

REIKI VIDYA NIKETAN

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EDITORIAL

HERITAGE IDOLS...

I viewed Samrat Ashok in a flight to Chicago. Out of many, I chose this movie as I was curious to know about the life of one of the greatest emperors of the world. What I saw was disappointing to say the least. The film turned out to be about Ashok's love affair more than his valor and bravery. Almost 90% of the movie showed Ashok as a flamboyant, sex maniac more than a matured hero what he was. The film looked more like some garbed version of a porno film. Possibly Ashok had never been projected like that before. What will happen when the young citizens of our country will have watched this movie? What kind of image would be etched in the young minds? The image would have already gone into the dust or rather in the water as most of the times King Ashok is being shown swimming in water along with his fiancée with minimum clothes on making all kinds of postures which would put even the B grade Hindi film hero look novice. The end was even more shocking. I always believed and had enough reasons to





It has been seeing this kind of trends in Hindi film industry regularly. They pick up the historical heroes and heroines and crush them to the levels even below the ordinary mortals. They did it to Bajirao. Seeing Bajirao in the film dancing with his soldiers in the most vulgar fashion made my head go down with shame rather than rise up with Maharashtrian pride as he was one of the most successful Peshwa in Maratha history. What do these film producers get by producing such films which does nothing but demean our national heroes? Or is it a calculated effort to break the bone of Indian pride? And what does the government and the censor boards do about that? What right do the film producers have to destroy the idols created by history, which could only provide the cultural anchor to the young minds in this country?

Do you know that Curiosity and Idol worship are the two major tools of learning in the younger age? Curiosity has already been vaporized by the advent of internet and google like sites. Today's child does not have to read between the lines and be curious about the things around, which truly give him/her opportunities of exploration, experimentation and experience. Exploration helps one dig deeper within oneself and the nature around and develops one dimension of his/her personality. Idol worship is another dimension of one's personality and plays a huge role in development of human character. With all idols of the past reduced

to the dust, the way we extracted the statues of the British history to throw in the dump, today's child has nothing to hold to. The new generation child is made to believe that he is unique and the smartest person to be borne on this earth by his/her parents and the advertisement media to the extent that he/she starts taking it as an identity till he/she reaches the outer world leaving the shelter of his cocoon only to realize that his identity is crushed and is left with no identity in this world. The child is disillusioned with his own image and has no other image to hold to. The purpose of the life is all lost. And that explains a lot many suicides in the world today. One can't survive without an identity. In my childhood, I can remember I had many role models or idols to follow like Shivaji Maharaj, Rana Pratap, Lokmanya Tilak, Mahatma Gandhi etc. My mother always used to tell me that she loves me because I was so good but would also put one of the above idols to tell me that I still need to rise and become better than someone else. The dream of becoming "that" was chased by our generation all the time and the life was enriched. Where would the new generation look to?

Every government the world over and even the United Nations come out with a list of heritage structures every year with a clear indication and support to maintain the heritage buildings and constructions of the past and the laws are quite strict to preserve them! These heritage buildings are handled with absolute care. Can the same agencies not look after and preserve those national and international idols? Will the government allow somebody to go spoil the Taj Mahal? How come the same government allows these people with distorted minds to bring down our heritage idol figures to their whims and fancies?

With love, light & Reiki

Ajit Siv

June 23rd 2018



THE INVITATION ...

By Vivek Pandye

We all have at some or the other point of time in life, invited people for some social event. When it is an occasion to celebrate, we automatically and unknowingly pour all our joyful emotions into it. When it is a sad demise of some near one, we become or appear to be victims of a sad atmosphere. For how long the joy or sorrow continues, depends on the individuals and the collective mindsets they form. Hence, we do invite people in many ways and also we are capable of building the right emotions and mindset, depending on the occasion. But we are missing on an important point, which is to not wait for an occasion to celebrate, but to be able to learn and build a climate which makes sure that we do not invite sadness or cultivate happiness at all times.

We all have heard people blaming it upon the fate, when they are not performing well and also, taking a large part of credit when things do not happen as per their whims and wishes. When the times are good we have good days and when we have bad days surely the times are the root cause. Seldom do we look at life from a balanced perspective. We tend to fall about situations in an absolutely absurd and uneducated manner. We don't pay attention to our own fallacies, where the root cause of all the happenings lies. It doesn't take much effort to just slowly shift and observe the big game (which is actually bigger than the outside world) happening within all of us at all times. A small check of emotions, a small check on a thought process leading to self sabotage may just prevent us from falling into the trap of circumstances. A small moment of attention within in circumstances demanding outrage may just shift the entire course of our lives and destiny.

Everybody learns how to pay attention to the outside world and most of us are also taught the ways in which we should go about dealing with the world. However, not many are taught how to deal with the mind-stuff within in order to understand the resultant situations reflected outside. The moment, things go wrong, we all become objective and the blame game is the only option which remains. Seldom do we understand that a slight shift inwards with a balanced mind may just make us understand the root cause of all events happening outside.

It is the mind which creates our concrete reality. It is the mind which makes us or mars us. It is the mind which takes precedence over real things happening in the real world. Everything emanates from the mind. Whether we create beauty or joy out of this life or misery, whether we understand or we are unconscious about it, the mind is the primordial principle through which all actions emanate. Whether we are conscious about a particular event or the subconscious takes over most of the times, the mind trying to make the body reach some unknown destination is what invites most of the events (whether good or bad) in our lives.

When some ugly and undesirable events surface, we should all wait and check. On most occasions we carry similar kinds of mind-sets and emotions resulting into a similar outfall of event in the outside real world. If we are celebrating we must have cultivated a climate of joy. If we are unhappy with the outcome, surely some negative and distorted emotions are lying underneath. Whatever may be our perception of the world, there is no point in fighting our ways out. Taking a step back and becoming an impartial witness may help. Again, fighting mind with the mind is surely not the way out. Allowing the intellect (which is on the higher side) to take over and becoming a pure witness to the series of events should be a very good idea.

People talk about avoiding duplication of work, but if we look at life closely, we discover that every task in this world has always been done twice. Firstly, on the subtle-level and then the existential-level. The moment we become a witness to our own actions, the moment we start witnessing our own minds from a distance by completely discarding the old thought patterns and the ways in which the world goes about, we prepare ourselves for a win-win situation. The transformation part is not to become rich or successful from the outside, but to have such a command over our own persona, that we may create situations resulting into joy and happiness. How do you want your life to be? What exactly do you wish to invite in terms of outside situations? The answer can be summarized in three steps; do not react; be still and take a step back; become a witness and you will know.

Jaigurudev.



Samudra Manthan

BY Neeta Parekh

Few months back I had an advantage of teaching Human Values. The first topic after understanding the needs to study human values was SELF EXPLORATION. The meaning becomes very clear when we read the word. As stated in the content of the topic, self exploration is based on two pillars: Natural Acceptance and Experiential Validation. As a reiki sadhak whatever we learn in the seminars is recalled at the appropriate time, that's what I have experienced. I thought that self exploration is a part of the five principles of Reiki; just for today I will love and respect every living being and just for today I will live with the attitude of gratitude. These two principles lead us on the way to natural acceptance. Natural acceptance is the first step with which our seminars start i.e. YOGNIDRA in which we accept our pains and pleasures. One has to accept the past and present, to walk on the path of sadhana. As we see most of the people are in conflict with their own thoughts. Half of the battle with one's own self is won when one accepts, except expect (one accepts and not expects).

Next comes, Experiential Validation. As dictionary explains Experiential means possessing a kind of knowledge that is gained only after long and eventful life. Validation means to support on sound authoritative basis. As a solution to handle any troublesome or conflicting situation we are told in the seminars to experiment, experience and elevate. That is what we learn through experiential validation. Unless one will not experiment and experience how can one validate? (I remember that many reiki learners ask wondering when the solutions are given in the form of Reiki. They say 'can such transformation happen or can there be such solution for disease etc.). The other three principles of Reiki that instruct us to remain honest and to be free from worry and anger are also a part of experiential validation. It deals with the present life of the person. Thus five principles help us to develop right understanding which is expected to come up with these two pillars of self exploration.

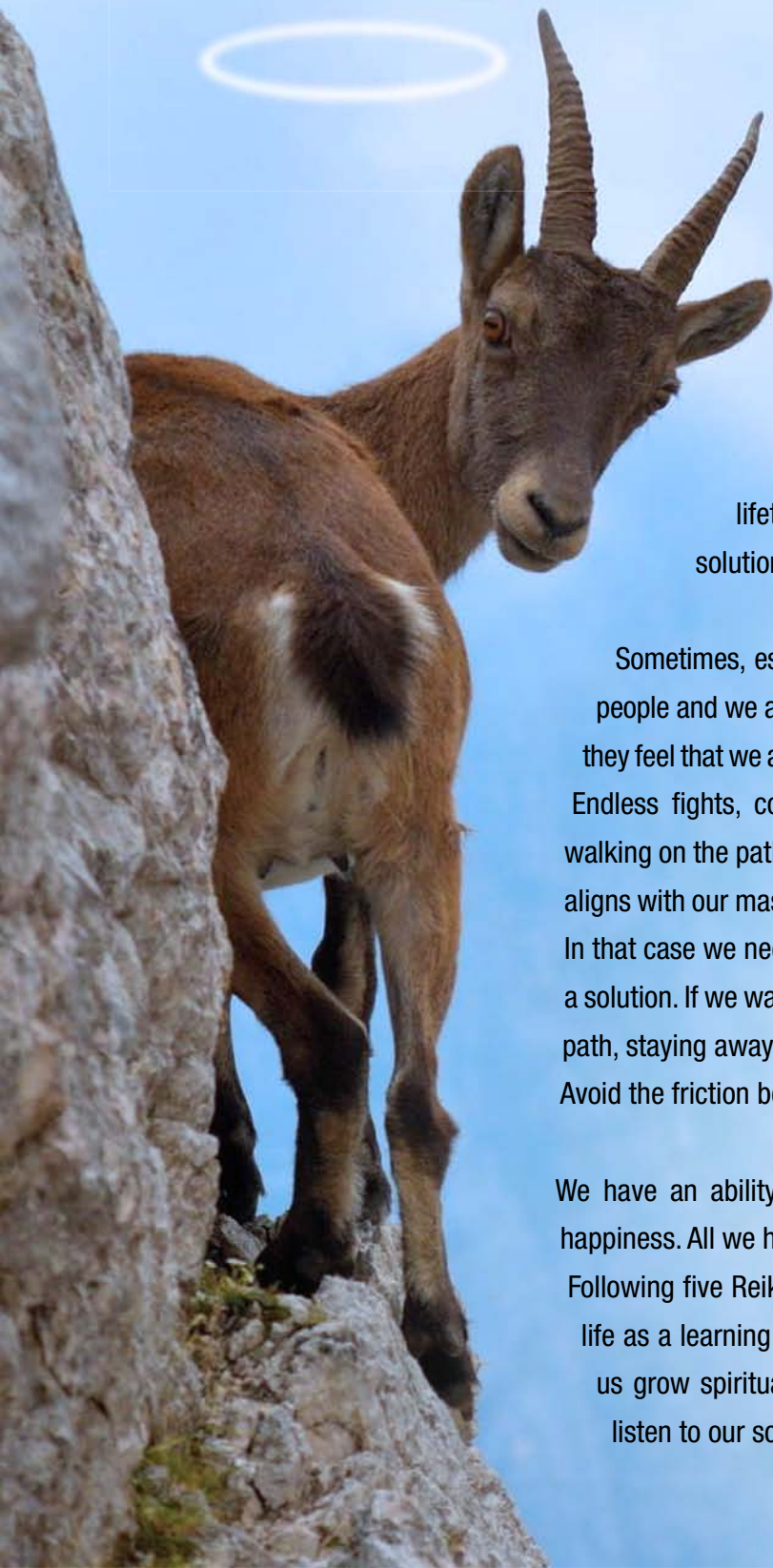
Another point which came to my mind while dealing with the topic was of samudramanathan. It struck my mind that the event of samudramanathan described in Srimad Bhagavad Purana is quite comparable to the thought of Self Exploration. As it happens in samudramanathan that devas and danavas congregate aspiring for amrita, so happens with the human being when one starts walking on the path of self exploration. Our mind is the symbol of Kshirsagar where there is availability of Amrita only if it is churned. A poet named Andrew Marvell writes:

*The mind, that ocean where each kind
Does straight its own resemblance find,
Yet it creates, transcending these,
Far other worlds, and other seas;*

Samudramanathan symbolically means dealing with one's own personality, a tussle between virtues and vices, as stated above – conflict between one's own self. When one starts exploring one's own self there crops out virtues and vices both and the tussle starts, what to keep and what to leave. One has to remain stable, maintain balance like Mandara Mountain headed by Lord Brahma (every being is a part of divine soul) and with the help of Vasuki i.e. awareness. The first thing appeared out was Halahala the venomous poison which only Lord Neelkantha could consume with the help of Goddess Parwati representing right understanding. There is also identification of number of valuable things a person can adopt in life as it happens during the manthan when there crops out precious jewel (kaustubh), nurturing cow kamdhenu, other animals like airavat, horse Uchhaishrava, powerful weapon (sharanga bow), the divine tree (Parijat) etc.. What one can learn here is to offer all the vices at the lord's lotus feet as only Lord has the ability to contain it and to protect and nurture the virtues one has. As it explained in the seminars: "Lamp unto yourself".

Listen to your Heart

by Telangan



We need to make an essential decision for ourselves. ***“Do I live in a joyful, happy world or miserable, angry universe?”*** Because the way we look at the world, we create one exactly same around us. When we fail to accept changes in our lives we feel miserable.

If Swami has created an unfavorable and painful situation in my life, I must accept it with all the respect and responsibility. Gururji once said, ***think only once in life, if Swami is with you or not? If your heart says yes then do not question it. Have total faith.*** If Swami wants that situation in life that means it must be an opportunity for me to learn something new. Nothing happens without a purpose.

Most of the time we strongly believe that there is no fault inside me. The error is outside and in reality we try to change others. It's like we have misplaced a very important thing inside home and we are searching it outside. If we search it even for lifetime, we are not going to find it. Apparently even this solution is only inside.

Sometimes, especially when we are working with a set of unethical people and we are not in harmony with their ideas, we also realize that they feel that we are obstacle for them to perform. Friction is unavoidable. Endless fights, conflict create damaging environment. When we are walking on the path of values, slowly our entire belief system changes. It aligns with our master. We start looking at things in different perspective. In that case we need to change ourselves first. Fighting with others isn't a solution. If we walk along the garbage, we will suffer for sure. Changing path, staying away from the garbage as soon as possible is the solution. Avoid the friction because it's more harmful for us than others.

We have an ability to create a beautiful, peaceful world that creates happiness. All we have to do is to accept everything that comes our way. Following five Reiki principles is must. We must treat every suffering in life as a learning opportunity and putting learning into practice makes us grow spiritually. We need to find truth for ourselves. We need to listen to our soul only once... and just move on...

Greetings on 20th Anniversary of Reiki Vidya Niketan

Holding Hands on the journey...

Dearest Guruji,
Jai Gurudev,

Wish you too a very very Happy Reiki Anniversary.

Thank you is an extremely small word to express our Gratitude for all the Love you have been showering upon us in forms of learning, blessings, teachings and most of all for being with us. I am so very blessed to have You and Swami with me and holding my hand in the journey of going back Home..

May this soul be able to fulfill its purpose and complete all that you have mentioned in the email below and merge with the Divine Mother soon.

On this occasion, would like to share something nice with you.

Got an opportunity to meet and conduct Agnihotra presentation with around 21 people in Satara last sunday during my visit to parents place and it was an awesome experience. I enjoyed it thoroughly.. :). Had requested Ashu to convey you the message and send Reiki for the presentation. The presentation was completed at 6.45pm followed by a Demo and then around 10 to 12 people stayed back till 9pm to learn how to perform Agnihotra. This made my "nimitta visit" to satara a very fulfilling experience..:).

I was able to contact Mali Kaka(contact in Satara given by Kirpekar-kaka who provides cowdung cakes) and Hankare madam (contact given by Mali kaka) on phone. Hankare madam has been into Agnihotra since 1980 and used to visit Shivpuri often during those times. She will be helping providing the local people there with Agnihotra kits and has also assured that she will take the first round of evening Agnihotra practise done in the coming week from all those people who recently learnt it to ensure they are doing it correctly. She also expressed that she wants to come and learn Reiki in Devrukh ashram.

Heartfelt Gratitude and many many thanks for getting it done from me Guruji.. Have been listening this mantra since childhood "Sada Sarvada Yog Tuza Ghadava, Tuze Karani Deha Maza Padava..", however able to understand and relate to it only now..:)).

Love you Guruji... See you soon...

Mrs Komal Pukale, Bengaluru, India.
.....

Seed grows into a tree, age must be wonderful..

Dearest Sir,
Jai gurudev.

Congratulations and many many happy returns of the day. Its 20th Anniversary of Reiki Vidya Niketan..

The seed which you have sown has grown into a big tree. A dream which you had seen has turned into reality with so many sadhaks all around. I bow down to you for your intense determination and wish I also get some of it. Your selfless effort to help the humanity no matter whether people are there with you or not is incredible. Your endless love for all of us no matter how we behave has made huge difference in our life. My whole life is indebted to you and wish to get few drops of love and compassion that you give to all.

We have not seen Swami but looking at you we feel how Swami would be. I wish and pray to Swami that the whole world should know about your divinity and wisdom.

On this auspicious day, please bless me that I also have that much purity, divinity, compassion and love as you have for all.

With lots of love, light and reiki,

Krupa Choksi, Reiki Master, Rajkot, India

May we progress on this path...

Dear Masters/ Co-ordinators,
Jai Gurudev.

Congratulations to all of you.

We are glad to inform you that today we are celebrating today anniversary of Reiki Vidya Niketan. The small seed which was shown by Guruji along with Late Dineshbhai Thakkar and Dr. Suhas Gokhale has grown into a big tree today with more than 35000 students in India and abroad. It is needless to say that this organization has grown with the strong dedication and effort of all the masters and co-ordinators.

With the blessings of Swami and Guruji may we all progress in this path and proceed further to increase as many centers as possible with an idea to bring more people on this path by maintaining our piousness and purity.

With love, light and reiki,

Krupa Choksi, *Reiki Master, Rajkot, India.*

A small step, a giant leap...

Jai Gurudev Sir,
20 Yrs.

As Niel Armstrong quoted after landing on Moon,

"A Small Step for RVN , Giant leap towards a Healthy,Happy & Harmonius Mankind"

Love, Light & Reiki

Vishal Shridhankar, *Reiki Master, Mumbai, India*

21st in 21st Century...

Dear Sir, Jai Gurudev!

We are growing into adolescence now, maybe next year we should celebrate our 21st in the 21st Century!

with Love,Light & Reiki,

Rakesh Kumar, *Reiki Master, Thane, India.*

A divine Journey

Dear Sir,
Jai Gurudev.

Congratulations. Thanks for giving us the opportunity to be a part of this divine journey.

With Love , Light and Reiki

Kalpita. Keer, *Reiki Master, Mumbai, India.*

Beautiful Life..

Dear Sir , Jay gurudev

Congratulations to all of us as Reiki Vidya Niketan has completed 20 years and thank you sir for giving us such beautiful life.

With love light and reiki

Sangita Kulkarni, *Reiki Master, Baroda, India*

Moment to celebrate...

Jai Gurudev Guruji

Indeed it's a great moment to celebrate the completion of two decades of RVN .The torch ignited by you has spread its light so subtly and beautifully that we too feel that the mission that you dream of reaches its culmination with great divinity.

No words can pay the gratitude for the eternal spiritual gift that is given to us by you.

Give us strength to live up to your expectations Guruji.

Regards

Rajesh Khanna and Preeti Khanna, *Delhi, India*

Essence of Spirituality

By Aruna M.

One of our Senior Masters asked me to read the book written by Guruji "Essence of Spirituality" on a daily basis to be in touch with the essence of his teachings. We all know that it is collection of the articles written by Guruji in the earlier newsletters. I realized after reading the forward that these articles are the way he reaches out to us all over the globe. In technology world it is one way of reaching all of his students through newsletters. Now my perspective changed. This article will only touch an iota of its essence. It's a small effort from my side to express my gratitude for his relentless dedication towards all his students.

"When you want something all the universe conspires in helping you achieve it" - Paul Coelho

This reminds us about the best -selling self- help book **"The Secret"** book written by **Rhonda Byrne**. After reading the book many people in the world started following the book very closely and tried their best to fulfil all their wishes. But when Guruji wrote **"You would attract what you are"** and gave his explanation how chitta shuddhi only can help you to reach the goal of the universe, that is fulfilling all your desires.

As reiki sadhaks it's our experience that chitta shuddhi is possible with regular reiki practice. But is only that sufficient? Then his words come to save us **"Be alert and Be aware"** and **"Emotions are the major ingredients of your reactions"**. This emphasizes it's not only reiki practice but we all have to watch our thoughts words reactions to go towards chitta shuddhi.

Then there is one pertinent question arises in all our mind is **What is the purpose of our birth?**

According to Patanjali **"We are here in this world to self-study and learn through introspection"**. In this competitive world it is so difficult to understand this. Each and everyone wants to prove. It's not only the youth but even a child , or a middle aged person or a senior citizen are stuck in a maze and going round and round in vicious circle to prove themselves. Then Guruji goes one more step to make it clear to all of us **"we here in this world not to prove but to improve"**. He also quotes Navnath's words "

Socho, Samjho aur sudhar javo" meaning think, understand and improve yourself.

Then the next question arises why there is so much of violence, intolerance, impurity around in the world? I felt these words can give an answer to our clouded mind. Absence of **Prakriti (Nature)** and **Sanskriti (culture)** has given rise to **Vikruti (distortion of mind)**. How do we imbibe this essence. We need to work towards protecting our mother earth from different pollutions, practice the culture which come down to us from our ancestors and help ourselves to have a peaceful mind. According to Guruji **"when your heart renders the perfume of love and compassion to the whole world, touch of nectar on your tongue all the time, light in the soul then every day is a celebration."**

Then the next question How do we continue to be pure not only when Guruji is near you but all the time. Ramakrishna Paramahansa, Guru of Swami Vivekananda shares his valuable advice **"An ounce of publicity may eat up a pound of your purity"** True to these words quoted in the book, our Guruji has lived as a role model to all of us in not giving any publicity of any of his work.

As Gurupurnima is approaching I would like to share his words on different phases in Gurus relationship with his students

First phase is like a cat and kitten. Mother cat always carries her kitten in her mouth when she moves around from one place to another. **The Second phase is like a little Monkey holding on to its Mother.** Student has to hold on to his Guru so that when he leaps high he can also share the same experience and elevate himself. **The third phase is like turtle and a tortoise.** Here the tortoise after laying its eggs in a sea shore goes into the sea. But she takes care of her little ones only with the warmth of her eyes however far she is. According to me this stage is like connecting to the "chidhakasha" of Guru. Wherever the student he is instantly connected to his Guru.

Dear Sadhaks, Where are we now? Which Phase? Let's Introspect. I conclude this article with the famous quote of Guruji **"Experiment, Experience and Elevate"**.

I wanted the peace
You are fond of fights
I want the light and
You adore being in dark...

I don't want frictions
Yet you declared war
Each knock you gave
Made me strong...

I will not give up
I will not give in
You won't make me fall
In the trap of ignorance...

I will walk on the path
Set by my master
I want to live in bliss and
Learn lessons with smile...

purpose

By Telangana

Reiki Experience

(Feedback from the seminar)

Experience with Bike...

Pratik Kalaskar, Participant, Pune Seminar

"Hello Rakesh Sir,
Jai Gurudev!!!

I am Pratik Kalaskar, I attended your seminar on REIKI today. In the seminar, I had mentioned that the reason I was attending the REIKI seminar was only because I experienced its power of healing after my father healed me using it. On attending it I realized that it is not just about healing, but has much more than that...much more toward spirituality...more and more towards God.

Today I have one more reason and I wish to share with you, also I couldn't wait to tell you Yesterday you had asked us to reach by 9 am, so to be in time I started a bit early then the day before. While traveling my bike broke down, it wouldn't accelerate, and the engine would shut down in less than a minute. I tried things but all were in vain. So I dragged the bike to find a mechanic, but again I found none. I parked my bike and took an auto to meet time.

As the day passed by, you mentioned that REIKI can be done on Lifeless things. You also shared the experience of the pen with no ink. Well to be honest, I didn't have much faith in that, but I believed you.

Fast forward... ... after the session I was dropped where I had parked my Bike. The condition of my bike had not changed a bit, it won't accelerate and the engine went off in seconds. Again I dragged my bike to find a mechanic just like morning, but to my surprise all the shops were closed. There was no help available.

On dragging it for more than a Kilometer I realized, and performed REIKI on my bike for 5 mins. After REIKI the conditions did not change much, Just the engine took more time, before it went off. A few meters away I found a mechanic. I told him the problem. He check it and told me that my bike is fine. I checked it myself, to my

surprised it worked like it had never broken down at all. The mechanic laughed, looking at me sweating like a pig, he offered me some water. Well then I started my journey home fearing it would go off again but nothing as such happened.

I don't remember my Journey home as I kept on thinking what really happen there...Well I have no real answer to what had happenedthere was no logical reason I could fit here...The only thing I recollect is the Prayer I had said before the REIKI...

"Me Reiki cha abhari ahe....Me Swata cha abhari ahe... me Mazya bike cha abhari ahe...hey parmashwara tuzi krupa asude..."

Thank You Again!!!

Experience of Supersensonics

By: Mrs Vinaya Sawant, Mumbai, India

I am very happy to share you one beautiful experience happened just now with me...

I found one of my office colleague disturbed as she had lost her gold finger ring. She was searching all over in Office. I too felt sad for her & sent Reiki that she has found her gold ring wherever it is...

Then I suddenly remembered you had once told about Super Sonic power, while explaining Power of intention ppt... with an example that a person's stolen or lost currency was found with the help of currency... I took my gold ring & said to ring take me to the lost ring if it is in office... And within few seconds or a minute, I found it in our server room... I handed over the ring to her.

I am just so happy to express... THANKS SIR....

Preparing oneself for transitions in Life

Dear Girls

Transitions are the realities of life. Human life keeps on moving from one transition to the other. You are all on the border lines of such a transition in your lives now. Each transition needs a deeper understanding of what one is likely to enter into. One obviously can't change the course of life as the karmic law overrules every other thing in life and we are all destined to follow the course that our past karmas have drawn for us. Just take a recent example of India's ace wrestler Yogeshwar Dutt. Yogeshwar participated in Wrestling section in Olympics in 2012 and won Bronze medal. In 2016 he participated again in Olympics at Brazil and lost in first round. He was down and out and crestfallen as if it is the end of his world. Destiny had something else in her store. Something that would shake Yogeshwar from his roots! The Olympic committee enquired into 2012 results as they suspected something and found that both the Gold and Silver medal winners had used chemical drugs to enhance their performance and were stripped off their medals, leaving Yogeshwar Dutt the Gold Medal winner. He won Gold in 2016 for his performance in 2012 when his performance in 2016 was worse than that of 2012. What do you say to that?

So, one can not rule out the numerous possibilities of things to uncover in future. Human life is all bound by his own karmas of the past as far as his present is concerned and on current karmas as long as his future life is concerned. So there is a free will within the framework of destiny. The freedom to understand and get empowered to face the situations as and when they come. All that as human you could do is to try and understand how many such situations may get created and get prepared for as many as of them so that you are not struck by surprises and shocks at future times. Understanding is the only way out. Here we will try and find out the foundations of human relationships and their impact on human life transitions.

Most of you will have to make one of the most important decisions of your life and that is getting married. That one relationship is something which turns the life upside down and can be truly called as metamorphosis more than transition. It

definitely changes the course of life. Every other relation does create ripples in one's peripheral existence while marriage is the only one which even leaves deep impression on one's core existence. This discussion will be gyrating around this metamorphosis with an idea of indepth understanding of marriage and its various dimensions.

Before entering into marital relationship one may have to understand the basic idea of marriage. The idea of marriage is supreme in Vedic sciences- the oldest and the wisest of all sciences. In Sanskrit – the

language of Vedas- Marriage is called as VIVAHA where Vi means the liberation of salvation- the ultimate purpose of any life and Vaha indicates the Vehicle or Vahana. So every marriage is considered to be a vehicle towards Moksha or liberation. Marriage is a means to reach the goal and not the goal by itself. If it does not help us take where it is designed to, it is a failure. It is not only the failure of a tool called marriage but it would be a failure of the whole journey going into undesirable direction. That thus sums up the idea of marriage. The question may arise about how does it work as a tool to reach where we need to? One needs to go little deeper to understand that human existence comprises of seven components like (i) Soul (ii) Intellect (Buddhi) (iii) Mind (iv) Heart (Antahakarana) (v) Physical Body (vi) Memories and

(vii) Ego. When the life comes to an end, what remains? Nothing but the eternal soul with the impressions of the mind if any! The nature of the soul should drive it towards its origin – the Paramatman or the liberation and termed as Swarga. There is another possibility for a condition of soul that may occur and that is a Naraka means taking a form again to get rid of all its impressions through the life experiences repeatedly till it is qualified for the liberation. The only other alternative will be getting suspended as incomplete energies- which are neither going up to origin nor taking a form again. Each of us on this Earth have come back and needs to go back by shedding our impurities. We need to manage our weaknesses and improve upon for that purpose. A common person alone may find it tougher to bring that kind of transformation within him or her. He or she may need a help from other human. You need to be aware about another interesting dimension of human existence.



Besides the seven components listed above, humans also have phenomena called as Chakras which are the whirlpools of energy which truly decides the health of human as a person. These chakras located at the auric level of human existence are connected to endocrine glands located within the physical body and are the real driving forces behind human life. The nature has designed these chakras in such a way that the chakra structure in males and females are different- just the way their physical structures are. The chakras which are efficient in males are generally dormant in females and vice a versa. To achieve the ultimate goal we need all these chakras to be fully activated and cleansed. Coming together on the journey of life helps them walking the path towards liberation much effortlessly and with more effectiveness. The whole brilliant idea of marriage was not understood by humans who followed the time beyond the influence of vedic wisdom and go lost making marriage a meaningless and possibly stressful exercise. No wonder we see the divorce cases growing by leaps and bounds.

Having understood the idea and the philosophy behind the marriage let us look into other aspects of the marriage as a major relation in human life. To appreciate the nuances of marriage relation one may also understand the whole idea of relationship and its place in human life. Humans are social animals said some wise man centuries ago. No wonder humans created a society

around him and called it civilization with its framework of rules and regulations. That interdependence between the humans is what relationship is all about. "Relationship should be like an island surrounded by ocean, continuously visited and abandoned by tides. It is not about possessing someone's existence but touching and retracting. One has to keep cognizance of this. Each of the humans have their own space and existence. Relationship does not mean ownership but companionship with respect and love. Relationship is nothing but that dependence out of choice and not by force. Love and compassion as the foundations of relationship can make them more meaningful. **(You can talk about the mixture/compound kind of situations here)**

Then you can proceed to the major components of marriage like Nature, Culture and Likes/Dislikes etc which provide the tests for survival or disaster of relationship.

Thereafter you can touch upon moving together with respect to chakras to maintain the rhythm of life. That keeps couples in sync with each other. Else we start moving away as it has happened today in most of advanced countries with high rates of divorces etc. You may give statistics of current situation.

I think that should suffice. Just answer some questions thereafter instead of giving up too much on slides.

Unbending faith...

A man lost his route in the desert and he wanders without direction. The food water got over and he realized now he was going to die in some time. He raised his head for the last time to see beauty of this world and he could see a small hut far on the horizon. He thought that must be fictitious idea of his brain. He turned his head down with tears. Again with lot of courage he raised his head and the hut was still there. He started dragging himself there. After half-day struggle he reached closer and pushed the door with all the strength. When he saw a hand pump inside, he just dropped down with ecstasy. With all the courage he got up and pushed the handle up and down. Nothing happened but the empty sound came back to him. He wanted to cry but then he saw a water bottle kept in the corner. It was nicely sealed in the sheepskin. He wanted to gulp it in one second but there was a note with it. That said 'please put this water in the pump to start and please don't forget to fill

up the bottle again. He thought what if after pouring the water in the pump nothing comes out? But still with faith he poured the water in pump and pushed the handle. The empty sound vanished after four five strokes and suddenly cool water started pouring out. He drank endlessly, took good wash and filled all his bottles. He filled that bottle as well and wrapped properly. Before that he added a line in the note. Please have a faith in god and power the water in pump. Definitely you will get cool sweet water... He finds a good direction map along and he realized that the nearest village was very closer; in a day he could reach civilization.

*What if he had not poured the water in the pump? Life is exactly like this. **After every hardship there is a good time ahead but our faith is not pure and chances are we could take wrong choice easily...***

Gurukul

Questions and Answers with sadhaks.

Questions asked during seminar.



1. Memory is in the brain, then how is it we say in the hara?

The science has now reached a conclusion that the seat of memory is not in the brain alone but is in every cell within the body. The processing of reaching to the cells to store and retrieve the memory happens in the brain. The brain is only like a panel of switches or a switchboard. Brain is connected all over the body through motor and sensory nerves.

2. When we have found out that the husband is cheating you, then should we take it as prarabdha karma or we have to forgive and move on?

I think though they seem to be two choices, truly they are one only. Only when you take it as prarabdha karma, you can forgive and move on. So where is the question? The basic problem in most of such cases is the root cause of why a husband has to cheat his wife. If a wife can make a husband happy in every sense, possibly the events of cheating may not occur. It is, no doubt a prarabdha karma, but then the karma is our own. One can't discard that possibility may not lead to anywhere. May be a husband has already felt cheated in relationship if his expectations of a typical wife may not have been fulfilled. There are two kinds of cheating, one which are above the surface and one below the surface and unseen.

3. Why did Buddha leave his wife and son? Did he not runaway from responsibility? He hurt two people? Is it ok to hurt your family?

At one level of consciousness, one redefines life and its perspectives like family, home, relatives etc. I cover this in elaborate terms in my second level teaching. The one who renounces the sansara, does not leave home but expands the definition of home. We look from our small window of definition and then feel that he has left home. That is our limitation. One needs to redefine terms as we grow in life/ If we do not, we are caught in the cobwebs of our own beliefs. The idea of Buddha was never of hurting the family but to embrace the world. His family could have risen to support his cause. Staying together does not mean the husband or the father has to stay with wife or son resp., but even they can join his mission. We look from our own narrow, parochial beliefs and pass judgments. Don't you think when someone leaves his/her family to earn dollars in America is also causing a hurt to the family left behind- especially the old parents? But we have accepted that as we do understand dollars but not the elevated consciousness. We pass judgments using our own currencies.

4. One participant said she doesn't have any fear of future/loneliness/ fear of death/ or in her profession. She said she is suffering from knee problems, why?

The fears at the conscious levels are never a problem. The real problem is with the subconscious fears which one is not aware about. They are not known consciously. Even the karmas which we perform are not recognizable in the form that they appear as sanskaras. If one puts a bread in the tank of water and find that the water pipe is clogged after few months, one can't relate the blockage caused by oneself as the same has changed the form and has not remained as a loaf of bread. So when we say that the knee problems are caused by our fears, we always mean (and make it clear) the hidden fears as they are the ones which work below the line of knowledge and consciousness. The participant should be made known about this.

5. We say that purity of consciousness is depends on purity of chitta and we also say in features of reiki that Reiki is totally independent of thoughts, feelings, beliefs. Can you please explain sir?

First and foremost, it is wrong to say that Purity of consciousness depends on chitta. Consciousness is always pure. It is the life process I talk of which gets purified when chitta is purified. When we talk of Reiki is totally independent of thoughts etc it is for taking and giving Reiki. It does not matter a recipient and a practitioner belong to different faiths, gender, castes and creeds or belief systems. The transmission channel is always clean. Purity of chitta is more connected with the receiving channel. So these are two different things altogether.

6. Difference between pashyathap and prayashchitth?

These are the Sanskrit terms. Pashyattap is formed by two words : Pacchyat + Taap. Here Pachhyat means Post or after in English. Taap means Suffering. Hence Pacchyattap means post sufferings. Prayaschitta also is made up of two words. Prayaha and Chitta. Here Prayaha means Prior or before and Chitta means Chitta itself. Hence Prayaschitta means before the karma coming into the zone of chitta. Once it comes in that zone it has to go through the whole process of karma and possibly sufferings too. Prayaschitta is more preventive while Pacchyattap is more curative.

Pathway To Wisdom:

Appreciation from Parents

Dear Krupa Didi,

Jai Gurudev.

Extremely sorry for the late reply.

First of all our sincere and heartfelt thanks for taking care of all the kids at Devrukh. All of you were so affectionate that the kids were truly at home. To tell you the truth, we were very apprehensive about sending Aarish for the program, with due regards to your confidence in the kids though as parents it was difficult to let go of them for 10 long days. It was a difficult decision for us to take but after the decision was made we went with the flow.

Dropping Aarish off at Devrukh was one of our most difficult part but your assurances helped us there.

Aarish enjoyed himself immensely there and is all set up to meet all of you every year. To think about the changes in him, though subtle there are a few:

1. He was always interested in historical & mythological stories and while driving back he was full of questions regarding Swami Maharaj, Datta Maharaj and the whole lineage. He was eager to hear all the stories which we had to tell him. Though we have limited knowledge of this subject we tried to answer his queries. He has certainly taken up the energy to the spiritual path.
2. He has become very particular about finishing his plate. If he is unable to finish it, he makes it a point to make someone finish it for him, but his plate has to be empty at all costs.
3. He has become more curious about things and is asking lot of questions which we enjoy answering.
4. Aarish tells us to "Drop Assumptions" several times.

We were very impressed with the way not just Aarish, but all the kids have stayed together and grew together. Hats off to all of you there who have made all this possible.

We take this opportunity to thank all of you for the wonderful experience you have given to our children and have made them your own. We are grateful to all of you to share the responsibilities of making our children better human beings and responsible adults. Your support, love and affection means a lot to us.

Waiting for such opportunities to get in touch with all of you. Jai Gurudev!!

With loads of gratitude & love,

Chaitali & Vinay Kavathekar

Feedback for Ansh Sheth.

We as a parent would like to thank you and your team for putting up so much of efforts and taking interest to create a better human being out of each child participating in "Pathway to Wisdom". We are sure to see changes in Ansh for his increased listening capability. He understands and absorbs each and every instruction given to him and tries to look into the essence of such instructions. We have always been thinking of channelizing his energy level in the right direction and put into work for right kind of job, where "Pathway to Wisdom" is helping us to do this to a large extent. He has been showing his energy levels since his birth in unwanted activities. Although we have tried our best to utilise this by allowing him to join certain activities, like Karate, Football, Skating, Swimming etc. Out of this, he didn't do well in Skating and football, but got black-belt in Karate and enjoying swimming quite well. What I am trying to point out here is, he has learnt to cool down and remain quite for a time being in situations where he may not be comfortable, unlike earlier.

We are sure, he is in right place to take him forward, and he shall be able to achieve his lifetime goals.

Thanking you!

Regards,
Priyanka & Kunjan

Guruji's lecture at Chicago, USA on Life Enrichment & Inner Celebrations

People from the Brahmo Samaj and Datta Kutir Community attended the lecture Guruji at the Fairfield Inn & Suites Marriot Chicago Schaumburg on the evening of May 30, 2018 during Guruji's recent trip there. The discourse was on Life Enrichment and Inner Celebrations. In spite of extremely bad weather on that day, more than 60 people attended from all walks of life including a Republican candidate running for US Congress Mr Divgikar.



Musical Concert at Datta Kutir on 7th June



Mr. jairam Athalekar who accompanied Guruji on this trip, as many might know is an excellent and professional singer in Maharashtra music circles. He rendered a performance for reiki sadhaks in Chicago at Datta Kutir on Thursday, 7th June. It was a divine evening in the presence of deity Lord Dattatreya as well as in many Datta devotees in Chicago. It was an evening difficult to forget and will cherish in the memories of all those attended for a long time.



Guruji's address to Reiki Chicagoland sadhaks

Guruji addressed a meeting of all Reiki sadhaks of Reiki Vidya Niketan on 6th June 2018 at Gayatri Mandir in Chicago. There were interesting sessions of questions and answers and the bhajans. Sadhaks were thrilled to meet Guruji after a gap of one year and rejoiced. The meeting concluded with a Prasad.



Rudra Classes for Chicago sadhaks by Mr Jairam Athalekar

RVN Mumbai's senior sadhak Mr Jairam Athalekar accompanied Guruji on his US tour this time. Mr Jairam who is a teacher of Rudradhyay recitation taught about 17 Reiki sadhaks from Chicago (One each joined from New Jersey and North Carolina resp on video conference). The class was spread over several evenings and concluded on 17th June. The students showed their proficiency by chanting Laghu Rudra at Wood Dale as well at Des Plaines. Chicago can now boast of more than 20 strong team of Rudra chanters who have decided to offer this sewa in various temples in Chicago in times to come.



International Reiki Seminar at Chicago

Guruji's seminar at Chicago on 16th & 17th June really came as a parting gift before he departed to India on 18th June. This turned out to be an international seminar with participants coming from different nationalities like Russia, Peru, Mongolia, Bulgaria, Nepal, Yugoslavia besides from India and America. A large group of 38 went through the Reiki 1st level training at Super 8 Motel suites and got soaked in Reiki flow for over 16 hours.

Mongolian Shamans visited Guruji in Chicago

A team of Mongolian Shamans affiliated to Gerliin Urguu USA Shaman Association visited Guruji for his advice and discussion on healing practices at Datt Kutir on 11th June 2018. Some of these Shamans joined Reiki 1st level seminar on the week end and got initiated on the Reiki path. Mongolian traditional healers getting into traditional Reiki system is a huge news for healing community.



No one will understand you...

A sadhak came to Guruji and started crying saying that “no one understands me” Guruji smiled and said,” Child, no one will understand you and even if someone says that he or she has understood you, that may not be correct. We are not here on this planet to understand anybody else, except us. The whole purpose of life is to understand oneself and get realized and move over to enlightenment. That is a path. One can’t change it. All that we can do is to appreciate others, play a positive role in their lives, help them, love them, and be compassionate. But understanding is definitely not the idea. All these things can be done without any efforts to understand anyone. The idea of others to understand you will bring sadness and sorrow in your life. Drop that idea and you will be happy”

Program Schedule for Reiki Seminars July 2018

Dates	Reiki Teacher	Centre	Degree	For registration contact
30th June & 1st July	Krupa Choksi	Delhi	1st	Preeti Khanna (9910441209)
30th June & 1st July	Vishal	Airoli Navi Mumbai	1st	Mandar Kopare (9867155399)
30th June & 1st July	Sangita	Devrukh	1st	Devrukh Math (02354-261322)
7th & 8th July	Seemaben	Ahmedabad	1st	Kinal Pandya (9714515839)
7th & 8th July	Aruna	Bengaluru	1st	Komal Pukale (9845279840)
14th & 15th July	Krupa	Rajkot	2nd	Jyotiben Saraiyya (9824299153)
14th & 15th July	Bharatiben	Vadodara	1st	Chandresh Parmar (9974701200)
14th & 15th July	Kalpita	Mumbai	1st	Vinaya Sawant (9004328016)
14th & 15th July	Rakesh Kumar	Thane	1st	Jayshree Desai(9322244564)
14th & 15th July	Vishal	Pune	1st	Amrut Kirpekar (9175050900)
21st & 22nd July	Vishal	Nashik	2nd	Shubhda Garge (9623547827)
28th & 29th July	Khushal Solanki	Chennai	1st	Khushal Solanki(9405849364)