

REIKI VIDYA NIKETAN

VOLUME 10

ISSUE 10

October 2018

Translating an ordinary woman power to a super power of Goddess Durga...

EDITORIAL

Recently we had a two days residential W.I.S.E. (Women's Innate Self Empowerment) training program at Devrukh ashram on 1st and 2nd September 2018. This program was specially designed with an idea that all those ladies who nurse and carry the feelings of injustice understand that these feelings are originating from their not experiencing their divine innate nature. On the eve of Krishnashtami (the birth of Lord Krishna) the program concluded giving an experience of that divine powers bestowed on them by the universe, to those 42 ladies who participated in this unique initiative.

This workshop brought out some basic issues. Most of the ladies who attended this program confessed that their major problems today were failure in creating a harmony and the right kind of communication in their households. These ladies came from different locations in India and from different hues and shades of life experiences, though they converged on the above said situation. Most of them felt that they are not understood by their near and dear ones and they can't even put forward their views in the right perspective. One could definitely sense the negative mode of their mind as well as feeling of "I am no good" factor. These things according to the same ladies, is a root cause of their stress. Ladies are by birth intelligent, sensitive in feelings but at the same time extremely strong on emotions and the main reason behind these traits is their strength of their Third Eye and Heart chakras.



Translating an ordinary woman power to a super power of Goddess Durga...

Not many women today are aware about these inner strengths. As these are the energy centres which truly decide the manifestations like intelligence and the emotional soundness, such traits are not out of sync. Unfortunately the energy centre which happens to be a seat of mind, the vishuddhi chakra is weaker in women as compared to men. This is a nature's design and one can't blame someone on that, This centre having a command on the expressions, generally ladies can't express as clearly and appropriately as they should leading to many issues of communication. The mind is also responsible for processing millions of ideas generated by the intellect which being weaker in women, the accumulation of ideas as well as emotions on the other side create a tremendous backlash in their existence. This could be one of the prime most reasons for their stress and restlessness. Women with the help of spiritual practices can possibly recast their mind and make it much stronger so that they can experience the balanced existence in household environment. Ladies need to accept this fact with an open mind.

Besides this, one also has to understand the impact that all of us have carried from our childhood on the current life. The whole foundation of life is based on your early life experiences and beliefs. The negativities from the past and more so developed through the childhood experiences, need to be appreciated by women so that they do not get carried into a family life creating a mess of life for our own children and other family members. This could be one of the driving forces behind the disharmony and disillusion in every home today. Spiritualism will help one to isolate the past from the present and avoid the frightening shadows of the past to create a wonderful present. The God has granted the three most important traits of intellect, love & compassion and the sharp memory with the ability to absorb all negativities, to women. They are naturally peace oriented. They are naturally the home makers. A happy home leads to a happy society that leads to a happy community and finally a happy world. Women, you are the nucleus! You are the epicenter of that worldly peace and happiness.

Ajit Siv

Sept 19th 2018

The Gap...

By Vivek Pande



The whole of Buddhist philosophy can be summed up in just one word, "Understanding". We take an under-stand in life i.e., we choose to keep our ego down to let the other person feel uplifted. We provide a solace to the other by just lending our ears and allowing the emotions or thoughts of the other to make a free exit. One sure sign of greatness can be to take an under-stand even at the risk of allowing the other person to jump on us. We do this when we value the relation and the person more than the value attached to your own entity. But what exactly this understanding is? What are we trying to do when we say 'we understand?' Is it some permanent state that you have to constantly be in, or is there some key to actually know when to understand people and when to be ourselves. The key to these questions lies in understanding, "The Gap."

The Gap is something which is seldom paid attention to. While the game of life happens continuously with and around us, we adhere more to the gross and less to the subtle. Needless to say, paying attention to the void, the silent, the empty and the space is a matter of choice for a few handful of masters living on this planet earth. However, we do not need to go so much in depth as far as understanding is concerned. A few simple and wise steps may just do good to all that is needed in a situation. Let us understand "The Gap" in communication as both relationships and communication become the essence of what we call life. Just managing and learning to understand this may solve many of our complex problems.

The Gap may occur due to age difference, gender, cultural differences and such other issues. As such no two people in the world are the same. Nothing is guaranteed and experience would suggest that things can go wrong with even the best of people around us. However, the key lies in understanding. But what? Exactly. The first step would obviously be to show the initial gesture or salutation while starting with a communication (with all the heart you have), but then within the first few seconds we have to shift to our authentic mode and completely avoid any kind of show off or buttery talk just to be in good

terms with the other. We reserve the right to disagree with a polite behaviour. Also while we shift to our own being the quality of attention improves and slowly you recognize the point the other person is trying to make. The initial understanding happens at the verbal level and if we raise your consciousness to an even higher platform, we may be able to perceive the mood, emotions and the mindset of the other individual. We may then choose to respond depending on what the other person needs. The deeper we understand the unsaid things the better the communication happens. An answer is not the answer always, we may decide to respond with silence or a smile or just a few words to allow the other and make them feel compatible with their own beings. Ideally one should pay more attention to how things are said rather than what is being said. The silence of someone also connotes different meanings at different points of time.

Whatever we might do or with whomsoever we might talk, the gap will always be there. So many human minds functioning in so many different ways: the chances of miscommunication is much more than any ideal conversation. The fact that we assume that people should talk and behave in a particular manner with us is in itself wrong (stupid actually). Who had promised us that life would be a smooth journey and we will be having superb times at all times. Of course life has its own varieties and we may land up with days which are pretty messy and completely chaotic. But then these are also the times that we have the opportunity to empower ourselves. When we pay attention, we kind of catch up with the vibes of the other person and the response naturally becomes soothing rather than an aggravating one. Alertness about your own being and understanding the other may work wonders for any communication process. Listening to the silence and sensing the mood and providing a congenial environment to heal anyone should be a good way to start. Once the communication part (which is the most important) is taken care off, then the work life automatically settles down.



LIMITATIONS

By Shridhar Joglekar

In our childhood, right from the beginning of our academic days we have been taught and we also believe, a human is a social animal. One cannot survive if he doesn't have social life. Is this true? Yes this is true. When I say this is true, one question comes in my mind upto what level he should consider himself a social animal or what type of social life he should have? What definition does he have of word "social" in his mind? Is he clear in his own idea of being social? Does he have any vision of his life being a social what he calls himself? And most importantly, being an active person in society has he ever examined how his own life is getting affected for good or bad effects?

I feel, here the word comes in action "LIMITATIONS". We should set some limits for our own self first and not for others. If we act logically others would react logically. If our actions are logical we would get logical reactions. At this point of time when i wrote my previous sentence I am remembering my beloved Ajit sir who always says "manage the manageable, unmanageable will automatically get managed. We have to manage our one self and that is / should be our topmost duty if we really think about society and if we really want to return back to society some nice values and healthy future. If we honestly think about our day to day activities we may come to know how much quality time we spare for ourselves and for our family members.

The whole world has become technology oriented. We have all the things at our fingertips through our own created technology. It is really a good and big achievement in itself as it has a number of tremendous benefits which makes our life very easy. Due to this technology the whole world has been set in our smart phones. But the same technology is affecting our own life as far as the relations are concerned. We have forgotten that our own created technology is for us and we are not for the technology. Somewhere we need to understand and think whether we use this technology smartly or we have become a slave of the same. Today the social media like FB, Whatsapp have become a part of our life. These all the tools should only and only be used for our own benefits. But unfortunately we have crossed all the limits and no limitations are there to observe. Somewhere we need to stop ourselves after understanding thoroughly the current scenario and the situation that we could have in future which will be a curse for human exist-

ence. If we really look in depth we have lost "संवाद" with each other in our family and what has remained is "वाद". We miss healthy communication which is a need of the time. Today we have a big question in front of us, only for those who takes life very seriously and who thinks our own dignity, self respect are the core values of human and not for those who thinks "Let it be कल कसिने देखा है", is upbringing of our own children. This is the time when, if parents don't take this as a serious challenge then we would be having a disaster moments in future. We need to understand that it is the appropriateness that is a Laxman Rekha. That is a line of discretion one needs to maintain. Beyond that line the best of the divine nature steps into the domain of demons. The purity is all gone. One needs to be aware about this fact.

All parents want their children to stand solid in society in all means. If we want something great as an output from our children we need to give some valuable inputs. And what is that input from ourselves? It is our own behaviour. Someone has said the real learning begins just by observing. We always forget or don't want to understand that we are always under observation 24 x 7. Whatever we do or perform is getting registered somewhere. Children look at us and try to imitate us whether it is good or bad. I have seen most of the parents teaching or telling what to do and what not but anybody does not care to observe their own actions. Nobody bothers at all to ask a single question am i doing the same thing, which I wish from my own children. We have to perform first and then only can demand the same from others otherwise we don't have any right to ask anything. I still remember my Aaji and Aaba saying "go and wash your hands and legs and then move here and there when we used to come home. I can remember this because they used to do the same. Nowadays parents don't have a habit of washing hands and legs when they come home. How can we teach and set the examples before them. Both the parents playing or chatting on mobile ask their children to recite Ramraksha and Bhimrupi stotra. How is it possible? I don't understand the understanding of parents behind this. These are very small but basic things parents normally don't do. Investment in such small thoughts and then actions on those thoughts will be a multi bigger for the whole society. One needs to think very honestly and seriously.

Shivaji Maharaj and Armada

by Telangan

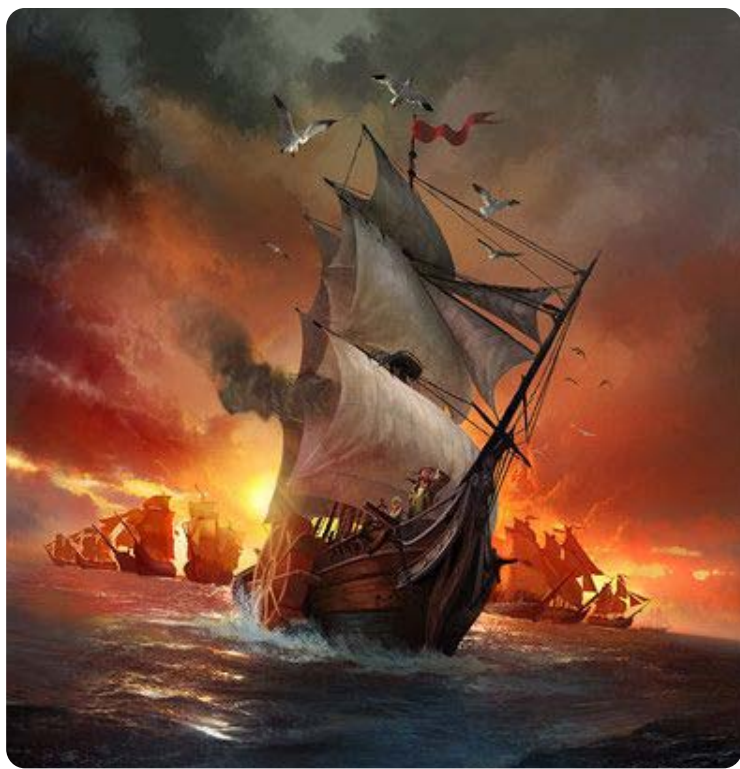
In Maharashtra after Satwahan, Shaliwahan dynasty and Kadamba in Goa no other kingdom attempted to form Navy or Jaldurgaes (forts in water) in another 350 years. In 1657 when Shivaji Maharaj personally visited Konkan region to expand Swarajya, he heard painful stories from society. The army of Siddi was ruthless, robbing, killing and kidnapping young women, kids to sell them in Arab countries was everyday story. British, Dutch, and Portuguese were equally evil. The local were powerless and could not fight against their unjust. Shivaji

Maharaj realized the importance of the Navy and Jaldurga at that time. These foreigners were powerful only because of it. He decided to build his own armada immediately because Maharashtra had 600-700KM of coast and without Navy the Swarajya was vulnerable. He didn't have trained people. Kolies (Fishermen), Bhandaries, Aagries were great sailors. They knew the sea in and out and they helped him to build the armada. In future this armada created great history and also made British, Dutch, and Portuguese totally incompetent.

Shivaji Maharaj paid more amount than usual to 400 top Portuguese marine engineers to build first fleet of Armada. Three thousand intelligent and skilled employees

were helping and learning how to build ships from them. The idea was in future we should be self-sufficient to

build own fleet without compromising the quality. Three factories' were formed in Bhivandi, Kalyan and Pen. The first lot was around 30-40 big and small (Gurabas) ships. The chief of Marine was 'Maynak bhandari', and his brother 'Ventagi Sarangi or Daryasarang'. They ruled the sea for many years later. These ships didn't go in very deep sea. It didn't have modern navigation equipments or tools.



They traveled only closer to the coast but they always meant for the coastal security. The Indian sailors had to navigate the ship by manual hard work by using paddles. In contrary the British, Dutch or Portuguese armada required good wind, modern equipments for the faster moments and deep sea to travel. They could not move an inch in shallow water or no wind situations. Indian marine would move faster even in no wind, high tide or low tide. The British wrote very arrogantly back to London that 'Britannia rules the world... with one of our Grand War ship we could easily destroy this entire game in few minutes... But they could never achieve that.

In fact after 15 years they were writing back to England saying 'we need to build smaller and faster boats like Shivaji in our armada to survive'. This change took place only because of the great success of Indian armada. The war of Khanderi is a grand example. When Shivaji Maharaj built Jaldurga at Khanderi Island, British and Siddi opposed instantly with authority. Two British warships with many marine commandoes with ammunition came to stop the work. They could not even enter the channel. They had to be in deep sea looking helplessly getting the work done without trouble. British could not fight with Indian marine but in contrary suddenly Indian Navy responded back with anger and fearlessness and defeated British Armada and captured lot of ammunition and 22 top rank officers. This set back created so much fear in their mind that soon Portuguese started giving Taxes called 'Gawkhandi ' to Swaraja for not punishing them further. After this war Indian Navy started their operations without any disturbance in the Ocean.

Moghals remained in Maharashtra for too long and finally destroyed farming and even revenue. To recover it from their pockets was necessary, so Shivaji Maharaj conquered Surat city twice, it was an economic center under Mughal control. Finally the merchants felt the loss in business and very unsafe in Surat and therefore they all moved to Mumbai and that's how today, Mumbai became a financial capitol of India.

Shivaji Maharaj made Mughals to pay large damages for their unjust here. All this wealth went into building Jaldurgaes like Sindhudurga, Khanderi, Padmadurga and he forbidden British, Portuguese and Siddi forever.

He took ultimate care of his people of Swarajya. They were very happy under his leadership. He created great followers too. When Sindhudurga was constructed, Shivaji Maharaj had to visit Agra by the treaty with Mirza Raje. To avoid the cash crunch the chief architect, Hiroji Indulkar sold his entire property but the work went on till Maharaj returned and Sindhudurga was completed without crisis. The trust on Shivaji Maharaj by everyone was reflecting by their actions. Maharaj always instructed very strictly to his army for not troubling people at all. He purchased wood to build fleet from Karnataka and Assam. We could see Shivaji Maharaja's insight in small examples. He used leather and not iron to build fleet because iron would catch junk easily in salty water. He was far sighted while creating his unique armada. It was seen smaller in size and ill equipped by the foreigners but at the time of war it was unbeatable.

Even today we can learn from Shivaji Maharaj how to make our boundaries safe. If we had safe coastline, 26/11 would have never happened. There is plenty to learn from him even in context of today.

Alzheimer and Mantra Chanting

by Aruna M.

This was similar to what you shared with us recently

Yoga Sutras help in preventing diseases and in leading a healthy life - a scientific proof

Recently scientists at MIT, USA have discovered that exposing mice to 40 hertz light signals and sound waves remove the plaques in their brain. These plaques are the cause of Alzheimer's and other brain diseases that reduce our memories.

When the brain is under deep meditation or concentration, gamma waves are produced. These waves range from 25 - 100 hertz (avg 40). On the other hand deep sleep produces delta and alpha waves that vary from 4 - 12 hertz.

Mantra Vibrations:-

Proper recitation of mantras creates vibrations inside

the brain producing 40 hertz brain waves. In Sanskrit there are 14 aspirated letters (महाप्राण). Pronouncing these letters automatically increases the exhalation and thereby the inhalation. This is a very good stress buster and energizer. Every Yoga Sutra has at least 1 or 2 aspirated letters (महाप्राण).

It is understood that the hippocampus, which is the memory region is **positively** affected by chanting sanskrit shlokas.

The OM sound

Yogis believe that OM chanting is close to 40 hertz. The importance of OM is mentioned in Yoga Sutras 1.27 & 1.28.

Let us learn Yoga Sutra for Healthy, Happy & Prosperous living.

Thanks & Regards
Ramasubramanian V



The winners of Nobel Prize in physics, two scientists Arnold Penzias and Robert Wilson in the Bell telephone Laboratories (Holmdel, New Jersey) in 1964 - 1965, learned about the whispers of "big bang" through experiments. They determined that the earth was created as a result of two huge masses colliding some billions of years ago. The big bang had happened, millions of pieces scattered in the universe. One of the pieces in the universe after the big bang was our sun. Big masses started to rotate around the big sun. Those became the stars and planets. The earth is one of the sun's planets.

Everything living and non-living vibrates with energy on the atomic scale. This is the fundamental Idea about understanding what "Aura" is. We try to analyze everything through our mind, which is a reservoir of all information. We try to know things (meditation, tranquility, god...) with our mind. Everything in the universe is just a vibration. Every atom, even our thoughts and consciousness are just vibrations-energy. Hence, we may define Aura as a vibration with frequencies in infrared region or electromagnetic waves.

Aura has two levels: Physical and Spiritual. The physical level is created by people with a big circle of light or a halo (circle of diffused light) around the personalities we love, adore, and worship. This man-made physical symbolism is merely temporary. You meditate over it, and the Aura (values of the character) enters in your mind and physical being only for the time one is focused, meditating, and enjoying the bliss. Advanced spiritual people such as Buddha, Christ and their immediate students were painted with golden haloes around their heads because some artists could actually see the Aura.

The spiritual level of Aura is the connection with the internal working of the spiritual personality and the seeker of spiritual experiences. We resonate with the thought process in understanding spirituality, often without verbal communication.

Energy Bath: Discovering Your Aura

This is a specific unwritten and unspoken communication we receive as a result of spiritual Aura. Opposite to this, there are evil forces (energies) that would brainwash the followers, hypnotize them, and serve no purpose in elevating the soul.

The Aura is the energy absorbed like a sponge by the holy realized people, sages and saints through their focused mind, body and soul. They release the energy in a controlled fashion whenever wherever they seem fit. It is in their lifetime, they know of this energy and they distribute in abundance. This Aura has nothing to do with man-made physical Aura, but quite important for their spiritual seekers of bliss and peace.

To be one with the spiritual Aura is the goal of the seekers of spirituality and that is equal to immersing the self into the energy. The energy is there; all we need to do is tap into it. We feel we are taking the energy bath when we experience the power of spiritual Aura emitted by a spiritual personality.

The Aura is a spiritual signature. When you recognize a person with a bright, clean Aura you can be sure that you can heal physical ailments, however, the healing of the physical body is nothing in comparison to what seeing, reading, and absorbing Aura can do for our consciousness, spiritual development, and awareness of nature. The human consciousness as a collection of electro-magnetic energies of varying densities that permeate through and emit from the physical body of living person is a complex phenomenon. To explore and see such energies is in itself a spiritual discovery. These particles of energy are suspended around the healthy human body. The Aura emits from the body, the subtle body that exists around the physical body, and has its own unique frequency. The “Auric” sensations between the seeker of spirituality and the person with Aura are interrelated and interacting, and affect the person’s feelings, emotions, thinking, behavior, and health as well.

On the physical level, the Auric sensations are simple, quite useful in enjoying physical comfort, pleasure and health. The spiritual Aura attracts the divine mind and serenity. To be connected to divine mind and to understand the greater universal pattern, constant touch with the spiritual Aura must be established. Under ordinary circumstances, Aura is visible to certain people with special psychic power. However, with a little bit of training anyone can see the Aura.

On earth, the energy started to dissipate in the form of destruction from tornados, hurricanes, earthquakes, and lightening strikes. Each destructive force creates an image of violent vibrations. The energy balance had to happen over time. The settling vibrations became more focused with the frequency of our heartbeat, thus the resonance was established between nature and human being. Peace and tranquility landed on earth. The peaceful lakes, deep forests, birds and bees, flowers, nature survival game of the lives are the symbols of resonating energy seeking a state of equilibrium. It is all living things that are made up at their most essential level of vibrating, pulsating energy.

It is also to be emphasized that the power of Aura (energy) is non discriminatory. It transcends all inequalities. That means, the Aura is an equalizer among all the aspiring people. For example: The Beatles recognized Maharishi Mahesh Yogi’s powers and wrote songs they couldn’t believe would write.

It is the inspiration emitting in the form of light rays from the realized person. I believe the realized person should be real, not a statue or photograph.

The study of Aura is a subject of qualitative research to eliminate the myths we have. Few spiritually advanced people go into trance and meditation to bring the energy to resonance (meaning the wavelength and frequency of the vibrating energy of receiver and sender is equal). The seekers and thinkers need to realize who has the

energy and when they release the energy. The Guru-Shishya relationship is nothing but the realization of each other’s timing to send and receive the energy.

The Aura is truly a mysterious and complex spiritual phenomenon. There are too many myths and unknown surroundings its false interpretation due to lack of scientific research. The current research in laboratories is involved in finding out how many micro-volts our brain can’t emit and at what frequency and the type and amount our brain can receive, absorb, and store. We are only focused on human interaction and vibrating energy and we speak of Aura with a limited scope. When we consider living beings, the animals, birds and bees, the energy affects them equally. For example, we are yet to understand how a baby animal finds its mother when it is lost in the wilderness.

It is about time we demystify the Aura and understand its value in our spiritual growth. The sixth sense is synergistic process. The Aura is our sixth sense so to speak - to recognize and stabilize our life in the middle of worldly personal body-mind-soul turmoil. The Aura is a manifestation of stability in our midst of insurmountable vibratory energy. Our soul is capable of dampening it, receiving it, and storing it for the benefit of our mind and body to be blissful and peaceful under any circumstances. We know of Aura in tentative sense, but the power of Aura is yet to be discovered.



Dr. Bharat S. Thakkar received his MS and Ph.D. degrees in mechanical engineering from Illinois Institute of technology at Chicago in 1967 and 1976, respectively. He has been engaged in the practice of electronic systems packaging, design and development for more than 30 years. He has been active in teaching at the Illinois Institute of technology and several local Chicago area colleges and universities as Adjunct Professor in Engineering and Management. Bharat has published and presented

over twenty technical papers and holds two U. S. patents. He also has received several awards for community service and affirmative action activities at Bell Labs. Currently, as a Consultant of PREM Group, Inc., Wheaton, Illinois, he offers workshops and seminars to domestic and international clients.

Dr. Thakkar is also an award winning poet, writer, and newspaper columnist. He has published eight books of poetry on variety of subjects, but with significant emphasis on spirituality.

Music of Soul

By Telangan



Take your Time to
Work with pride...

Take your time to
Think with Balance...

Take your time to
Play with passion...

Take your time to
Read with wisdom...

Take your time to
Speak with truth...

Take your time to
Treat with Respect...

Take your time to
Dream with master...

Take your time to
Listen music of soul...



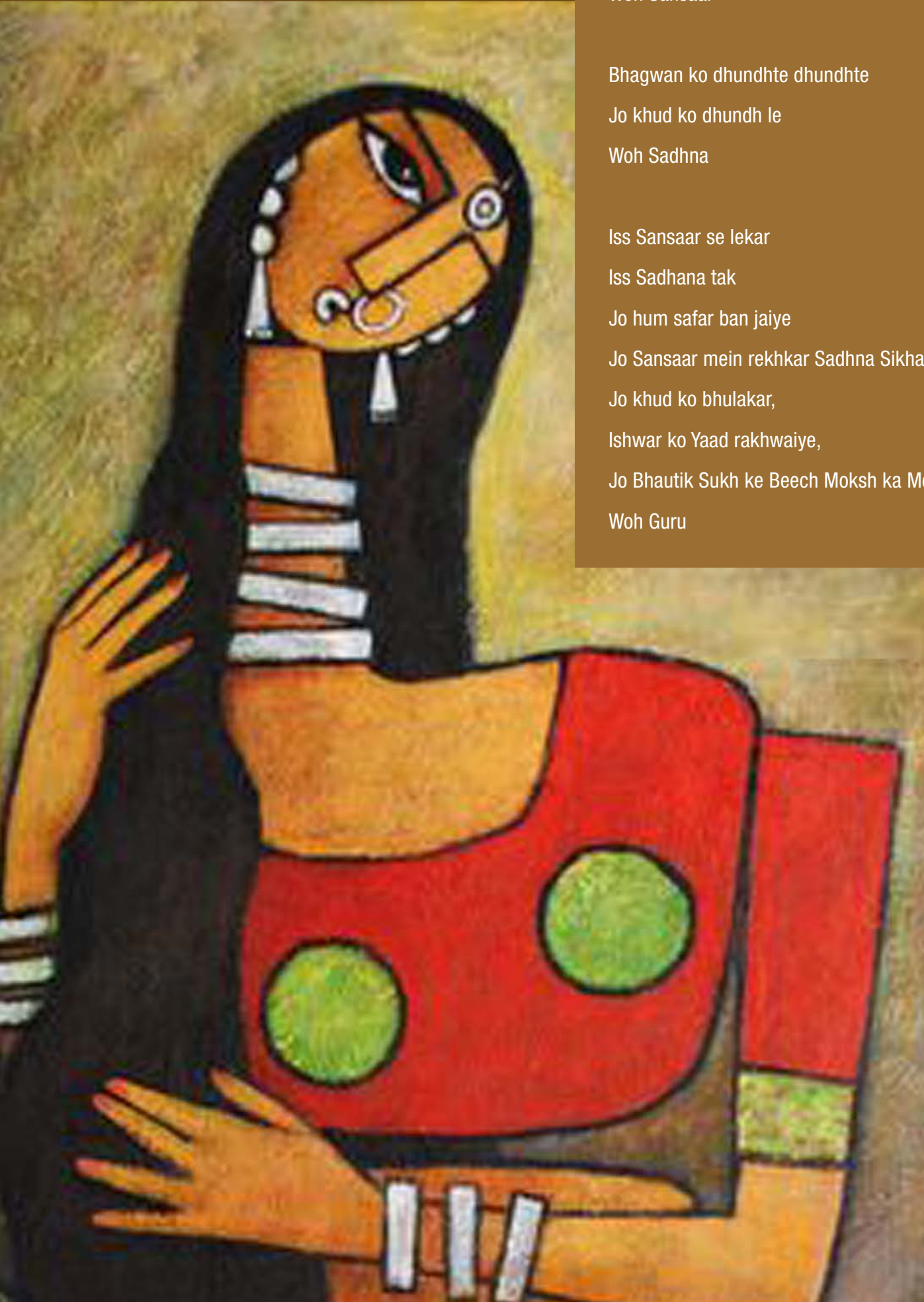
Dazzling Beauty

By Amara Vasuntara. S.

Emerald green grass,
dances royally;
Parakeet green shrubs,
my skin it scrubs;
Mint green herbs,
along the kerbs;
Trees spreading up,
trunks with nubs;
The vines winding around,
with pear green leaves crowned;
Stream with water sparkling,
Mosses on the rocks,
acts as a caulk;
Algae, liverworts & ferns,
erneut lime green fruits,
A sight to behold;
The air is perfumed,
Colourful butterflies furling around,
Birds chirping in melodious voice:
Musical flow of breeze,
Shamrock green leaves stretch in joy:
Chartreuse green plants scattered :
All my senses fulfilled blissfully ;
The wondrous & beautiful Mother nature
Let my soul receive thine serenity ,
thence glow with myriad lights.

Woh Sansar... (That material world)

By Riddhi Patel



Ek dusre ke liye ladte ladte

Ek dusre ke saath lad jaiye

Woh Sansaar

Bhagwan ko dhundhte dhundhte

Jo khud ko dhundh le

Woh Sadhna

Iss Sansaar se lekar

Iss Sadhana tak

Jo hum safar ban jaiye

Jo Sansaar mein rekhkar Sadhna Sikhaiye,

Jo khud ko bhulakar,

Ishwar ko Yaad rakhwaiye,

Jo Bhautik Sukh ke Beech Moksh ka Moh lagvaiye

Woh Guru

Experience about WISE programme

By Aruna M.

It was a pleasure and a blessing to have attended the WISE programme in Devrukh on September 1st and 2nd 2018. We were around 40 of us from different centres like Mumbai, Thane, Pune, Devrukh, Ratnagiri, Chiplun, Bangalore, Ahmedabad, Baroda, Rajkot and Indore. It was a two full day programme. The day started as early as 6 AM with Kakad Aarthi, morning Agnihotra, Prarthana and Pranayama guided by Kalpithaji. Then we had a break for breakfast. We were already fully charged with the morning sathwic activities and breakfast was very yummy too. Kudos to the kitchen team and the women who cooked for us so lovingly and dedicatedly we felt very special and happy at each break whether it was hot tea / coffee or a snack or a sumptuous meal.

The day started with a Kathak dance by three girls of Devrukh from a dance school. Their dance helped us to kindle the Devi shakthi in all of us. We were divided into groups and the groups gave their group names like "Adi Shakthi", "Saraswathi", "Gargi", "Pragya", "Ganga" and "Brahmakamal". We started with OM chanting to create the continuous subtle vibrations of OM. The first session was to introduce ourselves using chiji cards. It was very interesting and fun filled activity at the same time because Guruji guided us to explore ourselves with the card chosen by us (actually the card chose us as it was inverted). We learnt so much with just one activity which went on till noon. Guruji helped us to explore the card and in turn the current situation in our lives. It was an eye opener for all of us. Through Sir's explanation we learnt so much about many birds, animals, nature etc.,

A Honey bee sacrifices itself to save the queen bee, an eagle's daring attitude to fly above the clouds, frog croaking to help the mankind for a cleaner surrounding, a lizard is considered to be a vahan of Lakshmi and a good omen, an Owl's wisdom and its 360 degree vision and vision in darkness too, parachute's freedom of floating high and safe landing, swan which can swim and also fly high to reach destination, a cloth tent where siddha's live and how the cloth is just a small barrier to be torn off. Butterflies how they are a transitory stage of human beings, a rainbow and its beauty, fleet of ships along with a big ship representing swami, Tortoise the one which can pull his head inside and also give warmth to its babies from a great distance, scenic picture with rock, greenery with a ring of protection from God. A gift box with a green ribbon representing swami, with is grace every situation is a celebration.

A light house spreading light to the travellers but also

being a witness and not getting entangled with the situation. Two tracks joining eventually with white light representing jeevathma merging with paramathma, a sand clock representing time, a treasure box like a kavach protecting all the good values of a sadhak, a white light spreading in the sky telling a sadhak can spread more white light with sadhana, a sunrise representing positivity, sun spreading golden rays feeling complete in every way, a growing moon towards wholeness poornima, Fire representing God and pathway from this world to His world and a Joker which can be a mask find the real you inside, an electric bulb showing the intellect and the same time connection to the Superior being helps it to glow, a magic lamp which can bring a genie to help you if you choose to rub it, after thunder lightning there is a lot of peace and a Ballot box role to play its role and being a witness without opinions. Finally this session gave us a lot of inspiration from each one and also a great learning with Guruji amidst us was indeed a great fortune to all of us.

The session before lunch had a meditation done by Guruji. It took us through our tender years of three or four years to teen and then slowly till today, though at times we floated away. All of us felt very fresh and centred after the meditation. Later we had session by Pranjal on the importance of women at home. His example of Jambavan encouraging Hanuman from Ramayan was very innovative and interesting too. His personal life experience of his classmate was so reassuring that how women (his mom) play an important role in the family and the upbringing of children in a balanced way. Then we learnt about chakras presented by Krupaji, she explained its role in women and men. We also understood how three chakras namely Third eye chakra, Heart chakra and Hara chakra are powerful in women. In Guruji's words "When you all have the most important chakras strong with you all then why ask for equality with men". He gave another example "Two sockets or two plug points cannot help to draw electricity to any of our gadgets". If God wanted he could have made us the same. We understood that we are born as woman or a man and we have to do our role without getting entangled in winning in a competition or hungry for power or fight for freedom.

When Guruji explained how teaching can be very stressful to women teachers compared to men. Many teachers in the group though found it difficult to understand and internalize what sir was saying, now when we look back may be all the ailments were due to this stress due to unnatural activity. Its like going against the tide and it has to invariably be stressful. After tea session we had to play a lot of games

Experience about WISE programme

played during Shravan month in Maharashtra. Kudos to Modak Kaku and Tejashri for those fun filled roller coaster games. Their energy was infectious. It brought all of us out of our cocoon and we got to relive our childhood again without inhibitions. It's a life time memory for all of us. We didn't know how time went by.

The last session started with Om chanting again followed by Antakshari within all the groups. It was memorable and some groups had strong contestants and few of us were struggling to catch with Hindi numbers. Guruji too joined us and sang some beautiful melodies. Guruji even gave us the understanding the power of positive thought and negative thought. How one has to fill ourselves with good memories. He also showed us that on a scale of 0 to 1000 how a sadhak is at 300 and how we are responsible for the energy of the population in the world. It really gave us a lot of motivation to be in this path and make our lives more meaningful. His explanation how each sadhak has to play kabaddi, kabaddi help the families in distress and bring them towards spirituality. Amazing Guruji, it was a wow moment for us.

The next day also started with Kakad Aarthi, Agnihotra, Prarthana followed by Pranayama. Morning session was on TM. Basics on TM was given by Jairam sir, followed by Krupaji with some do's and don'ts while practicing meditation. Sutras were given to sadhaks who were learning for the first time. Mean time Guruji also made us realize that meditation will be helpful only when we are stress free or not anxious in day to day life. He gave us all an opportunity to express our fears or anxieties. He also gave us some tips how to overcome a few of the listed issues on the white board.

Afternoon we had a session by Ashwini on the Parent Child Adult Analysis as a person and also in a relationship. It looks so simple yet this knowledge is profound. Since we all know relations are well managed by good response and not instant reactions. There was a small game giving situations and Guruji explained to us how to handle a situation and communicate in daily life.

The evening session got over with a powerful, divine candle light meditation by Guruji. It was done with so much love, compassion and sincerity that all of us felt the innate power and a few got darshan of Devima in different forms. This attitude of Guruji, unconditional giving, whether it is a course or a seminar or even a small pep talk is binding all of us all the time to this space.

By Vinaya Sawant...

Thanks for conducting such a beautiful WISE programme. Thanks to all faculty members too. We all are already into Spiritual path, but WISE gave us insight of many simple things which was already part of our existence but now have a very different and loving vision towards the same. It gives message that wherever & whatever Roles you have been put into is a Divine purpose & one has to play the role perfectly giving 100% Wisely...

Sir because of your Blessings during the Meditation had a darshan of Goddess Durga sitting on Tigress. It was such Divine & Blissful. Thanks a tonssssss to you for all your Love & Blessings you shower upon us every moment...

When I am in our math, i be in a very different world.. Just soaking in the Love & Blessings everywhere, in every Sewa, in every food, water etc... That might be the reason when you asked about everybody's problems i was emotionally feeling why i need this materialistic world? now its time to move on & could not answer you. But when i was in train travelling to Mumbai, I suddenly realized that I have been facing a problem since many years that my education is incomplete, I am not a Graduate. I tried many a times to complete but couldn't. Anything related to Arts, any course I join is left incomplete due some or the other reason. I want to overcome it. I am very Sorry, at that moment it did not even click to me.

Sharing one experience, which happened last week Monday on 27th Aug.

I was sitting in Office sitting with closed eye taking Reiki I had darshan of Shankar Maharaj very Live and smiling. He said whatever you have forgotten you have to do it now, then he recited me a mantra, which I heard for 1st time, which is as follows:

Om Brahmane kaladikaraste

Bhav Dukham ch Sukham parivartate

Vishnubhyam

last 2 words i dont remember...

After that too I used to hear lots of mantras chanted but could not understand..

WISE residential Training program for ladies

Devrukh Spiritual Prowess Pvt Ltd. (DSPPL) conducted a 2 days residential workshop on WISE (Women's Innate Self Empowerment) on 1st and 2nd September 2018 at Devrukh ashram. This program was attended by 42 participants who gained various insights about the women's life. The program basically addressed the various issues related to the different roles the ladies need to enact in their lives from the birth till death as well as about the immense powers and virtues they hardly use during lifetime. The program comprised of lectures, meditations, exercises and discussions.



Reiki Sadhak Pushkaraj Ingaole wins rifle gold medal



Mr Pushkaraj Ingaole, our Reiki sadhak from Ratnagiri, won the Gold medal in All India rifle shooting competition held in Chennai recently. Pushkaraj broke the seven year old record of 585 points in All India G.V. Mavalankar Shooting Championship, Chennai 2018 by scoring 589 points out of 600 points. Reiki family is proud of this wonderful performance of Pushkaraj and wishes him some more summits to reach in this sport in times to come. Well done Pushkaraj.

Guruji's lecture to emerging Cricketers from Hyderabad

Guruji was invited to deliver a lecture on "managing the mind for excellence in Cricket" by Daniel Cricket Academy on 7th September 2018 in Hyderabad. The evening lecture of Guruji was attended by more than 100 emerging cricketers and their parents. Guruji addressed the issues like concentration, the right temperament and attitudes, being in present and managing ego etc. which are so vital for sustained excellence in a sport like Cricket.

Intentions reach the fulfillment through the indications..



Reiki sadhaks generally start experiencing the power of intention once they cross the second level. There were discussions about how the intentions work, at the ashram one of these days. Guruji said, "Intentions always move through the passage of indications & omens to reach the fulfillment." Sadhaks were interested in knowing this in a deeper sense, Guruji said, "Look here. When we intend or make intention, the whole universe is actually helping him/her to fulfill that. The moment we leave it in the hands of the universe, the intention is no longer yours now. It becomes universal intention. At the same time, the universe starts sending signals or indications. These signals need to be understood and stay connected. We need to follow certain guidelines issued with these signals. Truly, we are not a part of those intentions, not a part in the process of fulfillment. But we need to walk with the journey towards fulfillment. We need to witness those. That is our role. The intention and the universe guides you through out. If we fail to catch these signals, the intention loses its power of fulfillment. The second thing that all of us need to appreciate is that every intention works within the framework of time! Every signal needs to be picked up within a time zone and worked on. Else we lose an opportunity. That delay, that ignorance become obstacle to that intention.

Program Schedule for Reiki Seminars October 2018

Dates	Reiki Teacher	Centre	Degree	For Reistration Contact
6th & 7th October	Krupa/ Ashwini	Delhi	1st	Preeti Khanna (9910441209)
6th & 7th October	Ajitsir	Delhi	2nd	Preeti Khanna (9910441209)
6th & 7th October	Renu	Hyderabad	1st	Renu Chaudhary
6th & 7th October	Vishal	Mumbai	1st	Vinaya Sawant (9004328016)
6th & 7th October	Seema	Devrukh	1st	Devrukh Math (02354-261322)
6th & 7th October	Solanki/ Aruna	Bengaluru	1st	Komal Pukale (9845279840)
6th & 7th October	Kalpita	Baroda	1st	Chandresh Parmar (9974701200)
6th & 7th October	Bharatiben	Ahmedabad	1st	Kinal Pandya (9714515839)
13th & 14th October	Kalpita	Airoli	1st	Mandar Kopare (9867155399)
13th & 14th October	Ajitsir/Ashwini	Thane	1st	Jayshree Desai(9322244564)
13th & 14th October	Rakesh	Pune	1st	Amrut Kirpekar (9175050900)
27th & 28th October	Kalpita/ Ashwini	Goa	1st	Netra Gauns (9422643106)
27th & 28th October	Ajitsir	Goa	2nd	Netra Gauns (9422643106)
27th & 28th October	Krupa	Rajkot	1st	Jyoti Saraiyya (9824299153)
27th & 28th October	Vishal	Vadodara	1st	Chandresh Parmar (9974701200)
27th & 28th October	Khushal Solanki	Chennai	1st	Khushal Solanki (9500071637)