

# REIKI VIDYA NIKETAN

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EDITORIAL

## National Character Building...

Just a few days ago, I had the pleasure of meeting Mr Babasaheb Purandare, who is a legendary figure in the state of Maharashtra. Nonagenarian Babasaheb is considered to be missionary having spent more than 70 years, just promoting the spirit of national character. He recalled the speech that Sir Winston Churchill gave in British Parliament just before India was declared a free nation. Churchill was always against granting India a freedom. In this infamous speech, he said, "Do not give India a freedom; because India is not a nation, it is only a population."



## National Character Building...



This statement of his, created flutter in Indian psyche at that time. What this sage like personality said that even he was deeply hurt that time due to his patriotic fervor. The saddest part was that now he feels that we as a nation are proving Churchill right.

We, even after 71 years of freedom, still do not think national. We are still clinching to our communities and castes, agitating violently for the reservations on caste and creed basis even at the cost of national interest. We burn and destroy our own national properties just to satisfy our egos based on chauvinistic pride. We are forgetting that we as a nation has to stand as a single united entity. We have forgotten that it is that nation that stands ahead of everything,- individual, community, caste and religion. We have become selfish communities. We are proving to be a bunch of community rather than a nation with its own character. No wonder when someone tries to root out the corruption, all those corrupt get together even dancing to the tunes of our enemy nations to maintain their right to be corrupt. We do not mind gathering the wealth by siphoning the economy to fill the coffers of the few families. The common man has to stand up with the leaders who put the national interest ahead of the individual gains. We need to build up own character. Fortunately India has the long history and a time tested cultural design. We need to lead the path of humanity with our own characteristics. We need to be a like a beacon of a lighthouse so that no one loses the path. It is easy from there.

With love, light & Reiki

*Ajit Siv*

*August 23<sup>rd</sup> 2018*



# The Sun Never sets for Reiki Healers.

*By Vivek Pande*

Sun-rises and Sun-sets are an utterly common happenings these days. Who cares to pay attention to such things which are taking place on a daily basis without missing a single second and observing the punctuality of the British. Commoners attach no weight to such huge planetary events. At the most they cast a glance or two while being busy with their daily routine worldly affairs. The Study of Sun and Moon as well as their movements of Rotation and Revolution become a subject matter of study for the scientists. It is there in everybody's knowledge, that the rising of Sun is nothing but the appearance of something which was always there. Still to the commoners the knowledge is clouded by a perception that the Sun comes out in the morning and then again goes away in the evening. For a person whose perception is clarified, always knows the fact that the darkness is temporary. The Sun will come out in its time and again there will be light. Also for common people the Sunrise is a sign of hope and a sunset being a sign of despair. To take another example, the earth is round as everyone knows. But how many of us actually and experientially know it. The earth is flat for us in terms of experience as neither have we observed it from the space nor, have we raised our consciousness level to be able to comprehend the same. The moment we decide to raise our consciousness, to a different level all together, the whole meaning of being on planet Earth and the rising and setting of Sun, changes tremendously.

Do we ever wonder!! How a small geographical shift (small in comparison to the universe) can change the way we look at things. The testimonials of as many Mountain Climbers as there have been to Mount Everest will actually give us a completely different meaning to what we call a Sunrise and a Sunset. Not that things change at the physical level but the view from the top opens up a whole new way we look at the world. The view from the top makes us see the spherical shape of the earth and also the Sun starting to appear

instead of rising because of the geometry and respective path of the two celestial objects. From the top, the rising and setting are just a matter of attaining vision and closing the eyes. The Sun never sets, it never stops throwing light. It is only us who think and believe that it is dark.

For people who have learnt Reiki, practicing and receiving this divine energy makes us already compatible to the universal norms. We no longer follow the flat rules of the flat world. Life no longer proceeds in a simple logical manner. Instead the perception automatically shifts and understands the real game happening. It does not make any difference if you are giving Reiki to someone else. While giving Reiki to others (Which is actually incorrect) we ourselves receive Reiki and the consciousness shifts immediately to a higher level. We definitely understand things a lot deeper and in a sensitive manner. The fundamental objective of any 'Spiritual-Sadhana' is to raise our own vibrations and Reiki does that magnificently. Sunrise for some is a matter of no concern, for some it is a matter of increase in temperature and yet for some Sunrise it is a matter of hope and warmth for the world. But as we progress in our Sadhana, the Sun neither rises nor sets, we all rise along with the Sun and we take rest as it refuses to be in front of us. Just like a mother playing hide and seek with her own child.

The Reiki practitioners also do not remain stuck when it is sunset, they may choose to take rest, but seldom do they stop while it is dark. For a person carrying his own light, how can the Sun decide his emotions, thoughts, mood swings and work-life. Again the Clock, which was primarily designed on the basis of movements of Sun and Earth cannot stall our flow, as we are universal beings and even the Sun and the Moon become a part of us. The Sunrise doesn't mean we should be awake and the Sunset doesn't mean we were asleep. For Reiki healers, the Sun within is always awake, for we are here to heal the world.



# Guru Charitra Recitation at Devrukh

By Nisarg Mehta



Gurucharitra Parayan was amazing experience of my life. I was thinking before startup the parayan that how I will do this parayan. I should be in complete 'Moun', No Mobile including internet, almost full day I have to stay in one room, one time fasting etc. After starting parayan, whatever I was having questions about anything that I got answers of those questions from the same Adhyay or the next Adhyay of the same day. I learned so many things from the Gurucharitra Parayan, Mostly the 'Guru Mahima', 'Ved Mahima', 'Rudraksh Mahima', 'Bhasma Mahima', 'Gayatri Mantra Mahima'. At the starting time I was thinking how I will finish 7 days of parayan with complete 'Moun' but gradually I settle down with the environment and everything. During parayan time I had so much great experiences like in first day of Arti while Digambara suddenly I felt some energy came in to my body and my sound got slow down, sometimes in night between 10 to 12 I listen sounds of 'Ghungru' and 'Damru', and one day while I was in the room and writing the 'Shri Swami Samarth' Mantra at that time some white cloth or energy was roaming in 'Gyan Sabha'. And how should i forget the auspicious one which was the Thursday Evening Swami Arti. These experiences were amazing. I used to meet cows before starting up Gurucharitra Adhyay specially 'Kalindi'. After completion of seven days as well sometimes I feel my Moun is still continue then I am realizing that I had already done Parayan. I believe every sadhak should do Gurucharitra Parayan once in a year, it helps them to know themselves better, especially young generation. For seven days it will clean our soul and sanskar. It had a such a wonderful experience. I Thank Swami and Guruji for giving me this good opportunity. Jay Gurudev.

**According to Buddha, how could a householder feel constant happiness?**

*The householder, who remains aware constantly, follows pure actions of the body, speech and mind. Who acquires wealth by energetic hard work, lawfully and justly, s/he performs good deeds, offers selfless support to the society every time by using the wealth. Who is free from debt for every moment could feel happy and satisfied every moment.*



## REIKI EXPERIENCE

Mrs Heenaben Pandya, our sadhak in Chicago, USA has this unique experience. Her Mogra plant at Datta Kutir never ever had flowered before. She just gave Reiki for 10 days and the same plant now is full of buds of Mogra all over the plant.



# To Be or Not To Be...

By Telangan

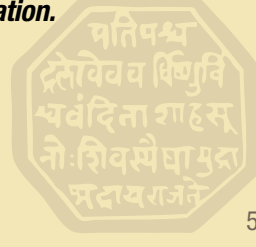
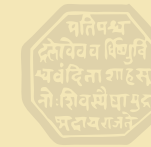
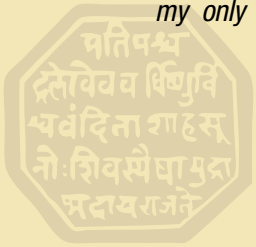
12th August was a very auspicious day of my life. I was part of a meeting with a great soul called 'Babasaheb Purandare' along with Guruji. Babasaheb spent his entire life studying Shivaji Maharaj and sharing that knowledge with everyone. At the age of ninety-seven he is still active. At one point he said I've performed over 11 thousand lectures but I'm not sure what people have learnt from it. I felt sad for myself; it's not his failure. We are the most unfortunate people responsible for it. We have a treasure with us but we are not aware.

Our Children study history that is not written correctly. They read books, which has total western viewpoint. We have taught incorrect history intentionally. Our national spirit is killed slowly and purposefully. We look at our great past just as an entertainment and ignore. As Babasaheb correctly said *we don't have national pride in us*. We destroy our historical monuments because we are not proud of them. Today the situation is so bad that if they call Shivaji Maharaj as a Hindu terrorist, our children will start believing in it and we will still remain vague about it. Churchill once said, if you don't learn from your history, it will definitely repeat. And today the society is going towards what had happened in the past. Women felt insecure then and even today. We are not feeling shame about it.

After death of Shivaji Maharaj even Aurangzeb said that *'Shiva was a great warrior with courage, character and ability. My army fought endlessly to prevent him from Swarajya but his territory kept growing nonstop. I've lost my only rival'*. British, Dutch, Portuguese and French

everyone admired his authority, values and ability of leadership. A British officer had written back to England that *Shivaji had built a fort called Raigad that is almost unbreakable and with enough food supply it could fight with the entire world endlessly*. Japanese and Portuguese had written books on him. Vietnamese leader 'Ho chi minh' openly said when *we fought against powerful Americans successfully we were empowered by Shivaji's war techniques and knowledge*. Question is what are we doing about it? Its not important the size of Swarajya but it's very important what he did. How he protected Hindu Dharma in India. He pulled all of us out from slavery of mind. He gave us ability and empowered us to fight against injustice and remain ONE. He inspired Assam King Lachit Barphukan and Maharaja Chhatrasal Bundela who fought for their self-respect and won against powerful Moghals. Saint Ramdas, Namdev, Kavi Bhushan and many more clearly said if Shivaji Maharaj wasn't there the entire India would have been converted to Islam. He appointed people by there ability and not by Caste. People supported him in every situation. And today we all are fighting for Castes, religions, and Power. We are afraid to call ourselves even Hindu when we are 85% Hindu populated country.

Now it's our duty to empower our children. Teach them about Shivaji Maharaj, Ram, Krishna and other thousands of heroes. Our collective energy will resonate with the universal force for sure. We have to plant this seed now. No matter which part of the world we are but we should proudly say we belong to Shivaji Maharaj. **Otherwise we will remain just a mere Population not a Nation.**





# Of Second Childhood

*By Ms Lalitha Shankar*

It was a warm evening. I was going for a walk when i met Raji aunty after a long time.

She was looking quite tired as she walked to a nearby shop to fetch some small groceries. How are you auntie? I asked her. She replied...Life goes on...my only prayer to God is I should be physically fit enough to do my work, not depend on anybody till my last breath. This crippling thought seems to be running through all the “senior” citizens. I walked along with aunty and entered the lift to my floor.

Wait...wait called out my young neighbor who was holding an office bag and a basket on one hand and her 2 year old daughter on the other. Hi, I said and looking at her haggard look, asked her back from work? Yes she replied...from work I went to pick up Richa from the day care. It's been a very long day.

Most working couples with young children manage some how to juggle with their work and home...seeking the day care help for their kids be they school going, pre-schoolers or toddlers.

This set me thinking...Why is it that we take...caring for our children as a duty while taking care of aged seems to be a dumped discomfort. I was reminded of Raji aunty telling me that her elder sister and brother in law have been shifted to an old age home because their 3 children couldn't “manage” them.

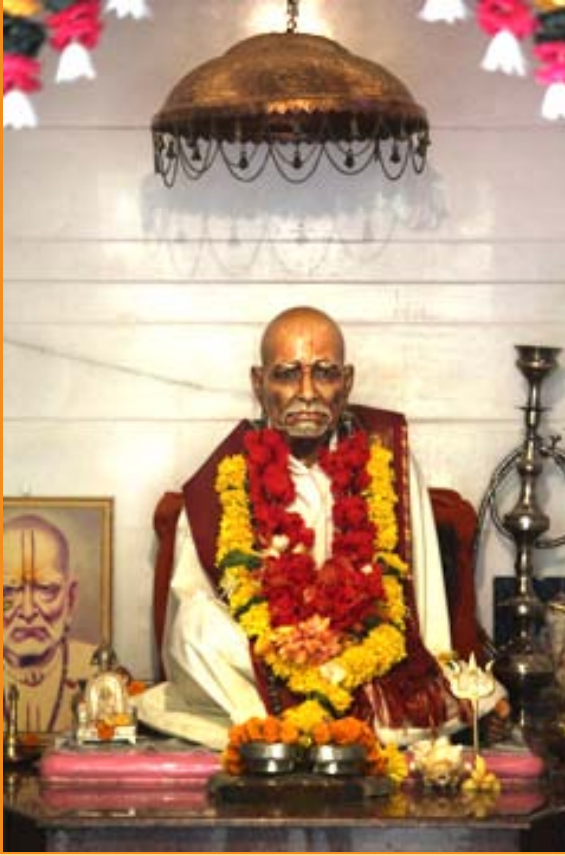
If a parent can go to any extent including quitting their job to “manage” their kids why don't we ensure our elders too enjoy their second childhood. May be we need “Adult Creches” where there is day care for the elders and are brought back home in the evening. Will this make them feel secure and wanted?

What the second childhood expects is some communication from the kith, a gentle touch and the din of innocent pranks of their grand children. Just sitting with them and updating them with the days happenings will only make them feel better. The younger generation too must proactively or encouraged to interact with them just as they used to do as toddlers.

When we could go out of our way for our children...putting up with all their tantrums... where does the patience disappear?

Is it because we are also losing out on our physical and mental energies...? Nevertheless we are still younger than the olds. What we chose to do is, to disregard what we can and endure what we think we must. They say children emulate the adults...so lets not forget old age is not going to elude us and we are going to be in their slippers sooner or later..... Lets care for the old as we do for a child and relieve their stress of being a dependant on somebody.... After all life is all about inter dependence.





# Sewa in Devrukh Ashram

*By Aruna M.*

I was given the golden opportunity by Guruji and swami to do sewa in ashram from August 1st to August 15th as a Mukhya Sewakari. It was very close to Gurupurnima and I planned to reach ashram earlier. This helped me to settle down and also learn the key duties from my Previous MS Gandha.

I have visited ashram for sewa only couple of occasions before this. It seemed like a big responsibility in the beginning. Guruji and other experienced MS of the mutt had full faith in me. Guruji's words when we bid goodbye to him were "Enjoy". That one word gave me confidence to discharge the duties during my stay.

The relentlessly pouring rains slowly reminded me how much I used to love to play in the rain during my teens. Slowly it became part of my life and I started to love the walk in the rain. The way nature handled itself was very inspiring. First and foremost the earth was absorbing all the water with lot of dignity and patience. With hardly any sun light there were a few hibiscus and rose flowers blooming in the mutt garden. Rudraksh tree started showering Rudraksha during this time. It taught me a big lesson which Guruji also often says "Swami gives opportunity to each one of us".

The orange flag on top of the sanctum was flying high as much as possible though it was getting drenched with rain every 10 or 15 minutes without a single complaint. The birds in the mutt had their own play time chirping away mostly around 3.30 pm, may be they were meeting up and sharing their joy and happiness. Nature knew how to use every opportunity and express itself to make our scenery pristine and picturesque.

The sadhaks who regularly help us in buying vegetables,

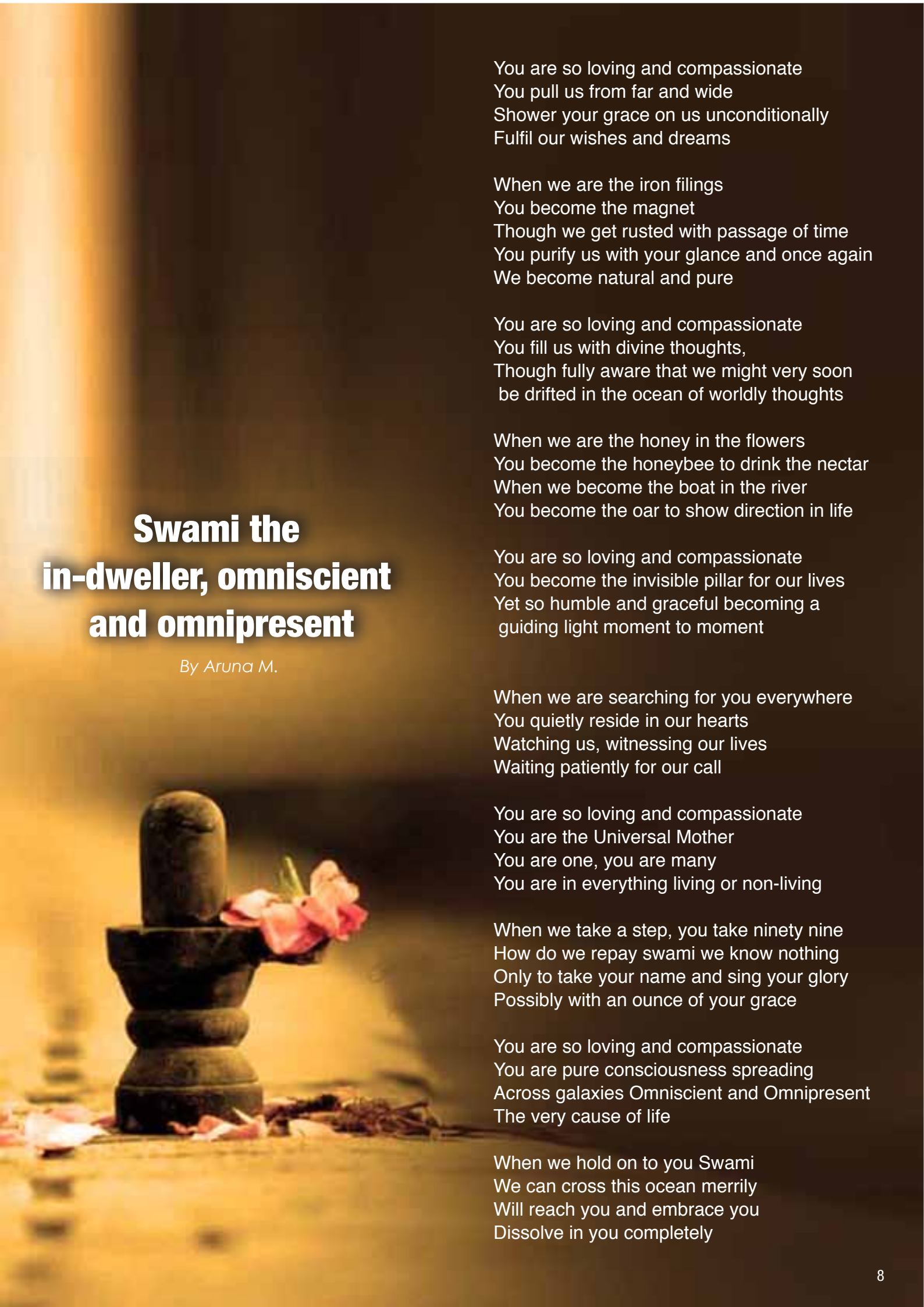
supplying milk, grinding flour, buying groceries, flower garlands, making laddu Prasad are role models for all of us to emulate. Thursdays have been very special due to the bandar and Palkhi. Suddenly we can see a lot of hands decorating and keeping things ready for the palkhi.

I got a lot of love, support and encouragement from all the sadhaks from Devrukh and also from sadhaks who had visited the mutt for sewa from other centres like Delhi, Pune, Bangalore and Rathnagiri. It was a learning experience for me. As Guruji says "We are all here to learn and improve ourselves", it was a great opportunity for me to learn from different situations and different people during my stay.

The role earned me love and respect from all. In turn I started vibrating the same and I was very soon filled with loads of love and compassion. The role change on the last day gave me bigger lessons of life and it very soon became very joyful too. I also experienced many times that we are mere instruments and swami does everything. I had loads of fun working with so many sadhaks

One common string which connected all of us was Guruji's love and compassion. I felt everyone was ever ready to do any sewa for the love they get from Guruji. If we too learn to imbibe the unconditional love he has for his sadhaks then we can contribute to Guruji's mission of happy, healthy and a harmonious world.

Thank you swami and Guruji once again for giving this golden opportunity to me which helped me to introspect, learn and grow in this spiritual path.



# Swami the in-dweller, omniscient and omnipresent

*By Aruna M.*

You are so loving and compassionate  
You pull us from far and wide  
Shower your grace on us unconditionally  
Fulfil our wishes and dreams

When we are the iron filings  
You become the magnet  
Though we get rusted with passage of time  
You purify us with your glance and once again  
We become natural and pure

You are so loving and compassionate  
You fill us with divine thoughts,  
Though fully aware that we might very soon  
be drifted in the ocean of worldly thoughts

When we are the honey in the flowers  
You become the honeybee to drink the nectar  
When we become the boat in the river  
You become the oar to show direction in life

You are so loving and compassionate  
You become the invisible pillar for our lives  
Yet so humble and graceful becoming a  
guiding light moment to moment

When we are searching for you everywhere  
You quietly reside in our hearts  
Watching us, witnessing our lives  
Waiting patiently for our call

You are so loving and compassionate  
You are the Universal Mother  
You are one, you are many  
You are in everything living or non-living

When we take a step, you take ninety nine  
How do we repay swami we know nothing  
Only to take your name and sing your glory  
Possibly with an ounce of your grace

You are so loving and compassionate  
You are pure consciousness spreading  
Across galaxies Omniscient and Omnipresent  
The very cause of life

When we hold on to you Swami  
We can cross this ocean merrily  
Will reach you and embrace you  
Dissolve in you completely



There is no beginning  
Nor any end...

Time is unsolved puzzle  
When we learn nothing...

Time comes vey slow  
When we wait eagerly...

Time moves very fast  
When we delay...

Time doesn't go swiftly  
When we are suffering...

Time doesn't linger  
When we are cheerful...

Time comes and goes  
When we are unaware...

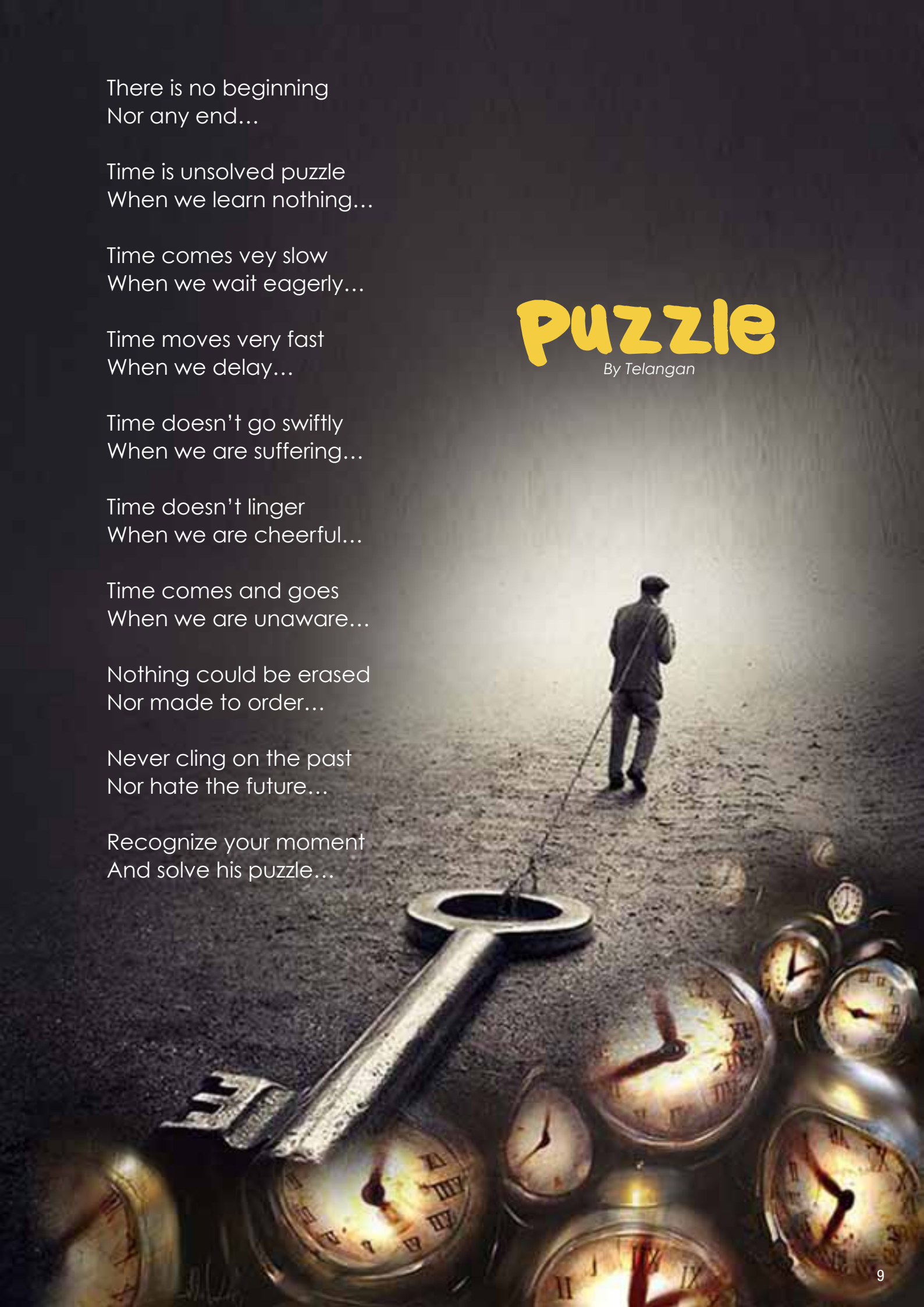
Nothing could be erased  
Nor made to order...

Never cling on the past  
Nor hate the future...

Recognize your moment  
And solve his puzzle...

# puzzle

By Telangan





# PATRIOTISM

By Siddhi Joglekar

Our freedom fighters have fought against foreign elements to make our mother nation free from national struggle.

Today we are facing many struggles in the name of corruption, terrorism, brutal crimes, natural calamities.

We are lucky enough that our beloved Guruji is in our lives and have given a motive to live. A motive to live with a mission and love the world through divine Reiki.

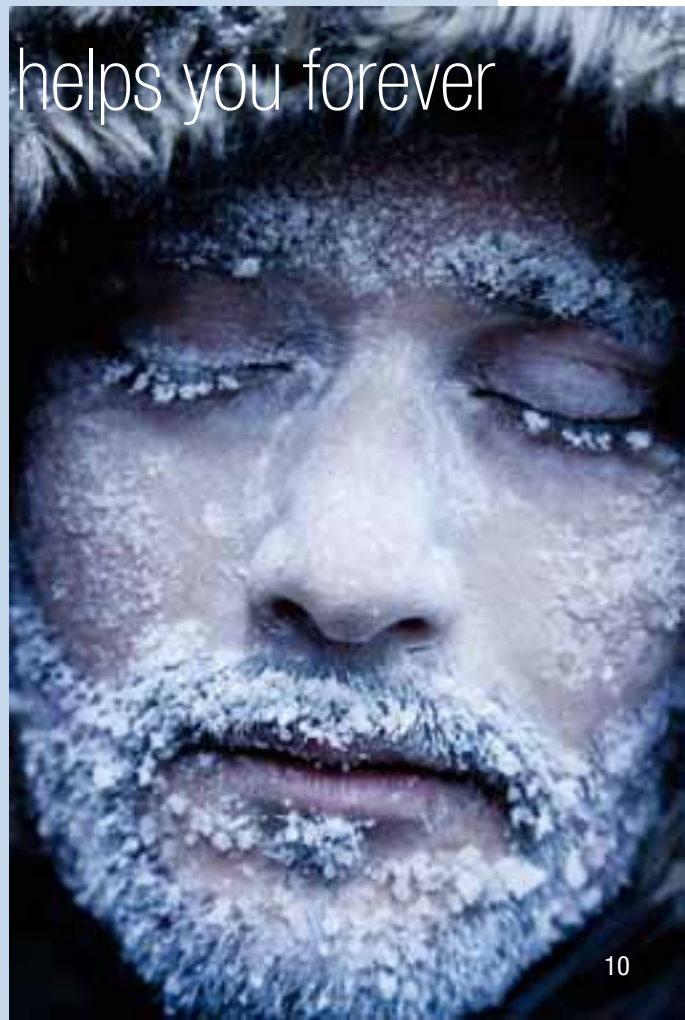
In ancient struggling era, a wave of patriotic force enlightened in hearts of our freedom fighters which resulted us to witness our beautiful independent nation for 72 years till date.

Instead of getting frustrated due to today's current issues, let's awake our inner powers by use of divine Reiki and other spiritual practices preached by our Guruji and pass that force in direct or indirect form to as many people you can so that our next generation will witness most powerful positive and peaceful nation "Bharat".

Jai hind

## Humanity and kindness helps you forever

*A man who was working in a large cold storage company. His duty was ending at 6pm. He was working hard on some issue deep inside the cold storage and didn't realize until 7pm and everyone left after locking the main door. Staying inside overnight means asking for death and the place was soundproof so there was no way anybody would know till morning. He was helpless. He sat at one place and started praying god. All of a sudden after an hour or so the main door opened and a security guard walked inside with a torch. The man was in frozen state but collected all his power and shouted for help. The guard rescued him out and his life was saved. Out of curiosity he asked the security guard how did he know that someone was inside? The security guard said out of thousand employees you are the only one who greets us in the morning and evening. Today you greeted us in the morning but I had not seen you in the evening while leaving. When the place was locked and everyone left I felt it very odd and I decided to check the entire plant again. Fortunately I found you when you were beginning to lose the consciousness. One daily kind and human act of greeting helped the man so much then what would happen if we keep doing those acts every moment?*







## Guruji's lecture at Rotary Club in Pune

Rotary clubs of Metro, Pune and Rotary Club of Shivaji Nagar, Pune had jointly organized Guruji's lecture on **Riding a wave of new generation** in the evening of 10th August 2018. The audience was spellbound when Guruji presented the research initiated by his team. More than 60 people attended the lecture and went home with something to ponder about. The club authorities decided to have more lectures on this subject in times to come.

## Effortless Excellence workshop in Pune

Guruji with Ms Krupa Choksi and Ms Ashwini Telang conducted a one day session on **Effortless Excellence** for the corporate world on 11th August 2018. The workshop on this subject was initiated by CA Pranjal Joshi & Associates, a leading CA firm in Pune and was attended by 37 people. Humans are not resources but a source of infinite energies with a tremendous power to enrich the life quality. The message of the workshop was to tap these infinite energies eternally available to human beings.



## Transforming- moving from losers to winners

A workshop was organized by WICASA (Western Indian Chartered Accountants Student Association) a Pune based organization on 12th August 2018 and had invited Guruji and his team for conducting this workshop. The theme of the workshop was on "Transforming - moving from losers to winners" by understanding oneself. This workshop was attended by 200 students who enjoyed every bit of the 4 hour session. WICASA has decided to extend the same training program to their other branches besides, Pune.



## Sadhaks meeting a legend- Babasaheb Purandare

Guruji with other sadhaks from Pune, called on a legendary personality Babasaheb Purandare, who is 97 years of age and has already delivered more than 11000 lectures on the historical facts during the 18th Century. He has been running his mission for the last 70 years non –chalantly, visiting the various forts and heritage structures reserved from those times. The whole idea of his mission is to develop the national character of our Great country. He blessed our sadhaks who have taken a task of reaching the glory of Maratha Kingdom and the spirit behind to every member of new generation.





## Meeting of sadhaks in Pune

Reiki Vidya Niketan, Pune branch had organized a meet with Guruji for the sadhaks as well as those who wanted to have an idea about how Reiki could be effective in day-to-day life, The meeting was held on the evening of 12th August and was attended by over 60 people. Various dimensions of Reiki spiritual practice were discussed during the same.

## EPIC parenting workshop in Rajkot

One day EPIC Parenting program was conducted at Hotel Comfort Inn, in Rajkot on 15th August 2018, a very auspicious day being a Freedom day for India. The workshop started with the national anthem and ended with a powerful message of saluting one's self. The session was attended by 30 participants from the segments of parents and teachers. Sessions were conducted by Ajit Sir, Krupa and Ashwini.

## Girnar visit with Guruji

Guruji decided to visit Girnar suddenly on 16th and 17th August just for being in that divine space. Soon 25 sadhaks gathered around him to convert that private visit into a public event, With the Rudrabhishek to Swami's idol installed by Reiki sadhaks at the foothills of Girnar- in Gebinath's eternal fire temple and an aarti thereafter the whole event became rejoicing. 15 of the sadhaks then climbed the 10,000 steps of the mountain in the midst of the night to make this trip even more eventful. With the intermittent drizzling, a cool refreshing breeze and the Girnar enveloped with that hazy fog Girnar was very exciting proposition as usual. By 17th evening everyone was back to Rajkot for a reiki seminar the next day.



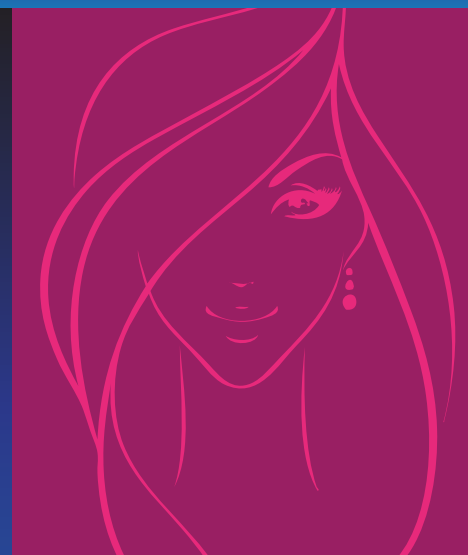


# The Sin and a Mistake...

In one of the meetings in Devrukh during Guru Purnima festival, Guruji was telling sadhaks a difference between a mistake and a sin. Not every mistake is sinful. The act which is committed without knowing that you are doing something wrong is a mistake. But if you know that you are doing something wrong and still continue doing that the act is qualified to be a sin. Patanjali, a great sage of the yore defined sin as anything that you do that takes you away from liberation and anything that helps you move towards the ultimate target of liberation can be termed as divine act. It is the direction of your action that matters over everything,

## Program Schedule for Reiki Seminars September 2018

Dates	Centre	Degree	Master
8th & 9th September	Chiplun	1st	Kalpita
8th & 9th September	Hyderabad	1st	Ajitsir /Krupa
8th & 9th September	Devrukh	2nd	Sangita
8th & 9th September	Mumbai	2nd	Vishal
8th & 9th September	Baroda	1st	Seema
15th & 16th September	Ahmedabad	1st	Bharatiben
15th & 16th September	Bengaluru	1st	Aruna
15th & 16th September	Kota	2nd	Krupa
22nd & 23rd September	Rajkot	1st	Sangita
22nd & 23rd September	Thane	1st	Vishal
29th & 30th September	Nashik	1st	Kalpita
29th & 30th September	Pune	1st	Sangita
29th & 30th September	Airoli	1st	Rakesh



### Other Training Programs

**Date:** 1st & 2nd Sept.

**Training Program: WISE**  
(Residential program for ladies)

**Location:** Devrukh

**Contact No:**  
**Krupa (8160488127)**