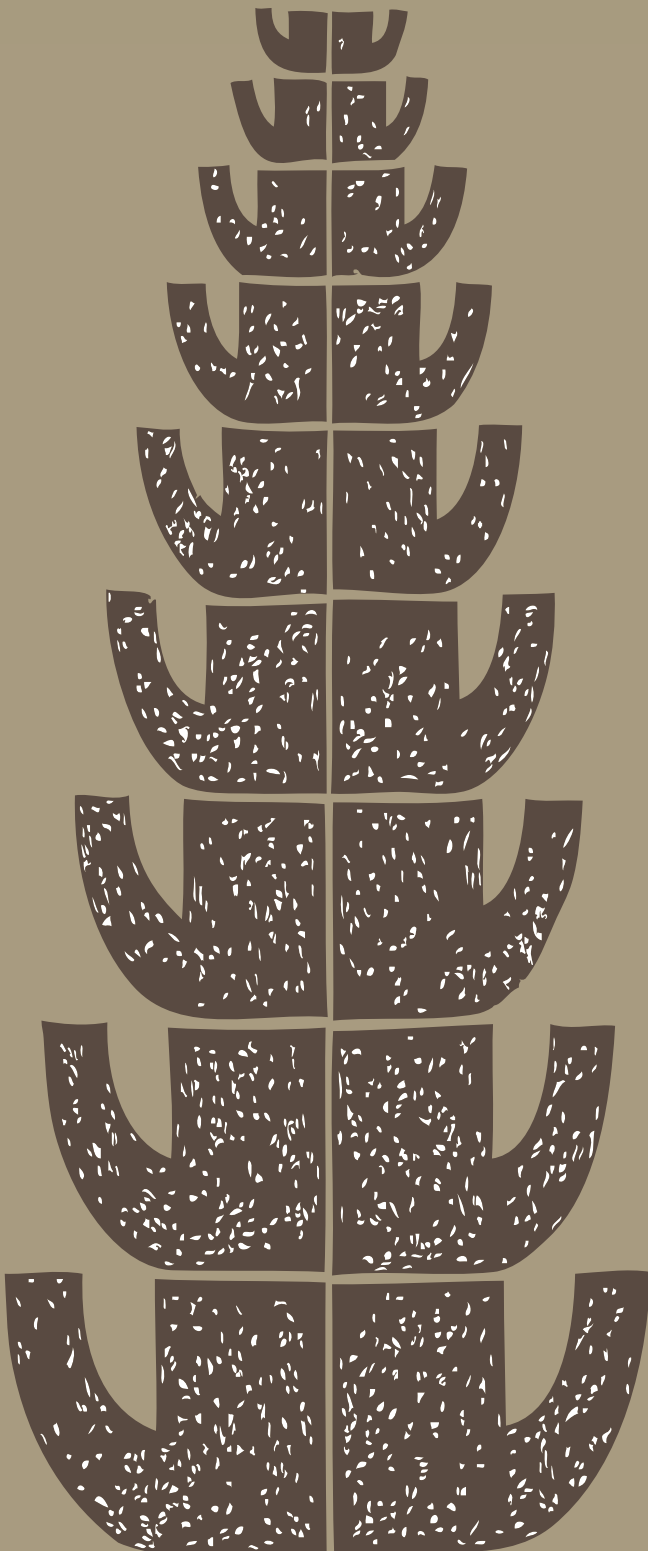
REIKI VIDYA NIKETAN

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E D I T O R I A L



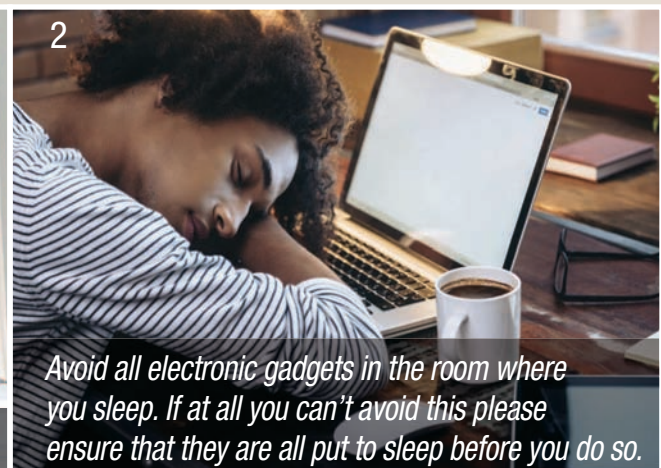
The lighthouse of Health... The path of light

Recently we have established a Deepstambha- a column of lights right at the entrance of our ashram site. The column is about 9 feet in height and has about 108 lamps which can be lighted at the same time. This lamp is now called as a lighthouse of health and the intention while installing it was that whenever this lighthouse is lighted all those connected to the ashram who for any reasons not keeping well will start getting healed. No wonder it is named as a “Lighthouse of Health” There is no doubt that with the divine grace of Shree Swami Samarth and the blessings of Reiki this will come out to be true soon.

I have been observing that for the past few months the sickness all around is growing by leaps and bounds. The increasing heat in the body seems to be a major cause for all diseases that we are coming across as healers. Four out five such patients who come to us belong to this category. Most of them before they come for Reiki healing had visited the medical doctors and disappointed. Again most of the time the Doctors find it difficult to diagnose but still continue to treat such patients without any clues in the name of medical science. These treatments are actually increasing the heat in the body which in any case is the root cause.

It is sad but one can't refrain from saying that the human body is posing a huge puzzle for most of those who claim to be experts in health care. We are somewhere forgetting that it is the environment which is causing many health issues and without managing that environment we are all trying to chase the symptoms away. What then is the way out?

I now a days sadhaks the following measures. Do not have any mirrors in the place where you sleep. If at all you can not remove those mirrors from your bedrooms, at least cover them when you are sleeping. Also ensure that there are no electronic stuffs around you when you sleep. I was just reading a scientific document on this subject. Now the science has established that the radiations from these electronic gadgets like mobile, laptop, wifi systems truly disturb the neuron structure within the brain and makes it very difficult to have the quality sleep. The rejuvenation of the body does not occur. Most of the people today are lacking that quality sleep and rejuvenation which is so essential for human body to survive and remain healthy. The other world under the garb of scientific ignorance may not like to listen to this. But I pray to all our Reiki sadhaks to take care on following counts:



And if someone does not want to follow the above, kindly do not blame anyone (including that divine) for making you sick whenever you go through those issues of ill-health. Just blame your own life style and your cravings.

Ajit Siv

Sept 21st, 2017



THE PRACTICE OF 7 DAYS IN A WEEK IS INDIAN...

by Aruna M

It is funny how the whole world believes that the 7 day week is a western concept!

7 day week is not a concept borrowed from Romans as it is generally believed.

The 7 day week is not really based on western calendar. Firstly, let's look at how classic predictions (Jyotisha Shastra) of the Vedas for answers to these questions:

Why do we have only 7 days in a week? Why can't we have 8 or 9? What is an hour? Why do we have only 24 hours in a day? Why can't we have 30 or 40 units and call it an hour?

Ancient Indians were so well versed that they often used 4 to 5 different units of time. If you ask your Indian grandmother, she might have told you that during her days, people measured time in a weird unit called ghati/ghadiya (1 ghati = 24 minutes).

1 day is the time lapsed between two sunrises. Sandhi in Sanskrit means knot or junction and hence the junction points are named as pratah sandhya (Early morning) and sayam sandhya (Evening) which divide the standard day into two halves i.e. from sunrise to sunset and sunset to the next sunrise.

Since there are 12 zodiac constellations, each constellation is assigned a part of the half a day unit and hence 12 parts in half a day each, together $12+12 = 24$ units. This is the concept of hora or HOUR. (Yes, hora is the standard hour. English unit of time and Sanskrit unit of time named similarly. Strange coincidence, don't you think so?)

Just as there are constellations associated with each hora, each graha is assigned rulership of individual hora. The order of the planetary rulership of horas is as follows.

- 1) Surya (Sun/SUN-DAY) followed by
- 2) Shukra (Venus/FRI-DAY) followed by
- 3) Budha (Mercury/WEDNES-DAY) followed by
- 4) Soma (Moon/MON-DAY) followed by
- 5) Shani (Saturn/SATUR-DAY) followed by
- 6) Guru (Jupiter/THURS-DAY) followed by
- 7) Mangala (Mars/TUES-DAY).

In Indian Prediction science (jyotish shastra), the rising sign at the time of sunrise is noted down and is considered very important to make any astronomical/astrological calculations regarding a chart, esp. to find out the janma lagna (Birth time), it is very essential. So, the rising sign is very important. Likewise, the planetary rulership of the hora during the time of sunrise is noted down. The planet that rules the hora at the time of sun rise is assigned the rulership of the whole day.

And hence, the day Ravi-vara (or Sun-day) is named after Ravi/Sun who is assigned lordship of the day because he rules the hora at the time of sunrise of that day. Now, following Sun, the next hour after sunrise is ruled by Shukra followed by the rest. In the above mentioned order of rulership of horas, calculate the next ruling planet that comes after 24 horas, i.e.

1st hour by Ravi,
 2nd hour by Shukra,
 3rd hour by Budha,
 4th hour by Soma,
 5th hour by Shani,
 6th hour by Guru,
 7th hour by Mangala,
 8th hour by Ravi,
 9th hour by Shukra,
 10th hour by Budha,
 11th hour by Soma,
 12th hour by Shani,
 13th hour by Guru,
 14thth hour by Mangala,
 15th hour by Ravi,
 16th hour by Shukra,
 17th hour by Budh,
 18th hour by Soma,
 19th hour by Shani,
 20th hour by Guru,
 21st hour by Mangala,
 22nd hour by Ravi,
 23rd hour by Shukra,
 24th hour by Budha
 *****End of a day*****

25th hour by Soma(moon/Monday)
 As you see it turns out that Soma is the ruler of the next day's sun rise. And hence, the next day Soma-vara (or Mon-day) is named after Chandra/Moon who is assigned lordship of the day because he rules the hora at the time of that day's sunrise.

In the same order, Mangala-vara (Tuesday) for Mangala/Mars being the hora ruler at sunrise,
 Budha-vara (Wednesday) for Budha/Mercury being the hora ruler at sunrise,
 Guru-vara (Thursday) for Deva Guru Brihaspathi/Jupiter being the hora ruler at sunrise,
 Shukra-vara (Friday) for Shukra/Venus being the hora ruler at sunrise,
 Shani-var (Satur-day) for Shani/Saturn being the hora ruler at sunrise,

Now after Saturday, the cycle reverts to 1) with Surya being the ruler of the hora at the time of next day's sunrise. This is the reason why there are only 7 days in a week based on these calculations of hora and their planetary rulership as mentioned in the vedic texts.

One may be a Christian, Muslim, Sikh or Jew, knowingly or unknowingly they follow the methods of the ancient Indian Rishis.

This is the reason why Hindu dharma is called Ancient Indian Civilisation Principles-ie called as Sanatana dharma (i.e eternal and expansive in its very nature).

It is funny how the whole world believes that the 7 day week is a western concept!

Pineal Gland

By Riddhi Patel,



Dear Guruji || Jai Gurudev || Good Morning

Hope you are fine! Our Neighbor who is staying at present in Thane had shared this with me, which I am sending for your information.

I don't have much idea about this but as I have learned in Study Circle now it has become habit to share and learn.

The Fact of Melatonin Please make it a point to sleep early... That's how God has made us Sleep at night and work during the day. Today I learnt something new a natural cancer vaccine. God placed in each and every one of us a gland in our head called the Pineal gland. It is considered to be the biological clock of the human body and it is also connected to the sight nerve. It is small like the size of a pea. Everyday after sundown this gland starts producing a substance called Melatonin which runs in the bloodstream and protects the body from cancer. This gland works only in the dark so if the eye is exposed to light the gland does not work because it thinks night has not come yet. So if you stay up at night in the light, you are depriving your body from this daily vaccine. Our parents and grandparents who used to sleep early in the night and wake up early in the morning did not suffer from cancer or any of the disease we hear about today. God has placed this daily vaccine in our body to protect us so let's put it to use by sleeping early. The gland starts working from after dark until two hours before sunrise Must read and share this miraculous physiology God designed inside man...



300 million women in India without access to safe menstrual hygiene products

1 in 5 girls in India who drop out of school due to menstruation.

Countless of Indian women still suffer due to poor menstruation in villages. The taboo has a crippling effect on young girls. Instead of accepting it as a normal part of life, it is treated like a disease. In most villages, rags are used during periods. Women do not even dry the rags in the sun out of shame; hence they are never really disinfected. These account for 70% of vaginal and urinary tract infections.

Arunachalam Muruganantham

India's Menstruation Man

by Telangan

Arunachalam Muruganantham was dropped out of school at the age of 14 to work and support his family after father's death. Few days after marriage, he found his new bride, hiding pieces of rags. She was using them during her menstrual cycle. The condition of the cloth was so awful that he wouldn't have cleaned his scooter with it. Muruganantham bought a pack of sanitary napkins from a chemist, which was packed like a illegal product. He examined a pad and realized that for a penny's worth of raw material used, the cost of the pad was almost ten times. He then decided to make a sanitary pad with some cotton wool and asked his wife to try it. But he realized that periods were a monthly affair. He needed used sanitary pads to study factors like the material used and its absorption, etc. Realizing that he couldn't depend on his wife alone for regular supply of used sanitary pad samples, he approached his own sisters and women volunteers in community to help him. Almost all of them refused, feeling embarrassed. What shocked him was that **less than 10% of women used sanitary pads at all and most still used rags. Some even used barks of trees, mud, even ash to stem the flow.**

He then asked women from a medical college to help him with sample trials. They did, but not for long. He built himself an mock "uterus" filled with goat's blood. He attached this to a pipe and let it flow into a sanitary pad, which he wore on himself. This made his body unbearably stinking. He was labeled as a pervert with a sexual

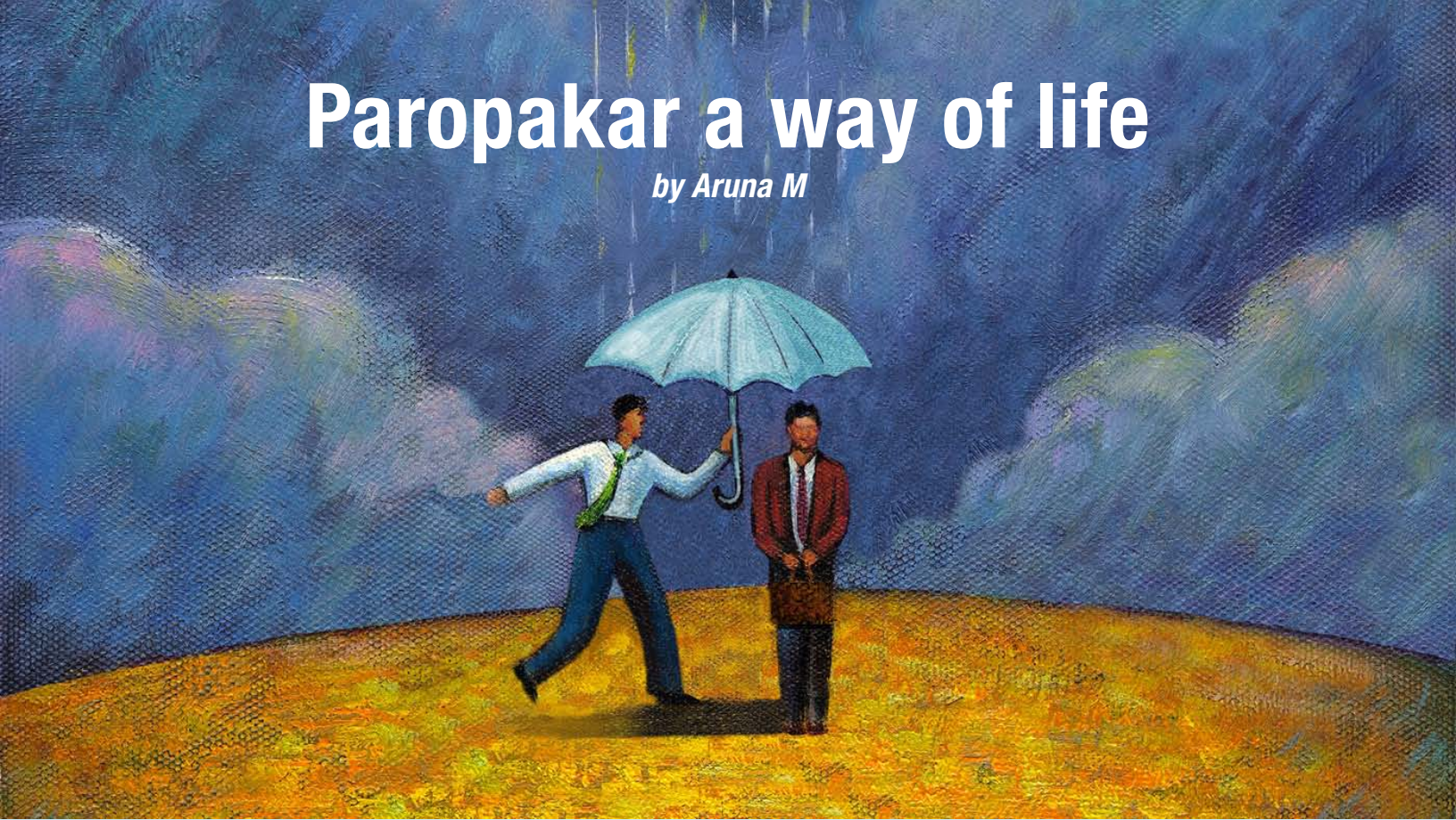
disease and disliked by all neighbors. His wife sent him a divorce notice and his mother cut off ties with him.

At last a woman volunteer who tried his sanitary pads said she thought she was wearing a branded pad. Muruganantham didn't manufacture sanitary napkins but he created a simple machine. His machine costs around Rs. 75000/- as opposed to the imported one costing Rs. 3.5 crore and it is simple and can fit into a living room. Arunachalam's aim was not only to make affordable sanitary pads, but also to empower and create employment opportunities for underprivileged rural women. His invention is now reached in 27 states of India, 17 countries, and his 1300 machines are giving proper earning to lacks of rural women today.

The turning point for Muruganantham came in 2006, when he visited IIT Chennai to showcase his idea and receive feedback. IIT registered his invention for the National Innovation Foundation's Grassroots Technological Innovations Award, which he won and received from the hands of the President. His biggest award was when Muruganantham has been reunited with his wife and mother, who now help him with this noble cause

Paropakar a way of life

by Aruna M



When I read a quote “You have another day in this world not because you need it, but because someone else need your help” of Sathya Sai Baba set me thinking. His motto is “Love all and Serve all”. Yes very true. A mason builds mansions for others, a teacher more so teaches other’s kids, a tailor stitches beautiful clothes for others and even a Guru sacrifices a lot to be there for his students in spiritual path than for himself.

Even if you observe Saint Ramakrishna’s life, he waited for his student Naren and transferred all the knowledge and moved on. Then Vivekananda shook the west with his profound knowledge and spread the knowledge throughout the world. Ramakrishna Mission believes service as a highest form of worship. One monk answers beautifully the question What is Spiritual living?

“When you close the eyes one should have peace and when one open eyes he should ask What can I do for you”

Our ancestors believed in
“Paropakaram Vahanti Nadya, Paropakaram Duhanti Gaaya
Paropakaram Phalanti Vriksha, Paropakaram Idam Sariram”.

Which means: River flow for Paropkar, Cows give milk for Paropkar, Trees bear fruits for Paropkar, Similarly this body is also meant for Paropkar

When you want good health it’s not only important that we eat right, exercise well, Pray to God, Meditate regularly but also help others and learn to be self-less in our deeds. Paramahansa

Yogananda says as a tip for art of living “Go out of your way to help others every day, in whatever way you can.” In today’s world when healthy living is so elusive we should start aligning ourselves towards self-less seva.

Swami Chidananda Saraswathi , President of Divine Life Society, Rishikesh says - The body has been given to us in order to benefit others. The body is given for doing good to others. God is in our heart. The human body is a temple of God. All beings are visible and moving temples of a living God. Therefore, have the desire to serve God through all living creatures. Let your life be filled with this ideal of doing good to others. Which is true to Swami Vivekananda’s sayings “One who serves Man serves God indeed”. Prakriti’s five elements namely Fire, Air, Sky, earth and water always teaches us to be self-less.

Seva in Devrukh Ashram also teaches us the same. We as sadhaks of RVN are again truly blessed since our Guruji believes on healing yourself and others to grow spiritually. His famous quote “Experiment, Experience and Elevate”. This is the gist of Vedanta isn’t it? I am sure so many sadhaks are already living every day true to this essence. Pondering over this has given me more clarity about the spiritual path Swami has chosen for us. We are indeed very blessed souls striding towards a blissful living. Thank you swami for choosing us and thank you Guruji for guiding us so selflessly and relentlessly

Jai Gurudev

Gurukul

by Ajit Sir



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?

Ans: 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?

Ans: 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?

Ans: 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?

Ans: 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?

Ans: 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?

Ans: 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?

Ans: 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.



I could see through the heart
Breaking a grand new day...

Thanking god for his blessings
For all troubles ending soon...

Life is not at all hopeless
While the darkness is fading...

Love is again expanding and
Rainbow is melting...

Flowing colours in my blood with
New hopes, and divine dreams...

No space for the evil forces
And her wicked existence...

I could see through the heart
Breaking a grand new day...

A Grand New Day

by Telangan



Ashram calling you

By Vivek Pandye

Where your inner world comes to the boil
Place your feet onto the red soil,
To calm the unnerving mind toiled
And break the patterns covered and foiled.
Remember that ashram calling you...

Take refuge in the utmost serene land
Learn to merge with the universal band,
Leave the mundane world; take a stand
Experience the mother, beyond logic and a magic hand.
Remember that Ashram calling you...

Not a rupee you have to pay
Just come, laugh and stay,
For the world is eventually made of clay
With shades more dark and grey.
Remember that Ashram calling you...

Visit the unattended rooms of your mind
It's okay at times to turn an eye blind,
To a world that's not so kind
Allow the self to be aligned and signed.
Remember that Ashram calling you...

Some lessons on lifestyle primeval in nature
Once again back to the school of life to nurture,
To erase a few craving questions and the answer
All taken care; by the mother as the anchor.
Remember that Ashram calling you..

The chirping of birds, the burning of leaves can all be found
Come on take a step, don't be so earthly bound,
To heal the bleeding soul and all it has around
In this sea of bliss; it's okay to get drowned.
Remember that Ashram calling you...

Guruji's lecture at Bharatmata Mandir



Guruji was invited by Bharatmata Mandir management to deliver a lecture on the contribution of Youth in nation building. Guruji urged the need for waking up and help the new generation find their directions in life. India which is going to be the largest youth nation in the world for 30 years starting 2020 has to take this force seriously and direct them on the constructive path so that it can regain its position of a leader of the world. He warned that if we do not do that now possibly we may land up at the bottom of the world in no time.



Guruji's new initiative at New Era School in Baroda



Guruji has started on an initiative to create a grid of youth force with an idea to give them direction in life in the interest of the world, and has started visiting schools all over. During his recent trip to Baroda he launched such an initiative at New Era School.. Agnihotra an ancient technology which has already established itself as an engine of peace and balance in environment is introduced in the school and the Agnihotra movement will be totally run by the students and the teachers of the school as joint efforts to create a peaceful and healthy environment in the school. This will be the step towards creating a harmonized society all around.

Global Sacred Fire event 23rd September 2017

Our sadhaks in Navi Mumbai successfully celebrated Global Sacred fire event on 23rd Sept 2017 at Gaondevi Siddheshwar Mandir Sector 10 Airoli Navi Mumbai. More than 40 people attended the session where our Team members Mrs Aditi Pusegaonkar, Mr Ajay Pusegaonkar, Mr. Mandar Kopare, Mr. Anil Jamdar, and Mr Dinesh Advani demonstrated the process of Agnihotra and talked about its benefits.



Saamuhik (Community) Agnihotra was performed using 16 pyramids. This was followed by Mr Mandar Kopare explaining the importance of Global Sacred Fire. Mrs Aditi Pusegaonkar introduced Agnihotra Process and had a wonderful slide show presentation on the subject. Using Agnihotra ash as medicine was well explained by Aditi. This was followed by sharing experiences by those who perform Agnihotra regularly giving some case studies. The best part was that the members of the audience were inspired to start this practice regularly. One of the practicing Doctors in the area have started displaying the Agnihotra benefits in her clinic for patients to know the magic of healing possibilities. Overall audience experienced was effective and beneficial, people requested for Agnihotra ash as prasada post completion of event. We got very positive response back from all the audience while we were conducting the interactive session as stated above.

Guruji's lecture at K K Wagh Engineering College, Nashik;



Guruji was invited by the management of Dr K K Wagh Engineering College at Nashik to address their teachers on the subject of "Riding the wave of new generation: Challenges & Opportunities" on 29th September. Principal Dr Nandurkar attended the session with his teachers and appreciated that Guruji's thoughts on the subject have created a new dimension of teaching.

The Means to Attain Happiness



All of us know that we have no constant relationship with the world and we have an experience of it. But our error is that we don't stick to this knowledge. If we stick to it viz., we don't attach ourselves to the world, we are relieved of distress today and now.

We can live without our attachment with the world, but we can't truly live without giving up our attachment. We don't get so much of happiness by having affinity with the worldly things-men and objects as we get by giving it up. You may ask-How is it so? In sound sleep, we don't have the least affinity with any person or thing, we forget them all. Therefore, we get much happiness and peace which we don't get by remembering them.

Now think that we have got the tendency to sleep since birth. At the time of sleep we forget the world. We can't live even for twenty four hours without the disinclination for the world. If a man is unable to sleep for several days, he may become mad. We don't get so much nourishment from our relationship with the world as we get from sleep. On the other hand we get tired by having relationship with the persons and objects. We do away that tiredness by sleeping. Sleep strengthens, refreshes and activates the body, senses and innersense. The relationship of the objects and persons deteriorates the refreshing power.

We have the tendency to sleep since childhood, but our relationship with the worldly objects does not continue. In childhood we loved the toys and the play more than being with other objects, men and house. After that in the youth we started liking money. Now we don't like toys but we love sleep in the same way as we loved in the past. When we started liking money we liked sleep as well. The sleep which we enjoy, forgetting even money is far more dear to us.

Program Schedule for September 2017

Dates	Reiki Teacher	Centre	Centre	For registration contact:
1st & 2nd October	Ajit Sir	Pune	Pune	Amrut Kirpekar (9175050900)
6th & 7th October	Bhartiben	Ahmedabad	Ahmedabad	Bhartiben (9925722456)
7th & 8th October	Seemaben	Rajkot	Rajkot	Jyoti Saraiyya (9824299153))
7th & 8th October	Renu	Hyderabad	Hyderabad	Renu Chaudhry (09849052064)
14th & 15th October	Rakesh Kumar	Mumbai	Mumbai	Vinaya Sawant (9004328016)
14th & 15th October	Khushal Solanki	Chennai	Chennai	Khushal Solanki (9500071637)
28th & 29th October	Sangitaben	Baroda	Baroda	Chandresh Parmar(9974701200)
28th & 29th October	Rakesh Kumar	Thane	Thane	Milind Chavan (9969585791)

Other Programs

Date	Event	Location	Faculty
7th October	Youth Empowerment Program	Navsari Management Assn	Ajit Sir
8th October	Relationship Management	Navsari Management Assn	Ajit Sir