

REIKI VIDYA NIKETAN

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EDITORIAL

Education and Character building

In the earlier times if one used to say that a particular person is educated, it also implied that a person is cultured and with a good character. The education and the culture went together and it was difficult or rather not required to separate them. These words were practically synonymous. Today, these words do not get together. The person spitting on the roadside may be a double post graduate or the one who blaring music with full blast while driving his car may be an IT engineer. The civic sense has already divorced itself with the education.

The educationists have suddenly realized that the Value Education is very important in the curriculum and have started working in that direction. The new Education Policy draft of Indian Government emphasizes this aspect repeatedly. In our Reiki world, we have already started addressing this problem since 2013 and have been conducting Children Summer Retreat camps regularly since then.





By now more than 10 such retreats for children and youth have been conducted with a focus on providing the spiritual foundation and complementing and supplementing the efforts the educational institutions are doing in a normal way. One must remember the wise words of Dr A.P.J. Abdul Kalam- the eminent scientist and ex-president of Indian republic- "The technological development without the foundation of spirituality is fata for humanity.



We need to enrich the new generation's life with a holistic development; I was in a Rishi Gurukulam founded by a great modern saint Rishi Prabhakar near Pune and was amazed with this experiment. I could see very healthy and happy members of new generation with a great

human character which one can hardly see in the world around. They are the hope to the world. I could see how these children are brought up close to nature and could see the whole nature descending in the character of these children. I understand that there are many such projects currently coming up which are or will be run purely on the charitable basis. I also happened to meet a young person who was a wizard in Information Technology for over a decade and settled in USA and then quitting that life to come to India and start a Gurukulam of his dream. He said he realized that all he was doing in IT field was not necessarily something which will be in the interest of humanity. I think this thought has suddenly started getting into large number of people world-wide and is definitely a welcome. This possibly could be a beginning of the age of Ascension. We should all welcome that with open arms and open minds.

I am requesting by this communication to all those members of reikibrahma community to help our efforts on this path. Each of one of you, I am sure, will have some strength which you can make available to the mission. We need more teachers who are willing to help young children explore the life fully. Teacher does not mean

someone who teaches in school or colleges. Anyone who can contribute positively to the holistic development, anyone who believes in innate empowerment, anyone who is willing to break through the bondages of our age old ideas of academics! We need to create new generation of teachers who can teach children about how the tree goes against the gravitation to embrace the infinite sky instead of repeatedly talking about law of gravitation where the fruits fall down. Teachers who are enchanted by the vedic chants of Maham-rutyunjay Mantra which talks primarily about the enrichment of the fruit and not about its falling down. That enrichment should be a focus of life leaving everything to secondary level.



We need to understand that being with the nature is the first step towards the understanding the laws of nature. But maybe when you are in the midst of nature you may not even need to know how it works. Because, you know that, you don't believe that. That is an exploration of life. When you are already in the domains of experience the knowledge may not be required. It is bound to lead you to the destination of Wisdom. Let the new education system produce a community of wise people and not smart people. The word Smart most of the times indicates that one who can maneuver people and situations, are better than others, are winners over others even by manipulating them, they are successful by the definition of the world. On the other hand Wise men compete with themselves, they conquer themselves not others, and they are successful by meeting their own standards of achievement and not decided by the world outside. Let the Principle based science (PBS) prevail over the Process Oriented Science (POS) so that we never leave the core of process of life.

I request all of you to join this mission of creating a better world by offering your goodness, your faith, your skills and competencies which can help us in our endeavor. My team may send you a small form to fill which will help us create a knowledge bank that we have within our divine community.

With lots of love, light & Reiki

Ajit Siv



Sacrifice is a synonym of cosmos

by Aruna M.

Earth absorbs everything and
share its nutrients

Water transforms its form of
snow to a stream

Fire consumes itself to give
heat and light

Air circulates itself to give life
to plants, animals and humans

Space contains everything
humbly and stays as a foundation

Clouds dissolves its identity to
shower in the form of rain

Seed merges with earth to give
life to a sapling and a tree

Flower blooms to spread
fragrance and beauty to eyes

Butterfly sucks honey with
grace and help pollination

Seven music notes offers itself to
become mesmerizing tunes

Sun winds up its light to give
way to darkness

Darkness unwinds itself to welcome
a bright day light

Stars reflect light to shine
bright and decorate the sky

Waves swells up to swallow
itself to get back to Sea

Rivers flow steadily to converge
into an ocean

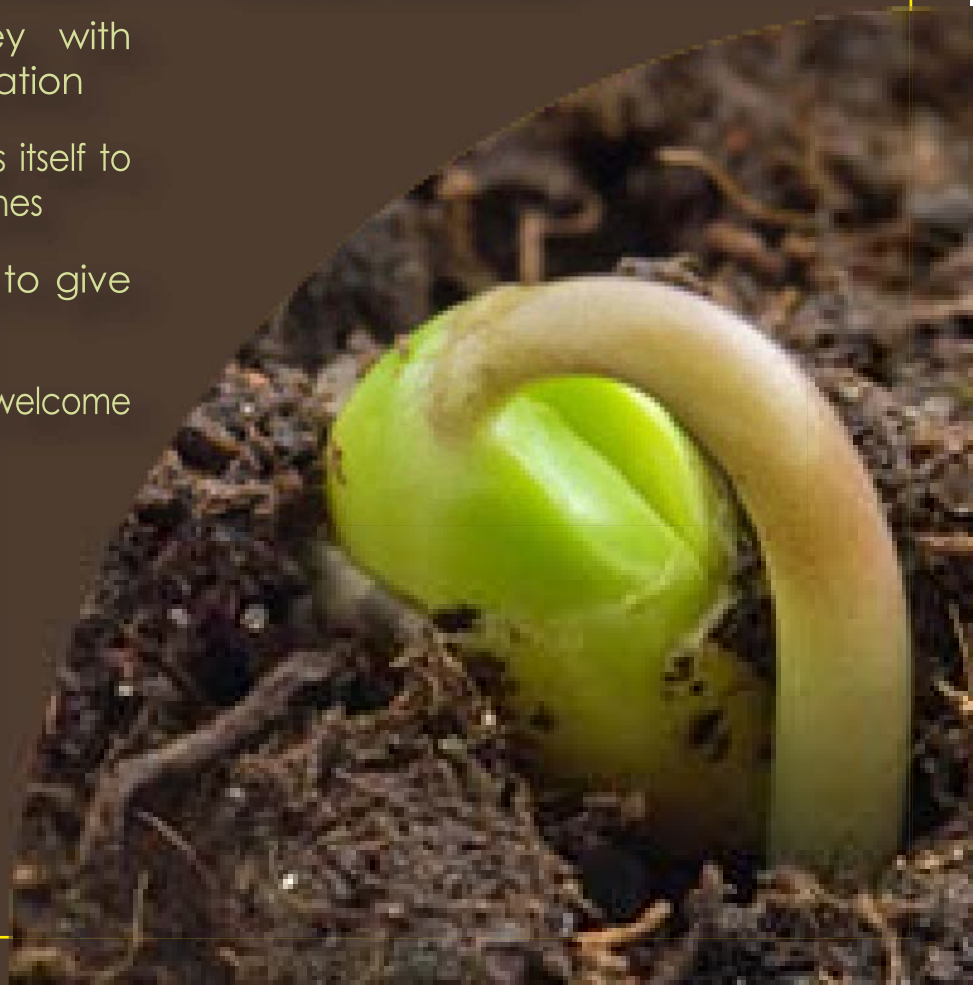
Mother donates herself to
give birth to a new born baby

Father explores himself to comfort
the child's journey to youth

Soldier donates his today for us to
live a peaceful tomorrow

Guru radiates his love and
compassion to guide his disciple

God vibrates within and without
to sustain this Universe



REVISE AND REVIVE

BY DR. NEETA PAREKH

Whenever we repeat the content of first or second degree seminar, we grasp or understand it with a different and elevated level of consciousness. This was the remark of our reiki master Krupa Choksi during one of the last seminars held in the first week of April.

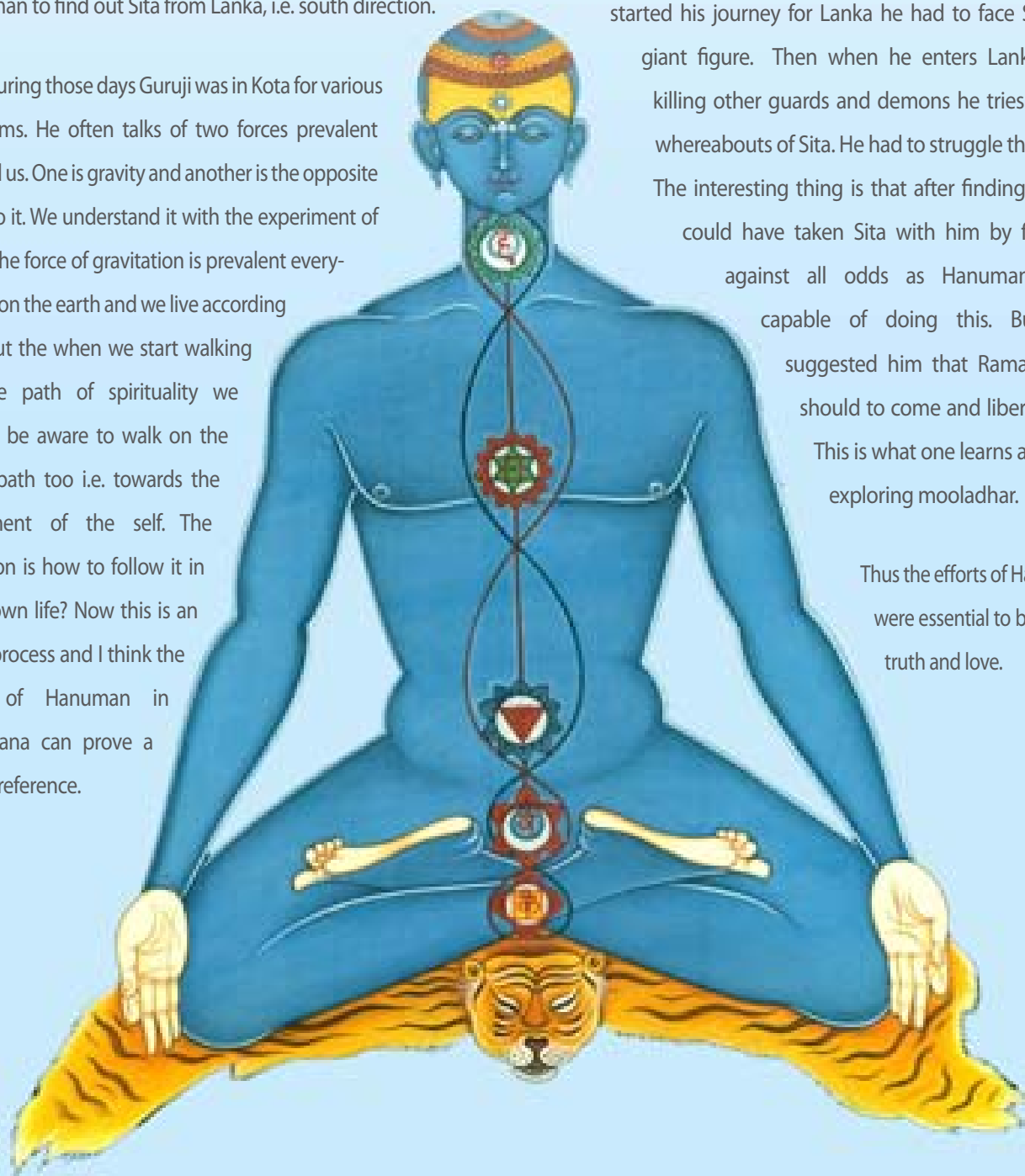
I experienced the same. The idea which struck in my mind during that seminar had never before appeared in front of me. It is related to RAMAYAN. In one of the sessions of the first degree seminars, the story of Rama and Sita is explained. We refer to Lakhsman (focus/ Laksh + Man) and the instruction given to Hanuman to find out Sita from Lanka, i.e. south direction.

Now during those days Gurujii was in Kota for various programs. He often talks of two forces prevalent around us. One is gravity and another is the opposite force to it. We understand it with the experiment of chair. The force of gravitation is prevalent everywhere on the earth and we live according to it but the when we start walking on the path of spirituality we should be aware to walk on the other path too i.e. towards the upliftment of the self. The question is how to follow it in one's own life? Now this is an inner process and I think the story of Hanuman in Ramayana can prove a better reference.

We all know that when Sita was kidnapped Sampati and Jatayu informed Lord Rama and his group to search Sita in the south direction. When this detail was uttered, the spark I felt was that in human body south direction is of mooladhar chakra. I remembered the diagram that we were taught in the school which indicated north towards our head, east on the left and west in the right direction and downwards is the south direction. Thus when on the path of spiritual growth, a sadhak should make efforts to explore mooladhar chakra with concentration, awareness and intelligence like Hanuman to explore Sita (sat/truth). It may seem to be a herculean task just like hanuman's initial efforts when he

started his journey for Lanka he had to face Sursa, a giant figure. Then when he enters Lanka after killing other guards and demons he tries to find whereabouts of Sita. He had to struggle there too. The interesting thing is that after finding her he could have taken Sita with him by fighting against all odds as Hanumanji was capable of doing this. But Sita suggested him that Rama (Love) should to come and liberate her. This is what one learns after the exploring mooladhar.

Thus the efforts of Hanuman were essential to bring out truth and love.



GREATNESS

COMES FROM PAST ...

by Telangan

It was 1860; French colonies ruled Cambodia at that time.

A French ecologist was researching in Cambodian forest for some rare foliage, insects and suddenly he realized that he had lost and wandering in the deep forest. The forest was so dense that he had to cut some trees, bushes to create his path. It was becoming dark and it would have been dangerous after a while.

He cut few bushes and his eyes were wide open by the revelation, the sight awestruck him. He could not believe his own eyes. He could see a building with his mouth open. It was so widespread structure that he could not see the ends. It was made of stones. Huge monster trees were covering it from all the sides and keeping it away from the human interference for hundreds of years. It was a mind boggling and far-fetched

masterpiece. He was a world explorer but he had not seen such massive structure even in Europe or America. In fact there was no structure could come even closer to this size. It was an astonishing and surprising discovery for the Europe and entire planet.

While Europeans were thinking that they were modern and technologically very advanced.



This was a Hindu temple Angkor Wat. It was 5000 Kilometers away from India. This is the Biggest prayer building ever built in the whole world. Around 1150-1200 a Hindu Emperor called 'Suryavarmanane' built it. Even giant Cathedrals in Europe magnitude of 30 to 40% smaller compared to this took 150 to 300 years to build but Angkor Wat was built in 35-40 years. Millions of engineers, artists, sculptors, workers, elephants, bullock carts, were non-stop working on this to bring it true for their king. 48 lack ton of stone used for this. Surprisingly it was not available anywhere closer to this temple sight. It was brought from the 'Mahendra' Mountain that is 100km away. Bringing the stone to the sight by road was just impossible to finish the work in time. Therefore the emperor created grid of canals around Angkor Wat. The stone was brought on huge wooden platforms specially created. Angkor Wat is built on 500 acres of land. This west-facing temple is belonged to Lord Vishnu. One has to walk four to five kilometers from the first entrance to reach main temple. There is a channel around it, which is 250mt broad and 4mt deep. After crossing the channel there are three entrances to reach Gabhara. 'Emperor Suryavarmanane' had infinite wealth, intelligent and advanced architects, civil engineers, greatest artists and dedicated and devoted work force to see an unbelievable dream of building Angkor Wat. While building the temple neither cement nor iron was used. The flooring to the roof was built only in stone just by fixing them into each other. The pillars supporting the heavy roof are meticulously laid in row and they are not off place even by a millimeter. The height is equivalent to 70-80 storied building. The entire construction is not possible to assemble even by today's modern technology in only 35-40 years. Entire temple is full of Ancient Hindu stories of Ramayana and Mahabharata and about the 'emperor Suryavarmanane'. All the characters are created definitely different looking than each other. The depth of the wall murals is 5-6 inch. That is absolutely not easy on the tough stone used. The idea itself of building something like this is eternal and making it happen is beyond that. This is just beyond imagination.

We all must feel proud by the thought of belongingness to the greatest Hindu culture. It was a far ahead than any other civilization on this planet. Hindus were extremely advanced in Spirituality, Technology, Architecture, Engineering, Art, Science, Mathematics, Medicine and Space. British Government deliberately hides all these facts from our generations. Angkor Wat is just one of the examples and an eye-opener for the entire planet.



Meditation on Goodness Within...

Close your eyes and sit relaxed.

Take your whole attention to your heart chakra.

Ask yourself how good you are in your nature? How kind are you? How compassionate are you?

Do you really feel that your goodness has not paid back? Visualise all those events one by one. Go deep into each event and see what happened.

Did you feel cheated? Did you feel frustrated? It was the result of what expectations? Why did you expect at all? Did you really feel to be good being good? Or was it an investment so that the others appreciate you and return the goodness in enhanced manner? Be Honest about your assessment.

Believe that every time you are good from heart you will not expect anything in return. The beauty of nature does not trade itself. The flowers do not go to the market to sell themselves. They are perfectly happy where they are or were. Look at all goodness around you that is natural. Ask yourself how much you have paid back so that you can expect others to pay back. Ponder over these thoughts for 10 minutes.

Take a deep breath and slowly open your eyes



Live Life to its Fullest

When it's pushing and kicking you

While you are down and depressed

Not everyone is going to love you

Not everything can even hurt you...

Listen to your heart and

Follow your dreams

Nothing remains forever and

Time is going to change...

Just push your limits and live to its fullest...

Challenge all that hurts you

And fight for all that you believe

Forget useless and recall everything

Hate nothing while loving the world

Laugh at yourself and live each moment...

Do not forget where have you come from

But always remember where you are going...

Life is a gift cherish every moment

Back down to nothing and never lose faith

Let no one tell you that you will never win...

Live Life to its Fullest... forever...



Duryodhana was right!

by Vivek Pandye

After completion of 13 year's of exile (vanvaas) by pandavas ; it was a time to return to Hastinapur for them as per the deal with Kauravas and the terms of wager. So one rishi was sent to Hastinapur by Yudhishtir to announce their return. But Duryodhana denied the fact that 13 years are completed.

Duryodhana said, "Pandavas have completed 13 years of exile as per Lunar calendar but not as per solar calendar. So ask them to stay where they are ;infact people of Hastinapur as well don't want gambler's back."

When Krishna came to know about this he decided to negotiate with Kauravas on behalf of Pandavas. So he entered Hastinapur & stayed with Vidura. Duryodhana offered Krishna a royal welcome & asked him to stay in palace as royal guest. But Krishna refused his invitation by saying "I will only eat with Kauravas once negotiations happened".

So very next day Krishna was in palace for negotiations.

Krishna- *Duryodhana, as per deal between Kaurava's & Pandavas. Pandavas have completed their exile & it's time to welcome them back. Don't you think so?*

Duryodhana – *I don't think so. People of Hastinapur don't need gamblers to rule Indraprastha again. I am here to take care of my Kingdom.*

Krishna – *but then what about your promise? You gave your word in front of everyone what about that? Duryodhana my friend Pandavas belongs to Kshatriya caste, so let them follow their dharma by ruling at least 5 village's.*

Duryodhana – *Forget about 5 villages I am not going to give them needlepoint of land. Let them do what they want to do.*

Krishna – *You have broken your promise so be ready to bear the consequences. The whole of your lineage will be wiped off. War is good for none. I have come to vouch for peace, which is not a choice but a fundamental need. You should know you are on the wrong, drop your false ego and pride and save the lives of tens of thousands of people belonging to this land.*

(The below produced monologue is not a part of Mahabharat, but strongly puts the case of Duryodhana based on circumstances)

Duryodhana – *Were the pandavas addicted to the game of Wager? Yes or No?*

Duryodhana – *Was it not Draupadi, who very arrogantly retorted by saying, “A blind man’s son will always be blind.”*

Duryodhana – *Was it my fault that Yudhisthir (Dharmaraj) was adamant and kept on playing, virtually losing everything he had including his brothers and wife?*

Duryodhana – *Was Arjuna not identified during the one year Agyaat Vaas? After that, were the Pandavas not supposed to continue their exile?*

Duryodhana – *O Keshav! Was it my fault that you always were on friendly terms with Pandavas and never supported me? You didn’t even allow your sister Subhadra to marry me and made her run away with Arjuna, who was then already married to Draupadi?*

Duryodhana – *Did you not again just yesterday rejected my feast and favored Vidura instead?*

Duryodhana – *You have come here today as a messenger of peace and yet I see that you already are on their side. O Keshav! You were never really there with me at any point of time in life. You always favored Pandavas.*

Duryodhana – *I am a slave of my own heart and mind. I do as the inside of my mind commands me to do. Since you were never really there with me to guide me at any point of time, you have no right whatsoever to suggest, guide or counsel me now.*

Leave me alone! Also, I am also aware that with you being on the side of Pandavas, I will be on the losing side for sure. But I

accept that loss and death with honour.

Duryodhana – *I will stick to my ego and face death, as I cannot drop the memory of what injustice has occurred to me.*

Krishna – *Are you sure my friend?*

Duryodhana – *Yes indeed.*

- *Krishna used all the way of negotiations that is SAAM, DAAM, DAND & BHED*
- *Then Krishna appeared in his Virat Swaroop to let people know his real stature.*
- *The war was actually over at that time, once Krishna appeared in his avatar and removed all doubts in the minds of people.*
- *But the big question is: May be Krishna knew it all. But, was Duryodhana right in even a small way?*

I feel the poor chap would not have been put in such a bad light throughout his life and history, had some counseling been done at an early stage of life. Also the fact that he had a company of wicked people around him (the likes of shakuni). A couple of changes and may be, Duryodhana would have been the ideal Prince of Hastinapur and not Pandavas. May be I strongly feel, Duryodhana was right. Jaigurudev.



Power of Mind

There was a king. He had an elephant. It was a huge animal. The king had won many wars sitting over him. He loved the elephant truly. After few years the elephant became old. The king stopped taking him in wars. One day the elephant went to the lake and got stuck in the mud. He tried hard to come out but could not move a bit. Later he started shouting for support. Soldiers came running but could not pull him out so ultimately they started pushing him with pointed spear. The elephant started crying with pain and helplessness. Now the king heard this. He called the oldest caretaker and asked him how to bring that elephant out. The caretaker said start playing every war instrument immediately. After hearing those familiar war sounds the elephant was suddenly awoken to a new state. He pulled himself with lot of vigor and command and within few minutes he walked out of mud like a fighter and a winner...

Positive thinking helps anyone to come out of any sever problem easily. Negative, depressing thoughts create only damage. Positive thoughts change the state of mind and bring out the winner from within.



Youth Empowerment Program at Goa

DSPPL conducted Youth Empowerment programs in Goa as a part of their curriculum of Pathway To Wisdom (PTW).

18 students attended these programs. These programs were conducted at a wonderful site of Raut Farms and were

very close to nature. Swimming pool and waterfall at the site kept youth energy very high. Training sessions of

successful young people in Goa added a special flavour. Students explored different possibilities of subtle aspects of life.

Team building exercises taught by an established corporate trainer Mr Pravin Sabnis, The diehard spirit to achieve

success by well known fashion designer Ms Kim Perreira, Spontaneous Speaking & Body languages sessions taken by

Guruji became huge hits. Krupa's communication module and Ashwini's psychometric tests added some more dimensions

to the retreat. "I will Say Yes to my dreams and goals.." practically became an anthem of the training session.



WISE Program at Chandod near Baroda



Dhruvin Pandya gets Mentor Award

Mentor India is the largest national movement around mentoring, curated by the Atal Innovation Mission (AIM), NITI Aayog, Government of India.



Our sadhak from Ahmedabad, Mr Dhruvin Pandya is selected as a 'Mentor of Change' for the Government of India's flagship program of Atal Tinkering Labs, established by the Atal Innovation Mission, NITI Aayog.

DSPPL's W.I.S.E. (Women's Innate Self Empowerment) program) which has been creating ripples in women community hit its new height in Maa Anandamayi Ashram situated at about 40 kms away from Baroda. This program was held on 8th & 9th June 2019 and was residential in nature. 52 ladies who attended showered praise on the program design and its conduct by faculties. They went home with new dimensions to women's lives which possibly have never been brought out by the teachers and the elders before. That has created a new hope for the world.

Have an anchor in life...

Being a boat must be a great proposition. One can travel across the breadth and depth of that vast ocean. But then every boat should have an anchor which it can lower in times of rough weather. Spiritual practices and a master in life provide that anchor. You, like a boat anchored does not breach your freedom. It helps you to be free in every other sense but physical. The boat can still experience the ferocious tides slapping on its sides time and again and can also experience those wonderful, kind waves caressing you on the sides. The anchor does not stop you experience these things. What it does is that it does not allow the boat to hit the rocks and break by getting washed away. Tossing and Twisting of a boat can be a wonderful and pleasant experience when you are anchored and you know that you can get washed away or sink. While experiencing the experiences of life, let the life not cease.



Reiki Seminar in JULY 2019

Dates	Centre	Degree	Master	Contact
6th & 7th July	Chennai	1st	Khushal Solanki	Khushal Solanki (9500071637)
6th & 7th July	Hyderabad	1st	Renu Chaudhry	Renu Chaudhry (9849052064)
13th & 14th July	Mumbai	1st	Rakesh	Vinaya Sawant (9004328016)
13th & 14th July	Pune	1st	Krupa	Amrut Kirpekar (9960101018)
13th & 14th July	Devrukh	1st	Kalpita	Devrukh Math (02354-261322)
13th & 14th July	Rajkot	1st	Seemaben	Jyotiben Saraiyya (9824299153)
27th & 28th July	Thane	1st	Vishal	Jayshree Desai (9324089656) Girish Karnik (9820260229)
27th & 28th July	Ahmedabad	1st	Bharatiben	Kinal Pandya (9714515839)
27th & 28th July	Vadodara	2nd	Ajitisir/ Krupa	Chandresh Parmar (9974701200)
27th & 28th July	Bengaluru	1st	Aruna	Komal Pukale (9845279840)
27th & 28th July	Nashik	1st	Rakesh	Shubhada Garge (9623547827)

Other Programs:

16th July 2019: Guru Purnima and Get together - Delhi - Preeti Khanna