

# REIKI VIDYA NIKETAN

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EDITORIAL

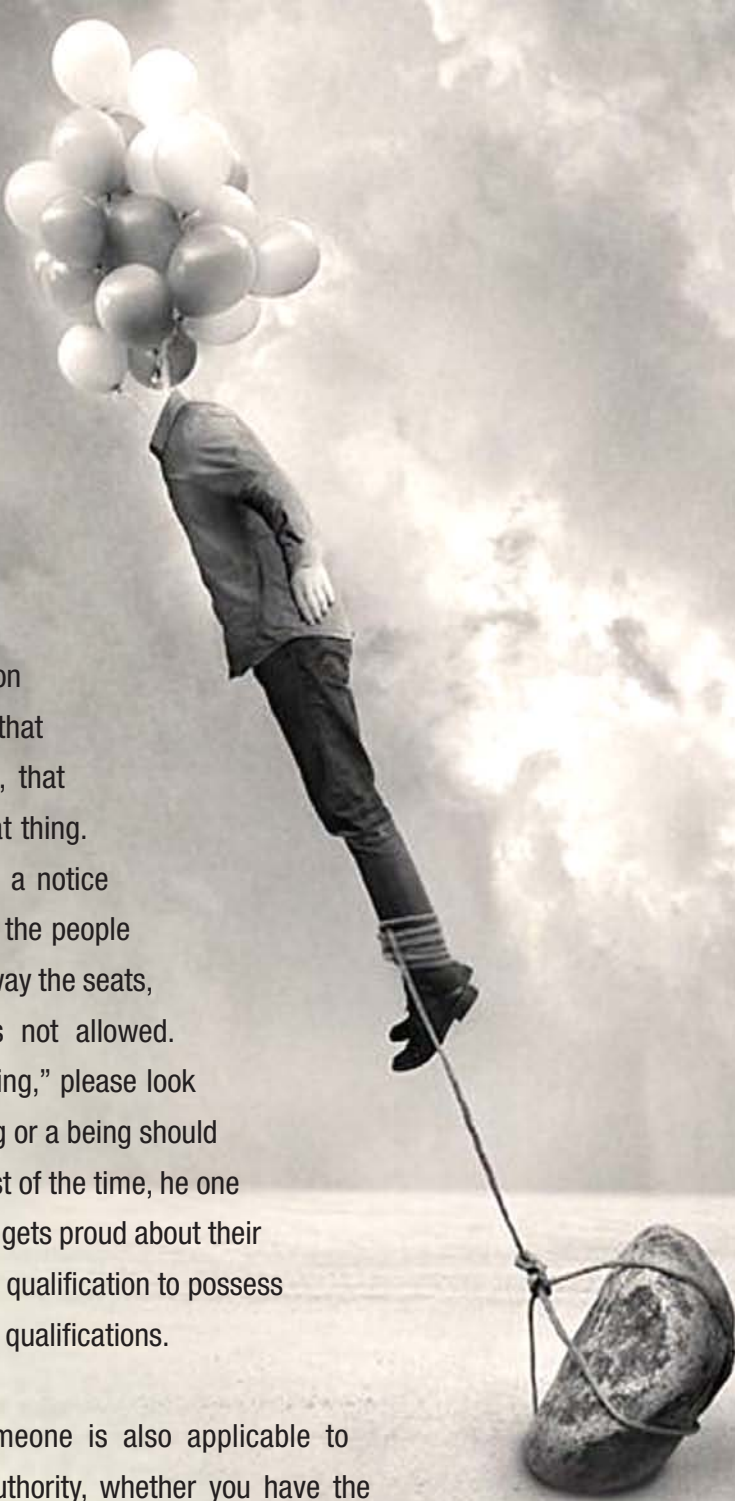
## POSSESSIVENESS WITHOUT RESPONSIBILITY...

Dear Sadhaks,

Jai Gurudev

At the onset, let me wish you a very happy Guru Purnima on 27th July. Let that divine principle of teaching and learning bless us for the entire year!

In Kaliyuga, it is said that Selfishness and Ego will be the driving forces for people to live. So true, as we our selves are seeing all around us. These two things when combined lead to possessiveness. People have become possessive about every thing; we forget that when we possess something or someone we shrink our existence. By holding something, we get held. There is nothing wrong in possessing something, if one takes a full responsibility of that what you are possessing, Today the problem that we see around, is that people who are possessive are not willing to take a responsibility of what they possess.



When you possess a relation, one has to totally dedicate to that person. When a wife or a husband is possessive about a spouse, he or she has to ensure that the spouse is looked after well. Even if you are possessive about a thing like a television set or a microwave oven, see that you look after that thing, maintain it well. If you possess something, that does not give you a license to misuse or abuse that thing. You must have seen in Indian railways, they have a notice stating that “this property belongs to you.” Most of the people who are not responsible get enjoyment in tearing away the seats, writing graffiti on the walls. That destruction is not allowed. Railways have also added another lone to that saying,” please look after it well” That should be the spirit. Even the thing or a being should feel happy to know that you possess that thing. Most of the time, he one who possesses the thing or being himself or herself gets proud about their possession. It should be the other way. One needs a qualification to possess a thing. Ego and selfishness are not the appropriate qualifications.

What I normally say about giving advice to someone is also applicable to possession. Ask yourself whether you have an authority, whether you have the ability and whether there is a need to possess something. When the freedom is the order of the universe, do not create a bondage in the name of possession. If you choose to be possessive, be kind, compassionate and look after what you possess in the interest of that and not in your own interest.

With love, light & Reiki

*Ajit Sir*

*July 24<sup>th</sup> 2018*



# THE SONG OF ENERGY...

*by Vivek Pandey*

Ever-bubbling the life comes out from within me,  
Whatever body I am he or she.  
It's the energy.  
Thought a lot about suffering, pain and healing,  
The only way could I have found my heights scaling,  
It's the energy.

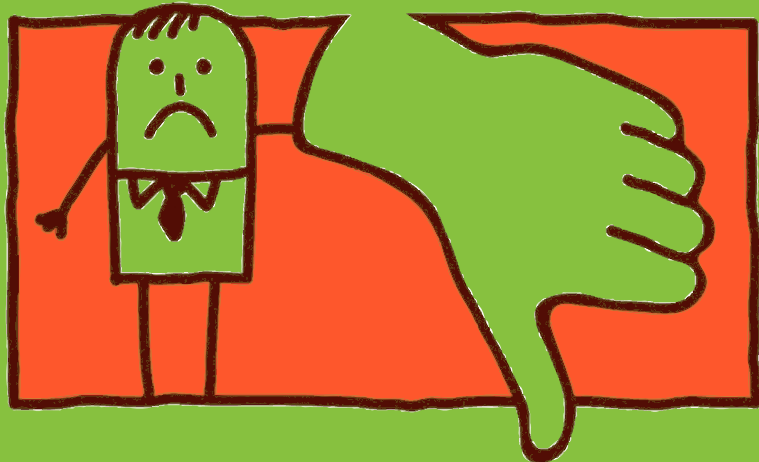
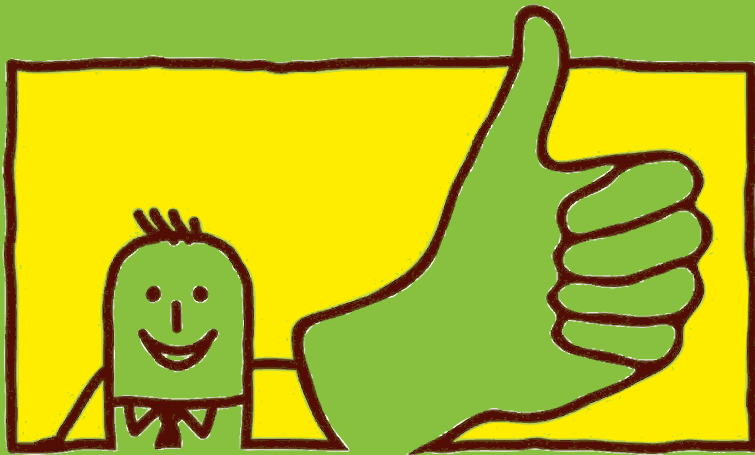
A subtle principle glimmering with grace,  
Not so easy, yet simple to cope-up and pace.  
It's the energy.  
Beyond the body we all can find,  
When nothing at all comes to your mind,  
It's the energy.

The managing of relationships a not so easy task,  
You need to have the transparency of a flask,  
It's the energy.  
Handling people for some work never works,  
Accepting and including will always give perks,  
It's the energy.

When the plain and logical part ends,  
When all solutions meet dead-ends,  
It's the energy.  
Sometimes slow and low,  
And at times vibrant and flow,  
It's the energy.

The only thing which began with us,  
The only principle which is left with us,  
It's the energy.  
The normal and the ordinary create and strive,  
Only the intelligent shift and the wave they ride,  
It's the energy.

The body which you know doesn't make you move,  
The dance of the aura where you think, feel and groove,  
It's the energy.  
The only prayer which I make and say,  
Let everything and all that I know be taken away, except!  
The learning and sticking to energy!!



# Kanchi Shankaracharya and Quantum Theory

Shared by Aruna M.

*An incident narrated by a devotee about an incident of Kanchi Shaktacharya fondly known as Kanchi Sri Mahaperiyava....*

"I once went to a place called Vaasangere in Karnataka to have His darshan. He was camping in the mines area which belonged to Sandur Maharaja. Swamigal was sitting on a tarpaulin along with the other devotees. Annathurai Iyengar of Veda Raksha Nidhi Trust was also there with a few students from his Veda Patashala. It was around 10.30 in the night.

The Sandur Maharaja, Maharani and their son were also there. His son was a Reader in the Department of Mathematics at Yale University in the US. He had a PhD degree in Maths. His parents were standing there respectfully before Him but he appeared to be quite casual. Swamigal conversed with the Maharaja and Maharani in Kannada for a while.

After a while He turned towards their son and asked,

"Where do you live? What are you doing?"

"I am a Reader in Maths Dept at Yale University", he replied.

"What have you studied, you have done your PhD in which branch of Maths", He asked.

Their son did not answer for a minute, hesitating to reply as he was unsure if Swamigal could make sense of what he had studied. His father goaded him to reply.

"Quantum Theory.", he said, matter-of-factly.

Swamigal drew a +ve sign on the mud and circled it; He

also drew a -ve sign and circled it. Pointing to the two signs Swamigal asked him,

"Did you use the positive or the negative approach in your Quantum Theory PhD thesis study?"

Their son who was a bit indifferent until then, was startled to hear this from Him. He was trembling for words and suddenly became more respectful and replied,

"Positive Approach."

"Why did you not take the Negative Approach, will you do you it later", He asked.

"It is difficult to use the Negative Approach", he said.

Swamigal looked at Annathurai Iyengar and said, "He is saying it is difficult; can you ask the Veda students to recite this particular verse from Rig Veda?", and prompts them with first two words.

The students recited that particular verse for 5 minutes. After this He turned to their son and said, "you must have obtained your PhD in your 24th or 25th year correct?"

"In my 25th year", said he.

"Rig Veda, the verse which you heard now, talks both about the Positive and the Negative approaches", He said.

The son was astonished and requested the students to recite the verse again.

"Are you now thinking that you need not have spent lakhs and lakhs of rupees for your 25 years of education and if only you had studied the Vedas you would have learnt this Truth in just 7 years?!", replied Lord Parameshwara."

# NO PAIN... LOT OF GAIN!

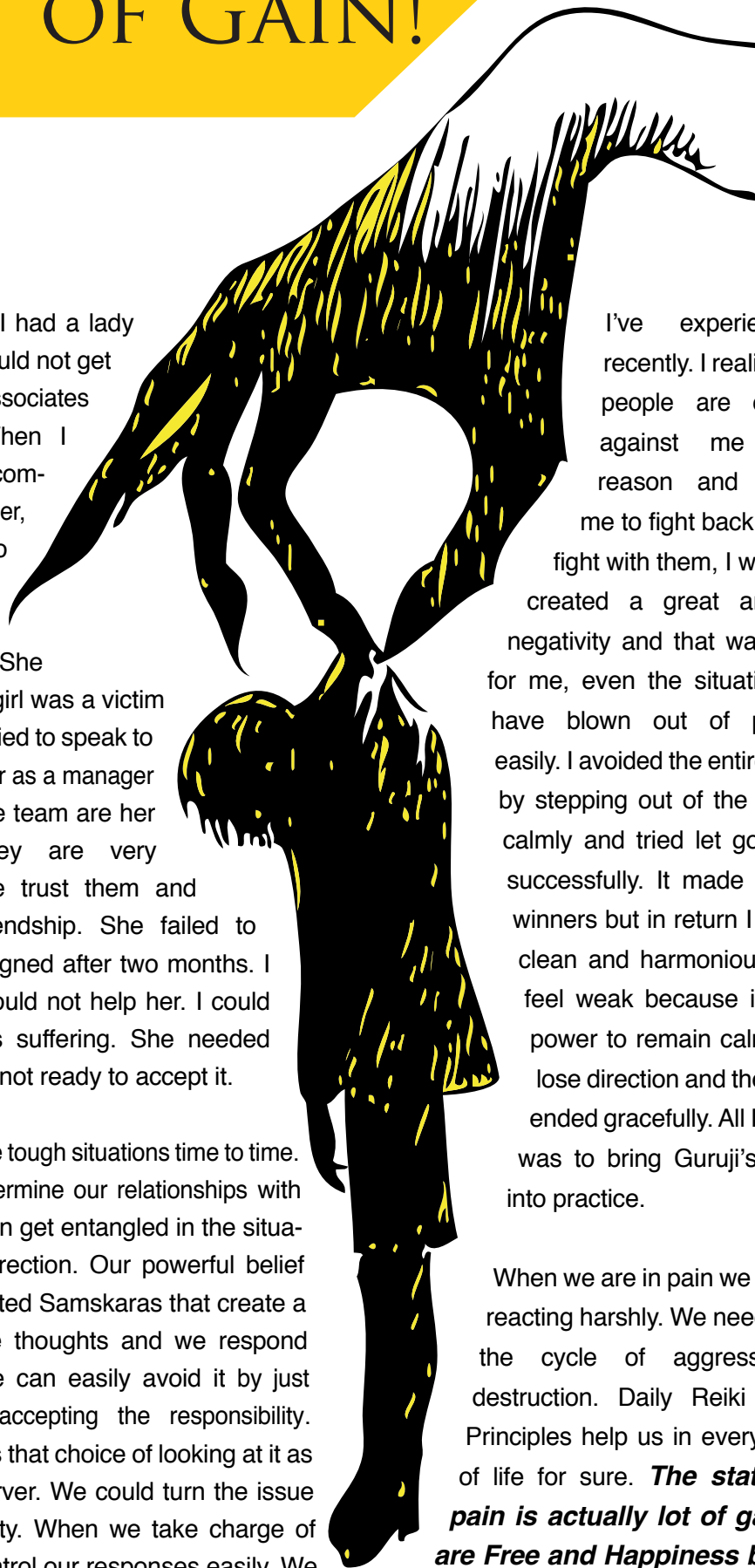
by Telangan

In my earlier job I had a lady colleague who could not get along with male associates of the team. When I received many complaints; as a manager, I had to speak to her. Before that I spoke to one of her team buddy. She told me that, the girl was a victim of child abuse. I tried to speak to the girl and told her as a manager that all men in the team are her friends and they are very supportive if she trust them and respect their friendship. She failed to accept it and resigned after two months. I felt sorry that I could not help her. I could see this girl was suffering. She needed help but she was not ready to accept it.

In our lives we face tough situations time to time. Our reactions determine our relationships with every one. We can get entangled in the situations and lose direction. Our powerful belief system, deep-rooted Samskaras that create a cycle of negative thoughts and we respond automatically. We can easily avoid it by just awareness and accepting the responsibility. Sadhana gives us that choice of looking at it as a detached observer. We could turn the issue into an opportunity. When we take charge of self, we could control our responses easily. We could look at the issue with a new perspective.

I've experienced it recently. I realized some people are conspiring against me for no reason and expected me to fight back. If I had a fight with them, I would have created a great amount of negativity and that was harmful for me, even the situation would have blown out of proportion easily. I avoided the entire situation by stepping out of the path very calmly and tried let go principle successfully. It made them feel winners but in return I remained clean and harmonious. I didn't feel weak because it requires power to remain calm. I didn't lose direction and the situation ended gracefully. All I had to do was to bring Guruji's teaching into practice.

When we are in pain we must stop reacting harshly. We need to break the cycle of aggression and destruction. Daily Reiki and five Principles help us in every situation of life for sure. ***The state of No pain is actually lot of gain... we are Free and Happiness becomes an endless journey.***





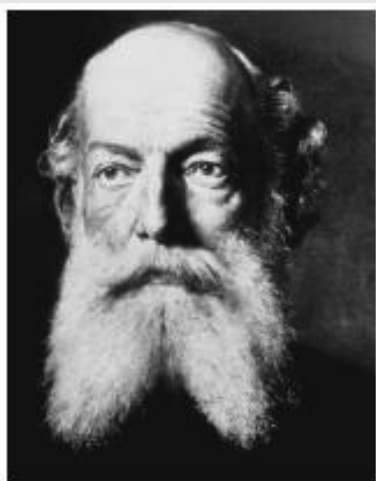


## Every Invention is an Intention of divine

By Aruna M.

Jai gurudev sir

After listening to the lecture on Aura and our koshas I came across this knowledge about how scientific discoveries reach scientists. You had also given us examples from different scientists. I thought this was also interesting.



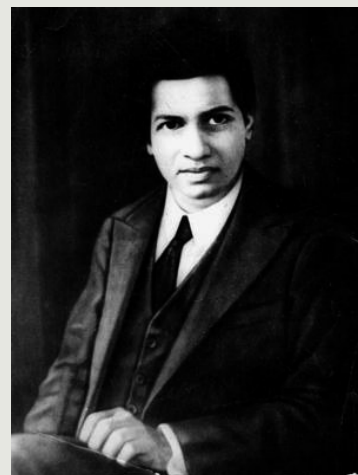
In 1890, at the 25th anniversary of the benzene structure discovery, Friedrich August Kekulé, a German chemist, reminisced about his major accomplishments and told of two dreams that he had at key moments of his work. In his first dream, in 1865, he saw atoms dance around and link to one another. He awakened and immediately began to sketch what he saw in his dream.

Later, Kekulé had another dream, in which he saw atoms dance around, then form themselves into strings, moving about in a snake-like fashion. This vision continued until the snake of atoms formed itself into an image of a snake eating its own tail. This dream gave Kekulé the idea of the cyclic structure of benzene<sup>1</sup>.

*This is about great Indian Mathematician Srinivas Ramanujam.*

## WHERE DID RAMANUJAN'S IDEAS COME FROM?

How did Ramanujan achieve his intuitive grasp of infinite sums, products, and continued fractions? To some of the people who asked Ramanujan where his ideas came from, he gave credit to his hometown goddess Namagiri, a local manifestation of Lakshmi, the Hindu goddess of good fortune.



There's also a striking quotation from Ramanujan on the Wikipedia page about Namagiri: "While asleep, I had an unusual experience. There was a red screen formed by flowing blood, as it were. I was observing it. Suddenly a hand began to write on the screen. I became all attention. That hand wrote a number of elliptic integrals. They stuck to my mind. As soon as I woke up, I committed them to writing."

These two scientists experiences make us understand the power of vighyanamaya koshas, beyond the body and mind.

# Reiki Experiences

## A pet Dog and Honeybees..

By : Ms Meena Nanjan, Bengaluru, India



Jai Gurudev!

Dear Aruna Mam,

We would like to thank you for teaching us Reiki to make our lives better and be in good health always.

After learning Reiki and practicing same every day we had some beautiful experiences which I would like to share with you.

Our pet dog was having some problem with walking as he had sprained his leg. According to the doctor he was developing Arthritis and also Cataract due to age. I started giving him Reiki and noticed that he recovered from his sprain within a day and I also notice that there is improvement in his eyes and he has become more energetic. We are very happy about this.

Another experience was that I visited my hometown recently for just 2 days and came across a bee hive on a wall in the garden that had been there for 10 to 12 days. As I could not get help to remove it I was worried that my parents may get stung by the bees, given that it was pretty close to the house. At that moment I remembered our Reiki guru, Aruna Ji telling us that everything happens for a reason and everyone comes into our lives for a reason and we could be thankful to them all. So I looked at the bees through the window and said a quick prayer, thanked the bees for coming there and adding sweetness to our garden and lives, and requested them not to harm my parents or anyone around. I then returned from my native place. The next day I received a call from my mother that there is no sign of not just the bees, but of the hive as well. There is only a stain on the wall where the hive was built.

Naturally, there are many ways in which my family and friends have tried to explain this episode. According to some, the bees would not have had a good grip on the wall so they had to leave and according to some, it's likely that someone has chased the bees and taken the hive away without our knowledge. We know that luring bees out of a hive built particularly high on a wall is not an easy task and surely such an attempt by an outsider would not go unnoticed by my parents. I believe that the bees heard and accepted my request and left without harming anyone - albeit there could be causes that facilitated or resulted in my prayer being heard.

I would like to thank Aruna Ji once again for teaching us Reiki which has led us to experiencing, believing and enjoying such beautiful experiences.

Jai Gurudev!

## A baby with fever...

By Rahul, Bengaluru, India



Jai gurudev sir and Krupaji

Rahul a Sadhak from spandana apartments, Bangalore learnt reiki from krupaji last June. He shared one of his experience with me. Thought of sharing this with you both.

Over some bike rides one person and me have really connected. It's like having a brother - Nagesh. We have a connect so deep that is inexplicable and we watch out for each other's back like none other. Over the weekend he joined a planned ride but last minute



# Reiki Experiences

his 1year 10month old Daughter had fever. But he decided to come for the ride as he wanted to be with me. We constantly kept a check how she was whenever we had signal reception. I told him about Reiki and said she will be fine. Asked him for a picture of her's if he had. And when I did Reike to her my tears did not stop. I could FEEL the head ache she had. It was like she spoke to me that she wants her head pressed and put to sleep. I cannot explain how I felt.

When I told him to tell his wife to put a normal water soaked cloth and press her forehead ... She wants to sleep. He was amazed. He said she has been crying non stop. This morning he messaged she wanted to sleep indeed and has been quiet but still is running high fever. Will continue Reiki.

## How Reiki saved his Mother...

*Shared by Mrs Nivedita Singh, Delhi, India*

Reiki: Believe it or not, it saved my mom. Sorry for the sudden start; I got carried away. My name is Aman Panda and I belong to Odisha. I am an engineering student and strong believer in Science. But something shook my foundation of science when my mother was admitted in the hospital due to slip disk. Basically, the spinal cord was dislocated and the nerves passing between them were pressurized leading to nervous breakdown which after few hours led her to coma.

My mom is a professor of modern Indian language and a caring mother and wife. She was a patient of this condition for last 20 years. It was a restricting disease and had forced her to put a reign on her life. On April 27th 2018, it was a regular day for her, she was lifting a bucket full of water and she suddenly felt a sharp pain in her back. She screamed with pain and our house maid came rushing to her rescue. She called dad and called for an ambulance as well, as mom was unconscious. Within few hours she was shifted to a specialty hospital, and after that she slowly went into a deep sleep. I was in Dehradun, and had my end semester examination within a week, hence dad didn't inform me anything.

I was informed on the last day of my examination and explained the whole situation. I had to wait in Dehradun for a week more for a project work, hence dad said that he would take care of the situation there. The project was over but fate hit me with a backlog and my journey was

further delayed. On 7th of June I was sitting in our cafeteria with two of my best friends, and they asked me what happened as they saw me worried and tensed for quite a few days. Then I hesitantly explained them the whole situation. One of my friend Anandita asked her mother Mrs. Nivedita Singh, who was a reiki practitioner to administer Reiki to my mother.

As mentioned I am a strong believer in science, I didn't believe that it would help in anyway, but for a drowning man a straw also seems to be a rope. Hence, I tried everything out. Doctors had asked my dad to pray as they couldn't do anything with a brain-dead patient, and she was hanging by a thread over the pit of death.

Aunty (Mrs. Nivedita Singh) asked me about the location of dislocation and few other details about my mom and administered reiki regularly since then. Where Science had given up hope, reiki triumphed. I am happy and blessed to say that my mother is out of coma and on a speedy recovery. Doctors said that it was one of the fastest recovery they have ever seen in their careers. They say it was the life supporting drugs, I say it was reiki. It has healed my mom and I believe in it. It might be the drug as well, but when the doctors gave up, there was only one fire burning bright, the fire of reiki and it has helped my family from the worst disaster.

## Thanks to Reiki & Guruji & Rudra...

*By: Amrut Kirpekar, Pune, India*

Last week, all of a sudden it started itching near my right eye, somewhere around Friday evening, and to my surprise the next day when I got up, I saw a big rash /mark on temple I ignored but the irritation increased and as the day progressed I found that the rash has made a circle from temples to eyebrows, nose and lips, it engulfed my half face. By that time I was at my work and ignored but it started paining and itching heavily and then I realized its herpes ("Nagin" – in Marathi).

It was so prominent that everyone started asking me, what happened to your face as it started looking ugly too. The first thing I did was, took agnihotra ash applied it on entire face. The pains increased severely now I got the key that as the pains have increased, the ash has started working. Then I took full body reiki as usual and did centering meditation( there was no plan of centering but while performing reiki some force drive me to do so ) after meditation I was getting a vivid message that apply Tulasi ( Basil ) leaves on it, so I did that as well.



# Reiki Experiences

By the time obviously, all the family members also were worried about it, especially my mother. She forced me to go to doctor, she asked my wife to take an appointment, but I managed to stop her and told her that i will go to doctor the next day early morning, as I was aware that its holiday for clinic.

The following things stopped me going to doctor:

- 
- 1) The faith in Guruji and Reiki
- 2) The sentence that Guruji always tell us –There is no disease which can't be cured by reiki
- 3) In the meanwhile there were three serious patients who were coming to us for reiki treatment and it was thought in my mind that, people come to us with a huge belief in reiki that it will be healed and for my disease why do i need a Doctor? So with due respect to the modern medical doctors I was not at all convinced to go to any doctor
- 4) Sunday morning it was Laghurudra scheduled and I was confident that this chanting also will help to heal. (as its Ru+ Dra---Energy+Flow ) It was too tough for me to sit and chant for 2 hours but fortunately it happened

Finally, all these combinations showed their tremendous power as the very next day when I got up the rash, itching, pain—everything vanished. It was only a mark on face which also got vanished when I applied ash once again.

I think, “Thank you” is a very tiny word for Guruji, at any point of time for any Sadhak.

I find my vocabulary very limited when it comes to express the gratitude towards the role of Guruji and his shown path in our lives. The only thing I can say is—“You will not even curiously try to search for God, when you experience him around in the form of our divine GURUJI”

## Reiki, Rain and Clouds – Amazing experience

*By: Gaurav, Bengaluru, India*

This is an experience shared by a Sadhak who learnt reiki last week in Bangalore. He share it on the second day. Jai gurudev.

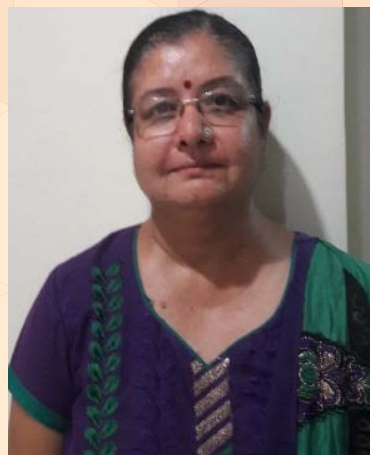
Just sharing my experience with reiki. I was at my friends place, we were at the top of the building (near the over head tank) me and my friends were having a

random conversation and that time i was feeling cold so just trying to experiment I was trying to talk to clouds by asking them to keep me warm in return for a reiki which I would give when I learn the second degree and thanked the mother nature and clouds. After this we got back to conversations and from what I was feeling cold, it all stopped. After a while it started drizzling and I wasn't aware about it as not single drop of water was on me, otherwise my friends were getting drenched and kept asking to go down bcoz of the rain. I was shocked to see all this coz I could actually see the water on their arms and clothes and nothing on me not until I reached home.

So this is something I experienced while just randomly experimenting.

## Gynecology Problem solved... Operation avoided

*By Ms Varsha Jani, Rajkot, India*



My name is Varsha Jani. I learnt 1st degree Reiki on 14th and 15th april, 2018 in Rajkot. After learning Reiki, I got many good and positive experiences. Reiki has supported me physically, mentally and even

financially my condition improved after learning Reiki. Physically I had Gynec problem. Doctor had asked me to get operated for the same. After Reiki, my Gynec problem got solved and Doctor said now there is no need to do operation.

Besides this, my diabetes was uncontrolled. My fasting sugar used to be 230 in the morning and in the evening it will go down to 80. Doctors tried so many things but it was not coming under control. But after learning Reiki, my sugar level – both morning and evening came under control and now I am free from diabetes. Reiki has made me mentally very peaceful and I will continue reiki throughout my life. I will give reiki to others and make them happy.

# Life before Reiki, Life after Reiki...

*By Riddhi Patel*

॥ Jai Gurudev ॥

As I have share with you, find below the sharing, if you feel write up is appropriate then I would like to consider it in RVN Newsletter.

If you find right, tell me I will translate the same in Gujarati also.

This is very common discussion amongst Reiki Sadhaks, about Life before Reiki and after Reiki.

But it took many years to understand the difference of Learning Reiki and Practicing Reiki.

Being beginner no doubt this is a matter of discussion and enjoying the difference of Life “Before Reiki and After Reiki”.

But after passing enough years under light and guidance of Guruji, it's time to “Be Different” by understanding the effects of Evolution and auditing ourselves by After Learning Reiki and Today whether Practicing it Daily or not..???

I admit and accept that yes not doing Reiki religiously on daily basis, we understand Reiki is not only Upchar Padhadhti but beyond that i.e. Achar Padhadthi which Guruji always ensure that Reiki is everything if you Practice it daily.

I got one month break after my 11 Years of continuous service with my Company and in that one month initial days were passed in leisure and roaming here and there but last 10 days I sincerely prioritizing Reiki first and then slowly slowly include Kavach Agnihotra TM etc into routine schedule realize that Life after Reiki was different but after Practicing Reiki it is more than Different.

I don't want to draw any conclusion by labelling it that I am experience divine or blissful because its all a matter of Realization. I only wanted to share my experience being Reiki Sadhak that Practicing Reiki daily had not only brings Discipline to me but I am experience the process of evolution very peacefully within me which might be difficult for me without Reiki.

The best experience of Recent Time of being Reiki Learner and being Reiki Practicener is, “Every day Corporate Life welcomes your Reactions based on which we call off day with all Stress, Guilt, etc in short completely pissed off”. In this situation, being Reiki Learner I give reiki when everything is done so that I can save myself 50% from Stress and Guilt but being Reiki Practicener it happens automatically that either I don't react or I don't come across such situations which I cannot handle.

I would like to share one dialogue of one of the favorite movie “the karate kid” where Kung Fu teach his Student from basic activity that everything you do is Kung Fu.

(Reference <https://www.youtube.com/watch?v=G6f0w5BRasw>)

I would like to see me to that stage where everything we do adds to Sadhna.





# Ageless

*By Telangana*

Some memories are eternal

Some relations are permanent

Some go missing halfway

Faces fade away but bonding lasts

Path disappears but walking remain

We stumble and fall but keep moving

Gap widens as belief shatters

Silence says a lot and nobody knows...

Some memories are eternal

They hang around every moment

They make us strong as a mountain

They make us soft as a feather

They become reason for depression

They become our total motivation

Some memories are eternal

Remain ageless and immortal...



# Guru Parampara

## an insight

By Aruna M



**"All that I am, all that the world itself will some-day be, is owing to my Master, Shri Ramakrishna"** is what Swami Vivekananda, the monk and the reviving force of Hinduism in the 19th century, said about his Guru. On this Gurupurnima I would like to remember one of our great guru His Holiness Sree Gnanananda Giri Swamigal of Thapovanam, TamilNadu.

Our culture has so many Guru Shishya parampara which has kept our vedic knowledge intact to this day. One of his disciples Swami Nityananda Giri who consecrated our Swami Samarth Math makes it a special reason to know more about his Guru on this special occasion.

His Guru was H.H. Sree Sivarathna Giri Swamiji, Jagadguru Sankaracharya of Jyotir Math in Kashmir established by Shankaracharya which comes under the lineage of Sree Thotakacharya of the four chief disciples of Sree Adi Shankara.

Swami Gnanananda was born in North Kanara district. He was named as Subramanya by his parents. When he was 12 years old suddenly one night, the boy saw a divine light (jyothi) before him. He wanted to touch it and it was receding and he started following it. At daybreak it used to disappear and appear only again in the nights that followed. Following it every night the boy reached Pandharpur. Jyothi vanished at the sanctorum of Vittal. The boy had a hearty darshan of Lord Panduranga and Rukmayi. When night set in the boy was hungry and fell asleep there. It is believed that Lord Panduranga woke him up and fed him and blessed him. The following night the same jyothi lead him to his Guru who was camping there.

The Guru could gauge his spiritual depth of the boy and immediately accepted him as his priya – shishya. Mean-while his earthly parents searching him reached Pandarpur. They happily left their son under the affectionate care of his Guru. He served his guru for over 18 years, his guru transferred all his penance to his priya shishya and christened him as Sree Gnanananda Giri.

He was a legend in his own lifetime. Swamiji has done padha yatra (yatra by foot) from Himalayas to Kanyakumari and has come in contact with great saints in his life time like Sai Baba of Shirdi, Saint Ramalinga, Avadoota Swamigal and his Guru, Sheshadri Swamigal, Ramana Maharishi and many more.

Swamiji initiated the Pada Pooja or the worship of the Padukas of his Guru and Sri Adi Shankara to emphasize the tradition. Paduka is a symbol of the guru himself in its gross form. Through this one links oneself not only to the Guru but also to the whole tradition to which he belongs. This shows the disciple's total surrender to the Guru and his Sraddha or faith in his teachings and in the tradition. This tradition leads one beyond itself to transcendence.

As Shirdi Sai Baba declared, "My tomb will speak; my clay will give you replies. My shrine will bless my devotees and fulfil their needs. Similarly, Sree Gnanananda assured his devotees that his Samadhi would be a Jiva Samadhi, he would retain his subtle body without dissolving it and would continue to shower his grace on them.

His message to his ardent disciple Haridhos Giri was **"When many people praise you do not become egoistic but ignore them in all humility. And do not be worried about the insults thrown at you likewise. Then you will settle down well"**. Swami Haridhos Giri devoted his entire life to serve the Lord Panduranga and his Guru. He has travelled all over to spread the bhakti of Panduranga through singing Abhangs and he has always carried his Guru's padhukas along with him. During his time he established Spiritual haven in Thennangur, TamilNadu in South India, a temple for Panduranga and a shrine for his beloved Guru Gnanananda Giri.

Swami's life makes us all understand the importance of Guru in our spiritual journey. We are all fortunate to have a true Guru, selfless, pure, compassionate, a guiding light, with one mission to purify the hearts, heal their minds and in turn marching towards a harmonious world.

As you say Guruji **"Words have limitation"**, Yes I truly feel that at this moment. We all have done some Good Karma in the previous birth to have reached you. We all wish from the bottom of our hearts that let those healing hands, loving heart of yours touch as many people in the world for many decades to come.

An excerpt from Gospel of RamaKrishna, **"The Vedas speak of the homa bird. It lives high up in the sky and there it lays its egg. As soon as the egg is laid it begins to fall; but it is so high up that it continues to fall for many days. As it falls it hatches, and the chick falls. As the chick falls its eyes open; it grows wings. As soon as its eyes open, it realizes that it is falling and will be dashed to pieces on touching the earth. Then it at once shoots up toward the mother bird high in the sky."**

We are the bird and you have come into our lives to open our eyes at the right time so that we can shoot up towards our Divine Mother in the sky. Thank you Guruji for everything.

I bow at your lotus feet to seek your blessings, so that we can live in this world with a little Ego to hold onto this body, loads of memories of time shared with you, doing good action while spreading reiki, carrying love and compassion as our emotions, with divine thoughts of swami, great ideas to reach the supreme divine and soul immersed in Brahman the undivided consciousness. With your guidance and swami's blessings let us all grow towards our spiritual goal that is to realize that the world is one and we are all part of the whole.

With love light and reiki





# Gurukul

by Ajit Sir



**When kundalini raises from bottom to top, why reiki is said to flow from top to bottom?**

*Again both the words raising up or descending down are only words that we can relate to. Chakras are all over in 360 degrees. They are the forces. On Reiki we make the way for Kundalini to raise effortlessly by cleansing chakras on its way. Reiki and Kundalini are both forces operating in different directions. Its like this. If the river is flowing in one direction, we need to move the pot in opposite direction to fill the water. Same is the logic of Pradakshina.*

**If a person has a small aura, then touch reiki is fine? What happens if the aura is big? How it will be effective touching the body**

*It does not matter whether the aura is small or big. One can touch anyway. In both the cases Reiki will work equally well.*



**When people don't have civic sense, correcting them will it create karma? How can we teach people, without making a noise about it**

*Yes. Obviously it will create a Karma. The best way of teaching people is to do it yourself. That is more powerful than teaching in words.*



**When there is so much of rape and abuse happening in the world, raising a voice or protesting or condemning them isn't it a good karma?**

*Yes. It is a good karma. But one also needs to ponder over why such things are happening and do something about that. If you look at that, the whole life style is getting wretched. That needs to be corrected. One can start from oneself. If one has learnt second level, one should reiki to the root of such problems.*



### Thane sadhaks on Yeoor hills...

About 25 Thane sadhaks went for a one day picnic in Yeoor Hills on 21st July. The idea behind this picnic was to be in the midst of a forest with intermittent showers. It was a great day for sadhaks being with Guruji and Mai as well as Rakesh Sir. Lagori (a typical Indian game) became a favourite game for most of the sadhaks. Every sadhak tested their physical fitness and stamina and realized how Reiki has reversed their ageing process.



21-07-2018

### Reiki Arogya Mandir started in vadodara

Sadhaks from Vadodara gathered together under the leadership of Ms Ajitha Soman to start a Reiki Arogya Mandir which started on 23rd July 2018. This project is set up between Reiki Vidya Niketan and Sohum Foundation, in Vadodara. On the inauguration day itself the Arogya Mandir treated five patients. Reiki treatment is given here by RVN sadhaks free of any charges on a charitable basis.



23-07-2018



# DROP EGO, DROP CONFLICTS...



Someone asked a Master in one her seminars, why there is so much conflict in every house now? Master said, "the conflict is nothing but a manifestation of ego. Today the ego has grown beyond proportion. Everyone is carrying ego for something or other. Some have ego for what they have and some for what they do not have. Yes. Even those who do not have anything also have the ego, to keep people away from them. Ego never makes others comfortable. It will not allow people to gather around you. That is what is called a negative ego. Some have ego of abundance. Both are dangerous and manifest through everything that we do or say. If you are in the midst of all egoist people, there are bound to be conflicts. The second reason of conflict is a massive and speedy changes happening around. Not everyone can cope up to these changes. This leads to a lot many conflicts in the society.

## Program Schedule for Reiki Seminars August 2018

Dates	Reiki Teacher	Centre	Degree	For registration contact
4th & 5th August	Kalpita	Marcel Goa	1st	Netra Gauns (9422643106)
4th & 5th August	Seemaben	Rajkot	1st	Jyotiben Saraiyya (9824299153)
11th & 12th August	Sangita	Mumbai	1st	Vinaya Sawant (9004328016)
11th & 12th August	Bharatiben	Ahmedabad	1st	Kinal Pandya (9714515839)
11th & 12th August	Vishal	Baroda	2nd	Chandresh Parmar (9974701200)
11th & 12th August	Kalpita	Devrukh	1st	Devrukh Math (02354-261322)
18th & 19th August	Aruna	Bengaluru	1st	Komal Pukale (9845279840)
18th & 19th August	Rakesh Kumar	Thane	1st	Jayshree Desai(9322244564)
18th & 19th August	Sangita	Nashik	1st	Shubhda Garge (9623547827)
18th & 19th August	Seemaben	Pune	1st	Amrut Kirpekar (9175050900)
18th & 19th August	Krupa Choksi	Rajkot	2nd	Jyoti Saraiyya (9824299153)
25th & 26th August	Khushal Solanki	Chennai	1st	Khushal Solanki (9500071637)

## Other Training Programs

Dates	Training Program	Location	Contact No
4th & 5th August	EPIC Parenting Training Program	Biorivali W	Pallavi (9920440482)
10th August	Rotary Club of Pune Metro (8 pm to 9 pm)	Pune	Pranjal (9850035736)
11th August	Effortless Excellence	Pune	Pranjal (9850035736)
12th August	Transforming :Moving from losing to winning (Pune ICAI)	Pune	Pranjal (9850035736)
15th August	EPIC One day Parenting	Rajkot	Jyotiben (9824299153)
26th August	Rotary Club Nashik (EPIC Parenting)	Nashik	Deepak (9545556435)
1st & 2nd Sept.	WISE (Residential program for ladies)	Devrukh	Krupa (8160488127)