

REIKI VIDYA NIKETAN

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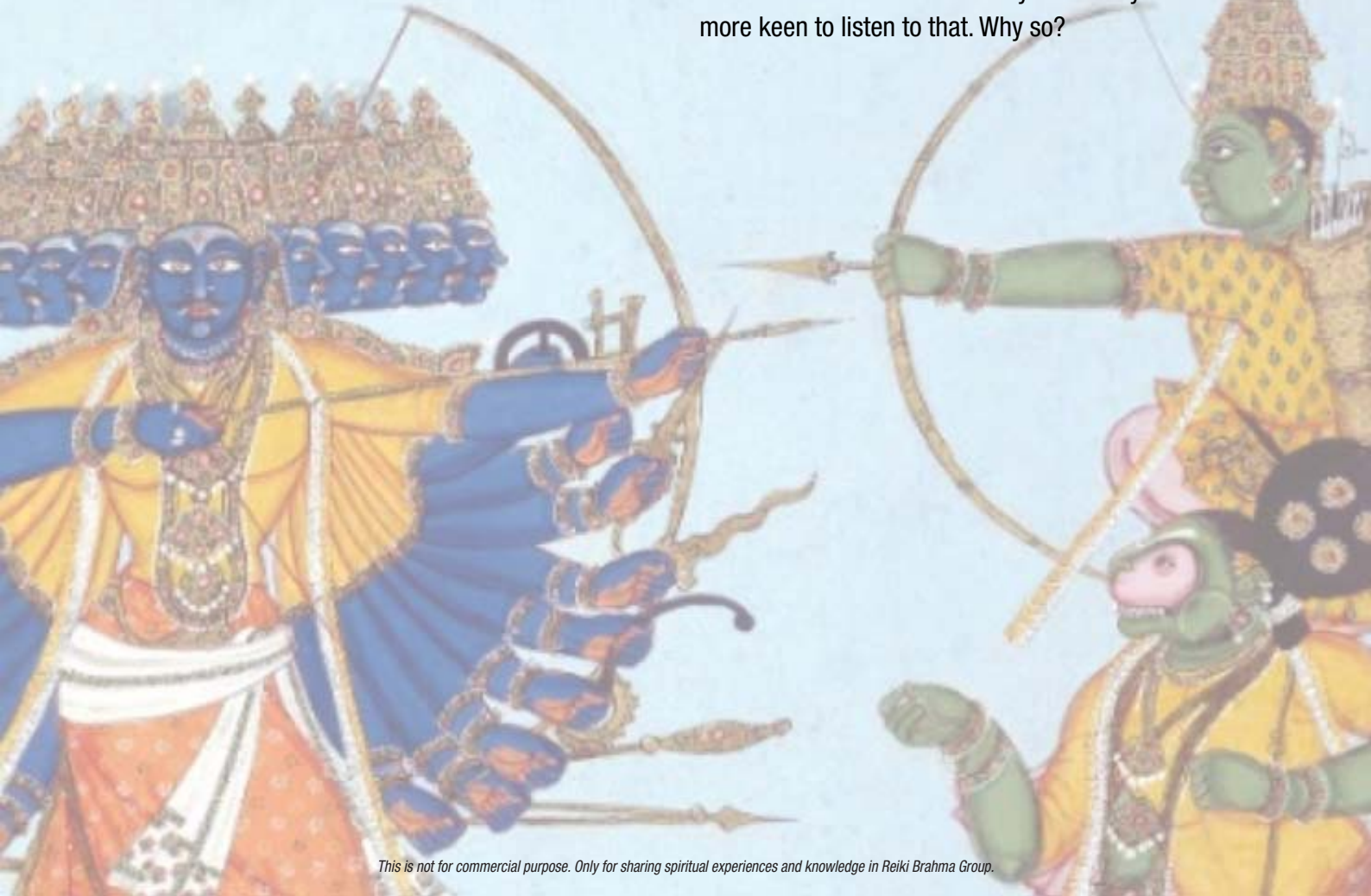
Ramayana & Mahabharata-

Two epics, Two epitomes of Indian mythologies

EDITORIAL

Ramayana and Mahabharata are the two epics which occupy a special place in the Indian hearts. Both the epics belong to different time zones and obviously has different flavours to Indian culture. When one asks any common man in India or anywhere to an Indian heart, Ramayana is preferred to be a more popular among the two. It is much closer to the heart than the Mahabharat.

The moment you think of Ramayana, it leaves goose bumps and one is covered with the soothing vibrations. The same can't be said about the Mahabharata. The very name of Mahabharata leaves some shivers through spine and makes one feel sad and gloomy, as if one would like to get away from the shadows of the same. One does not feel the same way for Ramayana. You are more keen to listen to that. Why so?





RAMAYANA & MAHABHARATA-

Two epics, Two epitomes of Indian mythologies

continued...



I have been thinking about this for many years, practically from my childhood and suddenly got to know about this a few days ago, while I was meditating. I could sense a wonderful design of Ramayana. In fact both these epics gyrate around the battles and wars, a violence and hatred. Both these could not avoid the dance of death unparalleled by histories before them. But if one looks closely, one can find that in Ramayana there was hardly a human being involved in the battles. The whole war was between the Gods and Monkeys (Vanaras) on one side and the demons (Rakshasas) on the other. Lord Rama could have just gathered his vast armies of Ayodhya to fight Ravana if he wished so. But he preferred to fight taking the help of the armies of monkeys. Monkeys with gods like Ram and Laxman as their commanders won the war. Was that because Monkeys unlike the humans do not have to account for their karmas or rather they have no karmas which look to be only a human life phenomenon. Obviously as the monkeys have no karmas, they have no fall outs in the form of sanskaras. No impressions left behind for the world to suffer. The moment I realized this beautiful design, I was stunned. I knew, I stumbled upon something unique. Lord Rama took care to see that the humanity learns its lessons but not at its own cost. In Mahabharata the whole war was fought by the humans, for the humans. Kurukshetra thus became the huge pile of human karmas and sanskaras, the impression so deep

that the humans are still feeling the impact.

Secondly, if one looks at these mythological events even more deeply, one may realize that in Ramayan the line between the Gods and demons at the battlefields were very clear and their arenas well demarcated. Ravana and his army of demons were on the other side of India while Ram and his vanara armies were on the other shore of Indian Ocean. Fighting was much easier as the enemies were easily identifiable. On the other hand in Mahabharata, the enemies were within the community or the family. The fighting element within the existence is always a difficult task. One has to fight one's own existence. One has to fight with one's own self. The outer battles do not leave any scars to one's inner core as they are more peripheral in nature. The inner battles distort the whole nature of one's existence. That seems to have precisely happened to the human psyche. We are still waiting for the scars and wounds to heal.

With lots of love, light & Reiki

Ajit Siv

November 25, 2019

Nine

Six

The Rashomon effect...

by Vivek Pandye

The Rashomon effect is a term related to the notorious unreliability of eye witnesses. It describes a situation in which an event is given contradictory interpretations or descriptions by the individuals involved. The effect is named after a Japanese 1950 film *Rashomon*, in which a murder is described in four contradictory ways by four witnesses. The term addresses the motives, mechanism and occurrences of reporting on the circumstance and addresses contested interpretations of events, the existence of disagreements regarding the evidence of events and subjectivity versus objectivity in human perception, memory and reporting. Karl G. Heider used the term to refer to the effect of the subjectivity of perception on recollection, by which observers of an event are able to produce substantially different but equally plausible accounts of it.

In Hinduism, we have the concept of 'Maya', which illuminates us about the world being an illusion. Even Einstein described in one of his quotes as reality being merely an illusion. Are we actually living in a concrete world or there is a fizz about the universe that we reside. Life again being a subjective phenomenon and the world being guided by objectivities, how does one come to know, what the truth is.

Let us try and understand the same from the viewpoint of spirituality. The senses they say can't be relied upon at all times due to the fact that the governing faculty behind the senses is the human mind. The mind again is a collection of thoughts which again is guided by the tendencies developed as a result of our own karma and past experiences. Again to make things a bit complex, the mind operates at many levels and the consciousness connects us to that level. Hence every human being has a frame of both body and mind which differs in some way or the other from anyone else.

Just to make things simple, recollect one event in your life where you could say, "Did I actually see that?". The question arose for the simple reason that you weren't able to believe what

you saw. On the other hand, there must be a fellow standing beside you watching the same event and would have not only believed but will carry a different reaction to the same. The other fellow might have not just believe what he saw but also would have registered the same in his own mind.

To quote another example, anytime an accident happens on the road, the reactions of people around differ in many ways. Some are quick enough to respond and take quick steps, while some play the role of spectators still recovering from the shock of what they see. Why does it happen so? Aren't we all supposed to simply rush and help? Why the lethargy then? Or is there something else to it.

The fact is our consciousness reverberates at different levels at all times. It may strike resemblance with someone else's consciousness or it may not, but we all look at things from our point of view and the way we react to the same. The ability to see, look, observe, visualize and foresee differs from individual to individual. Also the ability to register, take cognizance, understand and recollect is different for most people.

Still finding it hard to believe as to how one event can be reported in four different ways? Well if there is a bit of a veil created by nature in the name of rain or mist, then anybody would surely be not 100 percent sure of what he or she sees. The fact of the matter is even karma plays its role in deciding whether the individual gets punished or remains acquitted.

Surely each one of you must have uttered these words, "I am not sure", admitting the unreliability of your own mind at some point of time in your life. The fact of the universe is, that it appears to be gross at the lowest level, but it is actually made up of many subtle things. To make matters worse the mind reverberates at different levels at all times, some can't just believe when the shift happens and some others are jovial about the shift.

The Divine Rivers

By Preeti Khanna

Rishikesh Seven Gates to Heaven was indeed heavenly. The experience is beyond words and thank you is too miniscule for the Pandora box of divine gift you have given us. Shall always be indebted to you. Well yesterday while traveling these words also couldn't cease their flow hence a small piece.

You gush from the Himalayas
And I from the Universe
You are the glacier that melts down
And I transcend gently from the violet crown.

You wind ,you curve to meet the hills and vales
And I roll down the Indigo third eye like a cotton bale.

You with open arms embrace Thorns and pebbles that
come your frothy way And I pluck the vices in the ocean
blue and grey.

You move on kissing lovely flowers And I grow love in the
hearts of the green bowers.

You hurry down highs and lows with trouts picked up by
swallows, And I swift into the loving yellows
To clean the welling egos.

You are a milky way that bears a stony path in serenity
And I make peace within the depths of orange with gaiety.

You come down the thorpes and plains
And I the deep red wheel suck the growing pains.

You are pure ,you are divine
In the lap of nature you reside,
And I am chaste ,I am heavenly
The innocent souls I illumine.

You play a joyful music in the hearts of every soul
So do I resonate a blissful tune with my life force.

For men may come and men may go
But we go on forever....





Just Go with It...

by Telangan

The way we look at the world, we create one exactly similar around us. When we fail to accept changes in our lives we feel dejected. Everything in life never happens the way we expect and that's the cause of unhappiness. If Swami has created an unfavorable or painful situation in my life, I must accept it with all the respect and responsibility. **Guruji once said, think only once in life, if Swami is with you or not? If your heart says yes then do not question it. Have total faith.** If Swami wants that situation in life that means it must be an opportunity for me to learn something new. Nothing happens without a purpose. We need to see a larger picture of spiritual expansion all the time. There is never only good time or bad time in our lives but how we remain all the time is important.

I had missed Girnar trip with Guruji twice before. I was craving for visiting Girnar at that time. It was very hot weather. I didn't have much information and it was first time. All the trains were heavily booked but unexpectedly I got confirmed tickets for both ways. When I reached Bhavghadh, a village at the base of Girnar I met three unknown people from Mumbai and they offered me to be part of their group. I shared a room with one of them and they decided to start walking at night. I had no past experience. So I had open mind. They all told me about their experiences of visiting Amarnath, Kedarnath etc. I was just listening. I was also scared because everyone

had said Girnar was a most difficult mountain than other. We had cold water bath at 12am and started walking. Night was cooler than the day. It was very dark. I stumbled a couple of times and became careful. Different groups were walking along. I was chanting Rudra while walking quietly. I don't know how many times I repeated but that made me focus better. After 2500 steps I realized my group was far behind and I was all alone. I got confused at one point when the path was splitting into two directions. Fortunately in the middle of the night a dog came from nowhere and guided me until Guru shikhar. I reached on top at very early morning. I sat and chanted Rudra again and did meditation sitting next to the paduka. The priest was not letting people to be there for long but he didn't ask me to leave even once. The best part was I drank 5-6 bottles of water from previous night but didn't even feel little need of visiting washroom even once on the mountain. Now isn't it all that happened with Swami's wish?

All we have to do is to accept everything that comes our way in this life. The situation could be favourable for us or not but we need to accept it with open mind. Treat every suffering as Swami's wish and a learning opportunity. We need to take total responsibility with gratitude. We need to listen to our soul only once... I'm sure nobody could stop our spiritual progress... Just go with it...

Mind with No Thoughts

by Vivek Lohar

All of us must be aware of the fact that our heart, from the birth till the end of our last breath keeps on pumping maybe the pace differ depending on the life conditions. But there is also one more thing which never rests likewise heart.

You may grumble on this statement but yes there is one more thing & that's our sub-conscious mind. Now you may be agreeing to the statement with duality, that it maybe yes and also there must be a sub-conscious No.

Now to explain it in depth,

It happens sometime that to gain immense inner peace at some point of time we try to be quiet with our mouth shut in front of others but what about our Vishuddhi Chakra (thought generation Chakra). Many of us must have sat in silence but the thoughts never stopped to come to our mind. Moreover I'll add that when a person is quiet from outside the more the thought inside boil for an eruption. That's a different topic of discussion though. Basically the thing is that the thoughts never stop coming to our mind.

When we are asleep do you think that our mind rests?

Yes it's partially true i.e only the conscious mind takes rest but the subconscious never does. Have you got a question that why do we get dreams often. We remember it or not is a different part of story but at ground levels we do have dreams. Thanks to our Subconscious. Now some people will argue saying we never see a dream neither remember one. For them I'll like to add on you as a person fall asleep at a stipulated time and if you are punctual enough, the time to wake up is pre-decided in the brain. How do you get up at the right time when something important is been attended? The Sub-Conscious does the work for you. Why people sleep walk, there are scientifically proven reasons but the crux boils down to the subconscious mind. These are certain examples which can clarify the idea about subconscious mind. Now let's move to the main point.

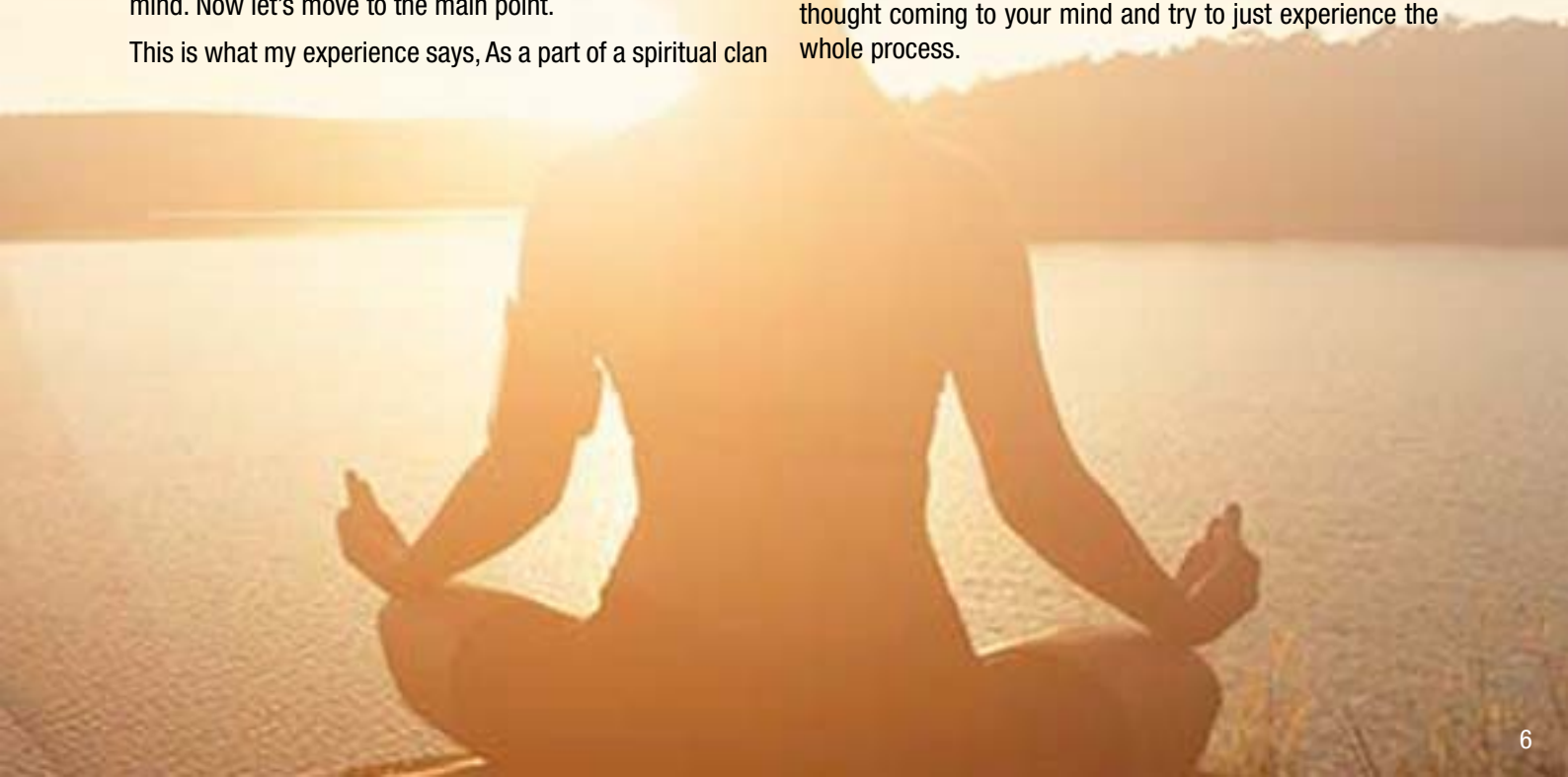
This is what my experience says, As a part of a spiritual clan

when I myself tried to get to a state where I don't generate any thought I ended up having the thought that "I am not having the thought of anything". Also I tried to chant "Aum" but at the end it was chanting which was going in my mind. The basic point here is not about generating thoughts or understanding the power of sub-conscious but about the experience when you try getting into a state where there is no thought, neither positive nor negative. You Struggle to keep your mind calm for a second. Also when you try to do this the mind reflex at such a speed that you may feel that there is generation of multiple thoughts at a single second but its the speed which travels from one to other thought like the butterfly does with flowers but here the pace is as fast as lightening.

As per my readings of certain books on SHIVA, The thing discussed above is one of the methods from his 112 methods to perform yoga in order to attain the state of Shiva. Yoga here is not construed as physical form of it but the mental one. Now coming to the method of getting to a state of immense calmness where no thought blossom in our mind is what is difficult.

But only trying this method can enlighten you, as you are getting into a process which lead to that state. It's like there is essence of most enriching and valuable fragrance kept in a bottle and you as a seeker of fragrances just touch the bottle from outside and the fragrance runs though your veins. It may sound like a little exaggerating but this is how it can be expressed. If spoken spiritually it has many folds attached to itself but let's keep this simple the way it is.

I would just say we try so many things in life, many a times without any reason, why can't we try this thing once. I would say in morning or night or anytime when surrounding is at a peak silence try to sit on a mat with eyes close (if possible in Gyana Mudra) and try yourself internally to stop all the thought coming to your mind and try to just experience the whole process.



Seva at Deevukh Ashram

By Seema Margi

Jai Gurudev Guruji!

We all Sadhak are soooo lucky to have you in our lives and I am very much grateful to you for everything.

Like every year this year too I experienced something new during Seva and that is complete Peace and Bliss. Every activity we are doing in Math it itself has power to activate our chakras, from Good Morning Aarti to Night Chanting. Add on to this the festival season of Diwali the festival of love and light which we are learning in Reiki. Then on Padma story of Satyavan savitri.



This time after Seva when I joined office there was a mess for our hotel booking for one of our biggest Exhibition and everywhere people was gossiping, creating havoc but I was in peace and that was something I really wanted to acknowledge because of Seva only. After 2-3 days that hotel issue is also get resolved and everything is settled down.



I thought this peace will get vanish once again when corporate life will come in routine but I would like to share till today I am experiencing inner peace and I am very happy for this and I hoping this to be continue forever and ever.

Here some are glimpses of the same.

Thank you once again Guruji for Everything.

Balancing Five Elements...

Close your eyes and just be with a breath.

Take your whole attention to your root chakra. Feel the heaviness at the root chakra.

Visualise the earth underneath you and feel the red colour of the soil. Imagine a silver thread connecting the earth and your root chakra. Ask yourself "How do I relate to the earth? What do I mean by my root chakra? Do I mean that I am too much grounded?" Have an intention that you are not exclusively connected to the earth. Draw all symbols on the intention.

Take your whole attention to your Hara chakra. Feel the wetness or moistness of water element. Imagine a vast expanse of sea in front of you and big tides coming towards you. Feel the wetness, fluidity around you. See how your Hara is connected to the water around. Ask yourself "How do I relate to my Hara? How much do I feel I am balanced in Hara? How happy I am in life? How peaceful am I? Am I sad in my life at the moment?" Draw all symbols on hara with an intention that you are getting balanced.

Take your whole attention to your Solar Plexus. Feel the heat within. Feel a huge fire burning around. Feel the heat from that fire. See the relationship between your solar plexus and the fire around. How are you feeling at the moment? Is there too much heat inside? Outside? What are the emotions at the moment? See how you relate your emotions with your solar plexus. Imagine that the fire is just balanced and you are feeling reasonably warm. Draw all symbols on the intention that your Solar Plexus is balanced and you are experiencing the power and wisdom without any touch of ego.

Take your whole attention to your Heart chakra. Visualise a cyclone all around you. There is turmoil around. Everything is getting tossed around. Everything seems to be in the air. Now visualise a cool breeze all around. Feel the coolness of the wind. You may imagine the cyclone around slowly dying down to settle as a cool breeze again. Feel the love within. Feel the happiness and joy. Relate your Heart chakra with the coolness around. Draw all symbols with an intention that the Heart chakra is always cool without experiencing any emotional turmoil.

Take your whole attention to your Throat chakra. Then to Third Eye chakra and then to Crown Chakra by rotation in that order. See that all three have merged into one big mass of energy. Now visualize a sky all around you. A clear blue sky with streaks of light emanating from the rising sun. Feel the hues. Feel the vastness of the sky. Feel the presence of divine in the sky. Allow the sky to descend down to your mass of three chakras. Draw all symbols. Enjoy the bliss.

See that all the chakras are stable with respect to their attributes.

Just be with your five elements, perfectly balanced. Enjoy the happiness.

Relax the whole body. Take a deep breath and breathe out slowly. Make small movements of toes and fingers. Open your eyes slowly and share.



MEDITATION OF THIS MONTH



Inside Edge

by Telangan

Perhaps I've found my goal
Life is moving to a new role...

A new dawn rising in the sky
A new dream is moving by...

There is a stream of wisdom
I wish to go on taking a dip...

Walking on the rainbow
By holding your hand...

A new source of power
Perhaps I've found my joy...

Swami you carry us to give us solace
Hardly we understand your grace
You are so kind, loving and caring
Using every opportunity to make us daring

Logical mind comes inbetween us
Our heart fails to recognise the pulse
Crossing uncountable births and deaths
Not knowing you give us every time a berth

On Swami's lap

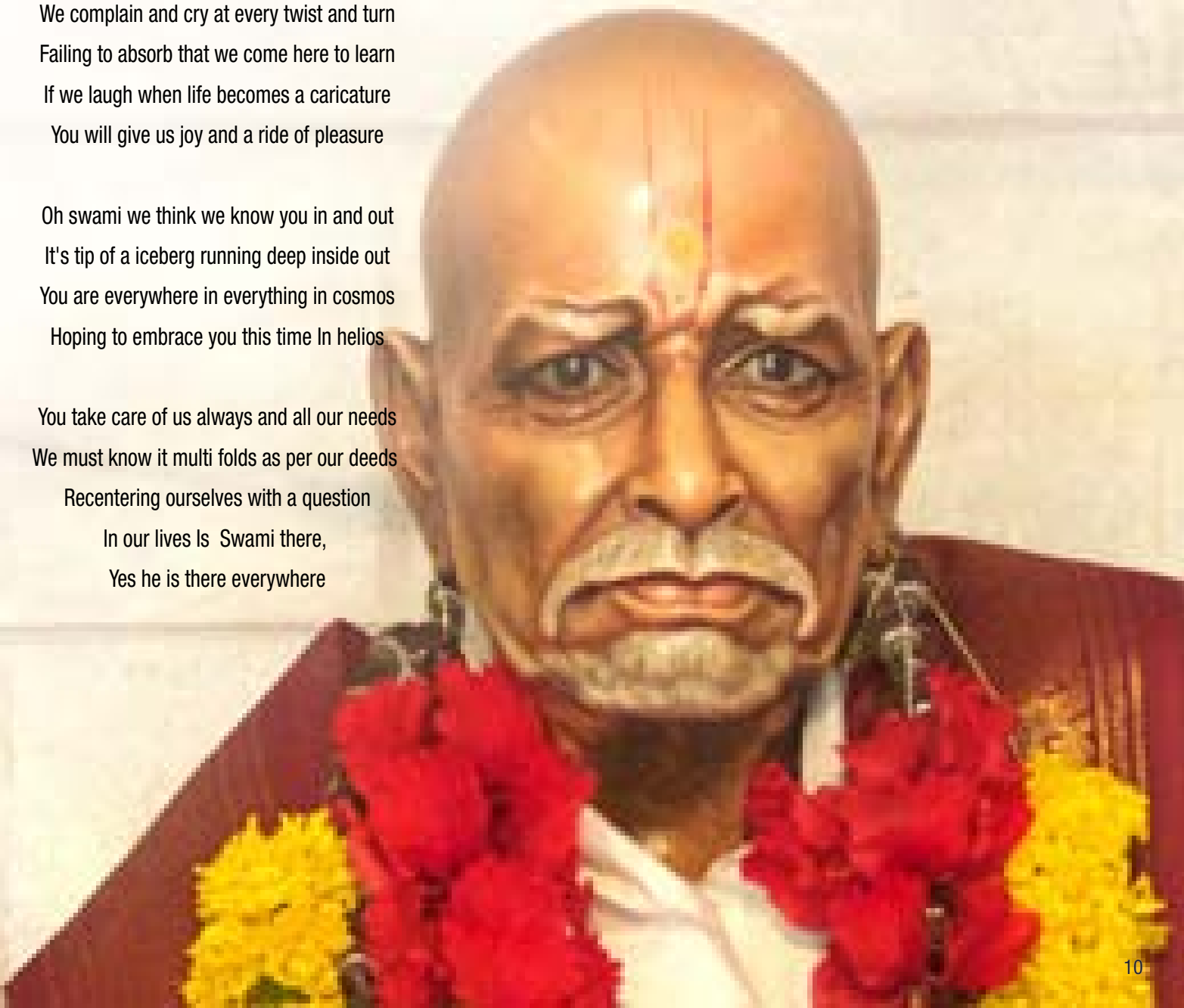
By Aruna M

Our ego make us fly high in the sky
Little we realise it's about life of pie
Mountains and rivers connect us to nature
We assume everything is for our leisure

We complain and cry at every twist and turn
Failing to absorb that we come here to learn
If we laugh when life becomes a caricature
You will give us joy and a ride of pleasure

Oh swami we think we know you in and out
It's tip of a iceberg running deep inside out
You are everywhere in everything in cosmos
Hoping to embrace you this time In helios

You take care of us always and all our needs
We must know it multi folds as per our deeds
Recentering ourselves with a question
In our lives Is Swami there,
Yes he is there everywhere



White Lies

By Gauri Salunke

Pure yet misunderstood;

after all a lie is a lie, isn't it?

Brain & Mind



is what I yearn and long for.

It's been years now and Something is just this far;

but Otherthing I want Something.

But Something seems non-practical and stupid;

yet Something has come up.

Mind for Something;

Brain for Otherthing.

Decisions decisions!

Blank page

Staring right at you;

patient, non judgemental.

A true friend.

No identity, no personality;

just that; a blank page.



Seven Steps to Heaven...

Rashmi Koti

16th November 2019, today morning we reached home after an inexpressible divine experience of the seminar “7 steps to Heaven”, conducted by our beloved Guruji, Ajit Sir, at Rishikesh, on the holy feet of Mother Ganga. The experience is still very fresh in me, and I intend it becomes permanent within me.

Amongst many topics that were discussed during the 7 days, one topic which stirred our minds revolved around Imbalance and Spirituality. We were thinking about it en route home in the train, and unknowingly ended discussing about it.

I do not know how much/ how less of this topic I have been able to grasp.

There is so much balance in the world and, yet it is imbalanced, and the vice-versa. Spirituality is probably about duality. And probably it is this imbalance or duality which keeps a seeker on his or her toes, and pushes him or her to achieve greater heights. Balance or stability makes us complacent. It allows our mind to take over and dumps us into a comfort zone. It robs one, of much of the efforts he/she has put in Sadhana to reach a certain level. This imbalance/confusion is a hurdle one has to cross in order to enter a new higher level. In life, we always have to push ourselves more when we are transiting from one level to the other. In school, a new standard is imbalance, where the class teacher is new, our benchmates or classmates are new. We have to start all over again, make new friends, adjust with the new teachers. When we graduate and start working, it is all so chaotic. New environment, new bosses, new culture, the degree of our adaptation to the “new situation”, decides our level of success. We marry and we are in a new family and again the same rule applies... the degree of our adaptation to the “new situation”, decides our level of success.

If we see spirituality as something natural to our existence, probably the same rule would apply and the degree of our

individual adaptation to the “new situation”, would decide how we grow spiritually.

For sake of simplicity, for eg, if we divide major essentials in our life into levers, viz., Family, Relationships, Profession, Finance, Health, Emotions, any imbalance in either one or more of the levers may be instrumental in our spiritual growth.

It could be a **push (Destiny)** and/or **pull (own free will)**, which will facilitate the growth.

There is no score card or exams in spirituality which can decide how successful we are, or how far we have come. It is probably this chaos in our minds and thoughts and our lives, and our ability to respond to the situation that decides if we are ready to move to the next level or if there are lessons yet to be learned.

If we practice Guruji Ajit Sir’s golden mantra: **1. Manage Yourself**, and **2. Accept the situation**, it will act like a pulley which will pull, us, “seekers” from drowning.

I once heard someone define “Sadhak” as one who is **ambitious** and **content** at the same time. The meaning of the word “Sadhak” in itself is so contradictory. Spirituality is completely confusing yet so clear.

There is probably balance only in death. The few seconds when Atma meets Parmatma. And then there is complete chaos when the soul leaves to begin a new journey when all the five elements earth, water, fire, air and space collaborate and cooperate to bring a new life into existence.

Let’s celebrate and look forward to this imbalance, and allow it to help us elevate to greater heights.

Jai Gurudev.



His Design His Will

His Intention has an objective

By Aruna M.

Guru is our Mother, Father, Friend and also God. He has only one thought in his mind, how to show the direction towards the ultimate destination. His every action or advice will be different for every sadhak. As I was pondering over this message I came across the life of two saints, one Raghavendra and two Janabai.

Raghavendra was a popular Madhawa saint, who took Jeevasamadhi in Mantralaya. He was known for his Dvaita Philosophy. Apanna was an ardent devotee of Raghavendra swami. When it was time for Jeevasamadhi, swami asked Apanna to inform all the devotees. Those days mostly people travelled by foot. Apanna was apprehensive since he might miss out on the darshan of the Guru. He abided by his Guru and went about in spreading the message.

Meantime the devotees in Mantralaya were building the Samadhi around Raghavendra Swami. As per the Guru's advice when the japamala in swami's hand stopped they closed the structure completely. When Apanna reached he broke down thinking about his ill luck not being able to see his Guru in the last moment. Suddenly there was a bright light on the wall and Raghavendra Swami gave darshan to his ardent devotee Apanna. He asked him to not to cry and believe that his grace would continue to flow towards all of them. This incident showed to the world that Apanna was no ordinary devotee. So Guru wanted the world to know the greatness of Apanna.

The second story of Janabai was a great Marathi saint who lived along with Ekanath Maharaj, Jnaneshwar and Kabir. Janabai was a helper in saint Ekanath's house. She

was so pure in her bhakthi that Vittala used to play with her like a friend, help her in all her work. She had no formal education. She used to sing so many bhajans on Vittala out of love for him and Vittala used to pen them down for her. It's a blissful scene to even to imagine now.

One day Vittala after eating the Bhakri she made decided to sleep in her house. He keeps his jewellery and goes for sleep. Janabai covers him with an old bed sheet she had. Early morning in the temple the pujari sees an old bed sheet on the Lord. They also notice that Lord's jewellery is missing. They recognized the bed sheet. When they visit her house they found all the missing jewellery. They arrest Janabai for stealing the Lord's jewellery.

She is so shocked and could not prove to them that she is not guilty. If she tells them the real story, no one will believe her. She takes it as God's will. When they were about to tie her give lashes to her Vittala appears and tells them the truth. The whole Pandharpur comes to know the greatness of this devotee Janabai. So Lord had a reason to bring this unpleasant situation to tell the world about the unconditional love and surrender of Janabai.

When we take every moment as God's gift and surrender to Guru and God he will protect and save us from all the difficulties of the World and every tough situation is to polish us so that we can shine like diamonds. We also should emulate these devotees and surrender to our Guru who is selflessly working towards his mission of spreading health, happiness and harmony in this world.

Seven Gates To Heaven at

Rishikesh

Guruji just announced one fine morning his plans to take some of his senior sadhaks to the bank of divine Ganges in Hrishikesh in November. The dates of 8th to 14th November 2019 came with that announcement. Within not time the numbers of sadhaks started swelling. What was meant for 25 sadhaks ultimately became 65 by the time the event started. The program was titled as Seven Gates to Heaven (SGTH) as Guruji wanted to give the experiences of higher order by cleansing seven chakras and seven components of human existence in seven days. And what a retreat it was! Next seven days the sadhaks were in the lap of the Shiva soaked in that infinite divinity of Ganga. Packed with lots of meditative experiences, the deeper understanding of Panchikarana- the core of spirituality and groups discussions after every cleansing of chakras the retreat became an event to cherish for the life time.

Diwali festival at Devrukh ashram

Devrukh ashram as usual celebrated Diwali festival with a lot of enthusiasm. Sadhaks from all over had come to spend time with Swami. The special events for Cows in Goshala, brothers & sisters on the day of Bhai Duj (the last day of Diwali), the event for Husbands & Wives on Padva day were enjoyed by one and the all. The young generation of sadhaks lighted thousand of oil lamps to translate an ashram into heavenly ambience.



Delhi Swachetana Shibir at Hrishikesh



In continuation to the above retreat, a Swachetana Shibir- first of its kind for the sadhaks from North India was organised by RVN between 15th and 17th November at Parmarath Niketan at Hrishikesh. With around 20 participants from Delhi, Kota, Sonapat etc. took part into this retreat. Managing chakras and auras were the major subjects in the retreat.



WHY DO WE DO, **WHAT WE DO?**

Most of the time we wonder why people behave in a particular way and do not get answer easily. In certain cases when someone behaves bad and detrimental to someone else's interest we wonder even more what they all get by doing this. In ashram we had some discussion on this. Guruji made it pretty simple. He said, "we are all born with two levels of mind consciousness. One of them is static and the other dynamic. The dynamic could be on the upper side or the lower side of frequency with respect to the static level. Those who are born with higher vibrations achieve their equilibrium by doing good acts while those who are born with negative frequency also try to achieve equilibrium through bad acts. Ultimately everyone is trying to achieve his/her equilibrium. Spiritual practices can change these vibratory levels and convert those from negative to positive so that the person doing bad acts suddenly start doing good deeds. That is what Valya Koli did to become a Valmiki"

Reiki Seminar

DECEMBER 2019

Dates	Centre	Degree	Master
30th Nov & 1st Dec.	Airoli	1st	Rakesh Kumar
3rd & 4th December	Karul	1st	Kalpita/ Jairam
5th & 6th December	Kankavali	1st	Kalpita/ Jairam
21st & 22nd December	Devrukh	1st	Kalpita
21st & 22nd December	Nashik	1st	Ajitsir
21st & 22nd December	South Mumbai	1st	Vishal
21st & 22nd December	Mumbai	1st	Rakesh
21st & 22nd December	Thane	1st	Krupa
21st & 22nd December	Ahmedabad	1st	Bharatiben
21st & 22nd December	Rajkot	1st	Seemaben
28th & 29th December	Chiplun	1st	Kalpita
28th & 29th December	Baroda	1st	Rakesh
28th & 29th December	Pune	1st	Vishal
28th & 29th December	Mulund	1st	Sangita

Other Programs

9th, 10th & 11th December

Dattajayanti at Devrukh ashram

Ms Krupa Choksi (8097033220) Ms Kalpita Keer

24th to 30th December

Advanced Residential Empowering Women Awakening (AREWA)

Ms Krupa Choksi (8097033220) Mr Jairam Athalekar (9867384039)