

REIKI VIDYA

NIKETAN

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EDITORIAL

Surrendering to your own body

I have been a frequent traveller most of the time travelling from one place to the other. On one of such trips for Reiki seminar I happened to be staying with a host. As we were sitting for a post-seminar, evening snacks. The host was busy serving us some nice, delicious snacks. But he himself declined to eat

with us. I was little curious to know about that. The guy said, "I eat only twice a day. A meal in the morning and

in the evening! Nothing in between! Not even tea and coffee or breakfast. "Apparently, he was under some diet regime. He explained to me the whole theory behind what he was doing. As per the theory, every time you eat something, a dose of insulin is produced in the body and that needs to be consumed fully within 55 minutes. This regime helps in maintaining the sugar levels in the body and even burns out the excessive fats. I listened to it quietly as just a few days ago, I met a man who seemed knowledgeable about food, nutrition diet etc. He had said that the best thing to do to remain healthy is eat every 2 hours, a little portion at a time. That guy also had some logical base as he explained me. According to him, the stomach produces acids every 2 hours in the body and one needs to consume these acids within the shortest time. Else the acids get accumulated and if ignored translate themselves into diseases like acidity, ulcer and ultimately cancer. Both these guys had strong conviction about what they were talking and possibly practicing.



Just the other day I received a message from one of my sadhaks giving me a quote from Bhagwan Sathya Saibaba whose devotee this sadhak lady was. The quote read, *“Coming to the topic of physical illness, I must tell you that you must practice moderation in food, drink, sleep and exercise. Good food taken in moderate quantities, at regular intervals - that is the prescription. Pure, wholesome (satwic) food promotes self-control and intelligence more than passion-producing (rajasic) and impure (tamasic) food. For spiritual aspirants, pure and wholesome food is very necessary. (Divine Discourse, Oct 10, 1961)”* This added another dimension to the issue. I was very confused as all these views were contradicting each other and all those were all coming from sources who were staunch on these. Few years ago, I could find a lot of blue bottles filled with water kept all over the places in the sun, wherever I went. On enquiring I was told that the water kept in a blue coloured glass bottled and consumed throughout a day makes one burn a fat. Within few months the bottles had all vanished and those who kept the bottles earlier had possibly lost no weight or fat but the confidence in the theory. All such prescriptions to health are dispensed out all the time. Drinking water from the Copper pot, drinking water in large quantum immediately after one wakes up, drinking water every two hours, drinking water upto 2 litres a day, drinking as little a water as possible.. All these theories and practices kept on rolling in and out and I hardly could see these things settling for a long time. What is happening? I always mused on that. I could clearly see a lot of confusion in the minds of common people. Whom and what to believe?

Even in the medical field there is an explosion of confusing signals. Anything that happens even remotely to the heart, allopathic doctors prescribes the blood thinners. My observation is that, invariably it leads to some issues within the body like internal hemorrhage making Doctors to withdraw the medicine which was supposed to have been taken by a patient for life long. Many are not aware that the body is already divided within the lower body and the upper body, right body and the left body. It has that bilateral nature. What is good for lower part may be detrimental to the upper part of the body. Today's medicine is foxed with these kinds of riddles.

If you look at the larger picture, humans have not been able to understand the body design. The holistic nature of the body can only be understood by the holistic viewpoint. We are all missing out on that. Hence none of the theories related to human health last longer. Lord Krishna talks about a human body in that divine song (Bhagwad Geeta) in chapter 13. Geeta starts with that “Dharmakshetre, Kurukshetre” the first call from the blind king Dhritarashtra where Kurukshetra is the physical body and the Dharmakshetra is the non physical aspects of human existence. Krishna says that the kshetra is the body and the Kshetranya is the knower of the body- the supreme soul which does not get entangled in this body, nor does it get eluded with the body phenomenon. He is the driving force, the owner of this body as said many saints and sages over the period. That soul is the supreme commander of the body. Surrendering to the body means obviously, surrendering to that divine soul.

I can vouch from my own experiences in the past 25 years that whenever I sensed I am leading to some disorder kind of situation, I pray to my soul to take over the control and he has never let me down. Every time I take reiki, I feel I am connected to that organ within the body. I have a dialogue with my organs and they listen to me. As I understand, one does not know whether anybody including your kiths and kins take you seriously or not but one thing is sure, every cell in the body takes you very seriously. It has tremendous faith in you and your abilities. Every time we put our hands on the body the seed planted at the time of initiation gets activated and starts running its healing program. The universal intention works through that divine seed, Every time I take Reiki, I think that I am worshipping my body and the deities within. They are what make the body. You have no ownership of your body. It rests with your soul. Surrender to your soul and pray. That prayer is what Reiki is all about.

With love, light & Reiki

Ajit Siv



Seeking Truth?

By Vivek Pandye

Curiosity, reason, learning are all natural to mankind. The moment we become conscious to the outside world, we become curious and want to know the truth. The seeking process begins and ends depending on the appetite of the individual. We generally seek the truth or the factualness of things. But can we seek the truth? It's the big question that science is refuting these days. And if the answer is yes, what are we actually seeking. Then there are also conspiracy theories, doctored videos, radicalizations happening all around and they are also as old as the spices in the world. How does one then find out the truth and actually how does one realize what we all are seeking? Krishna never sought the truth. It was Yudhishthir whose business was to deal with truth and only truth. Krishna was the one who always knew the difference between truth and falsehood. Krishna was always aware and knew the principles governing life. He knew the karma, the tendencies and the respective fallout of each tendency. Krishna is the one who always knows the difference with the art of discriminating. He was always aware of that truth through which he could make out the righteous and the unrighteous.

The physical world, which most people come to terms with, is easy to know and understand. The wordly truth is mastered by most and very few have the courage to find or seek the universal truth. The available books, the options for entertainment etc. are all readily available. But the big questions remain unanswered. Why we are born? Why does the life end? Where does one go after life? Even such questions go to the other extreme far end for which finding an answer may not be that important. As such your body will end one day, so why to spend time in who's and what's. So what are we up to and what does this constantly seeking activity going on within us. In the name of pleasure, fun, happiness or bliss, what is it that we really seek. And what is the permanent truth which some enlightened beings have realized and accomplished. Let us rule out a few things to simplify life.

The fact that your biology, needs to be sustained by adding food to it, comes simply and naturally in our understanding. The mind, as we grow, moves in many directions and we land/pick a path suiting us. This again, may or may not guarantee any sort of

permanent answer to our unsettled existence. Hence we seek something higher and we introduce god or some super-power governing this world. We again make the same mistake of looking answers outside to what lies within us. The truth which we seek has always been with us. It is not in words, they change with time. It is not again in moral policing of the society, they change with time. The weather, the air, the water, the sky, everything changes with time. By the time I completed typing my last sentence, the state of mind within me has changed. It all changes and as they say change is the only thing permanent, the rest is all temporary. The whole world tells us to settle down, but what are we to fix or settle? Is there anything which can be fixed or settled?

The answer is YES!. While gruesomely involved with the intricacies of life, we all may develop this habit of seeing (becoming aware). Whatever path you may have chosen, whichever place you may have landed, things become easy when you see and see in depth. Truth then is not something which can be sought, it can be seen if one has the ability to see at all times. Remember the time when your eyes missed something and you said, "I didn't see that." I bet your mind was engulfed with something else and hence your eyes even though they were open could not take cognizance of what was there in front of them.

To again simplify things for all of us, all we can do enjoy our journey's of life is to be simply aware both within and without. This can only happen when you stop seeking and start seeing. This can only happen when your mind is quiet and your frequency can touch your eyes. As the word 'See-King' itself says, if you see, you are a king. Any moment lost to notice, observe, visualize is a moment gone for a toss. That's what the spiritual Guru's have been teaching us since ages. To become aware, to be quiet at all times. This whole art of continuously seeing and moving on without accumulating is the only thing needed by us to master. Otherwise, the rest is all fine and life is always good. The suffering and progressing are both repercussions of Karma. But developing this whole art of looking and observing, knowingly, will put you in a completely different level of satisfaction. Thank You.



The real meaning of Holi

by Dr Ramnathan Iyer

The story behind the festival of Holi is familiar to us all.

It begins with Holika, the sister of Hiranyakashyap, who was the father of Prahalad. Hiranyakashyap had declared himself as God and wanted his son Prahalad to worship him and not Vishnu. When Prahalad refused to do the same, he was made to sit with Holika in an open fire. Holika had been granted a boon that she could not be burnt even if she was on live fire. When she was made to sit with Prahalad on the live fire, the opposite happened. She burned to death but Prahalad came out unharmed and alive from the fire.

This is not just a story; it has a deep spiritual meaning.

Hiranyakashyap represents “ego”, which when takes control, makes one forget about his own consciousness, so that the person starts thinking himself as the supreme power. The same symbolic representation is seen with Ravana in Ramayana and Kansa in Mahabharata.

Prahalad repre

sents a person with self-realization, who is in touch with his consciousness. The consciousness cannot be burned, cut, dried or made wet by anything. It is imperishable and everlasting.

All those people who have acquired self-realization via Bhakti, Karma or Gnana path are in a state of God acquaintance and nothing can destroy them.

The obstacles to the pathway of self-realization are “attachment, anger, desire, greed and ego”. When all these negative factors overpower any individual, it leads one away from self-realization or away from consciousness.

Holika represents the sum total of the negative forces in the body, which can kill you or harm you, if not controlled in time.

Getting attached to any of the five senses results in a vicious cycle and one can get burnt in this ‘chakravyuha’ of attachments. If you are truthful, and have attained a state of one-point contemplation on a known truth, all the negative forces will stay away. All such negative forces if repressed within the body can burn you out over a period of time and this is one reason why all negative emotions should never be suppressed or repressed.

The practice of burning Holi a day before the festival of color signifies burning of all negative thoughts or emotions embedded

in the mind and also to neutralize all the poison arising due to the negative feelings.

As soon as the negativity is removed from the mind, the spiritual vision opens up or the knowledge of the consciousness is attained. Once this is done, only the positive thoughts remain, which is celebrated as sharing and loving each other, the next day.

Sharing love is most important in removing all the above mentioned five obstacles to self-realization. Spreading love reduces anger as well as desires, detaches one from various attachments, reduces greed, and brings humility in a person. Burning ego and other negative qualities also burns the ill feeling amongst each other and makes everybody a friend.

During Holi, the practice therefore, is to visit and meet not only your friends but also those who you are not friendly with. The festival therefore, is an opportunity to spread brotherhood and happiness in the society.

WHO defines health as not mere absence of disease but a state of physical, mental, spiritual, social and environmental well-being?

Holi, therefore, is a classic example or a custom to create “social healthiness” amongst the general society.

Playing Holi with water also has a deep spiritual meaning. It basically means removing dirt from each other. Dirt here does not mean bodily dirt but mental dirt, which once removed leads to spiritual cleanliness.

When you lovingly smear ‘gulal’ (colored powder) on others, they reciprocate with doubled love and affection.

Similarly, always think of good things about people. Express your positive thoughts about these friends loudly, not only in front of them but also in their absence.

Therefore, the entire essence of the festival of Holi is not to just play Holi superficially or meet each other at a superficial level but to get rid of the negativity at the level of the mind as well.

There is no point in celebrating Holi and meeting people unless you remove your negative thoughts about them from the mind



MARK THAT LASTS FOREVER...

by Telangan

When we start walking on the path of Reiki, we start learning new things in life. Our ideas are tough to break but guru somehow manages it easily. We unlearn many things and learn new. There is an achievement after every insight because that particular learning is going to be with us forever. I've too learnt something, very hard way in last few years. I was very aggressive and had a sharp tongue. Although it wasn't helpful ever, I still continued with it. Being with Guruji, I understood the meaning of being stable.

More people are hurt by words than weapon in the world. The wounds by weapon could be healed but people remain hurt forever by the damaging words. ***People do not mean what they say when they are angry but they just want the opposite person to suffer as they are suffering.*** When they calm down they too feel sorry for their words but sometimes even if they regret they don't get a chance to say sorry.

We all are the victims of our own emotional traps sometime or other in life. ***When a person is angry, there is no harmony between his/her thoughts and the words.*** Just by getting angry the person is creating tremendous pain inside the

heart and the energy level starts depleting heavily. Therefore maintaining calm and responding positively is the only best option left with us. We must understand that the other person is in great pain and lacking energy in him/her. When we react back aggressively we actually share his/her pain and provide our energy to them in return. By taking the pain, the other person is not benefited at all but we gain damages for ourselves.

We need to bring Reiki Knowledge in practice. We could use our Sankalpa Shakti and send energy of powerful blessings to the person in pain. The power of our positive intention will help them to calm down soon and it will reflect towards us positively.

Whenever we are feeling anger rising within us for any reason the first thing we must do is remain quiet. (This is better than regretting later for sharp words). Second we should have cool water and then deep breathing helps a lot. Visualizing and bringing master's calm face in front of us will help in calming down. **Bringing five Reiki Principles in practice is best guarding system. Remember no body later could erase these marks once created...**



The messages that Alexander left behind

by Dr Ramanathan Iyer

There is very instructive incident involving the life of Alexander, the great Greek king.

Alexander, after conquering many kingdoms, was returning home. On the way, he fell ill and it took him to his death bed. With death staring him in his face, Alexander realized how his conquests, his great army, his sharp sword and all his wealth were of no consequence.

He now longed to reach home to see his mother's face and bid her his last adieu. But, he had to accept the fact that his sinking health would not permit Him to reach his distant homeland. So, the mighty conqueror lay prostrate and pale, helplessly waiting to breathe his last. He called his generals and said, "I will depart from this world soon; I have three wishes, please carry them out without fail." With tears flowing down their cheeks, the generals agreed to abide by their king's last wishes.

"My first desire is that," said Alexander, "My physicians alone must carry my coffin." After a pause, he continued, "Secondly, I desire that when my coffin is being carried to the grave, the path leading to the graveyard be strewn with gold, silver and precious stones which I have collected in my treasury.

"The king felt exhausted after saying this. He took a minute's rest and continued. "My third and last wish is that both my hands be kept dangling out of my coffin." The people who had gathered there wondered at the king's

strange wishes. But no one dare bring the question to their lips. Alexander's favorite general kissed his hand and pressed them to his heart. "O king, we assure you that your wishes will all be fulfilled, but tell us why do you make such strange wishes?"

At this Alexander took a deep breath and said:

"I would like the world to know of the three lessons I have just learnt. I want my physicians to carry my coffin because people should realize that no doctor can really cure anybody. They are powerless and cannot save a person from the clutches of death. So let not people take life for granted.

The second wish of strewing gold, silver and other riches on the way to the graveyard is to tell people that not even a fraction of gold will come with me. I spent all my life earning riches but cannot take anything with me. Let people realize that it is a sheer waste of time to chase wealth.

And about my third wish of having my hands dangling out of the coffin, I wish people to know that I came empty handed into this world and empty handed I go out of this world."

With these words, the king closed his eyes. Soon he let death conquer him and breathed his last.



WHERE ARE YOU RIGHT NOW?

Close your eyes and sit straight relaxed.

Take your whole attention to your heart chakra. Look at the love, compassion and surrender that you are in. Just ask yourself how honest you are with your self in your spiritual practices and even in your daily life. Think minutely.

Ask yourself whether you are happy the way you are. Be honest with yourself when you analyse. Try to get a true picture of where you are.

Ask yourself whether you would like to change anything in you?

Take your whole attention to your third eye chakra and have an intention that all that has been dropped out. Imagine a white ray coming from third eye chakra to heart chakra and that the things that you do not want are getting dissolved. Draw all symbols. Do till you are fulfilled. Feel the lightness. Slowly open your eyes and thank yourself, Reiki and your personality

(For Reiki channels only)*

Guru Charitra Parayan

- embracing the divine self

by Aruna M.



“This 2019 is an important year for spiritual sadhana “, this was the Mahavakya of Guruji during this Datta Jayanthi celebrations. These words were lingering in my ears while I was returning home for yet another new year to begin. I thought this year would be a great start for me to do Parayan at Ashram which was my dream but kept it far due to reasons like “will I be able to stay alone?”, “Will I be able to read the pure Marathi script?”, “ is it right to leave the family for so long?”. Guruji’s those words helped me to take that one step pushing away all those unimportant doubts and questions.

As I stepped into ashram the Petunia’s were in full bloom doing full justice to spring season. The green grass grown so tall and the petunias decorating the whole pathway with vibrant colours was a welcoming scene. The first thought was **“Thank you Janardhan Bhai”** for creating this wonderful garden in ashram touching all our hearts and for bringing a spring in our steps.

It was a Wednesday night I settled in the Guru charitra room. Thursday I attended aarthi in the morning took swami’s darshan and started my Parayan. Since it was anushtan time already it was easy for me to fall into the schedule of eating once, doing all the sadhana through the day. Mornings were busy with Pranayam, TM, Agnihotra followed by Parayan allotted chapters every day, Aarti, and having Prasad. Afternoons were for Reiki and some rest followed by Tryambak, Agnihotra, Rudra chanting, 108 Mrutyum jaya japa, bhajans, aarti.

Early mornings and evenings were filled with variety of birds chirping away and it was like an enchanting musical symphony played for me all along. With all this I found time to read books on Bhagavad gita written by Paramahansa Yogananda, Bhagavatam with little stories and their subtler meanings. I remembered Guruji’s words **“When we respect Time, Time slows down for us to do more meaningful and purposeful work”**.

This continued the second day and I knew the cleansing has started and by end of the day I understood those were nothing but my journey from one chakra to the other. Once this understanding came it was real fun to wait to experience the shift every day. It was a memorable experience. Since the room was closer to **Ghoshala** I could feel the warmth of the cows there all the time. I experienced that they resonate our moods. It was unfathomable.

Master Kalpitha keer and komal gave me lots of guidance for parayan. Kalpitha told me about the two frogs in the bathroom. First day I didn’t see them. From second day they were my companions. I was surprised to see them in one pose for more than 24 hours also. May be they were meditating there. They too were in Mouna. Looking at them I remembered Ramana

Maharishi’s Mahavakya **“Be Still” or “I AM THAT I AM”**.

As Guruji says **“Our roots are in the aura body”**, We carry a lot of fallouts, incomplete emotions unknowingly in our energy body. Guru Charitra Parayan helped me to feel lot lighter after a couple of days as though I have unburdened myself from the luggages I was carrying all through. As I love to talk to people everyone thought this was a difficult exercise for me to follow. Swami’s grace and Guruji’s blessings it was a smooth transition for me and I was enjoying being in **“Mouna”**.

I would like to thank the sadhaks from the bottom of my heart who were taking care of me by giving timely food, fruits, milk and tea through the week. The bhava with which they did the sewa was admirable.

As the seventh day approached the next big thing was to find an answer for the question **“What was your Experience?”** I was asking swami **“How are you going to give me darshan?”**, I was searching for him during my meditations, in my dreams and waiting for messages. Normally we all get some experience with TM done at home so a little bit of expectation was there now in this auspicious space. As I was waiting I asked swami **“Why I am not able to see you now?”**. Finally there was a message **“The distance between you and me is hardly there and that’s why you cannot see me”**. It was a profound message. This gave me a complete understanding of the effectiveness of parayan.

Reading Guru Charitra is hugging your own self and the distance between you and swami which is in our mind vanishes and we dissolve into the divinity within us. On the last day night I had a vision of Dhuni in my dream. Swami tapped three times in the gyana mantap to show his physical presence too. These experiences only remind us we are the same speck of the light and realize ourselves. I also remembered the recent words of Guruji’s **“What is so new about the experiences? God is always there in us all around us”**. We should not get carried away with these experiences and miss out on the real nectar of God Love and Compassion. We need to vibrate the same and increase our purity so that we experience his divine presence all the time.

As we all know we are here in this world to cleanse ourselves, Parayan is a great opportunity created by Guruji for all of us. During my time in isolation there was a lot of introspection. It was like the mirror exercise during reiki seminar but for longer duration. I could clearly understand myself, my limitations, where to improve myself and how to drop and empty myself. Guruji says **“Empty yourself so that the divine can fill you with divinity”**. Then we can experience that we are not the limited self we are unlimited.

Bloom Again

by Telangan



One day from nowhere
A butterfly came and
Sat on my shoulder...
All of a sudden life changed
The world became beautiful
Plants started blooming
The wisdom started flowing
The butterfly taught me Lessons of life...
Cast all your worries and become light
Life is Beautiful live it the fullest
Be a generous and good human but
Never waste time in proving it...
Never harm anyone and
You will keep growing every moment
When you think you are buried
Perhaps you have been planted
Bloom again and become
Who you really are...

Who am I?

by Komal Pukale



A body?

Eat, Sleep, Work

Get entangled in relations, attachments,
creating new karmic accounts

Suffer and die Actually, a Temple
wherein "He" resides!!

A mind?

Thinks "I Know"

Takes one for a long ride

Expect and get disappointed

If Pure and Peaceful, transparent as
water, You are the King then and
it won't ever control you!!

A soul?

Nothing yet Everything

One who is the actual You

Was You, is You and yet won't be You,
once merged with the Divine!!

Jai Gurudev,

Dear All

A man found a beautiful pearl. It was very beautiful but a small flaw in it. The man thought if he can remove the flaw it would be the biggest and most beautiful pearl ever in his possession. He peeled off a layer to correct the flaw. The flaw was still there. He peeled off another layer, the flaw was still there. He kept on peeling off the layers until all the layers were gone. Now there was no flaw, but there was no pearl too.

In this life, no one is PERFECT. Each person you meet would have some FLAW or the other. You will end up losing the person completely while trying to correct his/her flaws. So try to learn by accepting people with their flaws and you will be surrounded by beautiful people all around you.

Let's not forget the fact that imperfection is beautiful too!!

Perfection and Beauty...

by Dr Ramanathan Iyer



Mahashivaratri festival at Devrukh ashram



Mahashivaratri festival was celebrated with a lot of zest and enthusiasm at Devrukh ashram between 2nd and 4th March 2019. This year was special as Guruji had announced the Atirudram sankalp for the year 2019-20 starting from March 2019. 45 sadhaks who assembled at the ashram after doing one month's penance celebrated the festival by doing 33 laghurudras. The festival ended with all groups performed the abhishek on Swami's padukas at the ashram.



Swami's Padukas visited Devrukh ashram

The grace of Swami Samarth descended on Devrukh ashram in the form of his Padukas which he had given to late Shri Ganesh Ballal Mulekar in 1876 when he was in service of Swami. Late Mulekar's next 3 generations have maintained these blessings from Swami for around 140 years. The same Padukas were brought to the ashram by his great grandson Mr Girish Mulekar. The environment at the ashram on these two days coinciding with Mahashivratri festival was heavenly to say the least. It was out of the world. All Swami devotees who were at ashram were plunged into the ocean of devotion and the enormous compassionate environment.



GURUJI FELICITATED BY THE ROYAL FAMILY AT RAMNAD

Another Reiki centre entered into the stable of RVN. On 9th & 10th February this year Reiki seminar was organised by Mr Nallamuthu, our sadhak in Ramanathapuram (Ramnad). This was conducted by Rakesh Kumar with Guruji. During this visit both were honoured by the royal family of Ramnad and the King and the Queen of Ramnad felicitated both.

Vishwa Agnihotra Day – 12th March



It is amazing to see the enthusiasm of our sadhaks shown on account of 77th World Agnihotra day on 12th March'19.

Many gathered to perform group agnihotra in temples, schools and in our own Ashram in Devrukh.

In our Ashram in Devrukh 77 agnihotra's were performed at different location to celebrate the 77th year of "World Agnihotra Day" Centres such as Baroda & Thane assembled in temples and performed group Agnihotra. In Baroda Mr. Vivek pandey explained Agnihotra followed by practical demonstration at Shri Laxman Maharaj Math. Heartfelt thanks to Mr. Chandresh Parmar & Mrs. Mrunal Kutumbale for facilitating the event.

Mumbai team comprising of 20 Sadhaks performed group Agnihotra in Gayatri Temple which was organized by Mrs. Shashikala Acharya & Mrs. Shakuntala Shetty. Ms. Vinaya Sawant conducted a lecture on Agnihotra supported by Mr. Mandar Khopare & Mr. Jairam Athlekar. The session was followed by actual performance of Agnihotra.

A more fulfilling and exiting sight was the performance of Agnihotra by students of Angel, Matruchaya & GNC Schools at their school premises in Ahmedabad. Some students also shared their understanding of Agnihotra with their school mates. My Salutation to the principals of the schools Mrs. Ritaben & Mr. Rakeshbhai for their involvement, active participation, encouragement & guidance to their student on this path.

Reiki sadhak felicitated

Mr Prabhakar Mangale, our senior Reiki sadhak and a staunch Swami devotee was felicitated by Agricultural Technical Management Association (ATMA) in Ratnagiri in Maharashtra. He was awarded a medal for his contribution in the field of Organic farming during 2018-19 by the state minister Mr Ravindra Waikar. We at RVN family are proud of his achievement.



19th Anniversary of Devrukh ashram

On 15th March 2019, 19th anniversary of our math/ashram at Devrukh was celebrated with a lot of enthusiasm and fervour by RVN sadhaks and Swami devotees.

The day started with Udak Shanti (an ancient vedik technology to cleanse the water element within the vicinity of any place as well as cleansing of human existence who are associated with the organisation.

In the evening, singers from Devrukh Sangeet Mandir (Math's wing for promoting Music) rendered some wonderful devotional songs, followed by a great dance performance of members of Mr Akhade's Nrutya Mandir (again a group of Dancers led by a sadhaks and renowned dancer Mr Akhade Sir). This was followed by a Prasadam for all.





RESPECT...

Creation of Attitude

In the earlier times, married ladies never used to call their husbands by names. There was always some kind of respect she used to show which is currently not seen in the society. There were some discussions on this issue in the ashram on one afternoon. Even the child nowadays does not show respect to their parents the way earlier children used to show. Gururji said, "Respect is the first step towards the trust. There has to be some kind of leadership at every house and the leader needs to be seen different. Relationship is very much a part of the process leading towards our liberation. The four basic tenets of life called as Purusharthas in our culture have given a prominent position to relationship (Kama as it is called). The direction of these four tenets is Moksha (Dharma – values, Artha- Wealth, Kama- Relationships and Moksha- Liberation). This means even every relationship has a role to play in our mission to moksha. If

house is not led by one person, it may lose its direction. If the homes lose their direction, the whole community may move without any objective. Then civilization that we have created around us and which distinguishes us from animals will collapse. That may bring humans to animal nature again. Being a follower does not mean losing one's identity. It is a role and one needs to play one's role positively. Secondly, respect is like a discipline. It should be seen, should be visible. Else it may not work. If the lanes are not properly drawn on roads for driving, even those who want to follow discipline lose their way and create a chaos. The traffic flow gets jammed. Unfortunately those who believe in systems, do not understand that what they call protocols are nothing but rituals with their own logic and philosophies. They feel there is nothing wrong in not showing respect. But there is nothing wrong in showing respect either"

Reiki Seminar in April 2019

Dates	Centre	Degree	Master	Contact
6th & 7th April	Kota	1st	Krupa	Khushal Solanki (9500071637) Dr Nita Parekh
6th & 7th April	Pune	1st	Ajit Sir	Amrut Kirpekar (9175050900)
6th & 7th April	South Mumbai	1st	Rakesh	Sharada Gurav
13th & 14th April	Devrukh	1st	Sangita	Math (02354261322)
13th & 14th April	Mumbai	1st	Seemaben	Vinaya Sawant (9004328016)
13th & 14th April	Vadodara	1st	Bharatiben	Chandresh Parmar (9974701200)
17th & 18th April	Jalgaon	1st	Ajitsir/ Kalpita/ Ashwini	Amrut Kirpekar (9175050900)
27th & 28th April	Rajkot	2nd	Ajitsir/ Krupa	Jyotiben Saraiyya ((9824299153)
27th & 28th April	Chiplun	1st	Kalpita	Jayanti Katdare
27th & 28th April	Airoli	1st	Rakesh	Nabdar Kopare
27th & 28th April	Thane	1st	Vishal	Jayshree Desai (9324089656)
27th & 28th April	Bengaluru	1st	Aruna	Komal Pukale (9845279840)

Other Programs:

2nd April 2019: Kota - Ajit Sir / Krupa
University of Kota, Rajasthan
Discussion of Stress Management

3rd April 2019: Kota - Krupa / Ashwini
ISTD, Kota ***EPIC Parenting***

4th April 2019: Kota - Ajit Sir/ Krupa/
Ashwini - Gurudev Engg & Technical Inst
Youth Empowerment Program (Transforming)

13th & 14th April 2019: Matar Kheda
Ajit Sir/ Krupa/ Ashwini/ Pranjal
Devrukh Spiritual Prowess Pvt Ltd.
W.I.S.E. Women's Innate Self Empowerment

1st to 10th May: Ahmedabad
For children age group - 9 years
Devrukh Spiritual Prowess Pvt Ltd
Pathway to Wisdom CRP - Level I

4th May to 10th May: Devrukh
For children age group- 9 to 12 years
Devrukh Spiritual Prowess Pvt Ltd
Pathway to Wisdom The Middle Path

12th May to 21st May: Devrukh
For children age group- 9 years
Devrukh Spiritual Prowess Pvt Ltd.
Pathway to Wisdom CRP- Level I

21st May to 27th May:
Raut Farms, Goa
For Children age group – 10 years
Devrukh Spiritual Prowess Pvt Ltd.
Pathway to Wisdom CRP- Level II

29th May to 2nd June:
Raut Farms, Goa
For Youth who passed PTW – Level VII
Devrukh Spiritual Prowess Pvt Ltd.
Pathway to Wisdom Youth Empowerment Level VIII