

REIKI VIDYA NIKETAN

VOLUME 11

ISSUE 6

JUNE 2019

editorial



Dear Sadhaks,

Though myself and my mission is apolitical in nature, the deeper understanding says that a politics & governance like any other activity has two dimensions- a material and a spiritual. Material is about the policies and directives related to taxations, defence, infrastructural developments etc while the spiritual side is about the values & ethics like issues related to corruption, dedication towards the

national interests, goodness and other things which create a national character. With this in background, a new government is a most welcome sign for the spiritual progress. India In the seventy years since independence the major problem was that goodness had become a weakness. Good people felt insecure and scattered. Though freed from Britishers, good Indians never felt free in the real sense as manipulations overruled management. Western thought overtook the rich Indian culture.



This is the time to build a new national character. India needs to take up the position of a world leader which it had enjoyed for many decades in the past. We do not need to copy models from the western world, as most of them are based on the foundation of restless and stressful minds. We need to synthesize our own models which can create options of peace and happiness. The models based on rich Indian heritage and culture which have withstood many centuries in spite of barbaric style of living in other societies. When Indians produced Silk, more than half the world was staying in caves desperately trying to cover their bodies with fig leaves. When India was on pinnacle of metallurgical breakthroughs the world around was struggling to look out for the metals. Indian sages had advanced to the stage of space conquering when the western world had started looking out for alphabets. The sages in India were going within to experience the journey to infinity by conquering their nature, the world around was fighting like animals for survival. We need that heritage to return to us now. We need to redefine life all over. Let the world know that what was passed on as rituals to which the world laughed as primitiveness is truly a science of Natural Intelligence. This phenomenon of natural intelligence is so vast that humans have not been able to tap even a significant portion of that. The

irony is that the world is already looking out for artificial intelligence which is more directed towards the comforts and conveniences of outer nature. The time has come again to fathom the depth of that natural intelligence and that time is NOW.

Let us all as sadhaks rebuild our confidence in that divine nature and create a new civilization order to create new societies and communities. Societies in which everyone is respected and the unconditional love becomes a driving force behind every human activity. No one should be praying for other's miseries to become rich and happy. We are not the animals who kill each other for their survival. We need models where the medical doctors prosper by keeping people healthy in proactive way. Let the health care really be connected to health more than diseases. Let the lawyers and the courts fight for justice and not with an idea to save the criminals. Let the food really become a medicine rather than a medicine becoming a food as we experience now. Let all good things prevail. Let Satyug start rising on the horizons.

Ajit Siv



I AM A...HINDU

by Vivek Pandey

We all have a problem, a problem with our own identity. We Hindus especially have forgotten to realize the greatness within our DNA. Our DNA is nothing but a library of all the rituals, customs, shlokas, mantras, sounds, vibrations. We just need to know, how and when to activate the right kind of frequency lying dormant within us. The fact that we are born in one of the oldest civilizations and cultures of the world and also the rituals which have crept within our system which again enables us to lead a much more peaceful life, has been almost completely forgotten by us. Subconsciously we know what we are, but somehow this religious identity of being a Hindu is never really brought out consciously by us. Nothing wrong in accepting the customs and traditions belonging to (so called) other religions or the western world, however the fact remains that we are far too soulful when it comes to defending our own culture and religion most of the times. Hinduism itself would fundamentally mean to do away with the very act of defending oneself, but the current scenario of the world will not give us the luxury of being so polite and passive.

Majority of us in India are born in Hindu families and most of us aren't made to realize the magnanimity of the religion we are born in. The simple reason which accompanies this amnesia almost throughout our lives is due to the fact that our religion is unlike other religions. Hindu is more of a cultural and geographical identity rather than a religious one. The honorable Supreme court in one of its judgements, emphatically pronounced that, "The word Hindu is derived from the word Sindhu (the river Indus) and thus the people practicing a culture and residing besides the river Indus, came to be known as Hindus". It is always more of a geographical description rather than a religious one. In a few more series of judgements followed by the Honorable Supreme court, it was found almost impossible by them to define precisely as to what Hinduism was, as we seldom had one God, one sect, one concept or one philosophy/prophet to be followed. It is (again articulated by the Supreme court) more of a way of life rather than a religion. The sheer vastness both in terms of literature and the number of sects we have (not to mention the unearthed science behind it) disturbs the very foundation of other religions.

Ever since globalization and privatization occurred like an avalanche in our lives, we could not do much to refrain from entering our lives and also to retain our cultural and traditional values related to it. In any ordinary Hindu family, we aren't really taught to be egoistic about the religion we belong to, we are just taught a few basic principles and rituals accompanied with some rendition of shlokas depending on the sect/cast/region you are born in. We

are always brought up in a manner which emphasizes more on the principle and its eventual reflection in the behavior of an individual, we are never really taught to carry gods in our head with a lot of heat. The idea of spreading the religion was also never really a planned effort. People (especially the foreigners) get attracted naturally and automatically towards us just by the simple beauty and the enormous science behind things which renders peace to the soul. Ours is the only religion which has never proclaimed its supremacy over others, but also has clearly stated that there is but one God residing in each heart. To elaborate further, we are even made to realize that it is only this subtle principle (may be God) which exists everywhere in the whole universe without a second thing. The world is a myth and the principle governing life is the only truth. Hinduism only talks about the exploration of a human being and its potentiality towards infinity. It does not and can never divide, it can only teach Yoga or union.

In most cases we do not take a stand about being a 'Hindu' and we don't really find any pride in writing the words "Hindu" against the column religion. It is a formality for most of us, and rightly so, there is nothing to be proud about being anything whatsoever, not even in the name of religion, lifestyle, tradition or culture. However, ever since the other religions started emerging as a more potent threat in the name of imposing their superiority and proving ours as an unscientific and blind-faith based culture, the need came for us to rise to the occasion and dawn the identity of being a Hindu, became a must. That's where we need to realize that we are Hindus.... Not because we take pride in being a Hindu and separating ourselves from the rest of humanity, but also the fact that a beautiful culture that we have followed ever since time immemorial, is slowly facing a threat from people who feel their religion is a constitution for the rest of humanity (Take the recent example of bombings in Sri Lanka). That's where we need to take a stand, if not hard than at least a soft stand, if not to prove, than at least to counter and let other people know what our Yogis and Rishis had explored ages back even before the so called religions of the world were not even born. We are not here to conquer the world but we should also be not unaware about the beauty and richness of our cultural heritage, which again unarguably is not to be found anywhere. We may spend our lives normally without adorning the saffron garment, but we should become fierce Hindus when people in the garb of humanity try to spread the agenda of supremacy of their religions over us. A Hindu will never radicalize anyone, but then a Hindu should also not shy from retaliating in order to protect Dharma (righteousness). Jaigurudev.



Our Mother a Divine soul

by Aruna M.

As we all know death is so unpredictable and it took away our Mother from us last month so suddenly. She was 76 years old. She was resting after lunch and suddenly felt uneasy and fell unconscious on our father. It all took less than 10 minutes and she was gone for ever. That's when reality hits you and was a life time shock. Tears rolling down the cheeks like a river and it was time to say bye to our dear mother. Today due to medical advancement we always see older people getting more lease of life and we start thinking that we can postpone the death too. God has his own plan. Nobody can take one extra breath or a morsel of food more than they are destined too.

First thing I realized she was a big strength to the whole family. We always think older people are dependent on the younger ones or their children but it was the other way around. There was a sudden void and emptiness in life. She was a divine soul. She was known for her immense patience. She has showed patience in keeping this family intact as a young mother and later as a grandmother too. She had sharp memory and may be it was so good because she kept reviving it by teaching slokas and memorizing it all the time.

She respected time and always used it wisely. Mostly on chanting lord's name, learning a new mantra, likhita nama japa, listening to karnatic music or bhajans. She learned to play keyboard at the age of 60 and later trained a few students too. She really valued time all her life. Great quality to imbibe from her. She has always stitched her blouses at home from a very young age. Now with ripe age one day I asked her "How do you manage now? You are not able to stitch with the sewing machine. She answered me that she was stitching with her hands only and using them. I was shocked to the core. How independent she was and how self-sufficient she was.

She was teaching young children of Sathya Sai Balavikas for more than 25 years. She has trained many students in Bhagad Gita chanting. She had a firm faith in Sathya Sai and lived by it till

the end..She lived a purposeful and a meaningful life. She always had a wish not to trouble anyone for her physical needs. God fulfilled wish of His dear devotee.

She was very accommodative, had unconditional love and acceptance, epitome of patience and lived every moment very joyfully. She presented herself with a bright smile all the time. When I remember her I relate her qualities to Guruji's three Golden rules .

1. Do not hurt anyone

2. Accept everyone

3. In every situation you have a role, play it positively.

She lived her life with these reiki principles. And all the people who visited to pay condolence be it her sister in laws, daughter in laws, students, their parents and neighbours had only good things to say about her. No gossips, no unnecessary talk spreading love and guiding us all the time with a smile. O Amma we really miss you in the physical form. As Guruji says we are always connected. Death is just a transformation. I have understood that and have started to connect to her by all means and I do feel her presence many times.

Now also amma you are guiding us, loving us and protecting us staying in energy form. Thanks to Guruji , Swami and reiki I could understand and go through this turn of events smoothly and lovingly. I am indeed grateful for this knowledge that helped me to be courageous and centred through and through. I have really understood the value of my time in this earth and learning to respect time and use time wisely to make life more purposeful and meaningful.

Your loving daughter in law, who spent 31 long years with you flooded with lovely moments, joyful memories. Thank you amma for everthing. With love light and reiki.

No Escape

by Telangan



I realized that whenever we decide to learn and have an open mind, we get lessons right away from Swami. I was relaxing on the chair inside the Navnath mandap, thinking about Guru Chritra Pathan starting from the next morning. Getting ten days leave is a great luxury for any employee. I wanted to make total use of it. I wanted to say sincere 'Thanks' to Swami because a short while ago he had revealed me his existence in my life.

My thought process broke all of a sudden when a young fellow threw a brick to hit a dog. These days there are few dogs seen in the ashram. They are small built but very swift. They are playful and mischievous also. Some people look for reasons to throw them out. They do not understand even an animal feels pain. The animal is also a creation of Swami. Lord Dattatraya had 24 Gurus having animals predominantly.

I tried to stop the young fellow from hitting the dog. The dog ran away and the boy became angrier because he had missed the aim. I tried to convince him by saying it is also Swami's creation and its may be here to teach us something but he said loudly with an authority *'NO' not in the ashram... it should be outside... It's a filthy animal even Guruji don't like them, last time he only asked me to throw them out of the ashram.* He thought 'Guruji's' name would shut me off without difficulty... I smiled and kept silence; I knew Guruji very well and even though he is not a dog lover, he will never encourage cruelty in life... I thought the boy would learn his lessons eventually and that's swami's job not mine... Swami has his unique ways to teach everyone anyway...

We see and accept dogs in the picture of Dattatraya because we are taught that they are the symbols of four Vedas... but in reality we are far away from love and compassion. Non-violence is the first quality we

should follow in the ashram. We must create energy of love not hatred. If we feel angry when we are in ashram then we must introspect why do we feel annoyed? Animals are so closer to the nature; they are not harming us or trying to throw us out when we are not in any of the picture of lord Dattatraya... Are we really useful for this nature the way animals are? We need to feel how valuable really we are? Are we entitled to get similar response from the nature for our acts?

Our actions are directly connected with Karma. We ignore to the fact how our attitude plays a vital role in life. The nature will have similar events in our lives to make us feel the same effects until we learn. And there is no escape from the grip of Karma... The harder we struggle to escape, the stronger its grip becomes. Only the Knowledge into the practice could lead us to liberation. That is why those Reiki values are so important. Those teaches us about Love & Compassion, Gratitude, Respect, Honesty and we ignore them when the time comes to apply them in real life...



An old man lived in the village. He was one of the most unfortunate people in the world. The whole village was tired of him; he was always gloomy, he constantly complained and was always in a bad mood.

The longer he lived, the more bile he was becoming and the more poisonous were his words. People avoided him, because his misfortune became contagious. It was even unnatural and insulting to be happy next to him.

He created the feeling of unhappiness in others.

But one day, when he turned eighty years old, an incredible thing happened. Instantly everyone started hearing the rumour:

"An Old Man is happy today, he doesn't complain about anything, smiles, and even his face is freshened up."

The whole village gathered together. The old man was asked:
Villager: What happened to you?

"Nothing special. Eighty years I've been chasing happiness, and it was useless. And then I decided to live without happiness and just enjoy life. That's why I'm happy now." – An Old Man

Moral of the story:

Don't chase happiness. Enjoy your life.

Ten Commandments of different hues...

1. Life isn't fair, but it's still good.*
2. *When in doubt, just take the next small step.*
3. *Your job won't take care of you when you are sick. Your friends and family will.*
4. *You don't have to win every argument. Stay true to yourself.*
5. *Cry with someone. It's more healing than crying alone.*
6. *It's OK to get angry with God. He can take it.*
7. *Make peace with your past so it won't mess up the present.*
8. *Don't compare your life to others. You have no idea what their journey is all about.*
9. *Take a deep breath every now and then. It calms the mind.*
10. *Get rid of anything that isn't useful. Clutter weighs you down in many ways.*

Best Yoga for a Today's life...

Inhale the Future without
any Expectation!
Hold the Present without
any Grudge! &
Exhale the Past without
any regrets...

Q U O T E

Never use Rough Words
with any One's! B'Coz,
When U Throw a Stone
in Water You Never Know
"HOW DEEP IT GOES...."

My Experience at Devrukh Ashram

Avneesh Chirmle, Age 10 years.

(Participant of Children Summer Retreat (Middle Path) at Devrukh)



An ashram situated at Devrukh town near western coastal region (Konkan), was the place where I spent my last 10 days. We went by car and all went well except hazardous two minutes break when I threw out.

A 10-hour happy journey along with Ajit Sir, Mai, Ashwinitai, Kalpita Kaku, Sushma Kaku and Krupa Kaku. Soon we reached the ashram, I felt as if I had been there for at least 2-3 times such was the relation between and people at ashram. The thing which fascinated me the most was the cows in Goshala. How happily they stood in their particular place grazing what we fed them.

A thing which surprised me was that I started eating more & more there and so much I ate that someone had to come and tell me to stop. But yet something was left unrealized. (How could I eat so much?)

Among the ten days, I liked the fifth day the most. I got a chance to sing Aarti (prayers) in the temple of

Shree Swami Samarth. There were many sessions in the camp. Some of which I liked where LIFE (by Vivek Sir), Water (Amol Sir), Drawing (Avins Sir & Puja madam), Robotics, Candle -making (Sushama kaku), Drama (Kalpita Kaku and Latha didi), Drop It (Krupa Kaku), The nights we spent were memorable. Talks about IPL, next days' sessions and pillow fights were what we did at nights. Soon the last day came. Jairam Sir took great care of us. Even Komal didi gave us some important information.

Parents started coming in. We even performed a drama on Agnihotra in which I played a main role. After the act was over we went back to our respective rooms to find that some friends had already left us and they will be meeting us only after a year. Suddenly the environment became heavy and unpleasant with an idea to leave. We bid god-bye to our buddy friends. Soon we were back to normal. That was a wonderful trip. This camp will be remembered by everyone. I will remember this forever.

A woman in a red sari is shown in profile, looking upwards with a contemplative expression. She is holding a glowing, fibrous sphere in her hands. The sphere is composed of many fine, orange and yellow strands, giving it a textured, almost organic appearance. The background is dark, making the glowing sphere and the woman's face stand out.

Pathway to Divinity

By Aruna M.

Humanize your relationship with God and divinize your relationship with Humans. This is what I heard from a lecture by a swamiji of Ramakrishna order. It set me thinking. We have come across so many saints in our rich Hindu culture who developed such beautiful human relationship like a friend, child, father, mother and consort with God. There are also so many enlightened souls who see humans, plants, trees, animals, insects, flowers, rivers, stones, rocks as God himself. They believed ***“Isavasyam Idam Sarvam”*** meaning all this is enveloped by God. If only we understand and internalize these two relationships then we are on the pathway to liberation.

Mirbai and Andal were Hindu mystic poets who saw Lord as their husband and finally merged with them. Sant Tukaram, Sant Eknath believed in Dvaita and through bhakti they merged in their beloved Lord Vittala. Ramakrishna Paramahansa worshipped to Goddess Kali as his mother. At the time of worship, sometimes before the food was actually offered, Mother stepped down from the altar, sat on the floor and began to eat. Sant Namadev is the foremost proponent of the Bhagwad Dharma had such devotion to Lord Vittala he treated him as a brother or a play mate.

Sundarar who belongs to eighth century Tamil poet is one of the 63 Nayanmars of Shaivism. He is known as a friend (sakhya bhava) of Lord Shiva. He could call shiva anytime he needed help. He even helped sundarar in his marriage too. Radha's love for Krishna is in fact devotion in the highest form. Her love for Krishna is the highest state of spiritual ecstasy or Maha Bhaav. Manikavasagar a great Tamil poet of Shaivism in the 9th century. There are so many stories about Lord shiva becoming a slave to his devotee Manikavasagar and protects him all the time from all difficulties. Arunagirinadhar a great Tamil poet of 15th century was a devotee of Murugan also known as Karthikeya. To save his devotee once Murugan appeared as an infant in a public gathering.

These stories only time and again proves us that the devotion

between God and a human should be in the form of human relationship which is so easy for the mind to understand. This in turn will give us the steadfastness in our devotion to reach the ultimate reality and dissolve in Brahman.

Now coming to Divine relationships with humans, we need to see God in not only humans but in every atom in the universe. This will help us to understand the Advaita philosophy. Universal Consciousness pervading the entire Universe. Here I would like to quote a few incidents from Saint Ramana Maharishi's life.

When somebody is famous and have followers there will be critics too. Some of his disciples came to know that some are criticizing their Guru. They felt bad and tried to share it with their Guru. Ramana Maharishi laughed and said that ***“They are more important to me than my mother also”***. Listening to this the devotees felt bad and confused. Later Guru told them ***“My mother has cleaned my excretions with her hands but these are cleaning my bad karmas with their tongue”***. Listening to this I was reminded about what we believe in reiki space “Thank the people who troubled you also. They too help you in dissolving your karmas”.

One more incident was somebody wrote very badly about him and posted a letter to the Ashram. Ramana Maharishi patiently corrected the spelling and grammatical mistakes and gave it back to the devotees. His devotees were shocked and were very upset too. Ramana told ***“why to get upset they have written about someone called Ramana that's all”***. This shows he did not identify with his body that is the name or form, Advaita philosophy.

He also gives one example how to see the world when someone scolds or fights with you. There are times we bite our own tongue with our own teeth. Whom do we blame? Both are ours. Same way in this world we are all the same. If you scold also it comes around and if you love also it comes around. So by divinizing our relationship with others in the world we can grow steadily in our spiritual sadhana and reach the ultimate goal of our life “liberation”.

You will never know what happens
Healing others if you can't heal yourself

You will never know what happens
Loving someone if you hate yourself

You will never know what happens
Admiring someone if you remain bitter

You will never know what happens
Sliding on the rainbow if you don't fly

You will never know what happens
Being light if you carry old baggage

You will never know what happens
On the road not taken...

A black leather-gloved fist, clenched in a power grip, holds a thick, rusty metal chain. The background is a textured, brownish-grey surface.

Road Not Taken...

by Telangan

Meditation on Possession...

Keep your eyes closed and posture straight. Be relaxed.

Look at everything that you are possessing as your own. Your house, your vehicle, your relationship, your assets etc. Ask yourself whether you have any feelings of possession about these things. Take your thoughts back and see whom these things. Take your thoughts back and whom these things belonged to before they came to you. It is possible that the things were not exactly in the same form as they are now. E.g the car or the house. They may be brand new. But the material from which they are made of, must have existed. Whom did it belong to?

Go further back. You will realize that they all belonged to the same source ultimately. Look how the things are going to end one day. All your possessions. Where will they end ultimately? To the same source. Then where are you in the whole process? How can you possess something which does not really belong to you?

Be thankful for all that you possess. But be aware that you only the custodian holding that creation only for few days or years. Nothing more. Slowly open your eyes and thank yourself.

Ashram Events

Children Retreat Program Middle Path in Devrukh Ashram



Children Retreat programs have already a part of our Math profile. This time DSPPL created another event titled as "Middle Path" for those between the ages of 9 and 13 years. This program was held at Devrukh ashram between 4th and 10th May 2019. The children were initiated on various knowledge paths like Robotics, Cosmology, Car designs besides the spiritual subjects like Reiki and meditations. It was a great experience for all students and faculties.

Children Retreat Program Level One at Devrukh Ashram



Children Retreat Program Level Two at Goa.

DSPPL also conducted a second level of Pathway To Wisdom program in Goa for all those who had attended level 1 in Devrukh during 2018. This created a history as this was the first children Retreat to be held outside Devrukh ashram. The idea of this was to make children familiar with the diverse culture of this great country and give them multidimensional experiences. This camp was held near Sale village in Raut Farms- a lovely environment which children just loved. Besides the regular PTW curriculum the students also enjoyed the natural habitat.



Like every year DSPPL had organized a summer camp under their Pathway To Wisdom (PTW) program in Devrukh for level I. The program was organized between 12th May and 21st May this year. The students in this program were exposed to different subjects like Abacus, Drop It, Ancient Science, Mahindra Car design program. Arts, Drama and other cultural & social topics to expand their range of knowledge and experiences. This was the first step towards the wisdom.





When it comes to summer, ashram means children. This May was not different. You may find flocks of children all around during this month. No wonder this time the wisdom is from children. Here are some interesting wisdom pearls.

A young child of 4 years old asked a question to his mom. "Where does the Road end?" The mother struggled for the answer as any answer she gave had some folly and the boy was reluctant to accept. The game lasted for few months and a boy had a lot of patience. Finally the mother said she has no answer and the boy snapped with *"Every road ends where it begins"*

The same boy asked his mother, *"When all the Gods are supposed to be in sky (heaven) who stays in all those temples built on earth?"* Again the mother was foxed and could not answer. The boy went to Guruji and Guruji explained him the whole theory of unmanifested and manifested. The boy could grasp practically everything. That was simply great.

Another boy may be of 3 years was asked by one of the senior guests who arrived at his home, "What would you like to be come when you grow?"

The boy coolly answered, "Retired". The guest did not know what hit him.

Reiki Seminar in JUNE 2019

Dates	Centre	Degree	Master	Contact
1st & 2nd June	Goa	1st	Vishal	Netra Gauns (9422643106)
1st & 2nd June	Goa	2nd	Ajitsir	Netra Gauns (9422643106)
1st & 2nd June	Chennai	1st	Khushal Solanki	Khushal Solanki (9500071637)
1st & 2nd June	South mumbai	1st	Rakesh	Sharada Gurav (9819215650)
8th & 9th June	Mumbai	1st	Vishal	Vinaya Sawant (9004328016)
8th & 9th June	Rajkot	1st	Seemaben	Jyotiben Saraiyya ((9824299153)
15th & 16th June	Devrukh	1st	Kalpita	Math (02354-261322)
15th & 16th June	Pune	2nd	Ajit Sir	Amrut Kirpekar (9960101018)
22nd & 23rd June	Ahmedabad	1st	Bharatiben	Kinal Pandya (9714515839)
22nd & 23rd June	Nashik	1st	Rakesh	Shubhada Garge (9623547827)
22nd & 23rd June	Delhi	1st	Krupa	Preeti Khanna (9871118906)
22nd & 23rd June	Vadodara	1st	Seemaben	Chandresh Parmar (9974701200)
22nd & 23rd June	Hyderabad	1st	Renu Chaudhry	Renu Chaudhry (9849052064)
22nd & 23rd June	Thane	1st	Vishal	Jayshree Desai (9324089656)
29th & 30th June	Bengaluru	1st	Aruna	Komal Pukale (9845279840)
29th & 30th June	Kota	1st	Krupa	Dr Neta Parekh (9413886755)

Other Programs:

8th & 9th June: Chanod, near Baroda, **W.I.S.E. Training program** - women empowerment
Devrukh Spiritual Prowess Pvt Ltd. Innate Self Empowerment for Women

10th June: Chanod, near Baroda, **W.I.S.E. Training program** - women empowerment
Devrukh Spiritual Prowess Pvt Ltd., Innate Self Empowerment for Women (Advanced Program)

For all programs related to DSPPL, one can register their names using

<http://dsppl.in> or calling Mr Pranjal Joshi at cell # 9850035736