

# REIKI VIDYA NIKETAN

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EDITORIAL

## WALKING ON THE FOOTPRINTS OF A MASTER...

We just had a couple visiting us at our Devrukh ashram. Both are teachers in established institutions though inclined towards spirituality. They are the seekers of true nature. They wanted to learn Agnihotra from me, which they came to know about after viewing my lecture on You Tube.

After some initial conversation, I realized that they were following a Master who was quite evolved and realized soul, for some time and the Master has left his mortal body few months ago. They said that after their master left the body, they are finding a vacuum in their lives. They are looking for someone to refill that vacuum and possibly were looking to me in that role, which I came to know later. Honestly, I do not believe that any Master leaves a vacuum behind when he leaves his mortal body.



A man in a white long-sleeved shirt and white pants is sitting in a meditative pose on a wet, reflective surface. In the background, a large, light-colored Buddha statue is visible, its face and upper body partially obscured by a bright, glowing light. The scene is set against a clear blue sky.

## WALKING ON THE FOOTPRINTS OF A MASTER...

He leaves his teachings behind. In fact, every master lives in his teachings and not in the body in the true sense. Body is only his tool so that disciples and the world around can relate with that. Those in body consciousness need a body to learn from. The matter can only relate to matter and not the spirit though it originates from that divine spirit. That is a dichotomy. The Master leaves his footprints behind for his disciples to walk on. Walking on the feet of the Master does not mean that one has to step on his biological feet. That may hurt the Master and restrict his journey. He has only two physical feet. That is a limitation of the body. That may also lead to some kind of a competition among the disciples as there are only two feet and many willing to step on. One has to understand that the real feet of the Master are his footprints which are enormous. They are unlimited in nature. He leaves enough footprints for not only his disciples but even for the whole world around. They are abundant and there need be no competition. One can choose a footprint to walk on forever and even choose one's direction as the Master has spread himself in every possible direction in the universe. His footprints are his teachings. When you have so much of the existence spread all around where is the vacuum? All that one needs to do is stay connected with the teachings and apply them in life. Then one will not think of a loss of a Master. Master does not go anywhere. He has already taken his seat in your heart, through his initiation and his teachings. Now, one needs to look within to find a Master instead of searching him out. Searching in, is definitely much easier than looking out. Then you are complete.

Ajit Sir

January 23<sup>rd</sup> 2019

“ A Nation’s Culture resides  
in the Hearts and  
in the Soul of its people”

- Mahatma Gandhi

# The Republic of India

by Vivek Pandye

Any nation is not defined by only its territorial occupation. The geographical boundaries are suitably defined for political reasons. Like we build our homes to reside for the purpose of safety and security, we also need to predefine the limits within which the people of India live. Spiritually there are no boundaries, but life becomes a jungle if some thin lines are not drawn. Like we do not allow animals to cross the threshold of our homes, we may not want people with extreme ideologies to cross the frontiers of our nation. The idea of India is hence predefined and the map assumes obvious importance.

However, what is India? Is it just the geographical boundary encompassing certain deserts, mountains and coastal lines. Surely not, the idea of India lives within the hearts of people residing in it. The culture that the original inhabitants of this country followed, the mannerisms and the management that we pursued ever since time memorial, the values that we kept intact for thousands of years needs to be retained. The beauty of India lies in the freedom accompanied with discipline which is again rendered through our culture. In many ways we don’t have to discipline our children, it automatically gets set through the values inherited throughout the family systems. Not just the Hindus, but many other religions which are a part of India now, have happily accepted and merged within us. I know even some of the non-hindu families which pray in their own ways but also choose to follow the family values which they have imbibed from Hindu surroundings. The word Hindu again is not a religion, but more of a lifestyle which is liked throughout the world by many for it has the fundamentals of peace and evolution in it. The freedom to follow your own mind and yet remain merged with the dissimilarities of environment, in a harmonious manner is what the soul of India is.

Needless to say, we are a huge nation and almost all kinds of people stay within this Republic of India. Even if the rest of the world was destroyed, it would rebuild itself in the next 20 years if just India was spared. The conglomeration of diversity with unity is the magic called India. This is also a country where the number of hospitals may be less, but we have centers of faith in

almost every lane. Temples and mosques are seen as encroachments in the middle of the road and the authorities dare not remove them. The faith nurtured throughout all sections of society is heartwarming and evident. Perhaps it is this faith which keeps us together and makes us lead our lives in a happy manner. Any other nation with such diversity would not have been able to survive. The fundamentals inherited by us naturally make us shift sooner rather than later towards peace and against conflict.

We may welcome pizza’s and other novelties from the western world. But we should not allow many other things to be taken away from us. The malls and multiplexes are okay, but the spending habits have to be economically Indian. Live-in relationships may also be accepted by us, but let us not forget the beauty of arranged marriages fixed by our loving parents with all the care. Clothing may change within us, but the way we talk and share should always be done the Indian way. The night shifts during work may have to be followed but let us not forget the morning puja and rituals. The essence of what the ancestors have transferred should be passed on to the next generation as it has a lot of sense in it for leading a peaceful life.

The world is changing very fast, so much so that with the advent of internet, we are a global village now. With the attractions which have already crept in our system, let us not forget the idea of what India was, what India is and what India should be. Let us always put the ‘Nation first’ and what this nation is the people who live in it. We need to work at our own beings first and along with that we need to educate the people around. The purest kind of seeds, with the principles of humanity need to be sown within the hearts and minds of the coming generation. So let us put ‘People first’, not just our families, not just our kith and kin, not just a few close friends. Let us pass on something good and positive to every individual we meet. Let us become the best representatives of the public which then becomes the ‘Republic of India’. Let the Republic of India become the best representation of public throughout the world. Long live my beloved India. Jai Hind.





## *our Father in heaven*

*By Aruna M.*



Its Christmas time and I saw on my way back home street vendors were selling santa caps, many were wearing and feeling joyful. We are all well aware about santa an old man with long white beard, wearing red robes, a sledge pulled by 8 reindeers, lots of gifts living in Arctic circle comes along and drops gifts to innumerable children in their stockings or near a Christmas tree or near a fire place. He is none other than **St. Nicholas** who was very kind and compassionate. His parents died when he was very young leaving behind lots of money. He helped a poor man to marry off his three daughters. He used to drop gold from the top of the chimney which fell into the stockings which was kept to dry near the fire place. That is how the custom of hanging stockings, dropping gifts started during Christmas eve.

This set me thinking that during December mostly during Christmas time we all gather together to celebrate Dattajayanthi. And every night Swami too wear those red robes and red cap too as a winter dress. Now we know that our Santa is in Devrukh, near Rathnagiri, Maharashtra who lives in each one's heart. He is so kind and loving he showers us all with his blessings and fulfills all our wishes big or small. We are all his little children

awaiting for his divine grace not only during December but through and through the year. Our Swami is never tired of giving us.

Yes Dattaparamparah he belongs to. Name **Datta means "gift" or "giver"**. He is our santa who gives us gifts all the time. He is so kind and generous that he pulls us like a magnet towards him and showers his love, grace and blessings. I can see the love for swami in the sadhaks eyes. It is so infectious that the whole space bounces with love energy.

When he think of love energy we can only think of our Guruji. He is also our secret Santa who loves, gives and distributes divine vibrations all the time. He has showered on us grace and blessings unconditionally all the time. He is ready to embrace us whenever we want to come into the space. My heart beats happily and I turn around only to see Gurujipassing by. He spreads love like a flower spreading its fragrance. Let us all connect to the core of us "Love and Compassion" and create a butterfly effect to vibrate the same with the universe. This is our heaven and Swami and Guruji are **our Father in heaven** who are also the **Santa of our RVN** family and countless others too.



## MY 2019 RESOLUTION

by Telangan

This was at the time of demonetization. There was no cash in ATMs or even banks and therefore no cash in wallet. One day I had to buy grocery. I purchased only all most required stuff first then I realized that shampoo was over. The big pack of Shampoo was costing Rs. 135/- and I didn't have enough cash, and the shopkeeper was not accepting cards. I decided not to buy it but the shopkeeper recommended to try the sachet? It was costing just Rs.5/- each. I happily bought three of them and left with appreciation. Sachet is a unique innovation of the last decade in India. Almost every brand now is available in smaller sachet. It is a great convenience for those who can't afford large expensive packs.

The idea flickered in my mind what if happiness comes in these Sachets as well? And I realized actually they always are but we ignore them. We need not have to wait for the larger unaffordable packs of happiness. We could remain happy for longer with small happiness also. We actually run behind all the large packs for the entire life, which we can't afford most of the time and remain unhappy. The large house, larger car, large bank balance and larger achievement... the list is endless. We never realize that there are sachets available too.

Good sound sleep even in the small house is a blessing,

a sachet of happiness. Larger luxury car is fine, but till it comes to me let me enjoy my scooter also should be the right approach. Ever tried long ride in a starry night with your loved one on a scooter? Believe me it's immense happiness. Car or scooter doesn't really matter, with whom you are riding matters the most. Luxury car without your loved one is not going to give that pleasure definitely. Large bank balance is fine but when it is raining heavily there is no larger fun than having hot cup of tea and bhajiya with your loved one. It doesn't cost thousands... While traveling to Switzerland must be great fun but we must not miss tiny weekend getaway to countryside with loved one... they are sachets of happiness and gives us cherished experiences, which helps us live happily. We often miss them while waiting for the larger packs and remain discouraged for most of the time.

***I'm quite determined in 2019... I will not grumble for what I'm not getting or loosing and trouble my mind, waste my life. Instead, I'm going to take every day as a new day... pick up all those sachets of happiness and enjoy my life. I'm going to appreciate all those small moments rather than craving for big hits... My half glass is full sounds greater than half empty...***





# Importance of Daily Prayers

*By Krupa Choksi*

Since our childhood we have been observing our Parents doing Pooja/ Prayers every day. They have also imbibed this habit in us and they would remind us if we used to ever forget in our childhood. Sometimes, as a Child I used to think does it really help or it is just a ritual which everyone does it? I did not get answer then but now I am getting answer with experience.

Once I woke up in a very bad mood. All kinds of negative thoughts were coming to me and I was in a depressive mood. That morning I was dragging myself to do the daily chores. I took bath and then sat for my prayers/ Pooja. I started chanting Ganpati Atharvashirsh. I got lot of vibrations and immediately my mood changed. I started feeling good and at the end of my Pooja I was completely in a different mood. I started feeling that life is a celebration which was totally opposite before few minutes. So the question is what happened during the chanting of prayers, mantras and Pooja?

As per my understanding, my consciousness changed. The subtle dirt which had deposited on my "Chitta" (combination of Intellect + Mind + Heart), it got removed. I can say the dark clouds vanished and bright sun emerged. This is what really happens when we remember God every day. This is the only reason our ancestors used to tell us take bath and the first thing one should do is to do chanting of mantras and perform Pooja. And thereafter we should do our routine work. They knew energy science more than what we know now. They had deeper understanding of the subtle which is very limited now.

Today Medical science has taken cognizance of chanting mantras. Doctors have started prescribing the patients as a part of treatment to chant mantras. Some physical benefits of chanting mantras which they mention are as under:

- All mantras have intense physical benefits.
- They relieve stress. The rhythm and sound of

the chanting moves energy throughout the body. The movement of energy regulates the chemicals in our brains. It blocks stress hormones and releases endorphins.

- They regulate heart rate.
- Mantras enhance positive alpha, gamma, delta, and the brainwaves—the brainwaves that kick in during relaxation.
- Chanting increases immune functions, and lower blood pressure. The sound of the mantra literally drowns out the negative voices in our heads. When the negative thoughts are suppressed, the mind has room for positive thoughts.
- It is a free and easy way to manage thoughts and achieve physical and mental welfare.
- Mantras ease fear. People with phobias often adapt mantras to center on during times of fear.

Dr. Alan Watkins, a senior lecturer in neuroscience at Imperial College London, in the recently carried out research demonstrated that musical structure of chanting can have a significant and positive physiological impact. The chants are said to reduce stress levels, lower blood pressure, increase performance hormones level as well as reduce anxiety and depression. Dr. Alan Watkins also confirmed that when we chant, the vibration of the sound calms the nervous system. It also reduces stress and increases memory power.

Recently scientists at MIT, USA have discovered that people who chant Sanskrit shlokas have better

memory. There is speculation that continuous chanting of shlokas requires memorising them a lot and it helps in memory improvement and consolidation. It is just like memorising arithmetic tables that all of us old-timers were taught when we were kids. It is also conjectured that people with better memories have less chance of getting Alzheimer's and other brain diseases.

Every time when we chant a mantra, we visit our sub conscious mind in which it is stored. We retrieve from subconscious mind and chant through conscious mind so the churning happens and this churning cleanses our chitta. But my question is, how come our ancestors knew this when sciences was not as advances as it is today? There were no equipment to measure the frequencies and sound waves as it is available now. This shows the richness of the knowledge we had during vedic times.

We all know that words have vibrations and that's why our Parents and all elderly people have taught us that we should not speak abusive words. Similarly, positive words do have positive vibrations. And mantras create high frequency sound waves which give all the more positive effect. So the best thing to do is to cultivate a habit of chanting mantras by heart so our chitta remains clean and we will get positive vibrations which will help us in our daily routine life. It will helps us to concentrate better at work place, improve our relationships at home and outside and make us a calm and a balanced person.

Two friends met each other after years. They were chatting for hours and didn't realize until very dark. When one of them who were blind stepped out, the other friend out of concern gave him a lantern to carry. The blind friend laughed and said what is a use of this lantern to me? Dark or light is equal to me... The other friend said, listen you carry it for others... so they don't bump into you. Hence the blind friend carried it along. Unfortunately a man hit him in the dark and the blind shouts with pain. He said don't you see the light of my lantern? The

man apologized and said sorry but didn't you realize that your lantern is not lit anymore?

The blind man laughed and said 'I didn't realize earlier but now I know that ***Borrowed light never lasts too long to really help us'...***



# Only Once...

*by Telangan*

I want to see your smile

I want to hold your hand

I want to walk with you

I want to laugh with you

I want to hear your hum

I want to joke with you

I want to cry with you

I want to thank you

I want to care for you

I want to make you glad

I want to give you all I have

I want to dissolve in the glow...

Only Once... Only Once... Only Once





Dear Readers,

Jai Gurudev

I am just reproducing what was shared to me by one of our regular writers and a Reiki Master Ms Aruna from Bengaluru. The contents of this article are really worth pondering over and to learn from, for every sadhak. There is another reason why I am reproducing it here. Just a day before I received this, I had taken a decision about a food at Devrukh ashram. For the past few months, I was observing and sensing that what we prepare at the ashram was not appropriate to the energy level that ashram is currently experiencing. That was causing a lot many problems at subtle levels and sometimes at a physical levels too. Satvik environment can't be supported by Tamasik food. In fact, it is detrimental to the idea of growth on this path. Obviously, we have changed our whole food program at the ashram with immediate effect. I was amused with how a divine thought or inspiration get supported by the universe within a short time. That explains a lot.

## **AS THE FOOD, SO THE HEAD**

The day when Bhishma fell down was the tenth day of the Mahabharata war. From that day till the eighteenth day of the battle, Krishna was conducting various events of the battle, but Bhishma was lying on the bed of arrows, which he made for himself by the arrows of Arjuna. After the last day of the battle, the victorious Pandavas came to Bhishma, along with Draupadi, to have his Darshan. Lying on the bed of arrows, Bhishma showed great affection to the Pandavas and preached to them what has since come to be known as the Shanti Parva.

In that context, while Bhishma was preaching the code of conduct relating to peace in the Shanti Parva, Draupadi had some thought in her mind and she laughed aloud and attracted

everyone's attention. The Pandavas thought this to be very inappropriate. They did not like Draupadi laughing in this manner in the presence of the elders. Bhishma was all knowing and he knew the thoughts that were passing in the minds of the Pandavas. In order that an appropriate explanation might be given to them, Bhishma asked Draupadi to come closer to him. He blessed her and said that she would remain a Sumangali for a long time and went on to say that she would not do anything without good reason and he asked her to explain why she laughed, so that her husband might know the answer. Draupadi addressed Bhishma in great reverence and humility and asked, "At the time, when I was humiliated in the court of Duryodhana, you never spoke of any code of conduct

and at the time, when my husbands were banished into the forest for twelve years and were to live incognito for one year, you never preached any code of conduct. You are now teaching the Shanti Parva to the Pandavas, who are the very embodiments of Dharma. Why are you now teaching this to the people, who do not need to be taught? This should have been taught to Duryodhana and his accomplices. Such a thought came to mind and I laughed. Not only this, in the court, when Dharmaraja lost in the game of dice and also lost when he placed himself as the stake, then he offered me as the stake. It was then decided that the Pandavas were to go to the forest and I was humiliated. Was this Dharma? You are the embodiment of Dharma and right conduct. Do you think that on that day, after losing himself in the game, Dharmaraja had the right to bid me? At that time, what had happened to all your professed adherence to right conduct? Secondly, Dharmaraja offered me as a stake after he lost himself in the wager. He had no right to do this. On that day, I questioned whether Dharmaraja lost himself first and then offered me as a stake, or whether he offered me as a stake first and then lost himself. You did not give me an answer then. What had happened to all your right conduct at that time? Today, when there is no need at all, you are preaching all this to the Pandavas. It indeed is a laughing matter and has induced laughter in me.”

While Bhishma was lingering between life and death, the fact that Draupadi was arguing so vehemently and asking

inconvenient questions upset even Dharmaraja. Bhishma, however, laughed loudly and praised Draupadi for asking such questions and said that the answer to such questions would be of great importance to the coming Kali Age and asked the Pandavas to calm down.

Bhishma said, “For many years, I had been serving evil kings and sinners and had been living on the food that they had given me. Therefore, all the right and Dharma in me was submerged. As a result of the arrows that struck me from your husband, Arjuna’s hand, all the evil blood had flown out and now, the Dharma that had been submerged has come up and I am preaching the need for good conduct. From this Shanti Parva preached by Bhishma, we have to learn the lesson that if anyone promotes himself with the help of money accumulated by bad and evil ways, then the good in him will be submerged by the bad blood in him. It is in this context that Krishna had taught that the pot in which you cook, the material which you use to cook, and the food itself should all be clean.

In this dialogue, Bhishma had taught the world that there can be evil in the food that you take. From the food that we take comes the thoughts and from the thoughts that are generated thus, comes the action. From our actions will come our good and our bad. After giving the appropriate lessons to the Pandavas, Bhishma gave up his life.

## Ashram Events

### Swachetana Shibir at Devrukh concluded



Reiki Intensive event at Devrukh was conducted between 18th January and 20th January 2019.

This was attended by 53 participants who have completed 2nd degree Reiki from Devrukh, Goa, Ratnagiri, Chiplun, Mandangad, Kolhapur and Satara. The sessions were spread into Dhyan Session (Meditations), Dnyan Session (Knowledge) and Bhakti (Devotion). The residential intensive included different meditations, knowledge sessions on deeper subjects, practical and experimentations. The participants went home with tears of joy and a fulfilled heart.

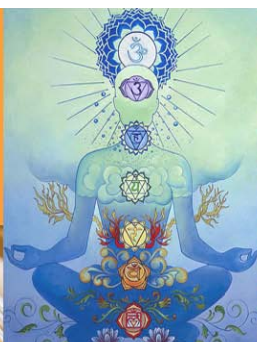




## The blind faith in modern medical science...

When one talks of blind faith, one thinks of anything that is ancient and a part of Hindu rituals. Now for the first time, the world has realized that there is more of a blind faith related to modern science than the ancient ones. The modern medicines imbibed a seed of suspicion in the human mind about 40 years ago and declared that Cholesterol is extremely bad for human health and is the main reason for causing the blocks in arteries leading to heart and leads further to a heart attack. Anything that had cholesterol became taboo. Even Ghee, (clarified butter) considered to be a nectar by Ayurveda was looked with a lot of frowns. The intelligent and pseudo intelligent groups did not lose time bashing Ayurveda and everything that went with it which was ancient and full of wisdom. The knowledge prevailed over wisdom. Somewhere the modern science and scientists had a mission to destroy anything that is remotely ancient and more so with science related to

India and other oriental world. For the first time, a modern science has realized that the truth has started emerging as in any case a truth can't be hidden forever. After 4 decades the science has realized that human liver system produces almost 85% of the Cholesterol of the total inside the body and the food intakes are restricted to 15% at maximum. They have also realized that the Cholesterol is an essential chemical for a brain to survive and grow. The wisdom has dawned for the first time that Cholesterol helps in repairing the ruptured blood vessels in the old age. And lo! After 40 years of ignorance and the arrogance, the same cholesterol which was topping the list of bad food in America has jumped over to the top slot in the list of good food, a twist so swift that it may put any politician of any hue and shade to shame. The science of Ayurveda which could not match the loud voice of western medicine can now finally breathe freely.



# Reiki Seminar in February 2019

Dates	Centre	Degree	Master	Contact Information
2nd & 3rd February	Delhi	1st	Seemaben	Preeti Khanna (9871118906)
2nd & 3rd February	Chennai	1st	Khushal Solanki	Khushal Solanki (9500071637)
2nd & 3rd February	Ahmedabad	2nd	Ajitsir/Krupa	Kinal Pandya (9714515839)
9th & 10th February	Devrukh	1st	Sangita	Math (02354261322)
9th & 10th February	Mumbai	1st	Seemaben	Vinaya Sawant (9004328016)
9th & 10th February	Pune	1st	Vishal	Amrut Kirpekar (9175050900)
9th & 10th February	Madurai	1st	Ajitsir/ Rakesh	Nallamuthu (9443321025)
9th & 10th February	Rajkot	1st	Bharatiben	Jyotiben Saraiyya ((9824299153)
9th & 10th February	Nashik	1st	Kalpita	Shubhada Garge (9623547827)
16th 17th February	Vadodara	2nd	Ajitsir	Chandresh Parmar (9974701200)
16th 17th February	Bengaluru	1st	Aruna	Komal Pukale (9845279840)
23rd & 24th February	Thane	2nd	Ajitsir/ Rakesh	Jayshree Desai (9324089656)
23rd & 24th February	Mandangad	1st	Kalpita	Koravade (8381084030)
23rd & 24th February	South Mumbai	1st	Vishal	Sharada Gurav (9819215650)