

REIKI VIDYA NIKETAN

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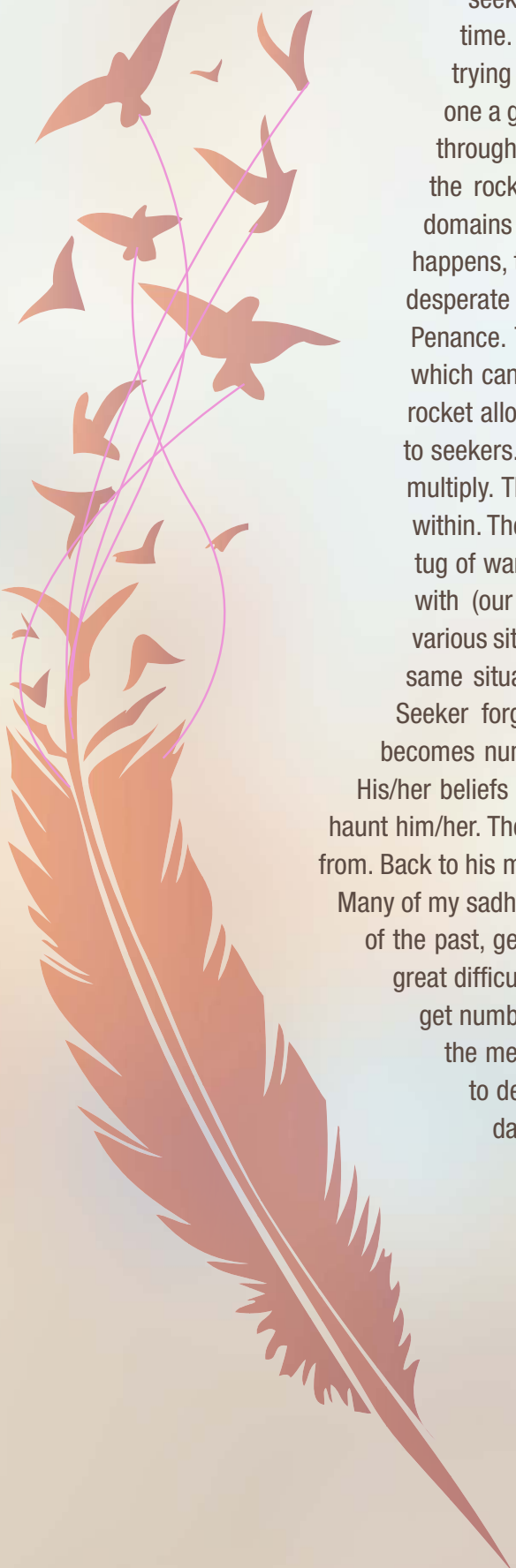
March 2019

EDITORIAL

The return of Arjuna...



The epic of Mahabharata talks about a war between the good and evil where Kauravas depict the evil and the Pandavas the good aspects of life. Arjun, a great warrior has a special position in the war as his state of consciousness plummeted to a level where the Lord Krishna had to make special efforts to motivate him to fight for righteousness. That was a climax in the epic. What happened to Arjuna? When he stood in the centre of a battlefield, he lost his urge to fight seeing all his relatives around. The same Arjuna must have very well known the fact about his relatives even before the conception of the war. One can't believe that he did not know that Bhishma was his great grandfather; Kauravas are his brothers for all these years. How come this realization emerged only when he stood in the midst of the war zone? Here one has to understand, the battle of Mahabharata is symbolic. This is a state of conflict each sadhak has to go through on his spiritual path.



The basic idea of any seeker coming on this path is to seek a way out-out of the material attachments and desires. The very fact one is seeking a path means one is not satisfied with what one has. One is not happy with what one is related with, including of course the inner relatives like anger, lust, ego, desires, temptations etc. Why else would one seek something else? With this intent, the spiritual practices begin. Many of these seekers do not possibly know that there are two forces operating on us all the time. One that tries to pull us out of the rut that we are all in and the second trying to pull us back in the rut. Just like every rocket experiences two forces, one a gravitation pulling it to the illusive ground and the second, trying to break through that barrier on the way to a vast, infinite reality. The time comes when the rocket reaches a threshold of the gravitation force, the line dividing the domains of limitations and un-limitations. That is the time, when the burning happens, the conflict between the two forces reaches the apex point. The earth is desperate to stop the rocket from moving away. That is the Tapasya. That is the Penance. That is the event when one needs to protect the rocket with coating which can withstand this upsurge of heat. The coating burns itself but saves the rocket allowing it to escape towards the infinite realms. The same thing happens to seekers. Spiritual practice starts reaching a point of threshold and the conflicts multiply. The core statement etched onto the existence starts pulling the seeker within. The divine force starts feeling that unsurmountable pull from inside. Like a tug of war between two massive forces! The core statement that we are all born with (our own script written over hundreds of births) starts manifesting into various situations; various relationships start inviting the seeker from all sides. The same situation from which he/she wanted to free from starts looking lucrative. Seeker forgets the goal, the objective, the mission.. Practically everything! He becomes numb to the clarion calls and can't hear the messages from the heaven. His/her beliefs stand up, the ghosts of all patterns which seemed dispersed return to haunt him/her. The illusion prevails over reality and then he gets back to where he came from. Back to his material world- the same ditch that he had struggled to come out. Many of my sadhaks are facing these situations now. They are being lured by the images of the past, getting entangled into same clutches from where they had escaped with great difficulties. What they had desisted has started looking valuable. Their senses get numbed. The eyes can't see the extended hands of light. The ears can't hear the messages from divine. The name on the lips gets transformed from divine to demonic. The grip of the God loosens. The time to plunge into the well of darkness begins.. better luck next life!

With love, light & Reiki

Ajit Siv

February 23rd 2019



VIOLENCE AND PEACE

By Vivek Pandye

In the light of recent dastardly attack on Indian army in Pulwama, which positively resulted into uniting the nation and the masses observing solidarity towards the defense personnel and offering their condolences as well. The politicians have their words and the common man ends up doing some protests or waiting to avenge such uncalled for inhumane acts of violence. The India and Pakistan issue has been going on since 1947 and nothing has changed much. So, let us keep aside the political side of things and pay attention to the basics of this phenomenon called violence.

Gandhiji once said, "If someone slaps you on your left cheek, present him with the right one." Fundamentally and spiritually correct, but one basic question which should occur in the mind of any sane human being is that, what exactly must have happened which resulted in the first slap to the person. We need to inquire in detail and go to the root cause. A simple plain statement of presenting your right cheek may not be the solution to terrorism in India and elsewhere. Having said all this in no which way we are supposed to agree and take a soft stand with a country like Pakistan. But then we must look at our own steps (both past and future) in order to create a happy and healthy India. Thus, an understanding of both Violence and its relevance needs to be addressed.

There are three sides to a human persona, the animal side, the human side and the divine side. Violence does not emanate when one is experiencing or going through the human side. So, we are left with only the remaining two, ie., the animal and the divine side. Talking about the ferocious behavior when takes the human form, surely needs to be dealt with in the way animals are dealt with. You can't allow wild animals to roam free in your backyard. Talking peace with such devilish entities might just lead them to believe that we are surrendering and on the back-foot. Nothing much can happen if we wait for talks and peace to happen on its own. Like in the case of Pakistan, we will be back-stabbed a 100 times. The

only solution to violence emanating from animosity is to offer a good strong retaliation. That's how wild animals are dealt with when they become ferocious. You show them their place first and then decide about the respective behavior. Also, again with the case of Pakistan, when you know the enemy is not just filled with hatred but is also deceitful, the only solution is to offer them a dose of their own medicine.

The second type of violence emanates from divinity, which Lord Krishna offered to Arjuna during the Mahabharata. It appears to be violent, but actually it is the only option left to restore peace. The divine knows it all, it does not believe in hurting or causing damage as it lies way beyond the physical realms. Although it does understand settling scores as it is aligned with Karma. "Revenge is the purest emotion", says the Mahabharata, for the simple reason that it is only through revenge that the Karmic score can be settled. Krishna must have surely assured Arjuna that, "It is me who is fighting through you. You cannot kill anyone, I have already kept accounts of their deeds and hence I am relieving them of their Karmic debt. By punishing them, I am actually forgiving them." Thus the divine always forgives and never really punishes as the act of forgiveness, may happen through an acceptance of sorry or by allowing the other person to restore what was lost and still if the other person does not change or offer any signs of humanity, then forgiveness takes the form of punishment.

The only difference between knowing it all and proceeding with raw-animal-kind emotions. Whereas in the previous case things assume the stature of divinity, in the latter case they definitely can be termed as violent and inhumane. Lastly, for peace also violence is necessary and for Violence also some peace is necessary. Even the terrorist need peace as they wish to proceed with their violent plans at their time and chosen place. So, the Indian army will retaliate with all the divine abilities at the right time in the right manner and at the right place assuming the avatar of "Karma". Jaigurudev.

Ms Louis Hay's Philosophy

Ms Louis Hay is a very popular author and can be termed as a modern saint in our era. Many have read her books and believe in her very strongly. Ms Hay staunchly believed that it is the human mind- thoughts and all- which is truly a driving force behind human actions. Not many might however be familiar with her philosophy of her life which is at the core of all that Ms Louis Hay has achieved. I am just reproducing her statements from her book for all our readers to follow to become a wonderful person.

We are each
responsible for
all of our experiences

Every thought
we think is
creating our future.

The point of power
is always in the
present moment

Everyone suffers
from self hatred
and guilt

The bottom line
for everyone is
"I am not good enough"

It is only a thought
and a thought can
be changed.

We create every
so called illness
in our body.

Resentment, criticism
and guilt are the
most damaging patterns

Releasing resentment
will dissolve even Cancer.

We must release
the past and
forgive everyone.

We must be willing
to begin to learn
to love ourselves.

Self approval and
self acceptance in the
NOW are the keys to
positive changes.

When we really love
ourselves everything
in our life works.



16th Century Wonder

By Telangan

70 percent of households in India didn't have access to toilets until 2015. Before the Swachh Bharat Abhiyan mission, the country's more than half of the population routinely relieve themselves in fields, beaches and other open spaces. **600,000 people were dying annually from unsafe water and sanitation in India.** Since the mission is launched, 80 million toilets have been built in India and planning to built 75 million more in 2019. This is world's biggest initiative till today.

I was reading about Sanitation in India and one name kept popping up all the time was Dr. Mapuskar, an unsung hero has been working in rural Maharashtra sanitation for the last 50 years. In 1963, Dr. Mapuskar initiated a worm infestation survey. He achieved 100% coverage of the households, and learned that 86% of the residents were infected with worms. Unfortunately Indian government had tied lips and closed eyes that time.

This could make anyone think that India is absolutely backward and ignorant nation since the ancient times. But that is not true. I remember one event of my life. In 1985, I went on a trek to Raigadh with a group, who was in love with Shivaji Maharaj. Our group leader Dewasthali Mama was a well-read man and a scholar of history. He was making Shivaji Maharaj era alive in our young minds. I've still remembered something that he had told us and latter I have observed it everywhere. ***There was a perfect Sanitation system (toilets) on every fort, which was in control of Shivaji Maharaj. This is 350 years back. Fort water is precious and need to be used with care but still the sanitation system was perfect and suitable for using minimum water with maximum results. Shivaji Maharaj was a miracle of the 17th Century. He was a genius and could think beyond time.*** Later in life I visited various places, different forts in India. Even the emperors of Mughal lived in the Red fort, which do not have any proper sanitation system. I asked the guide about the toilets of that era and he kept looking at my face totally confused. He didn't have this knowledge. He said there were no toilets at that time. Even kings were relieving themselves in the nature. I proudly told him about Shivaji Maharaj's Forts in Maharashtra. I checked it in other forts and even historical monuments wherever I visited later and there was no sanitation system available of that time. It's only available on the forts belonged to Shivaji Maharaj. And I felt so much proud about it because even Western and European countries may not have right Sanitation system before 350 years. Even today if we follow Principles of Shivaji Maharaj, they are quite relevant and we could immerge as winner in every part of life.



Attitude of Giving

By Krupa Choksi



Recently I was travelling from Rajkot to Baroda in train. I boarded that train at 12.55 pm and it was expected to reach Baroda around 8.00 pm. I got a lower berth and just opposite to me there was one lady who also boarded from Rajkot. She looked to be a very simple lady from lower middle class family. She was going to meet her son who was taking military training in Chandrapur. I overheard her conversation on phone during which I came to know that she goes to cook food in 2-3 houses and that was her means of livelihood. We smiled at each other and shared details about our destination. Chandrapur is almost 18 hours from Rajkot. The train was loaded with all passengers.

I passed my time of travelling by doing different activities. For sometime, I read book, then finished my pending work in laptop, did reiki and time flew. It was almost 7.30 pm. And everyone started having dinner in the train in my compartment but nobody offered the other co-passenger. Within in some time, everyone finished dinner I was about to get down at Baroda so for me there was no question of taking dinner in train. The lady opposite to me thereafter took out a packet of Snacks (Chevda). She opened it and took some out of the packet in a paper dish and asked me to take some from that. I told her thanks for offering as I was about to get down so she can have it. On telling this, she insisted that I should have it, so I took one morsel just to make her feel good. Then she handed over me the entire packet to me stating that I should have it. And I knew she was not giving just for the sake of formality but she was true in her feelings of sharing. I told her I will have dinner at home but she was persistent in offering me. She said, "No problem, you have dinner at home but right now you have this snack with me." Her feelings were so pure and true that again I could not deny so I took one more morsel. But I was really surprised to see this. Because I travel extensively throughout India but have never come across any person like this who was so kind. Why I formed this opinion was, because I was observing her what she is having in dinner. I know it is considered a bad manner but my curiosity led me do this. Once she finished the snack from her plate, she took out two "Dal vadas" from her bag, and ate that and

had some pieces of bread in her bag. That is all. She did not carry proper meal with her. She had long way to go and that made me wonder. I started thinking about her generosity and attitude of sharing selflessly. Had it been someone else, one would have thought of saving food for remaining journey but she offered it. It touched my heart.

I started thinking that people who have ample of food, money etc. do not think of charity. They spend recklessly for themselves but when it comes to spend for others, they are reluctant. I have seen many people like this in my life. So people who live in abundance try to save as they feel insecure about their wealth and people who have nothing to loose they give generously as they have faith that their hands will never remain empty. God will fill it.

Another such incident happened while I was in Devrukh Ashram. I asked one of our sadhak to drop me to Devrukh main bazaar as I had some work. I had taken permission to take ashram car. But he came in his two wheeler and asked me to sit on that. I asked him, "Why are you spending your petrol? I knew his financial condition and I thought I should not increase his financial burden so that thought prompted me to ask this question. But his answer touched my heart. He replied, "Swami is there. He will give me enough for my livelihood." My respect for that sadhak increased on that day. I realised that though he may not be one of the stalwart in practising all the practises taught to us but he has definitely absorbed teachings of Guruji in his heart. It is always like this, people who do not have much, are more in trust and surrender because they might have experienced the divine grace of God. While people who have abundance in life gets disconnected from divine and that may be a reason why they feel more insecure towards their property and belongings.

All the religions insist on charity which is called "Dana" in Sanskrit. Vedas also talk about the same. Dana can be of Food, wealth, time or service which is selfless. As giving/ charity detaches us from material things.

The well known Hindu text the Bhagavad Gita speaks of three types of giving:

- A gift that is given without any expectation of appreciation or reward is beneficial to both giver and recipient.
- A gift that is given reluctantly and with the expectation of some advantage is harmful to both giver and recipient.
- A gift that is given without any regard for the feelings of the recipient and at the wrong time, so causing embarrassment to the recipient, is again harmful to both giver and recipient.

(Bhagavadgita 17.20-22)

Any giving that is motivated by selfish considerations loses its value from the spiritual point of view.

It is not so much wealth that brings happiness and peace but our attitude to possessions. Hindu philosophical texts such as the Isa Upanishad point to the fact that true enjoyment and peace lie in detachment from wealth. We are not asked to renounce wealth but rather our sense of possession. Whatever we give will have no value if we part with our wealth reluctantly.

Let us form a habit of giving something every day which will elevate our consciousness and bring us nearer to God – who is giving all the time selflessly.

MEDITATION of this month



MEDITATION on Heart

Close your eyes and breathe normally. Take your whole attention to your heart chakra. Draw all symbols" in golden colour (* for Reiki channels only)

Imagine you are going deeper in your heart chakra as if you are entering into a vast ocean of love and compassion. Feel the love in your heart.

Just remember who comes to your mind at this moment. Anybody that comes on top of your mind, think deeply about love for him or her. Totally immerse that person in your ocean of love and compassion. Feel the tides of love all over. A feel of 'divine love, pure love, without any expectations or rewards. Allow all the emotions of heart to come out. Do not hold back. Feel the touch of divinity. Become love and compassion yourself.

Experience your heart chakra expanding in all directions. It is possible you may see a white light in front of your eyes when you go really deep. The light may expand. Keep on observing that light and experience what you see.

Allow to be in this state for about 10 minutes. Allow your heart chakra to get back to your normal size and imagine that it is connected to your root chakra on one side by a silver thread. And also to your Crown chakra by the similar thread at the same time. Take a deep breath and all symbols on heart chakra. Come back to normal and lie down for 5 to 10 minutes.

We are starting this column from this month for our readers to enjoy meditative experiences. Each month, we will be giving a meditation for the current month and we expect you to do that for your benefit. This month we are having a meditation on heart. These meditations will be for everyone, even those who have not done Reiki with us. However, there will be certain notes for Reiki channels in between which the Reiki sadhaks are expected to follow. For others they can just skip that part. I am sure you will all enjoy.



Let it GO...

By Telangan

Make room for the new wings
It's time to break the shackles

Make room for the new sky
It's time to stop crawling

Make room for the compassion
It's time to put away hatred

Make room for healing others
It's time to forget old wounds

Make room for the new journey
It's time to throw old baggage

Make room for the new story
It's time to change the old one

Make room for the future
It's time to let go the past...



BODY IS THE SACRED TEMPLE

Our Heart is the Sanctum Sanctorum of Shiva

By Aruna M.

As Shivarathri anushtan starting today I was reading about Lord Siva and felt like sharing one of the important temples of Siva. **Chidambaram** greets us with a beautiful temple dedicated to Lord Nataraja-God siva in the form of a Cosmic dancer is spread over 50 acres. This is one of the few temples where Siva and Vishnu are enshrined under one roof. The temple is supposed to be located at the lotus heart of the Universe- Virat hridaya Padma sthalam. On the spot where the Lord displayed his cosmic dance Ananda Thaandavam is Ponnambalam or porsabai (known as golden stage).

Chidambaram is one of the Panchbootha sthalas, where the Lord is worshipped in his manifestation as **Sky**. The Ekambareswarar temple at Kanchipuram, where the Lord is worshipped in his manifestation as **Earth**. The Jambakeswarar temple of Thiruvanaikaval, Trichy where the Lord is worshipped in his manifestation as **Water**. The Annamalaiyar Temple of Thiruvannamalai, where the Lord is worshipped in his manifestation as **Fire**. The Kalahasti temple at Srikalahasthi, where the Lord is worshipped in his manifestation as **Air/Wind**

This golden stage is the sanctum sanctorum of the Chidambaram temple and houses the Lord in the three forms:

The “form”- the anthropomorphological form as an appearance of Lord Nataraja.

The semi-form – as the Crystal linga of Chandramouleswarar

The formless – as the space in chidambara rahasyam, an empty space within the sanctum sanctorum.

Significance of the temple design: The layout and architecture of the temple is replete with philosophical meanings.

The Gopurams (pagodas)- The temple has 9 gateways out of which four gopurams or pagodas in all four directions. All four gopurams make a “swastic” shape. The eastern gopuram as 108 postures of Indian dance form Bharathanatyam sculpted on it.

The Five Sabhas (halls)- Chitsabai, Kanaka Sabhai, Nrithya Sabhai, Raja Sabhai and Deva Sabhai. The Raja Sabhai or the 1000 pillared hall which symbolises the **sahasrara chakra or the crown chakra** where the soul unites with God.

The 9 gateways signify the **9 orifices** in the human body. The **Ponnambalam** or the Sanctum sanctorum is held by **28 pillars** – representing the 28 agamas or set methodologies for the worship of Lord Shiva. The roof is held by a set of **64 beams** representing the 64 forms of art and is held by several cross-beams representing the innumerable blood vessels.

The roof has been laid by **21600 golden tiles** with the word **SIVAYANAMA** inscribed on them representing 21600 breaths. The golden tiles are fixed using **72000 golden nails** which represents the no. of nadis exists in human body. The roof is topped by a set of 9 sacred pots or kalasas, representing the 9 forms of energy. The four pillars holding Kanagasabha meaning golden stage represents the four vedas Rig, Yajur, Sama and Adharvana vedas.

9 kalasas on the golden roof represent the **9 types of Sakthi or Energies**. Energies are broadly classified as Potential and kinetic energy. Under Potential we have chemical, Nuclear, Gravitation and stored Mechanical energy. Under kinetic we have Radiant, Thermal, Sound, Motion and Electrical energy.

The **6 pillars** at the Artha Mantapa represents the **6 types of Sastras** (Dharma Shastra, Kama Shastra, Yoga Vasishta, Moksopaya Shastra, Artha Shastra, Mahayana Sutras and Samudrika Shastra. The **18 pillars** in the adjacent Mantapa represents **18 puranas**. Padma, Vishnu, Shiva, Bhagwata, Narayana, Markandeya, Agni, Bhavishya. Brhma Vaivarta, Linga, Varaha, Skanda, Vamana, Kurma, Matsya, Garuda and Brahmanda Purana

The word Chidambaram may be derived from chit, meaning “**consciousness**”, and ambaram meaning sky (aakasam). The Cosmic Dance is known as Ananda Thaandava. Adhishesha who serves as a bed for the Lord Vishnu yearns to see and enjoy the cosmic dance of shiva. Vishnu blesses him and he assumes the saintly form of “Patanjali” along with his student “upamanyu” does worship of shiva in the form of Shivalinga. It is said that Shiva displayed his cosmic dance to these two saints on the day of “**Thai Poosam**” (Thai is the Tamil month between mid-January and mid-February).

In 2004, a 2m statue of the dancing shiva was unveiled at CERN, the European Centre for Research in Particle Physics in Geneva. After 8 years of Research, western scientists have proved that at **Lord Nataraja's big toe is the centre point of World's Magnetic Equator**. This temple is located at the Centre Point of world's Magnetic Equator.

The **posture of Nataraja** is world famous and recognized all over the world. The **demon** under Nataraja's feet signifies that ignorance is under his feet. The fire in this hand means destroyer of evil. **Crescent moon** represents the unfolding of creation. The **raised hand** signifies that he is the saviour of all life. The ring at the back signifies the cosmos and cycle of birth and death. The **Raga** (snake) around his neck represents past, present and future. The **cobra** in his waist represents the Kundalini Shakti, The **Ganga** flows through the hair removing ignorance. The uplifted **left foot** signifies grace, liberation from

bondage. Long **matted tresses** shows him to be an ascetic. The **drum** in his hand signifies the origin of Life. His **third eye** is symbolic of omniscience, insight and enlightenment.

Ponnambalam is the heart and to reach the heart of the sanctum we have to climb five steps called "Panchakshara" Na-Ma-Si-Va-Ya. The five letters represent shiva's body namely **Na** – feet is the veiling shakthi, **Ma** – Navel is the Universe, Si- shoulder is siva, **Va** – Face the mouth granting of grace and **Ya** – the Head of Jiva.

Chidambaram refers to the **chidakasam**, the sky of consciousness, which is the aim one should attain according to all the vedas and scriptures. The chidakasam is the state of supreme bliss or aananda and Lord Nataraja is the symbolic representation of the supreme bliss or aananda natanam. Saivaites believe that a visit to **Chidambaram leads to liberation**.

Ashram Events



Guruji's workshop at GST Office in Baroda

Guruji Ajit Telang and his team conducted a workshop on Transforming – from Losers to Govt of India on 1st February 2019. This whole day program was a breakthrough for our mission as this is the first time the government of India invited Guruji to empower government employees with a knowledge and experience of inner powers.



Science behind Myths- Guruji on Ted Talks

The month of January saw another breakthrough for the mission when Guruji was invited to deliver a talk on TEDtalks platform at ITM Universe in Baroda. Guruji spoke on the subject of Science behind the myths and explained the scientific principles behind some of the Indian rituals. He promoted an idea that ancient science can't be discarded only because it is ancient but needs to be explored to find out the hope to the new challenges. Looking within may be more beneficial than looking out to western world for this nation, was the message.

You Tube

for the complete viewing visit

https://www.youtube.com/watch?v=-al1NKua_i8

Guruji's presentation at Help Library, Mumbai

Guruji has been a regular speaker at Help Library for the past few years and his lectures on various subjects are enjoyed by many all over the world through this media. Guruji was invited to talk about Five Principles of Reiki for holistic life on 14th February 2019. The same can be viewed by using the following link:

You Tube

<https://www.youtube.com/watch?v=N-ZvaFMGlcY>



Agnihotra sessions for children at Thane

A session for Agnihotra was organised by Mrs Nayantai Khot, a well known teacher of Shrimad Bhagwad Geeta in Thane on 14th February 2019. Mrs Kalpita Vazayil, our Agnihotra apex coordinator conducted a session attended by about 20 students who learnt Agnihotra science with deft attention. The children learnt about how Agnihotra can help them in studies as well as to help become a healthy and happy human. Another such session was also organised by Nayantai at Vasant Vihar locality in Thane on 5th February which was addressed by Guruji.

Guruji's presentation at Gharda Chemcials Ltd



Gherda Chemicals Limited's library in Mumbai had organised an event on 22nd February 2019 by inviting Guruji to deliver a lecture on **"New Challenges in Parenting"**. The lecture which lasted for 2 hours was well attended by a staff of Gharda Chemicals. Guruji created awareness about the changing human personality traits and their impact on various fields of life.



FIGHT OR FLIGHT THE MAGIC STICK

After learning and practising reiki, as well as being involved in conducting reiki seminars

I have observed a general tendency of people i.e. to fulfill so many desires and wishes through reiki. The chief reason which I have noticed behind such mentality is that when a person learns reiki and after practices it, one thinks that whatever difficulty or problem is there should vanish by just practicing reiki on few points or by keeping an intention to remove that problem (esp. after learning second degree). Here, a practitioner should remember that when one faces day to day life, one may face adverse situations and difficulties. It is but natural; we must remember that sometimes it may be the result of our karmas.

A person practicing any spiritual practice often forgets the working of karma theory and as a result switches from one practice to another. In

our seminars there is a particular session when we are explained about prarabdh, praktan and karmani karmas. (the request to revise reiki seminars is just to be in touch with all these basics of life which one needs to imprint in the mind). I often call it the healing space as it heals our understanding, thoughts, mental, emotional and physical obstacles.

When one remains connected with the healing space i.e. to attend the revision sessions as and when it is possible for the sadhaks, a person understands the basics to live the life on the earth and can FIGHT the situation with calmness.

Thus remember that reiki is not a magic wand but it is obviously a magical tool, a precious gift of GOD to face the hindrances of the present life not in a FLIGHT but in a FIGHT mode.



UNDERSTANDING RETIREMENT – A CHALLENGE OF A SORT...

Retirement is always a subject that makes one wonder what it really means. One does not know what exactly it means to be retired. Is it staying away from your workplace and staying at home? Some people try to get answers to such questions and some people just do not break their heads over the issue and just shove that under the carpet. Truly speaking, a retirement is more a state of mind than a physical process. In Indian languages, it is called a Nivrutti which is a combination of two words viz Nir+Vrutti. Vrutti in English means reaction. Nir means to stay away from. So retirement is truly staying away from reactions. Reactions are an offshoot of relations. Relation means attachment, entanglement etc. So one is supposed to be free from entanglements! Being there at home but not reacting to

situations around is what to retire means. But what we see around is that most of the people who retire get entangled even more than normal. They become busier than what they were during their working career. They start living all over again as if they were always incomplete in life. Retirement actually should be a fulfilment in the truest sense. But people move from completion back to incompleteness. We find them very active on whats up and facebook more than their younger counterparts. They go for some virtual relations while they are supposed to be leaving even the real relations. They ultimately get more tired than what they were. They once again embrace their desires, anger, lust, arrogance, temptations. They fall back when the point to rise had come.

Reiki Seminar in March 2019

Dates	Centre	Degree	Master	Contact Information
2nd & 3rd March 2019	Chennai	1st	Khushal Solanki	Khushal Solanki (9500071637)
9th & 10th March 2019	Thane	1st	Ajit Sir	Jayshree Desai (9324089656)
9th & 10th March 2019	Devrukh	1st	Sangita/ Kalpita	Math (02354261322)
9th & 10th March 2019	Mumbai	1st	Rakesh Kumar	Vinaya Sawant (9004328016)
9th & 10th March 2019	Pune	1st	Vishal Shridhankar	Amrut Kirpekar (9175050900)
16th & 17th March 2019	Ahmedabad	1st	Bharatiben	Kinal Pandya (9714515839)
16th & 17th March 2019	Bengaluru	1st	Aruna M.	Komal Pukale (9845279840)
23rd & 24th March 2019	Vadodara	1st	Seemaben	Chandresh Parmar (9974701200)
23rd & 24th March 2019	Nashik	1st	Vishal Shridhankar	Shubhada Garge (9623547827)
30th & 31st March 2019	New Delhi	1st	Krupa/ Ashwini	Preeti Khanna (9871118906)
30th & 31st March 2019	New Delhi	2nd	Ajit Sir	Preeti Khanna (9871118906)
30th & 31st March 2019	Rajkot	1st	Sangita Kulkarni	Jyotiben Saraiyya ((9824299153)

Other Programs:

2nd to 4th March	Devrukh	Mahashivartri	Kalpita Keer
12th March	Devrukh	Vishwa Agnihotra Divas	Kalpita Wazhayil
14th & 15th March	Devrukh	19th Anniversary of Devrukh Math	Sachin Gadre