

REIKI VIDYA NIKETAN

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EDITORIAL

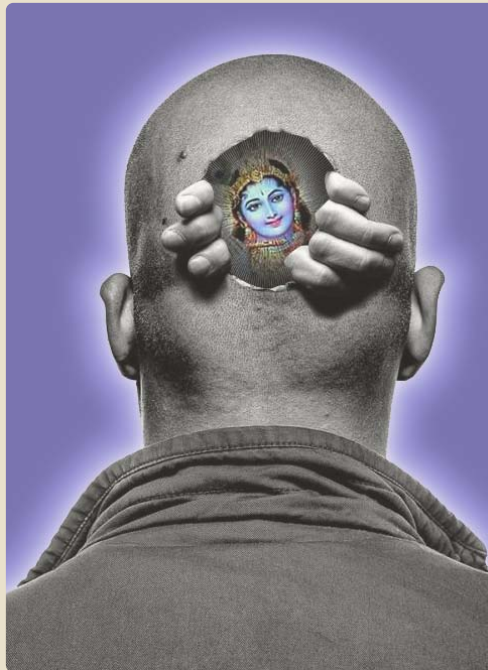
*Each human has a monster
and a God within...*

what would you like to activate?

My mind is lost in the midst of the turmoil created by “Metoo” on one side and “Shabarimala” on the other. The decisions given by the courts on issues like Aadhar Card and the Government’s right to keep certain things secret are also making me little lost. While fighting for one’s fundamental rights, we are failing to understand that we are moving far away from our fundamental right to live. While fighting for an idea of freedom we are moving away from the purpose of life.

One has to appreciate that the basic difference between the human beings and the animals is that power of discretion. The idea of discretion lies in the human mind. That mind is a missing factor in animals. Mind is the one which can think. Mind is the one which regulates the expressions of emotions on one side and the expression of intellect on the other. Mind is the one which brings appropriateness to everything that we do or supposed to

be doing. This mind created the concept of civilization. Humans could sustain as a community with a purpose or a community with a collective consciousness, which is found lacking in animal life.



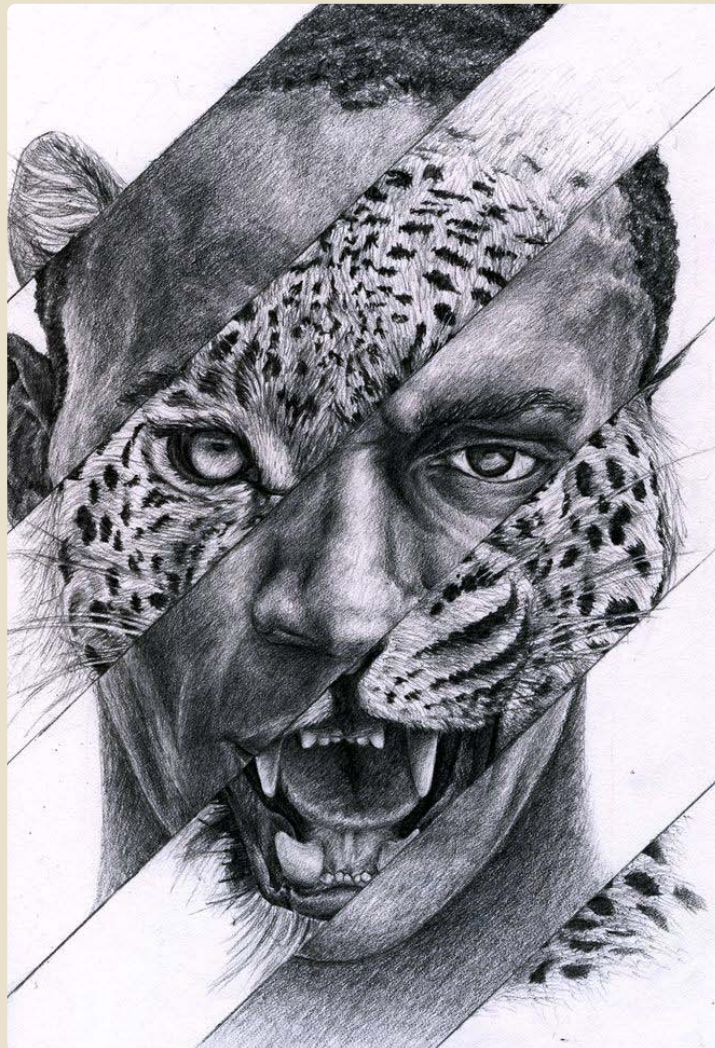
Human communities were formed as a basic need for survival. Humans in the primitive days were subjected to dangers from the ferocities of wild animals and the natural calamities. They were fearful about their survival. To save from such dangers, humans had a choice... a grace and blessings of the divine or the collective efforts driven by human doingness creating a force to counter. Sages and wise men selected the first option and wrote hymns like Rudradhyaya in praise of the almighty while a common

man opted for collective living with civilization as a means to manage. Religions, sects and a constitution as a code of moral and ethical conduct was given a birth. Generally we term as humanity.

The basic foundation of civilization is thus a fear and insecurities. Once the civilization fell into place humans realized that the wild animals do not necessarily stay in forests and jungles on the outer world. They are there even in the forests of human minds. Then came a fear of conflicts between the human communities. Obviously the whole idea of constitution of civilization was prevention and preemption. Then we made the laws to protect us from the diverse communities. The laws came into place. All laws are preventive in nature. The judicial nature is two fold- one to prevent crimes by setting well defined rules and the second to punish those who break the lines of the law. The law understands that punishment is a poor proposition as the crime has already happened and there are hardly anyways to recover what has been lost in the waves of criminal act. Indian culture is pretty ancient in time though not primitive in essence. The culture has already gone through many evaluations and has learnt its own lessons while moving towards the holistic wisdom. The cultural design what is manifested today has a lot of depth of wisdom as its foundation. It has a solid base of logic which is needed to be taken note of by a modern world for a better life experiences. But the one who does not relate to these contexts, for them it is all a big hoax.

Each human has an animal inside. That is a fact which can't be denied. We are all born animals. The culture makes us humans. And the spiritual understanding awakens the divinity within. The one who knows a little bit of Indian astrology may be familiar with a horoscope which invariably identifies a human as either a human or a divine or a monster. These are the basis traits of human identity. Only one of these three are active while other two are latent in nature. The latent can be activated by the triggers from outside. When the environment

consistently tickles the inner monstrous nature, the human monster emerges. The animal within becomes alive. The Indian culture understood it so well that they created a strong



armour around every human being. The walls of scientific principles were built around which over a period of time looked like rituals. Ladies needed to be protected. The culture created armours around them too. The way the astronauts are provided safety suits to protect them from alien environments. These protective covers are always bothersome. But it is a need. Otherwise the life will be come difficult. But a new world wants to breakthrough these. They are not comfortable with brackets. They are brazen about this. They are forgetting that unless the monster within is killed, the frameworks can't and shouldn't be broken. Then in possibility one may not need these brackets and frameworks at all. Breaking the brackets

when the monster is still alive is dangerous to humanity and someone needs to educate the new society. Monsters once get activated can not be contained by human forces. The God may have to incarnate once again the way he did in the past times. But till then the humans may have to have the miserable experiences of seeing the whole dream of civilization created by himself crumble in front of his eyes. Those like you who are walking on this divine path of civilization may have to play a vital role to make a common man understand this. You need to be alert and pious, you need to be awake and arise on the lines of that clarion call given by Swami Vivekanand a century ago.

Ajit Siv

October 22nd 2018



Deadly Combinations...

By Vivek Pande

The beginning of a new life happens with two. The world always operates in duality. If we wish to create something, a solo element would not help. Two elements always qualify and combine to create a third. Starting from the universe till many things happening at the grass root level, the human kind has witnessed some deadly combinations. The occurrence of day and night, the change of seasons or the very fundamental combination of hydrogen and oxygen result into something which makes it possible for us to enjoy the game of life in a much more varied manner. However not all combinations may be suitable to us. The world has even combined a few things which have not resulted in pleasant experiences. The world has also been successful in combining things which have spelled 'Harakiri' for the world. In a way the world has found many ways to commit mass suicide in the most organized and disciplined manners. Hence we ought to look at the combinations that either spell happiness or misery for us. Looking from a spiritual perspective there are a few 'deadly combinations' which we all need to be aware of.

The emotions (or the mind), both positive and negative, can be used in an effective manner to save us from disaster or to spell success for us. Let us look at what the combination of different emotions and their repercussions.

- 1) Insecurity combined with possessiveness leads to a total failure of any relationship.
- 2) Jealousy combined with hatred can lead to criminal tendencies.
- 3) A sharp mind combined with fear may lead to infamous personalities.
- 4) Greed combined with attachment may lead to obesity.
- 5) Desire combined with ego may lead to diabetes.
- 6) Ambition combined with a lack of social awareness result into failed institutions.
- 7) Ignorance combined with restlessness will make one's life completely misdirected.

- 8) Apathy and ego lead to selfishness.

There are many such combinations within us, which propel action resulting into not so desirable outcomes. How about combining a few positive things which enables us to help and create a better world.

- 1) Compassion combined with Service leads to a peaceful life.
- 2) Generosity combined with empathy makes us earn respect.
- 3) Patience combined with hard work results in success.
- 4) The act of learning combined with the ability to drop unnecessary things leads to wisdom.
- 5) Caring combined with sharing will get us great neighbors.
- 6) Positivity combined with a lot of love for people will give us great leaders.
- 7) Fearlessness combined with clarity of vision will help in completing any task not matter how monumental it may appear to be.
- 8) Kindness combined with politeness will lead humans to humanity.

If at all we could find ways to sort our own beings first, we would be able to create a fantastic world to live in. We just need to manage the source with which we take actions and the resultant situation or outcome will change. Cultivating a climate which not only makes us feel good, but also provides a soothing space to the people around, should be the foremost thing in the minds of people. The only thing we need to take care about is to proceed with any action by combining the most suitable emotions or thoughts and not falling into the trap of these deadly duos.

We just need to 1) Be Good 2) Stay Good and 3) Do Good.

Jai Gurudev.

A person is sitting on a wooden deck, looking out at a forest. The person is silhouetted against the bright light coming from the forest. The deck is made of wooden planks. The forest is lush with green trees and foliage. The sky is a pale blue.

The Story of a Woodcutter

Once upon a time, a very strong woodcutter asked for a job in a timber merchant and he got it. The pay was really good and so was the work condition. For those reasons, the woodcutter was determined to do his best.

His boss gave him an axe and showed him the area where he supposed to work.

The first day, the woodcutter brought 18 trees.

Congratulations, the boss said. Go on that way

Very motivated by the boss words, the woodcutter tried harder the next day, but he could only bring 15 trees. The third day he tried even harder, but he could only bring 10 trees. Day after day, he was bringing less and less trees.

I must be losing my strength. The woodcutter thought. He went to the boss and apologized, saying that he could not understand what was going on.

When was the last time you sharpened your axe? The boss asked.

Sharpen I had no time to sharpen my axe. I have been very busy trying to cut trees.

Reflection:

Our lives are like that. We sometimes get so busy that we do not take time to sharpen the axe. In today's world, it seems that everyone is busier than ever, but less happy than ever.

Why is that? Could it be that we have forgotten how to stay sharp? There is nothing wrong with activity and hard work. But we should not get so busy that we neglect the truly important things in life, like our personal life, taking time to get close to our Creator, giving more time for our family, taking time to read etc.

We all need time to relax, to think and meditate, to learn and grow.

If we do not take the time to sharpen the axe, we will become dull and lose our effectiveness.

This resembles to all Sadhaks too, by taking Reiki, doing Agnihotra, Meditating & following Five Principles will help everybody to be Sharp & be close to the Creator.



Shivaji Maharaj and Ganimi Kawa

By Telangan

It's always painful for me when Shivaji Maharaj is not cherished enough. I think if Shivaji Maharaj had born in any other country than India, those citizens would have felt ultimate dignity. We do not appreciate his exceptional efforts of pulling us out of slavery. Any other nation would have worshiped him like god, learnt from his life. He had clearly conquered powerful Moghal, Aadil shahi, Nijam shahi, Kutub shahi, Portuguese, British, Dutch, French, and Siddi single handedly with very limited army.

Shivaji Maharaj's war technique is called Ganimi Kawa (Guerrilla Warfare). Many nations even today are teaching these skills in their military study. The smallest countries like Vietnam defeated powerful America effectively.

Shivaji Maharaj's enemies except Mirza Raje Jaisingh nobody could ever understood these war techniques. Mughal and all other commanders came to conquer Swarajya with their entire family, wealth, elephants, camels, and huge artillery in this difficult part of Sahyadri Mountain. They could not move faster and the minute they reached a favorable spot for Marathas they were either got killed or badly defeated in the sudden attack by a small army. They didn't have any geographical study before coming here but they had undue confidence in their strength. When Shivaji Maharaj went to Surat, Jaswant Singh (Mughal) never realized maratha moments of five thousand cavalry, when he was only two miles away; with thirty thousand soldiers. In contrary Shivaji Maharaj had a blue print of Surat with all information about wealth. He moved so fast 350 miles away from Rajgad from the Mughal region, and he seized all the damages and returned back safely and Mughal army was not even aware. Hiroji Farjand conquered

Panhala fort with just 60 soldiers when the fort had 2000 brave Rajput Warriors. Afjal Khan's 37000 soldiers were defeated by hardly five thousand Marathas. Shasta Khan lost battle along with one lack plus army by merely 300 soldiers. Tanaji Malusare conquered Simhagad with 600 soldiers. All these examples honestly explain Ganimi Kawa.

Shivaji Maharaj measured enemy psychology and the weaknesses much before the actual war and planned his strategy suitably. To defeat enemy he never repeated his ideas again. He never accepted even little loss of his people. His biggest success and a miracle was his safely return from Agra because he traveled all through Mughal controlled region. He didn't loose any of his men or even assets. Netoji Palkar, Prataprao Gujar, Hambirrao Mohite, Yesaji Kank, Santaji Ghorpade, Dhanaji Jadhav, Murarbaji, Bajirabhu Deshpande, Tanaji Malusare, Hiroji Farjand are endless names of brave commandoes. They had created terror among enemy by perfecting the art of Guerrilla warfare.

Ganimi Kawa is not about winning the war but making the enemy exhausted and helpless. There is no specific time frame. Mountainous area, dense forest, dark night, tired enemy, elephants, and puzzled region helps. Precise Planning, choosing accurate battlefield, right time, remarkable speed and surprise attack are key to Maharaj's success. Remaining safe while creating huge damages to the enemy, is more important in Ganimi Kawa.

The learning from the life of Shivaji Maharaj is endless. His Management, his planning, his fearlessness, his leadership, and his spotless character the list is never-ending.

Human Diamagnetism Gravity Antenna Levitation

by Ajit Sir



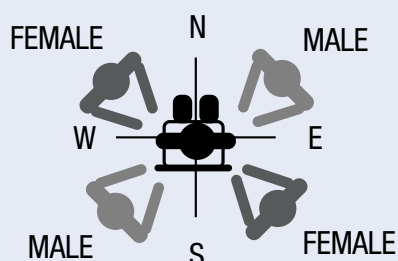
Many of you who have done first level of Reiki training must have experienced the levitation experiment normally we show just to prove that everything that is written in our textbooks and journals may not be a whole truth. There is always something beyond what we think we know through our school and college curriculum. Many of you must be wondering how a frail looking guy can lift a much heavier person with the help of certain process. Here is some knowledge about that which may interest many who would love to know that.

What is demonstrated is basically a manifestation of a principle of diamagnetism. How humans can induce levitation and anti gravity vortexes on the planet. Many prefer to call it a human gravity antenna. Diamagnetism is essentially a magnetic-neutral zone existing between a north and south magnetic field, which can be exploited for the purpose of levitation. There are many such “magnetic flow reversal points” on our planet marked by grid points.

An arrangement of five human beings can be used as a quadruple gravity antenna to perform levitation of the central person. The weight of the central person, the levitatee does not matter nor is the lack of strength or size of the four levitators important, What is important is the form of quadropolar positions around the central levitatee.

There are few points to be remembered before doing this experiment:

- 1) Levitators should be positioned 45 degrees off the magnetic compass direction of north, south, west and east for maximum effectiveness.



- 2) Alternation of male and female gender of the levitators adds to the gravity's antenna power.
- 3) Hand stack on the head of the central levitate by the levitators should not have like gendered hands touching.



- 4) There is no need of thinking anything, just hold the hands stacked on the levitatee's head for a count of ten. On the count of ten, remove the stacked hands quickly and place one finger each on the four corners of the chair. The person in charge of counting says “lift” and up goes the levitatee.



This whole process is known as “Party levitation” too.

To do party levitation you will need 5 people, one to be levitated - henceforth to be called the levitatee – and 4 to do levitating – henceforth to be called the levitators.

The levitating sits in a chair and the four levitators stand around him so that they form a square one levitator should

stand to the levitatee's left and just behind his shoulder. Another levitator should stand in front of him and to his left, close to his left knee. The other two should stand on the right side of the Levitatee's body and in similar positions.

Now, the object of party imitation is to make the Levitatee's body so light in weight that 4 levitators can lift him several feet into the air using a single finger each. If the experiment is performed properly none of the levitators will feel the slightest resistance to their efforts it will be as if the Levitatee's body has lost its weight entirely. While the levitatee is sitting, the four levitator surround him the manner indicated and place their hands one atop the other on his head as if they were healing him by laying on of hands.

The person who is going to float must sit relaxed in a straight-backed chair with his legs together his feet on the floor and his hands in his lap. The other 4 participants now stand to on each side of the seated party one at each shoulder and one at the knee. Instruct all four participants to extend their arms and place their closed fists together, closed except for the forefingers which should be extended and touching each other along their lengths as shown. The person nearest the seated man's left shoulder is now asked to place his two extended fingers, palms downwards, beneath the his left armpit. Likewise, his opposite number inserts his forefingers beneath the right armpit and again the other two respectively beneath the seated man's knees.

Now invite the four assistants to lift the man in this position, using only these extended fingers. However hard they try it is impossible. As soon as you have registered their inability to do so, ask them to stack their hands alternatively, one on top of the other on the man's head in such a way that no person has his own two hands together and then to exert a steady pressure downwards. As we keep this up you count to 10 on the count 9 they must withdraw their hands quickly from his head and resume the earlier position with their extended four fingers on the count of 10 they must try again to lift the man with those fingers alone this time he will go soaring into the air with no difficulty whatsoever.

Now, you can reconsider party levitation and perhaps do the experiment again but this time have no Central person

(levitatee) instead used the heaviest chair you can find. Just stack the hands touching on the top of the massive chair back and lift the heavy chair. Next, place hundreds of pounds of Dead weight (heavy books) on the chair seat and still levitate it easily with 4 weak children lifting. What is happening here?

You have created a small short duration diamagnetic levitation vortex which is identical in function to the earth's big permanent diamagnetic levitation vortices at such places as Coral Castle, Florida or Alice Springs, Australia.

Now reconsider the diagram of the four persons levitating the massive chair. As humans they are the Mighty four of the four Cardinal compass points. Each one of the four is an energy lobe around the central object to be levitated. If we call anyone of them north you can call the others turning counter clockwise south west and east (see diagram 2). Try doing the levitation with only 3 people positioned off centre to the appropriate 90° spacing. We know that both the exact number and the pattern of the human levitator element but not their exact size or physical strength are critical to the levitation. Also we know that inanimate weight levitates as easily as animate through using human diamagnetic vortex. We might try a piano or even Volkswagen in place of the chair.

The remarkable thing about party levitation is that it works anywhere on the earth surface where as the equivalent big permanent Earth grid diamagnetic levitation vortices all have fixed Geographic locations (e.g. Southern Florida or central Australia).

Whether it's on the surface of the earth or within the human sphere of the four levitators, the mechanism for levitation or anti gravity is identical. In either case there are four energy lobes or directions. The north-south axis elements are usually called magnetic and the east west axis elements are called diamagnetic.

Levitation is produced by diamagnetism existing on the surface of the earth (or near it). Diamagnetism operates at 90° from magnetic but in three directions and not flat and two dimensional on the sheet of paper as usually drawn. If the magnetism flows in the plane of the Earth's surface then diamagnetism flows straight up. And straight up is the direction that we call levitation or anti gravity.



Sathsang first step towards liberation

By Aruna M

I am starting with a small story. A student studying vedas sitting at the banks of Ganga has a doubt. He asks his Guru that we know that humans take a bath in river Ganga to wash away all their sins. Since people are doing it for so many thousands of years, won't Ganga herself would have got polluted with all their sins? How does she still help the humanity? The Guru replies that Great realized saints all also take bath in the same river. When such people take bath due to their virtues, inherent spiritual power the water attains its pristine pure state once again. The moral of the story is power of Sathsang is incredible.

Sivananda says sathsang is a combination of two words sath + sang, sath means absolute existence and sang means union. In simple words it means being in the company of those who have realized the truth or who are aspirants of truth. Satsang with sages is the best agent to inspire viveka, discrimination, and vairagya, non-attachment cannot be attained without satsang which removes ignorance and fills you with dispassion for worldly enjoyments. It forces you to lead a divine life and have a strong conviction in the existence of God. Sathya Sai Baba says A B C of life is **"Always Be Careful" and "Avoid Bad Company"**.

Our Gururji has given immense opportunity to all of us to be in the space which is nothing but sathsang. First and foremost is the **reiki seminar**. By regularly attending the seminars and being part of the space itself will give us the spiritual growth for which we are all part of this big reiki family. The second step was the **study circle** which happened every week in all the centres. Such sincere efforts were taken by Gururji and the think tank members to give us the knowledge about so many topics which helped us all in growing in this path.

My inward journey started with study circle. Every topic helped me to introspect and when I started applying it in day to day life, it made me a more happy, enthusiastic, positive and spiritual. The four broad topics Reiki, Agnihotra, Ancient Wisdom and Vibrational Healing Science catered to every aspect of life, covered our whole existence. Experiences were many, wanted to share a few.

We were living a little away from the main city and internet was not available in good speed. Once I was committed to study circle and I wanted to empower myself more and more on the topic before presenting I receive the first gift a good internet connection without worrying for the data limit. Then I started to attend study circles in other sadhak's house regularly. My constraint was travel since the car had no power steering, found it very difficult to maneuver the car. I continued to attend the study circle as I found swami's and Gururji's presence and blessings in each and every session. There was a wave of energy filling all of us in the space. It was a divine experience altogether.

One fine day, my brother asked me to help him out by keeping his car since he bought a new one and there is no parking space for him in his house in Chennai. This was a small Alto car with power steering. It became a blessing for me and from then on driving became a pleasant experience for me. It was a win win situation. I thanked swami for this precious gift.

The third step is **seva in Devrukh Ashram**. The benefits one receives being in the space is not measurable. It is like being in Swami's lap and then we all forget the whole world and have blissful experience. Whenever we connect to swami, Gururji, reiki or ashram it is a small step towards sathsang.

Our Great saint Adi Sankara says in Bhaja Govindam

Satsanghatve Nissangatvam, Nissangatve Nirmohatvam, Nirmohatve Nischala Tatvam, Nichala Tatve, Jeevan Mukhti

Which means: "From Satsang comes non-attachment, from non-attachment comes freedom from delusion, from freedom comes self-knowledge and from self-knowledge comes liberation even while living. Let us all make use of the opportunity to grow in this spiritual path and reach Swami who is the in-dweller of all by being in sathsang and realize the ultimate truth.

with love light and reiki



Tears of Slaves...

by Telangan

When Chandragupta ruled
I built my home with Love...
The wind blew all worries
And the sunshine brought joy...
I lived with pride and
Life became dreamland...

Neighbors came as sharks
And we all were deserted...
Violence, killing and rapes
We were shackled and sold
We drank the tears of Slaves...
Whom do we truly blame?

Years passed while I grew
Weeping the tears of Slave...
Inside the dark wide grave
I lost my every little hope...
Suddenly on a grand day
A ray of hope came through...

The new Sun started shining
Giving us compassion we craved...
We got the Pride and lost love
With his courage and valor...
We got our self-respect back
He is in my heart forever...

Originates from headwaters
Where broom & fuchsia reigns:
Babbles as sheet wash,
Sluicing rocks as sheet run off,
Strewn among lushy vegetation.
Gurgle on the slopes;

Channels among the rocks;
Cascades as silvery waves,
Pattering the craggy stones:
Water sparkles as it spreads.
Flows in a ravine with a
Rustling sound, holly all around:

Mountains behind,a rhythm of
Peace and magic entwined:
Wrapped with thickets,
Butterflies flutter, dragonflies soar;
Birdsong of Accentor & Babbler
Trilling Pippits,tweeting Bushchats;

Chatter of Sunbirds, chirping Finches
Spellbound, my senses mesmerized:
Air is scented, pure & clean
Sun beam on the waves,
Dances with a gleam.
Complete enchantment:

Gentle ripples with constant flow
Time relinquishes it's primacy :
Huge boulders along the course
River, a raging torrent thunders;
Spraying sliver of spumes
Yet moves forward:

It knows or know not
The glimmering sea patiently
Anticipate to mingle graciously
With the river;for every
Beginning has an end ; In every
End , A New beginning.

Timeless Journey

By Amara Vasuntara. S.



Why do we need a Master?

by Riddhi Patel



Once upon a time, a cow went out to graze in the jungle. Suddenly, she noticed a tiger racing towards her. She turned and fled, fearing that at any moment the tiger would sink his claws into her. The cow desperately looked for someplace to escape and at last, saw a shallow pond. Barely evading the tiger's reach, she jumped into the pond, and in the heat of the chase, the tiger blindly leaped after her.

To the surprise of them both, the pond was extremely shallow yet filled with deep recesses of mud. After toppling over each other, the cow and the tiger found themselves a short distance apart, stuck in the mud up to their necks. Both had their heads above water but were unable to free themselves no matter how much they writhed.

The tiger repeatedly snarled at the cow and roared, "I am going to enjoy the sound of crunching your bones between my teeth!"

He thrashed about in fury but soon became fretful as he found no prospect of escape.

The cow thoughtfully laughed as the tiger struggled to free himself and asked him, "Do you have a master?"

The tiger disdainfully replied, "I am the king of the jungle. Why do you ask me if I have a master? I myself am the master!"

The cow said, "You may be the king of the jungle, but here all your power has failed to save your life."

"And what about you?" Retorted the tiger. "You are going to die here in this mud too!"

The cow smiled mildly and said, "No, I am not."

"If even I, the king of the jungle cannot free myself from this mud", snapped the tiger, "Then how can you, an ordinary cow?"

The cow gently replied, "I cannot free myself from this mud, but my master can. When the sun sets and he finds me absent at home, he will come looking for me. Once he finds me, he will raise me up and escort me home sweet home."

The tiger fell silent and coldly glared at the cow.

Soon enough, the sunset and the cow's master arrived. He immediately recognized the plight she was in and lifted her to safety. As they walked home, the cow and the master both felt renewed gratitude for one another and pitied the tiger they both would have been happy to save if only the tiger had allowed them.

The Cow represents a Surrendered Heart, the Tiger represents an Egoistic Mind, and "The Master" represents "The Guru". The Mud represents the world and the Chase represents the "Struggle for Existence therein".

How much ever we struggle to Prove ourselves but to Improve we always need a Guru who can Enhance our Existence. At times in Difficulty our own self can loose Confidence, but Guru always be there to look after us and pull us out from Mud.



React and Respond...

By Dr Mrs Neeta Parekh

There are several concepts which we are taught in the first degree seminar and every one of us should try to implement these teachings in our day to day life. Almost all of us would have felt some or the other time that it would have been better if I would not have reacted in so and so manner. In our first degree seminars we are taught that learn to respond and not to react. This led me to think and act in accordance with these two terms i.e. react and respond.

Both the words are related to the theory of karma. React word has two morphemes (meaningful parts) re+ act. Its hindi meaning is 'prati+kriya'. The hindi meaning of another important term respond is 'pratibhava'. Pratikriya involves action with the possible negative feedback whereas pratibhava refers to the pure intentions where the person giving feedback does not intend to hurt the other. Respond does not mean remaining passive or stagnant but the other person should not take you for granted. Thus responding becomes essential to let the identity of the respondent visible and felt by the other. When one reacts one adds another hook in the chain of karma as we hardly look into our intentions and without giving an afterthought one acts on the instant impulse. Here is the situation where one

needs awareness in life.

All of us have seen the picture of Lord Shiva. Once when I was carefully observing the picture of the lord, a thought came into my mind that how can a person tie a snake around one's neck all the time and yet wear a smiling face. But today we know that picture of every avatar has a symbolic significance. As far as I understood the snake hanging around the neck of the lord is the symbol of awareness. The picture of Shivji helped me to understand the concept of awareness very clearly. Try to increase awareness as much as possible and this way will minimize your reactions. You will be able to respond. The way I would like to define the word respond is to act in such a manner so as it may not harm (physically, mentally, and emotionally etc.) the person hence the situation will be obviously helpful on both the sides.

As a sadhak intending to grow spiritually we ought to try to minimize our reactions. Our intention towards the other should never be harmful but it should always be supportive to the presence of your identity. Do you remember the example explained in the seminar – there is always a board to support the cake!

WE THINK WHAT WE EAT

Shared by Aruna M.

There lived in Mallur, in the state of Karnataka, a pious Brahmin who was a great scholar. He had an equally devout wife. Always intent on worship, recitation and meditation, this noble man was known far and wide for his virtuous character.



One day, a sanyasi (renunciant) called Nityananda came to his door seeking alms, this made the Brahmin extremely happy. After giving him whatever he could that day, he invited the monk to come the next day too to have dinner with him as he was keen to honour the ascetic with due hospitality.

So the next morning he hung green festoons over his doors and made elaborate arrangements to welcome the holy man. But, at the eleventh hour, physical impurity rendered his wife unfit to prepare food for the honored guest or for anyone else.

At this moment, a neighbour volunteered to cook the meal and so she was brought in and introduced into the kitchen. Everything went off well and all were as happy as they could be under the circumstances. However, there was one issue which bothered the saint greatly; for some unknown reason during his meal he was drawn by an overpowering desire to steal the silver cup which the host had placed near the plate.

In spite of his best efforts, the evil idea won him over. The sanyasi was at rest only after he clandestinely hid the cup in the folds of his robe as he casually conversed with the Brahmin over the dinner. And after the meal he hurriedly returned to his dwelling lest somebody discovers his act.

But that night the mendicant could not get a wink of sleep; his conscience pricked him constantly. He felt he had brought disgrace to his Guru as well as to the ancient enlightened sages whom he invoked by the mantras he recited.

He could not manage a second of rest until he ran back into the Brahmin's house the next morning. Once there, he fell at the feet of the noble host and submitted the stolen article with tears of repentance trickling down his cheeks.

Everyone wondered how such a good man could stoop so low. Then someone suggested it might be that the person who cooked the food transmitted this fault to him through the food she prepared. And when they examined the history of the neighbour, they found she was infact an irrepressible thief!



The tendency to steal had, by subtle contact, indeed affected the food she prepared. This is the reason why spiritual aspirants are advised to live only on fruits and tubers, when they reach a certain stage of spiritual achievement.

To purify the mind and the intellect for the correct reflection of the truth, the first caution is regarding the food one intakes. And this is no trivial matter when it comes to progressing on the spiritual path.

Reiki Experience

I had an amazing experience of Reiki few days back. Leo my Lab had an ear infection and he was being treated for it. Since inside his ear he was getting some irritation and sometime he was shaking his head vigorously before I could stop him doing that. With in a day or two his earflap was swollen like balloon and it was quite fearful.



LEO in a Happy day

His vet told us it's called **an aural haematoma in a dog is usually caused by vigorous shaking of the head. This shaking causes the small blood vessels in the ear to break resulting in bleeding into the earflap and create clotting.** An operation to inject it out is only solution for it. On it's own it takes months to heal but that could cause him constant



Day one Inflamed ear

discomfort and he could hurt it with his own nails sometimes.

I refused immediately since anesthesia in his (11yrs) age is not recommended.

I spoke with Guruji and under his guidance started giving Leo Reiki three times a day, applied Agnihotra Bhasma mixed with butter and concentrated my mind to his ear and through pure intention, I visualized his flat healthy ear again. With in two days the ear started flattening a bit and at the end of the forth day it was as normal as earlier. Today Leo is happy again. It's really a miracle how Reiki works. I also felt that Leo had total faith in me and his acceptance of Reiki was amazing and even that was helping in his Reiki treatment...

- By Anand Karnataki



Suggested Treatment



Day Four normal and soft ear

DID YOU KNOW

You got your fingerprints when you were still in the womb.

Babies get their very own set of unique fingerprints before they're even born. The "friction ridges" begin to develop around 13 weeks, when the entire fetus is only about 3.75 inches long, according to the American Pregnancy Association. How cute is that?

Hand Sanitizer

'Sanitisers strip dead skin layer, expose inner layer to infections'

Amrita.Didyala
@timesgroup.com

Indian Medical Association (IMA) warns that hand sanitisers strip the dead skin layer of the hand and expose the inner layer to infections.

"It has become fashionable to carry hand sanitisers. People use them unnecessarily, without realising that it can backfire. It is better to keep your surroundings clean so that bacteria don't thrive, instead of using

sanitisers excessively," said IMA Hyderabad president Sanjiv Singh Yadav.

"Hand gels are not foolproof, definitely not in hospitals and other public places. I advise doctors and nurses to use traditional method of soap and water, which is safer than hand gels," added Dr K Sreekanth, who is a surgical oncologist at Yashoda Hospital.

As per the research conducted by molecular microbiologists at University of Melbourne, the bacteria has

been "shrugging off antibiotics at an increasing rate and appears to be developing resistance to alcohol-based sanitisers".

The study points out that the resistance developed could be "in response to the vast use of antimicrobial gels in hospital hand-hygiene programmes".

Reacting to the study, experts said this might be a reason for a relook at hand cleaning methods and suggest that soap and water is the best method.



Wave v/s Dev

A gentleman came to visit Guruji a few days ago and pronounced that he does not believe in God at all. Guruji was cool and happy to meet him as he was quite well informed and well experienced in life. As discussions prolonged, the topic came on science and how the scientific approach may help a new generation. Guruji asked that gentleman, "What are the basics on which the science is standing right now?" The gentleman answered "obviously, energy. That is a source of all." Guruji apparently was happy to have that answer and said, "You know sir, the modern science today believes that everything is made up of waves and particles. There is nothing beyond that. In spirituality too we believe that everything is made up of two things as relevant for the state of duality that we are all in. They are called Dev and Devatas. Now just substitute these two words for the earlier ones. Dev is a Wave and Devatas (or Deities) are particles. Some believe in Wave and some in Dev. So where is the difference? The language may be different, the beliefs may be different. But the moment one understands the beliefs become facts."

Program Schedule for Reiki Seminars November 2018

Dates	Centre	Degree	Master	For Reistration Contact
17th & 18th November	Chiplun	2nd	Ajitsir/ Kalpita	Jayanti
17th & 18th November	Mumbai	1st	Rakesh	Vinaya Sawant (9004328016)
17th & 18th November	Nashik	1st	Vishal	Shubhada Garge
24th & 25th November	Ahmedabad	1st	Krupa	Kinal Pandya (9714515839)
24th & 25th November	Bengaluru	1st	Aruna	Komal Pukale (9845279840)
24th & 25th November	Vadodara	1st	Sangita	Chandresh Parmar (9974701200)
24th & 25th November	Rajkot	1st	Seemaben	Jyoti Saraiyya (9824299153)
24th & 25th November	South Mumbai	1st	Vishal	Sharada Gurav
24th & 25th November	Pune	2nd	Rakesh	Amrut Kirpekar (9175050900)
24th & 25th November	Chennai	1st	Khushal Solanki	Khushal Solanki (9500071637)

Datta Jayanti Celebrations: Dec 21st, 22nd and 23rd at Devrukh Ashram.

For registrations please contact Ms Krupa Choksi (8976033220/ mail ID krupa.choksi@gmail.com) or
Ms Kalpita Keer (718498799 mail ID kalpitasker@gmail.com)

**Golden Lotus – a Training program for senior citizens (above 55 years in age): December 24th, 25th and 26th
at Devrukh Ashram (for 25 participants only)**

W.I.S.E. (Women's Innate Self Empowerment) training program for ladies: December 27th & 28th at Devrukh ashram.
For registrations contact <http://dspl.in> or Ms Krupa Choksi (8976033220/ mail ID krupa.choksi@gmail.com)