

REIKI VIDYA NIKETAN

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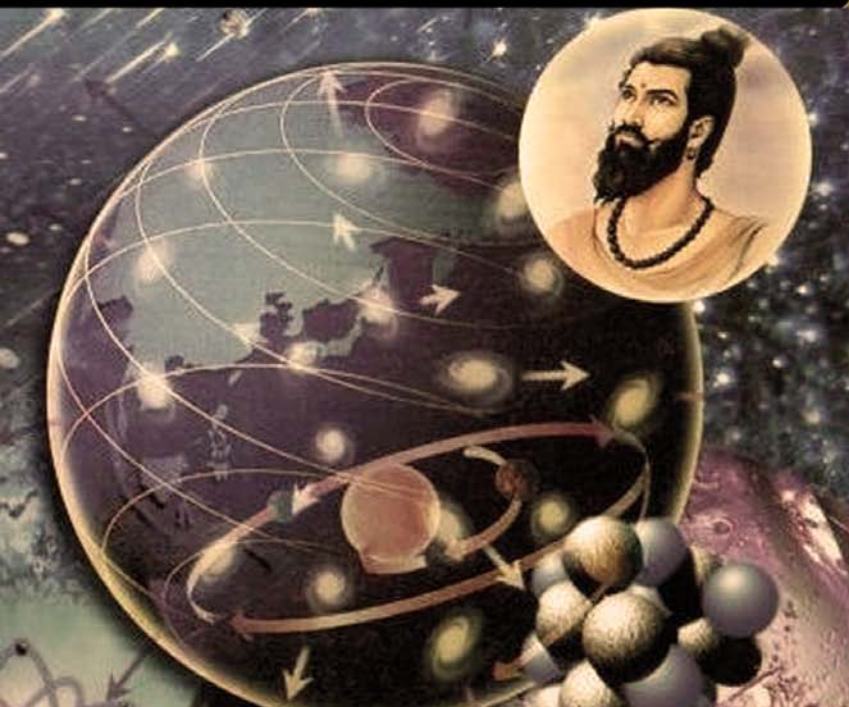
INDIAN SCIENCE




EDITORIAL

Hail the Indian Science...

Recently some of the pseudo scientists in this country had taken some procession in different parts of the country to denounce the ancient Indian science calling it a big hoax. These so called scientists who are supporting a science which has a huge contribution in modern violence and organized crime creating a stressful world around and at the same time abused Indian science which initiated peace and harmony in the society for ages together. Another attempt of breaking Indian spine after Sir Macaulay did it in 1835. This all started after Mumbai University one of the oldest universities in India organized a National Science conference allowing the scientists believing in ancient Indian scientists to participate. These protesters possibly are still carrying the slavery British and other western cultures imposed on us for almost four centuries till we became a free country in 1947. They are still measuring the life through the age of parameters set by their still active masters.





Hail the Indian Science...

The modern science evolution finds its roots in Newton's law of gravitation, which opened the avenues of classical physics as well as in the Law of specific gravity promoted by Archimedes. One of the laws is related to the Earth and the other with the water. The humans of the yore knew very well about the earth and the water, as we have been very familiar with both these elements, as we have been staying amidst them since the human race came to its existence. What is known can never be a challenge to a human brain and intellect. Newton though was excited with a fall of an apple; the event never excited the sages of the past. They always looked at the tall trees moving away from the mother Earth and wondered, what is that force which negated the earth's massive pull that has not allowed even the moon to get out of its influence even after millions of years? A simple blade of grass breaks through that massive force being invited by that infinite space of sky. That was something they always wanted to find out. Even the Mahamrutyunjay Mantra talks about the fully ripen Cucumber falling away from the tree without bothering the tree as well as itself. That was the idea of freedom from suffering and completion of life that was appreciated better than a pull of the earth. That was the search of wholesome life. Indian sages and the siddhas have always been attracted to that revolutionary approach of Fire element, which always broke through the bondages of the earth. No wonder the Vedas – a body of supreme knowledge and wisdom starts with words Agnimile Purohitam – the agni (fire) getting its rightful place in Vedas, to the top. Indian cultures always believed that the human bodies are made from the fire principle and hence the bodies after are also confined to fire to complete the cycle of life. While Indian science had broken through the barriers of five senses, western science was still searching for the law making a fruit fall to the earth. Gravitation and Specific gravity are more of a research than a search. Saint Dnyaneshwar wrote about the solar system and the stars and planets moving around the Sun way back in 11th century in his wonderful book Dnaneshwari. Those who have read this will just take tall claims of modern science with a tongue in the cheek. Those who believe that sage Bharadwaj never wrote Vimanashastra (the science of avionics) are like that stork hiding his neck into the layers of sand. It is a high time Indian scientists start looking to technologies, which are human friendly which are deep down in the Indian culture instead of looking to the setting sun to provide technologies of peace and happiness. The new age will then begin.

With love, light & Reiki

Ajit Sir

April 24th 2018



The Power of Turmeric...

By Rakesh Kumar

Today we see a great catastrophe in farming practices, which is destroying the environment, wasting hard earned taxpayers' money on loan waivers, and creating endless woes to millions of farmers and consumers.

But if we step aside and look at the problem, we can see its a human created situation. With India blessed with tropical climate, abundance of minerals and soil conditions, varied geographic terrain Farming should count as strength for our economy. Unfortunately the real science from vedas and our own traditional farming practices have been shunned and we have been nitrating our lands. One can imagine the desperate need to use such nitrates where the sun is unavailable in cold countries, but in a sunlit land, the Yagnyas must be looked in a different perspective.

With this vision we started the Agnihotra based farming practice in Devrukh with an aim to bring the most purest and holistic approach of farming. When one does farming with Agnihotra and allied Yagnyas like Tryambakam and Rudra Yagnyas the fires become a source of healing all 5 elements viz land, water, fire, air and space. Today Organic farming which is considered to be best approach for farming does not ensure underground water replenishment where, water has dried. Agnihotra has a technology can do that, and also heal the environment to create the best quality of crop yields. Soil micro organisms are easily promoted in a healing environment.

The Agnihotra sound wave technology cleanses the farm from radioactive and other kind of mobile radiations as it uses the Suns bio rhythmic energies. Climate stabilizes where Agnihotra farmlands exist, ensuring protection from extreme climate.

Turmeric is a powerful herb, which has been used since Ancient times as Fire itself. Siddhas consider it as a celestial being manifesting on earth plane from thunders for bringing in spiritual knowledge. It is used to increase immunity of our biological system, and has the ability to fight hundreds of documented diseases. With modern medicine in the quest to create pills for each ill, they have been making many antibiotics and vaccine for each disease. Turmeric on the other hand can be nutritional supplement which directly boosts immune system and creates a bio shield around our body.

Sacred Turmeric cultivated in Yagna environment has special importance as it is used for preparation of kumkum and haldi (Turmeric), which are used in worship of Shakti or Energy. We offer Turmeric produced from our Agnihotra Farms in Devrukh, which is the first initiative among many to bring a Paradigm shift in Farming Consciousness.

For further information on this subject you may reach rakeshvkumar@gmail.com.



Reiki the Ultimate Truth

Chidananda rupah Shivo'ham Shivo'ham

By Aruna M.

Guruji, on this day of Devrukh Ashram anniversary I wanted to convey my gratitude for this beautiful knowledge Reiki showered upon us by you. As I

Finally knowledge about chakras on our subtle body, emotions and its effect on endocrine glands. This makes one understand that our constant and uniform flow of energy contributes to good health and happiness.

received your message I was listening to a lecture on Ultimate Truth from Keno Upanishad by Swami Sarvapriyananda from Ramakrishna Mission. That set me thinking...

Reiki seminar itself is a complete experience about Vedanta. Today I understood how the sadhaks grow steadily on a spiritual path with just Reiki practice. **It's a profound knowledge which is getting converted into wisdom through the experience known as reiki practice.**

Upanishad says **"Consciousness is all pervading in the Universe"**, and how one can understand and internalize it by **"Sravanam, Mananam and Nidhidhasanam"**. Just then I realized by practicing reiki we do the same and our understanding about Consciousness is so experiential to all reiki sadhaks.

This also reminded me of the Nirvana Shatakam - composed by Sri Adi Shankaracharya

Mano-Buddhy-Ahankaara Cittaani Naaham

Na Ca Shrotra-Jihve Na Ca Ghraanna-Netre I

Na Ca Vyoma Bhuumir-Na Tejo Na Vaayuh

Cid-Aananda-Ruupah Shivo[a-A]ham Shivo[a-A]ham ||1||

Meaning:

Neither am I the Mind, nor the Intelligence or Ego, Neither am I the organs of Hearing (Ears), nor that of Tasting (Tongue), Smelling (Nose) or Seeing (Eyes), Neither am I the Sky, nor the Earth, Neither the Fire nor the Air, I am the Ever Pure Blissful Consciousness; I am Shiva, I am Shiva, The Ever Pure Blissful Consciousness.

Swami Ramakrishna's quote "If you know yourself you know God" so dear Sadhaks practice Reiki to know yourself and reach the Ultimate Truth that is knowing God.

No wonder it is known as "Sahaj Sadhana". We experience it in the seminar so many ways and so many times. First during Yoga Nidra, Participants goes through that experience that he / she not the body, not the mind and only pure consciousness.

Again while experiencing their Aura the experience that we all have the subtle body called the energy body. Again during Self Reiki some of them experience the journey from waking – dream – sleep and finally sometimes to Turiya state where there is no body and no mind too.

Mirror exercise shows the real you emphasizing "You are not the body". Partner reiki not only makes them feel one with the partner and the whole group fills them with love and compassion with one and all. This is nothing but **Advaita**. This is a reassurance once again that consciousness is all pervading, omniscience and omnipotent.



Whom to blame?

By Telangana

Most people blame god for their suffering. They have no idea why they are in pain. They honestly believe that they have never hurt anyone in life but then why did god punish them like this?

According to human psychology, by blaming someone makes mind feel lighter and it's easy to deny responsibility. As per the law of karma '**You reap what you sow**'. Someone is surely responsible but definitely not the god.

Natural disasters like earthquake, floods or draughts destroy thousands of lives. We have to accept that it is a result of our mistakes. The amount of pollution we are creating, cutting down trees, disposing plastic and destroying nature make us pay with such disasters. We accept it or not but we have to pay for it. It's like we drive a car at right side in India. If we go and drive similarly in US we will be punished right away. Now we can't say we didn't know law? Our ignorance could not be an excused.

The benefits in learning Law of karma are better

than ignoring. For example, we slapped someone and then the person gets a chance to slap us. This can go on till the cycle is broken. One of us will have to change response. Now we can't control others but we could control our own responses. If we stopped and forgiven the person who slapped us, actually we are not only creating positive vibrations but also given full stop to a karma, which is not going to return to us again in future.

Therefore staying aware for our responses 24X7, and creating only positive vibrations is the only solution. *Like squirrels gather seeds and hide them under the soil and later forget them... research says these seeds create 55% forests in the world. In return these forests help millions of animals to live happily.* Like squirrels if we keep doing positive deeds continuously with no expectations, we will be surely benefited forever... we could pay back karma, with a smile not with tears. We will never blame god ever for our suffering.



6-3-2018



31-3-2018

A story of our brave sadhak from Baroda

*Dear Sir,
Jai Gurudev!*

Please find the pictures of Devanshi (2nd degree sadhak from Vadodara) who got burnt from petrol flames when she was developing some picture/film on 5th March 2018.

She had her skin peeling off when her mother took off her clothes after the incident, and after 25 days on March 31st, she has new skin.

She said to her mother after the incident not to worry, and she trusts reiki. The trust has been reciprocated with Divine Mothers Grace!

Rakesh Kumar
Reiki Master.

Gurukul

Questions and Answers with sadhaks.

Questions asked by participants during seminar.

1. We always believed ' thought comes first' and then idea.

It is a wrong belief. Idea is too fine while thought is relatively coarse. Intellect operates at the highest frequency, much higher than the mind which produces a thought. The moment intellect connects to the wave of consciousness, the idea is born. Ideation is the first step towards the action. That idea descends in human mind consciousness to create a thought.



2. Is there any difference between dharma and Neeti?

Dharma is set of values while Neeti is one of its values. Dharma is a larger entity and Neeti is a subset of that. Dharma is a frame within which Neeti (Ethics) operates. Hence it is like a mother and a child. Dharma is a mother and neeti is a child- an offshoot of a mother. Hence though they are not the same, though they are not different either.

3. You gave an explanation on left hand and right hand. Left is for diagnosis and right for cure?

It is believed in a physical cycle of energy that it is the left hand which receives energy while the right hand gives out energy. Look at any God's idol and you will be clear about that. Left hand has excellent sensitivities while the right hand has a power to heal. I have experienced in Reiki for over two decades that the Left hand is excellent for detecting the disorders on aura level than the right. Right hand however, is extremely useful in correcting the disorders and restoring the health.

4. Dharmakshetre, kurukshetre is this the conflict between subconscious mind and consciousness mind?

Yes. Absolutely. Dharmakshetra means the field of values or beliefs which are deeply rooted in one's mind. They are deeper hence they are believed to be in sub-conscious mind. Karmakshetra means a field of action- a conscious thought before the action. That is precisely why a divine Bhagwad Geeta starts with these two words. The first sentence itself is the essence of Geeta: Dharmakshetre Kurukshetre Samaveta Yuyutsava. Which literally means "Are my subconscious mind and conscious mind in sync or are they in conflict?" Samaveta here means in conjunction with each other while Yuyutsava here means in conflict or engaged in war/ battle. I do not believe Dhritarashtra was physically blind, but he was lost in spite of his eyes like many of us in this mundane world.

EGO; Let it Go...

By Vivek Pandye

Ego, as is commonly understood is a gross, harsh and forceful state of our existence. We may not understand it clearly but we all surely experience it at some or the other point of time in life. Elders guide us in order to protect us from it. Saints proclaim it to be the worst form of Karma Sanskara, eventually leading to the decline and degradation of a human being. The common man, however, does not ponder over such issues unless he or she gets affected with the adverse effects of 'Ego'. But what is it actually? It surely isn't a tangible thing for us to be able to catch hold off. It is something subtle yet concerned with the gross.

To define it in simplest of terms, the expression of me and mine with the intent to create a feeling of separation and strictly maintaining the relative world as relative, completely disregarding the absolute nature of life, may be called as ego. It is difficult to define the truth, as it is a subjective phenomenon, but traits like ego can easily be identified and defined. The very fact that they emanate from a feeling of separation, renders our task of identification easy and also inevitable. However, let us not drift into the detailing of an objective and easily avoidable issue to make matters complicated. Let us look at this old age phenomenon from a completely different perspective.

The word 'EGO', has the letter 'E' in it. If we remove that 'E', the word becomes 'GO'. There is, as in most cases a secret to the matter of discussion within the word itself. The 'E' stands for energy and the 'Go' stands for life, which goes in full flow. The moment we become stuck, whether in the gross or subtle part of our energies, we stop, and thus become a victim of 'EGO' out of sheer ignorance. Or should I say, the 'E', which is symbolically energy, which we deliberately accumulate at one place in order to enhance our physical persona. When we identify ourselves with only the body or mundane matters, we surely reside in our 'Ego', which emanates out of unawareness. The energy, when it gets stuck at the mental plane pertaining to some issue, we actually build up ego. The energy, when it hovers around the emotional plane due to some relationship issue, what we accumulate

is ego. The energy at the time when we opinionate and become decisive and also stick to our viewpoint is when we accumulate ego at the intellectual plane. What do we understand by this energy getting stuck at one plane, let us find out.

Fundamentally we are nothing but one- energy, without the second. Even the gross body which seemingly appears to be distinct and separate is also the same energy. We, as human beings vibrate at different levels, starting from gross, to the subtle and the most subtlest, which is the soul. Energy remaining focused unintentionally at the lower frequency results in a feeling of heaviness. We stop experiencing the beauty and the lightness of life. Life seemingly becomes a big battle and everything appears to be against or at least separate from us. This again disallows us to be free as we constantly experience fear and stressful. Life remains far away from our experiential realm. The gross and the mundane dominate our minds. To make it simple it is the in-between faculty of mind, which remains stuck at the root level. Caution: This could also lead to the birth of a disease.

To Sum-up things, mind remaining stuck at the root level or the mind itself or the emotional level is what creates ruckus within us. It is the very trait of remaining stuck that may be regarded as ego. The very nature within us always moves about freely from moment to moment. We experience life in two ways; either a forceful approach which fetches energy from within us or a subtle state of surrender which emanates out of knowing that all will happen at the right time without us getting fidgety about the same. Finally, we also cannot decide not to have ego, all we can do is just pick up signs of ego arising within us. The more aware we are the less the pain and agony and precaution for the eventual wrath. If we choose to be life sensitive and allow it to overwhelm us in every which way, we naturally stay away from an egoistic persona. Look around, it's all life around us. Where are we stuck? Is it that important for us to be missing life? So let us drop the 'E' and 'Go' with the flow.

'I' am playing the Hero
On a biggest stage called Life...

There are many performers
Supporting in it nonstop...

I thought it's my show but
It's his, her, their show as well...

Everyone is playing unique role
With a special script of their own...

We are bound with each other
But free to alter our role anytime...

The scenes keeps changing every day
With choices we are allowing...

The Fun, the Pain, Love or Hate
Every Script is complete of it...

We sign an agreement before
Choosing our Pain or the Pleasure...

With learning our own lessons here
We create a blockbuster of our own...

The Blockbuster

By Telangan



The Master disciple relationship:

This is a wonderful piece of article on a Master and disciple relationship I found from the lecture series of Swami Sukhramdasji. It is so interesting and vivid that I felt I should share with you all and this may clear many doubts one may have in mind as a sadhak.

Swamiji: It has come in the scriptures that in this world one can meet many Gurus that take away a disciples' wealth/possessions, but the kind that will put out the burning fire within have been extensively glorified "hyaatpa-haarkaah". Just like we have many relations - mother-father, brother-sister etc, similarly if we introduce another relation "Guru," with that, to think we can attain salvation, we can gain some uniqueness, such is not to be seen. Therefore until your doubts are not resolved, until the light does not shine within, until true knowledge is not realized, until love of God does not manifest, how can he be called a Guru?

Only he is a real Guru, whose refuge when taken, transforms the disciple there and then. His sentiments change. But we have seen that those who have made a Guru, their dealings are the same as before. They continue to have many likes and dislikes, similar to those that did not make a guru. He who makes a Guru, establishes a new relation, and in his mind becomes satisfied that I now have a Guru. As such Guru is he who gives a instructions for the salvation of the disciple and the disciple is he who is a devotee and does things according to the instructions of the Guru. "Guru sishya andh badhir kar lekha ek nahin sune, ek nahin dekhaa". Nowadays this is the behavior of gurus and disciples - One is blind and one is deaf. The disciple does not listen or follow directions or advice of the Guru and the Guru without seeing, without personal experience, just like that, makes him a disciple. Great souls do not rush into making someone a disciple; and whoever they make their disciple, the Guru becomes responsible to see to his liberation. Nowadays the state is, that the Guru does not know how to liberate....If the disciple takes the established path, then it is ok. Therefore, only those who can liberate should have disciples and if they cannot liberate, then they should not have disciples. It is said in Marwadi "paani pijiyee chaaniyo, guru kijiye jaaniyo." He who you know has the essential knowledge of truth, who is a liberated souls, who can lead you to your emancipation, and if you have faith in Him, then you make that person a Guru.

Questioner: *I am very old now, and still have not made a Guru, and I have heard that without a Guru salvation is not*

possible. My mind does not accept as to whom I should make my Guru? In this state, what should I do?

Swamiji: Arjun said "Shishyaste hum shaadhimaam tvaam prapannam" (Gita 2.7).

"I have taken refuge in You. Please instruct me." Thus the instructions are given by God Himself. Similarly in this world the Guru of all is Bhagwaan Shri Krishna. If one believes the words of Shri Krishna and listens to the Gita, then he will attain the essential knowledge. In the end Bhagwaan asked, O! Arjuna, have you listened to the Gita? And is your delusion gone? Arjuna said, my delusion was wiped out by Your grace. Guru's kripa (grace) has immense powers. This does not happen simply by accepting a Guru-Disciple relation. Therefore Arjuna says that it is not that by listening to the Gita single-pointedly, there was enlightenment. It happened due to Your grace. Arjuna does not consider himself to be scholarly having heard the Gita properly and therefore his delusion was destroyed. He believes that the delusion was destroyed due to Bhagwaan's (God's) grace. The Lord showed the method in Gita Chapter 10, Verse 9. In Verse 10, he talks about the extra-ordinary grace and in Verse 11, he clearly states -

"Tesdaamevaanukampaarthmahamgyaanajam tamah;
naashyaamyatmaabhaavstho gyaanddepan bhaasvataa,"

"It is only out of grace that I light the lamp of knowledge, to destroy the darkness born of ignorance." When there is such a Guru present, why are you going here and there, brother? Believe in Bhagwaan (God). Bhagwaan shares more than the Guruji, and He does not talk ordinary stuff. Take refuge in Bhagwaan and read the Gita. This is the voice of Guru Maharaj. All will be alright. In devotion of Guru, one attains salvation, but not from the Guru. There is disobedience in your talk! If Guru were to be the source of salvation, then his own disciples would have all attained salvation, and does Guru make a disciple? Or does the disciple make a Guru? When the fruit on a tree is ripe and sweet, then the parrot comes and pecks on it. Similarly you become eligible and capable, then those saints living in the mountains, those living in Badrinarayan, they too will come and give you instructions. Bhagwaan (God) is present in everyone.

YATHRA

A learning Opportunity at your lotus feet

By Mrs Aruna M.

I have only travelled once with Guruji in 2016 for “panch mahadev yathra”. It was a great opportunity this March to travel for three days yathra with Guruji, along with other masters and senior sadhaks of RVN. This trip was fully arranged by the senior sadhaks of Nasik. Their love, commitment and sincerity itself has to be imbibed and emulated. As Guruji rightly said in his book **“When you are relaxed, you are studying in the real sense. This is what real sadhana is all about”**.

I reached Mumbai a couple of hours before time and was waiting in Dadar station. As I reached a platform I was asking people whether this is Dadar East/West/Central. In turn they asked me where do you want to go? This reminded me of the seminar question. In this journey of life one should know where are we and where are we going? This was my first lesson. Guruji joined us in Kalyan and we were lovingly provided dinner by a sadhak from Mumbai. Before we retired for the day Guruji was telling us about how to learn to **“Be patient and wait like a Nandi in a shiva temple”**. This also reminds me Shirdi baba's saying “Shraddha and Saburi”.

We got down early morning and had to reach Karanja, Narasimha Saraswathi's birth place in a tempo traveller and a jeep. It was a town in itself along with the temple, we had accommodations in the same compound. Temple is there for more than four centuries, they follow the tradition that men only perform all the duties inside the premises. Only men were allowed to read “Gurucharitra” and so they were busy taking turns and had a blissful experience.

Lunch was also served as Prasad to all of the devotees who visit the temple. Masters meeting was there post lunch. It was a wonderful opportunity to learn from all the seniors and Guruji. Evening we visited the Narasimha Saraswathi's house very close to the temple premises. We all felt the vibrations there and Guruji made us meditate in the space seeking blessings for our mission to spread health, happiness and harmony.

Evening was spent in Aarthi and parallelly Gurucharitra patan was also going on. Again we had dinner as Prasad and retired for the day. The next day morning I got an opportunity to attend the early morning aarthi at 5.30 am. Though one part me was happy, there was some incomplete feeling also. As I was pondering over it, Guruji too said that **since they were traditionally using the male energy and not the female energy the temple energy was a little dry and tight**. This was my second lesson. How important it is to understand the male and female energies. We learn about it in functioning of chakras in male and female. As a couple in a house or a human being with both energies flowing in us we need to have a complete balance of both to enjoy the flow of energy, Reiki.

The next day we proceeded towards Mahur “Renuka Devi Mandir”. Three beautiful small hills and hills had Renuka Devi Mandir, Anusuya Devi Mandir and Lord Dattatreya temple along with a Dhuni. It was a beautiful experience. Renuka Devi Mandir murthy was so alive and we all felt very connected, happy and joyful. The colourful bangle shops along the way were reminding about the rainbow in the sky. **I felt our energy was transforming from Shiva to Shakti**. After all the three Mandir darshan we had lunch and proceeded towards Shaegon.

This was a long journey for all of us. Both the sides of the road we saw only dry trees, no leaves, But in between those orange flowers gave a feeling as though someone has just started to paint and the moon was a witness to the whole

scenic beauty. Through the travel we were listening to old songs and touching our childhood memories. We reached Shaegon by 10 pm. We had dinner and got a good accommodation. Since the place was too big we felt scattered and in Karanja we were very closely connected. This was my third lesson **“Simplicity takes you closer to your own self and grandeur towards the world”**.

Third day Guruji shared a lot of knowledge with us. He said **“a sadhak near or far from his Guru must be connected to the chidakasha with his guru”**. My fourth lesson was, when we are closer Knowledge get transferred like from a Bluetooth device and when we are far it is like satellite communication. He said very beautifully **“While we are closer to divinity in disorder and we are closer to human plane when there is order in everything”**. This was the fifth lesson. He also gave simple tips to manage the space of the seminar with ease so that the divine space builds effortlessly. The essence was finally to fill yourself with love and compassion and follow the three golden rules. One – Do not hurt anyone Two – Accept everyone and the Third – In every situation you have a role, play it positively.

We had a good darshan of “Gajanan Maharaj's murthy” at the temple. Guruji asked us to imbibe the word “Mavuli” from the volunteers. My sixth lesson **speaking politely is one of the important quality of a sadhak**. As we spent our evening time in the garden, Guruji told us about the sevakaris working in the place, about their simplicity and sincerity. He expressed his interest to research on the same topic.

Like a gurukul, we were all sitting around Guruji and listening to his golden words. He told us how **Swami Samarth gave the role of worldly blessings to Shirdi Sai and Gajanan Maharaj, and told he will take care of the spiritual side of it**. This answered my question in my mind for the last five years. “I got the touch of a guru by first Sathya sai and then Shirdi Sai and now Swami Samarth”. My seventh lesson is Human Journey has to be from “Bhouthik” to “Adhyathmik”

On the last day as I was sharing my experience in Prashanthi Nilayam, Puttaparthi. Guruji explained to me lovingly that how I was supposed to answer that question. He repeatedly said I missed the opportunity given by Swami. **We are all one in the eyes of God and whoever seeks Him are all Brahman**. He said swami Samarth was one of the avatars who embraced everyone and he was a true “Digambara”. This was my eighth lesson.

My ninth lesson was learnt from my fellow sadhaks. In the Srimad Bhagavata and the Vishnu Purana it is told that the nine forms of Bhakti are Sravana -hearing of God's Lilas and stories, Kirtana - singing of His glories, Smarana - remembrance of His Name and presence, Padasevana - service of His feet, Archana - worship of God, Vandana - prostration to the Lord, Dasya - cultivating the Bhava of a servant with God, Sakhya - cultivation of the friend-Bhava and Atmanivedana - complete surrender of the self. **All sadhaks were showering their love and respect to Guruji in one of the forms or the other**. It was a great sight to watch.

Three days ended very quickly and we all started towards our return journey to Mumbai, Nashik and Ahmedabad. As we travelled Guruji shared a beautiful story on Prarabda Karma. My tenth lesson is **“Everything happens according to our Prarabda Karma”**. I reached home the following day late night with lot of insights and learning with a transformed heart. The take away finally is as Guruji wrote in his book **“We are all here in this world to improve and not to prove”**. Thank you Guruji and other Sadhaks for the wonderful experience.

Guruji's lecture at M S University, Vadodara on 2nd April 2018



Guruji Shree Ajit Telang was invited by M S University in Vadodara to deliver a lecture at their Physics Department on 2nd April 2018. The subject given to Guruji was "The Relevance of Ancient Technologies to meet the challenges of the modern world". Guruji's lecture was attended by the packed audience at the historical auditorium where Guruji discussed about the challenges posed by the future. Two major dimensions like the changing human behavioural patterns and the technological failures stem the waves of stress were discussed.

Agnihotra event at Tuljabhavani Mandir, at Navi Mumbai

Agnihotra demo was performed by our sadjaks in Navi Mumbai at Tulja Bhavani Mandir at Airoli Sector 8 on 24th March 2018, Event went well and many showed interest in starting Agnihotra for the benefits of the society. Our sadhak Smt Surve initiated the event which was conducted under the leadership of our Navi Mumbai coordinator Mr Mandar Kopare.



Yoga Shibir at Yeoor Hills in Thane on 1st April 2018



Yog Shivir (Camp) was conducted on 1st April by our sadhak Mr Mandar Kopare at Vivekanand Balkaashram Yeoor Thane. There were 60 resident students who participated in this session. The sessions were divided between two parts (1) Yog Session and (2) Indian Games. The children who attended the session were in the age group of 5 to 16 years.

Agnihotra session at Nashik

As discussed in Devrukh we Nashik Music Club group had gathered at Hiteshji 's residence for promotion of Agnihotra. Mr. Patangeji came to explain the process in detail and we had performed group Agnihotra there. Patangeji also explained the advantages of Agnihotra. It was a very good experience for all. Sending you the recording of the same.

Around 7 to 8 more group members are joining for Reiki in coming Seminar on 14th and 15th April. Waiting for you on 13th April at Nashik road.



The Purpose of Life . . .

Most of us always come across this question- what is the purpose of my life? This question was being discussed by sadhaks at the ashram once. Guruji said, "The real purpose of life is to share everything that you

have brought with you and become empty. That itself is liberation. The whole challenge is to find out what is that we have brought along with. That challenge can be met effectively by a spiritual practice and one can take a help of a Master, Everyone has come out to this world with something worthwhile, something that the world needs. Everyone has some role to play in this whole game of universe. Once you come to know about your role and what you have brought with, one has to do justice to that role. If we fall short of sharing and carry those things back, you need to come again."

Program Schedule for May 2018

Dates	Centre	Degree	Master
12th & 13th May	Rajkot	1st	Seemaben
12th & 13th May	Thane	1st	Rakesh
12th & 13th May	Hyderabad	1st	Renu Chaudhry
19th & 20th May	Pune	1st	Vishal
19th & 20th May	Goa	1st	Kalpita/Sangita
26th & 27th May	Vadodara	1st	Sangita
26th & 27th May	Mumbai	1st	Kalpita
26th & 27th May	Nashik	1st	Krupa
26th & 27th May	Airoli Navi Mumbai	1st	Vishal
26th & 27th May	Ahmedabad	1st	Bharatiben
26th & 27th May	Bengaluru	1st	Aruna