

# REIKI VIDYA NIKETAN

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EDITORIAL

## New Year New Opportunities For sadhaks...

Dear Sadhaks,  
First and foremost a Very

Happy  
New  
Year

to all of you!  
Let this year bring you the Peace,  
happiness, health and harmony  
in your life.

This is not for commercial purpose.  
Only for sharing spiritual experiences and knowledge in Reiki Brahma Group.

Swami Vivekanand used to say that as humans we go through three phases- we are born as animal, the education and the culture should make us human and then we need to move over to our divine nature. That is the course of our life. If we all understand this, a life becomes a mission. We, as humans, are links between the animality and divinity. Humanity has that role to play. The concepts of culture and education were basically designed with this thought in mind. But somewhere we have lost the sight of our goal. If one looks around, the education is taking us to human domain alright, but then we do not get steadied there nor can we go up. We are sliding back to our animal nature. No matter how educated and cultured one becomes in the current scenario, one falls back to the animus nature. That is the problem.

Many of you may be believing in astrology and may have your horoscopes made in the childhood. Even if you do not believe in this science, just look at the horoscope which generally talks about your Gana (or category) which will either be stated as Manushya (Human), Rakshasa (demonic or animus) and Deva (God- Divine) Obviously even the ancient art of astrology also believed that there are three personality traits in each of us and one of them is activated when you are born. We carry one of these as prime and the other two are latent or deactivated. They can be opened by circumstances and our reactions to them as per the Karmic theory that most of you are familiar by now. So no matter what class you are born in, we still have a choice to activate what you desire. The choice is always ours. I presume, this year of 2019 may turn out to be a huge transformation in your life in very positive manner. Those who are on the path of divinity may take quantum leaps on this path. The time is ripe. However what one needs to do is consistent practice of all that you have learnt so far and have a faith on the path that you have chosen. Your world may turn out to be different. Embrace that change when it occurs.

*Ajit Sir*

December 31<sup>st</sup> 2018



# Virtual v/s The Real world

By Vivek Pande

The past decade has seen some astonishing changes in the technological world. The world seems to have reached the pinnacle of technological evolution, resulting in the most comfortable lives humans have ever lived on this planet. The population has increased, but so has the ability to cope up with the work. The technological changes have brought about ease in every aspect of our lives. Be it work, entertainment, sports, weather, we just can't proceed without the necessary equipments and the wonderful help that they offer. Physical exertion is a thing of the past now, as we get most of the things at our doorstep or with the tap of our fingers. Needless to say it is a boon in so many ways. However, the big question is, as to how and how much should we allow this virtual world, which has unprecedentedly entered our lives and shamelessly mingled with the real world.

Way back in the 19th century the amount of information that a person gathered during his/her lifetime is available in one single day. No wonder the intellect taking it in receives a lot of pounding and hence the resultant rise of intellectuals in the society. This new stuff called a 'cell phone' has actually become a part of our body. You try and snatch a mobile from a teenager and they would actually react as if some important organ has been taken out from their bodies. The fact that this new system has definitely eased out most of our tasks is a truth, but the virtual world taking over the real world and making humans emotionless is a real worry to be addressed.

Let us take up a small example of video games. Way back in the 80's, we never had such options. Out-door games was the only way to entertain and set the mind on fire. Then came the 90's and with the advent of TV and the associated entertainment of gaming, the childhood did not remain the same. Right now many of such games have

become a mass hysteria. Previously, "Candy Crush" became a global occupation of many and just recently "PubG" is the latest epidemic the world is suffering from. Nothing wrong in entertaining your mind for a while, but to completely lose track of the real world is something not good for all of us. Besides every game that a child or an adult plays has something in it for us to learn. The moment the learning is complete, the game automatically gets dropped off. With "Candy crush" you learn the analytical skills of matching things and with "PubG" you learn the tactical aspect of life. Of course you may have different things which you would have learnt from these games, but we need to be aware about the learning part more often than the fun part.

The next worrisome thing is with the rise of the intellect (which is good) there also seems to be a downfall in the physical abilities. Many are born with diseases that were considered to be for a particular age group only. Spectacles adorned on the young faces, is a common scene these days. The rate at which the language is deteriorating is astounding. Being perfect is a thing of the past, but being special even through a social story, feeds the ego of this generation dying to be a star. With the advent of selfies, we almost feel like a star. With the invention of war games, we also feel brave. However, the feeling, the thoughts of being looked at in a special manner, the emotions conveyed via a distant mobile, do not in any way relate with what is your real being. The fundamental thing to be remembered at all times is the virtual was created to entertain and inform the real and not exactly to hijack the real world. To stop this technological advancement is out of question now, since we have already come a long way. However, all we can do is to keep an eye on learning (appropriately) through the virtual world, so that we may not lose sight of what we actually are. Let the 'Selfie' come through the soul.



# Andal a Sacred Saint of India

By Aruna M.



This month is known as Marghazhi month in Tamilnadu from mid December to mid January every year. This month is known for musical concerts in Chennai and “Thiruppavai” and “Thiruvembavai” chanting in all Vishnu temples before dawn all 30 days. People sing bhajans on the streets in the early hours of this month. Beautiful rangolis is drawn in front of every house. It’s a special month for spiritual sadhana.

There were 12 Alvars who were responsible for spreading Vaishnavism in South India. Out of that one “Periyalwar” was living in Srivilliputhur, Tamilnadu. He found a baby girl under a Tulsi bush in the flower garden at their house. When he went to the temple with the baby there was a divine voice saying “Name her Kothai and bring her up as your own daughter”. Kothai means beautiful like a garland of flowers. Later she was called “Andal” meaning the one who ruled over the Lord as she obtained the grace and love of lord Ranganatha.

Even as a small child she always made garlands from the collected flowers of her garden. She sang Lord’s glory and found happiness in listening to puranas. Andal was very devoted to Lord Ranganatha of Srirangam. She had the madhurya bhava, the attitude of lover and beloved. Every day her father used to make garlands to offer the deity in Srivilliputhur. After he makes the garland he used to go to the river to take bath and then offer the garland to the Lord. One day the priest in the temple found hair in the garland. Periyalwar felt sorry and made a new garland for the Lord. But next day he secretly watched his daughter and came to know that she is wearing the garland meant for the Lord. Father ran to her and advised her not to do so in future. He offered freshly prepared garland to the Lord.

That night Lord came in his dream and told that “The garlands worn by Andal are very dear to Me. Offer those alone to Me. She is My bride, Goddess of Earth in the human form”. Andal was like a Gopi. She had intense longing for Krishna. She wrote beautiful poems “Thiruppavai” and “Nachiayar Thirumozhi”.

Andal merged with the Lord when she was 14! And Tiruppavai might have emerged from her when she was even younger.

It is all so incredible. In fact, this 30-stanza song is all about getting up from our slumber, and preparing to go to the Lord — not individually but together.

*In one Pasuram (or stanza), she says, “If we are pure in body and we dwell on Him, and sing His praises offering flowers, all our sins of past and present will just burn away like cotton wool evaporates in a blazing flame.”*

Towards the end of the Tiruppavai, there is again a beautiful line: “We ask of nothing paltry, Oh Lord! In every birth we should be with You. We should be serving only You. Burn any other wish that we have. Let there be no other wish!”. She has surrendered to the Lord not only her wishes but also her right to make any wishes. Apart from its profound philosophical thought, it is also a literary marvel in Tamil.

When her father wanted her to marry, she said her mind is centered on Lord Ranganatha alone. Then through dream Lord guided Periyalwar to bring Andal to Srirangam. When she was fourteen years old she was dressed as a bride and taken to Srirangam and when she saw her beloved Lord Ranganatha lying on the Divine Serpent Adishesha, her desire got fulfilled and she became one with him.

Even till date every temple Thiruppavai is sung in this month for all 30 days. In Thirupathi this month suprabatham is Thiruppavai only. Whenever there is “Venkateshwara Kalyanam” Garland comes from Andal temple of Srivilliputhur to Thirupathi. Andal Temple gopuram has become the logo of Tamilnadu Government. Thiruvilliputhur Andal's hand-crafted parrot is made with fresh green leaves each and every day. This parrot is kept in the left hand of Andal. It takes approximately four and half hours to make this parrot. A pomegranate flower for beak and mouth, Bamboo sticks for legs, banana plant, petals of pink oleander and nandiyavattai are used to prepare this parrot. Andal used parrot to send messages to her beloved lord and it also depicts one has to take Lord’s name all the time like a parrot to reach Him. Let’s all pray to Andal on of the Alvars on this auspicious month and get her blessings and grow in spiritual sadhana.

Our lives are planned by destined events, beginning from the birth. One is born into a family where conditions are favourable for that specific soul and where one has substantial **give-and-take** relationship with each family member. We have little or more **give or take** share with everyone we come across throughout our lives.

According to the law of karma, every '**JOY**' is result of positive deed while every '**PAIN**' is a result of negative act. We have to reap the fruits of actions sooner or later for sure. Our actions, and the results cannot be undone by a word '**Sorry**'. *And therefore God never punishes even sinful people.* They get punishment by their own acts. Throughout our lives we are either settling an old account or creating a new. If the account can't be settled in this birth it's carried over to the next.

However, spiritual practices and Guru's guidance can help us identify and complete very important Karmic account

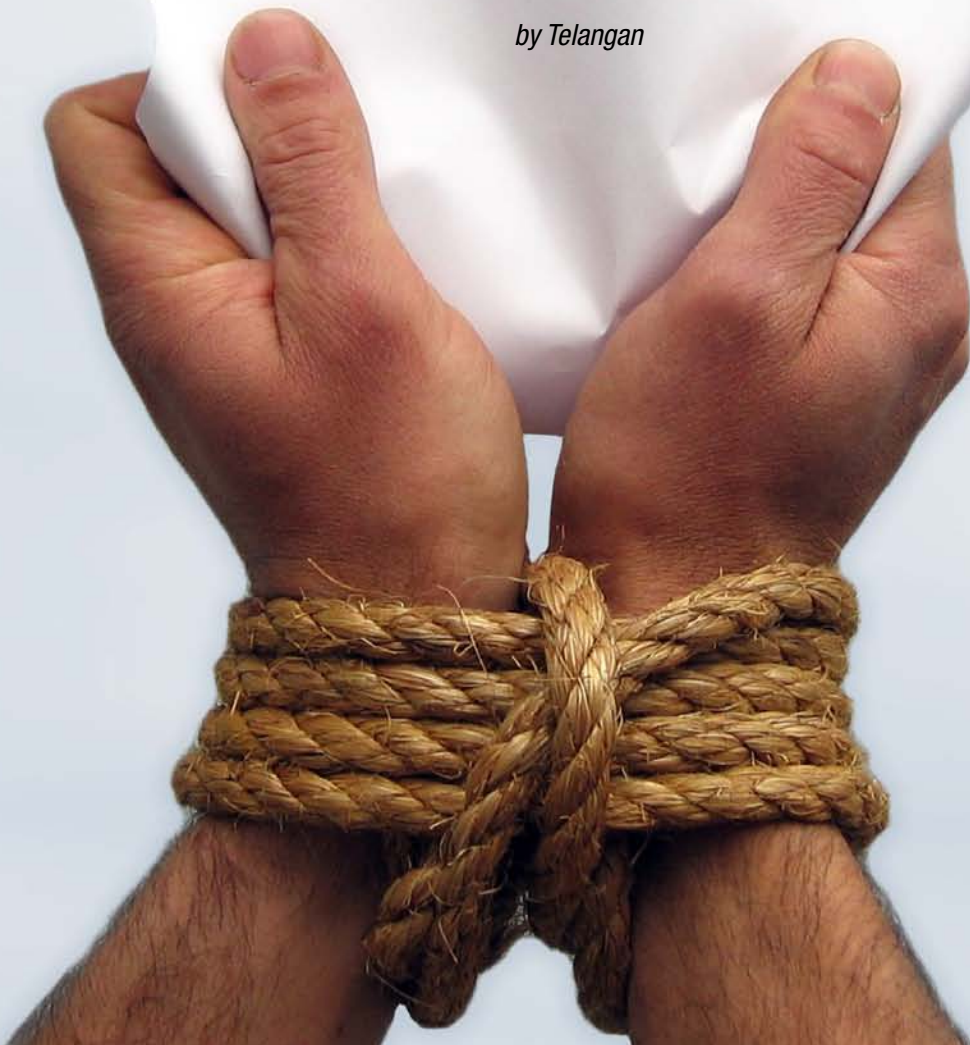
and rewrite a better destiny. We can't control our past and therefore we could not change present unpleasant issues of life. But if we seriously feel that we should not have to face such issues again even in the future then we need to complete those Karmic accounts very carefully today. One of the two people needs to change the response presently to change the consequences of future. For example '*B' had cheated 'A' for money. 'A' s response could be to fight back to acquire the lost wealth by fighting back. But if 'A' doesn't want this situation to appear again in life S/HE needs to change response. S/he accepts this loss once and for all and forgives 'B' for it. As a result, this Karmic account gets completed and 'B' will not even come back in 'A' s life again to create any turbulence.*

**The best Karmic Solution is Forgiving when anyone gives us pain in present life.**

# FORGIVING

## A BEST KARMIC SOLUTION

*by Telangan*





# Be an Eagle, not a Duck

*by Dr Ramnathan Iyer*

I was waiting in line for a ride at the airport in Dubai. When a cab pulled up, the first thing I noticed was that the taxi was polished to a bright shine. Smartly dressed in a white shirt, black tie, and freshly pressed black slacks, the cab driver jumped out and rounded the car to open the back passenger door for me.

He handed me a laminated card and said: 'I'm Abdul, your driver. While I'm loading your bags in the trunk I'd like you to read my mission statement.' Taken aback, I read the card. It said: Abdul's Mission Statement:

To get my customers to their destination in the quickest, safest and cheapest way possible in a friendly environment.

This blew me away. Especially when I noticed that the inside of the cab matched the outside. Spotlessly clean! As he slid behind the wheel, Abdul said, 'Would you like a cup of coffee? I have a thermos of regular and one of decaf.'

I said jokingly, 'No, I'd prefer a soft drink.' Abdul smiled and said, 'No problem. I have a cooler up front with regular and Diet Coke, lassi, water and orange juice.'

Almost stuttering, I said, 'I'll take a Lassi.'

Handing me my drink, Abdul said, 'If you'd like something to read, I have The NST, Star and Sun Today.' As they were pulling away, Abdul handed me another laminated card, 'These are the stations I get and the music they play, if you'd like to listen to the radio.'

And as if that weren't enough, Abdul told me that he had the air conditioning on and asked if the temperature was comfortable for me. Then he advised me of the best route to my destination for that time of day. He also let me know that he'd be happy to chat and tell me about some of the sights or, if I preferred, to leave me with my own thoughts.

'Tell me, Abdul,' I was amazed and asked him, 'have you always

served customers like this?' Abdul smiled into the rear view mirror. "No, not always. In fact, it's only been in the last two years. My first five years driving, I spent most of my time complaining like all the rest of the cabbies do. Then I heard about POWER OF CHOICE one day."

Power of choice is that you can be a duck or an eagle.

'If you get up in the morning expecting to have a bad day, you'll rarely disappoint yourself. Stop complaining!'

'Don't be a duck. Be an eagle. Ducks quack and complain. Eagles soar above the crowd.'

'That hit me. Really hard' said Abdul.

'It is about me. I was always quacking and complaining, so I decided to change my attitude and become an eagle. I looked around at the other cabs and their drivers. The cabs were dirty, the drivers were unfriendly, and the customers were unhappy. So I decided to make some changes, slowly ... a few at a time. When my customers responded well, I did more.'

'I take it that it has paid off for you,' I said.

'It sure has,' Abdul replied. 'My first year as an eagle, I doubled my income from the previous year. This year I'll probably quadruple it. My customers call me for appointments on my cell phone or leave a message on it. 'Abdul made a different choice. He decided to stop quacking like a duck and start soaring like an eagle.

Start becoming an eagle today ... one small step every week...next week... And next...And....

A great Thought.

"You don't die if you fall in water, you die only if you don't swim. That's the Real Meaning of Life. Improve yourself and your skills in a different way.

Be an eagle. ...not a Duck.





# Dattajayanthi Celebrations

## A Divine Experience

*By Gayathri Ramesh*

It has been my perpetual wish to attend Dattajayanthi celebrations at Devrukh ashram and it materialised this year at last !!! ( May be the first for many more to come :)

The Journey from Bangalore to Devrukh took about 15 hours . Shalini and I were equally enthusiastic about the visit that we did not realise how the travel time flew !!

When we reached the ashram on 21st morning, we were warmly welcomed by the akhanda naama dhaara - "Hari Om tatsad Jaiguru Datta' chant. The entire ashram was vibrating with Datta energy. ( In my words, Datta energy is a kind of energy which evokes peace and serenity from within . )

I remembered reading in some book - ' a completely selfless man of God can heal anyone' . I could relate this statement completely to our beloved Gururji . Each inch in the ashram is no exception to this . The ashram completely resonates with him. Be it the Sanctum

Sanctorum of Swamy, or the meditation room or the ashram kitchen or the ashram garden , each space has the power to dispel the darkness of our hearts. The aarathi time at ashram is a time when Gururji's' Digambara Digambara ' singing takes us to a divine inexplicable mode. .

Our stay was arranged at Sugandha Ji's house. I thank her for the great time we had at her place and the warm hospitality shown by her.

Totally mesmerised, here I am back to Bangalore to face the real world . But happily submerged in that positive energy emanating from Devrukh.

Thanking my dearest Gururji , Maai , Ashwini , Aruna ma'am ( forever thankful to you), Krupa Ji , Kalpitha Ji , Jairam sir , Sugandha Ji , Shalini - my reiki sister and all sevaks there who made my experience at Devrukh ashram really out of the world.



# Arudra

## Cosmic Dance of Shiva

*By Aruna M*

This Datta jayanthi was celebrated for three days. The last day 23rd December happened to be a festival for Tamilians and Keralites known as “Thirvathirai” or “Arudra Darshanam”. One of our sadhaks Gayathri was rendering shiva’s song and when Guruji came down and asked her to sing more. There was a bhajan session and it was a divine experience. There were many questions on why this festival was celebrated and thought of sharing some interesting facts about it.

Arudra darshan visualizes the divine cosmic dance of Lord Shiva. Lord Shiva is visualized in the form of red flame dancing in every particle of the universe as the energy moving it to action and life. It is said Lord Shiva is engaged in fivefold divine play including creation, sustenance, destruction, dissolution and blessing. The whole of the universe is said to have emanated from the sound of his damaru (dumbbell shaped drum). The festival of Arudra is meant to enjoy the Natraj form of Lord Shiva.

This festival is observed in the Tamil month of Marghazhi (December-January), on the day when Arudra star and the new moon day coincides. In kerala they celebrate it as Shivas birthday since Lord Shiva star is Arudra. Here married women fast for the wellbeing of their husbands

and the unmarried women pray for a good husband by keeping a fast during this day.

In Chidambaram this festival is celebrated for 10 days with abhishekams done to Lord Natraja and his Utsava murthi is brought out for procession also. Observing a fast on the occasion of Arudra Darshan is highly rewarding and brings immense benefits. The eminent sages Vyagrapada, Munichakkar and the serpent Karkotaka observed the fast and were honored by Lord Shiva. Sage Vyagrapada was blessed with a child named ‘Upamanya’ after he observed the ritual. The Brahmin ‘Vipular’ also observed the ritual and had the good fortune of visiting mount Kailash. Those who observe the fast and ritual associated with Arudra Darshan are blessed by the Lord and rewarded for their efforts. Visiting Shiva temples on this day is also highly meritorious and partaking of the special ‘Prasad’ known as ‘Kali’ is said to remove all afflictions.

We all are fortunate to be in Devrukh, sing his glory and have darshan of Swami on this auspicious day.

Thank you swami and Guruji for this great opportunity.

With love light and reiki



# You and Me

*by Telangan*

I opened my eyes to see the Rainbow,

I opened my ears to the chirping of birds,

I opened my nose to grab your scent,

I opened my mind to feel your magic,

I opened my arms to hold you tight,

It made me realize the truth so well

I belong to you and you belong to me

You are nowhere yet filled everywhere

It's not an imagination... It's You and Me!



# “Power of Gratitude”

By Krupa Choksi

You all know that one of the five principles of Reiki is “Just for Today I will have attitude of gratitude towards everyone”. According to me this is the biggest virtue. If we have feeling of gratitude in life, I think we can realise God very easily and remaining 4 Principles viz. “Just for Today I will not worry”, “Just for Today I will not get angry”, “Just for Today I will be honest in my work” and last is “Just for today, I will show love and respect towards every living being” can be easily practiced.

Most of us associate gratitude with saying “thank you” to someone who has helped us or given us a gift. From a scientific perspective, gratitude is not just an action. Gratitude is a positive emotion, which is really important because it serves a purpose

Positive psychologists contend that gratitude is more than feeling thankful for something, it is more like a **deeper appreciation** for someone (or something,) which produces longer lasting positivity. In researching Gratitude, Thankfulness, and Appreciation over the last 2 decades, scientists feel very confident in saying that this practice significantly increases our overall well-being, reduces stress, increases happiness, and health and the evidence is there to prove it. Another is that practicing gratitude can decrease levels of depression and anxiety. According to Cicero, “Gratitude is not only the greatest of the virtues but the parent of all others.” Multiple studies have shown the correlation between gratitude and increased wellbeing not only for the individual but for all people involved.

## **1. Gratitude Improves Mental Health**

A 2015 article in the Journal of Personality and Individual Differences showed that “higher levels of gratitude were associated with higher levels of personal well-being, greater life satisfaction, and lower levels of psychological distress.”

A 2014 study by researchers in the Indian Journal of Positive Psychology found that gratitude increases happiness.

A pair of 2014 studies from Utrecht University in the Netherlands found that both gratitude and acts of kindness have a strong impact on positive emotions. This is especially fascinating when you consider the work of folks like Bruce Lipton, author of Biology of Belief or Jerry Tennant, author of Healing is Voltage, or David Hawkins, author of Healing & Recovery, who all draw extremely strong correlations between positive emotions, quantum physics, and changes in protein configurations and cell membrane voltage.

## **2. Gratitude Improves Physical Health**

This 2015 paper in the Journal of Religion and Health found that those who were more grateful for who they are and what they have were more hopeful and also physically healthier.

Psychology Today cites several studies that found people who report being more grateful also report feeling fewer aches and pains, and are more likely to go to the doctor and take care of themselves.

Research shows that when we think about what we appreciate, the parasympathetic or calming part of the nervous system is triggered and that can have protective benefits on the body, including decreasing cortisol levels and perhaps increasing oxytocin, the bonding hormone involved in relationships that make us feel so good.

## **3. Gratitude Improves Resiliency**

In a 2006 study in the journal Behaviour Research and Therapy, scientists found that Vietnam War veterans with high levels of gratitude were more resilient, and less impacted by post-traumatic stress disorder.

Another 2003 paper in the Journal of Personality and Social Psychology found that people with neuromuscular diseases who kept “gratitude journals” reported a greater sense of well-being and more positive moods at the end of the study, compared with those who didn’t make such lists.

## **4. Gratitude Activates the Brain Stem Region that Releases Dopamine and Serotonin:**

The benefits of gratitude start with the dopamine system, because feeling grateful activates the brain stem region that produces dopamine. Additionally, gratitude toward others increases activity in social dopamine circuits, which makes social interactions more enjoyable.

Like the anti-depressant Prozac, gratitude increases circulating levels of the neurotransmitter serotonin. Thinking of things you are grateful for forces you to focus on the positive aspects of your life. This simple act increases serotonin production in the anterior cingulate cortex.

In you need more natural vitamin and mineral support for these neurotransmitters, Natural Stacks has you covered: Dopamine Brain Food and Serotonin Brain Food

## **5. Gratitude Improves Sleep:**

A 2009 study in the Journal of Psychosomatic Research found that those who expressed gratitude more often slept better and longer than those who didn’t. According to a 2011 study published in Applied Psychology: Health and Well-Being, writing in a gratitude journal improves sleep. Something as simple as writing down a list of things you are thankful for at the end of the day can also help people sleep better.

A 2015 study from UC San Diego, which included researcher Deepak Chopra found that gratitude is associated with lower fatigue, better sleep, lower depression, and increased cardiac function.

Spiritually if we see than attitude of gratitude reduces ego which is the biggest barrier in realising ourselves. Looking at all these benefits, there is no doubt that all the incarnations have promoted attitude of gratitude in all religions and Dr. Usui did know about this so he made it very simple – **“Just for today I will be in attitude of gratitude”**.





## Shri Modak's lecture at International Conference...

Devrukh Shikshak Prasarak Mandal's Athale Sapre Pitre College had organized "International Conference on Environment, Development and Sustainability". On 15th of December 2018, Our Managing Trustee Mr Madan Modak invited to chair the valedictory function by the organizers. Many delegates and participants had come from USA, UK and universities from all over India.

Shri Modak decided to speak on the subject of Agni-hotra began his speech with importance of ancient wisdom and its relevance to the environment even in today's life. The most impressive topic that he dwelled upon, was the use of Agnihotra for improvement of atmosphere, and how it improves the quality of Water, Air, and Soil. He also informed them of the experiments of Agnihotra undertaken by NEERI, Nagpur in New Delhi in Sep.2017. These experiments were found to be very effective for reducing pollution

levels there. Most of the delegates were unaware of such a miraculous method for safe guarding our environment. The science professors of the college showed eagerness to undertake re-research on Agnihotra and enquired if their students can undertake research for PHD on this topic. The Dr. G.D. Heda, Mississippi University USA and Dr. Nidhan Singh from Kurukshetra University, Hariyana, were very much excited to know about the tangible positive results of Agnihotra.

They volunteered to visit our Swami Samarth Math immediately and I took them to our Math to observe Agnihotra ritual being performed there. They were very much impressed by the good vibes and blissfulness in the premises of our Math. They both carried Agnihotra Ash with them, when they saw and were informed of the results of use of Ash in various ways.



## Guruji's visit to Ranjan Rajan Aadhar old age home, Panvel

Guruji visited Ranjan Rajan Aadhar old age home at Panvel on 18th December 2018 and delivered a lecture about Reiki and the benefits of the same in old age. Guruji explained the energy path during the course of life and how one can be aware about the same through a spiritual practice like Reiki.

# Ashram Events

## Dutta Jayanti at Devrukh ashram between 21st & 23rd December 2018



Dutta Jayanti was celebrated at Devrukh ashram with a lot of devotion and enthusiasm as usual. Days between 20th December and 23rd December well packed with various programs. The sacred fire was initiated in a traditional way on the evening of 20th December by traditional methods by a team of priests from Devrukh. Next day, Dutta Yaga was performed by more than 100 sadhaks who converged from various centres of RVN from all over the country. "Hari Om Tatsat Jai Gurudutta" echoed in every bit of an ashram space. Vibrations of this mantra which was must have been chanted more than a million times at the time of offering oblations, were resonating with the nature around. In the evening there was a session of questions and answers where Guruji shared various experiences and episodes related to Math

in the past 18 years with the sadhaks. The next day was Dutta Jayanti day and the energies were by now picking up almost reaching the crest of the waves. The whole environment after Poornahuti (the completion of the fire ceremony) was heavenly.

In the evening the sound of dancing musical anklets reverberated in every nook and corner of the ashram. A team of 14 dancers from Nrutya Academy from Panvel gave a stunning performance which left the audience awestruck. This is one performance which has been repeatedly creating ripples of joy, year after year in the ashram place. This program was followed by couple of skits created by our own sadhaks who are amateur artists. The messages were clear and loud through these skits- awaken the Rama within heart and the Guru does everything in the interest of his disciple- respectively. DACC announced their prizes for Chhatrapati Shivaji Maharaj Painting competition conducted by them in the children segments from schools within Devrukh. Earlier in Diwali vacations. DACC Director Mr Karnataki briefed the audience about the mission "National Character Building" that he is heading.

The next day we had Satya Dutta Puja with the evening concert of our sadhak and one of the most prominent singers in the musical world today- Mr Vivek Kelkar. The concert took over from where the Dutta Yaga had left in terms of energy. Dutta Jayanti ended on a bright note and sadhak took the space back home.



## Golden Lotus program for senior citizens at Devrukh ashram

Devrukh Spiritual Prowess Pvt Ltd (DSPPL) launched another wonderful training program under title of Golden Lotus designed for senior citizens above the age of 55 years, between 24th and 26th December. The program was designed for 34 participants in Devrukh as a residential training program. The workshop had 34 participants from different locations and had a great time together. It was a wonderful combination of knowledge and fun and every participant enjoyed the same. The idea behind the program was to make sadhaks aware about their changing roles in life with the advancing age and how to do justice to that role without creating a stress. The program also emphasized on the message of creating activities within the available energy resources (surplus approach) instead of working beyond resources (deficit approach) to remain happy, healthy and harmonized till the end of one's life.

## WISE program for Women on 27th & 28th December 2018 at Devrukh

Another feather from DSPPL is a training program designed for onnate empowerment of Women. A residential program was conducted this time at Devrukh ashram on 27th and 28th December in Marathi for the sadhaks from Devrukh and nearby centres. 20 ladies attended this program and took home the message of empowerment for better home and a better society. The program covered a wide spectrum of roles women need to play in life and prepare oneself to meet the challenges on the way and how to awaken the powers within to achieve that prowess.





## Multiplying one self...

Guruji was recently in Naturopathy ashram at Uralikanchan near Pune for about 7 days. The idea was basically to understand how the naturopathy approaches any health situation. The treatment programs basically revolved around the dietary food, massages, steam bath, mud therapy etc. Guruji was asked by one of the guys there why he was there even when he is promoting Reiki as a path towards healthy life. Guruji quickly replied, "Look, as a spiritual teacher, my job is to multiply myself. I came here with three Telangs (referring to himself, his wife Mai and a daughter). But now, just look around. You will find 192 Telangs in this ashram. Everyone has become a Telang, (making a pun on the word Telang which literally means the body smeared with oil)." Seeing so many people moving around smeared with oil after massage, one could see how true that was.



## Program Schedule for January 2019

### Reiki Seminars

Dates	Master	Centre	Degree	For Reistration Contact
10th & 11th January	Ajit Sir	Nashik	1st	Mandar Rakshe (9422770833)
12th & 13th January	Vishal	Mumbai	1st	Vinaya Sawant (9004328016)
12th & 13th January	Ajit Sir/Krupa	Nashik	2nd	Shubhda Garge (9623547827)
12th & 13th January	Rakesh	Baroda	1st	Chandresh Parmar (9974701200)
12th & 13th January	Kalpita	Devrukh	1st	Math (02354-261322)
15th & 16th Januaey	Ajit Sir	Thane Vasant Vihar	1st	Madhura Chirmule (9820510590)
19th & 20th January	Bhartiben	Rajkot	1st	Jyotiben Saraiyya (9824299153)
19th & 20th January	Aruna M	Bengaluru	1st	Komal Pukale (9845279840)
19th & 20th January	Seema	Ahmedabad	1st	Kinal Pandya (9714515839)
26th & 27th January	Kalpita	Goa Marcel	1st	Netra Gavas (9422643106)

## OTHER PROGRAMS

### Empowerment for Parenting Initiative & Challenges (EPIC) At Thane on 6th Jnauary 2019

Contact Nayantai (9969267248)

### Sant Dnyaneshwar Swachetana Shibir at Devrukh

Between 18th and 20th January 2019

For those who have done 2nd degree Reiki

Only for those from Devrukh, Goa, Ratnagiri, Chiplun, Kolhapur, Satara, Mandangad

Contact : Mrs Rashmi Mangale (9422459308)/ Mr Rajendra Gaikwad (9422459308)

### Agnihotra aapreciation Program for Youth on 30th January 2019 at Thane By Mes Kalpita Vazhayil.

Contact: Nayantai (9969267248)

### Guruji on TED talks at Baroda on 31st January 2019

Contact : Ms Yamini Kutumbale