

# REIKI VIDYA NIKETAN

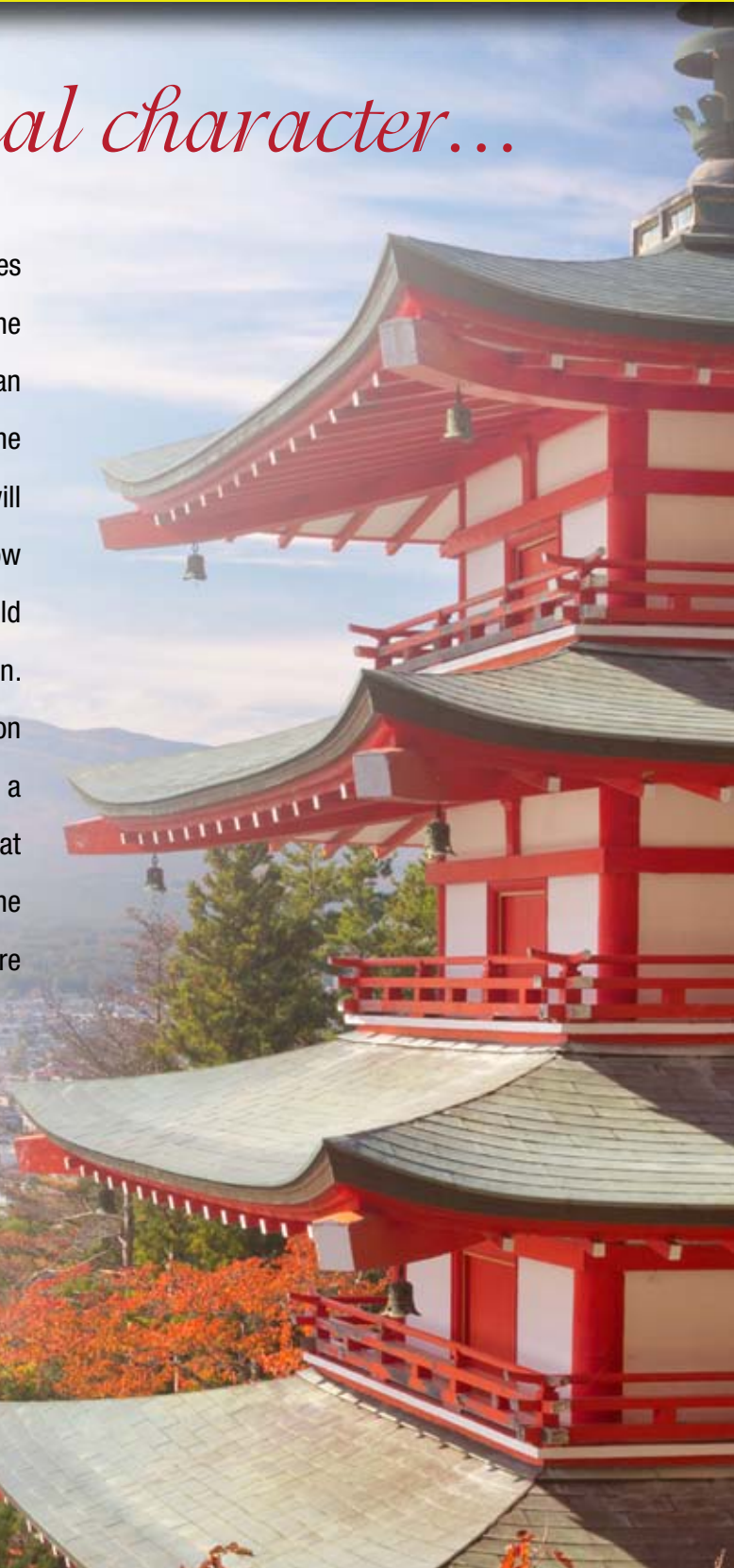
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## *Building a national character...*

Not many people possibly know that the origin of five principles of Reiki originated even before Reiki. These were truly the principles of life adapted by the Menji- the emperor of Japan in the major part of nineteenth century. The king wanted the citizens to behave in a particular way, something that will make a life a great experience. He wanted people to follow these principles in day to day life so that a great nation could be built. That is precisely happened to Japan as a nation. A nation with a culture of compassion and kindness, a nation with a spirit of humanity and discipline! Dr Usui was a nationalist, a patriot by core though he was also a great spiritual monk. He decided to adapt these principles in the culture of Reiki and subsequently the same principles were known as Reiki's five principles.



*Building a national character...*



That shows how a spiritual practice can add new dimensions to the holistic lives. India as a culture had a great tradition of such values and ethics. Our Vedas and puranas, upnaishads and scriptures are monuments of such a great culture. I happened to see a movie lately, titled as Tashkent Files. This movie is based on an in-depth research on a mystical event of a death of India's second prime minister late shree Lal Bahadur Shastri. I was impressed with the depth of research efforts and also the presentation to bring out the facts without any judgements passed. It is amazing. Throughout this movie what was coming up was a sorrow about how our politicians in the last 65-70 years have destroyed the basic fibre of Indian ethos. One feels sad as an Indian and the blood boils to see how for some petty gains the political leaders of the yore sold the country. This was possibly worse than the ruling of foreign regimes on Indian soil. These political leaders literally made this country fall from the pinnacle of ethical governance to the mud of selfish manipulations.

It is the minds of the citizens that make a country what it is. Spirituality could give a right kind of impetus to this process of keeping human minds purified and hold to their divine natures. I realize that Reiki has that ability to touch 1500 million hearts in this country. The beautiful mind could play an enormous role in creating a strong and humble nation, the nation that can lead the world on a path of peace. We need to denounce the wicked tendencies who create networks of negativities and try and create a wider network of love, compassion and happiness to create a joyful society. Let us resolve as Reiki sadhaks today to create positive environments all around. The corruption of minds is a catastrophe, much more than the global warming. The pollution of minds and hearts are more dangerous than the pollution of chemicals. Reversing a chemical pollution is much easier than reversing a pollution of thoughts and emotions. Let us stand up for humanity and moral, ethical world around.

With love, light & Reiki

*Ajit Sir*





# Cosmic Refugees...

by Vivek Pandey

Refugee, any uprooted, homeless, involuntary migrant who has crossed a frontier and no longer possesses the protection of his former government. Prior to the 19th century the movement from one country to another did not require passports and visas; the right to asylum was commonly recognized and honoured. Although there have been numerous waves of refugees throughout history, there was no refugee problem until the emergence of fixed and closed state frontiers in the late 19th century. By the 1920s and '30s the tradition of political asylum had deteriorated considerably, partly because of growing insensitivity to human suffering and partly because of unprecedented numbers of refugees. Also, the increase in number and state of the art technology in the defense systems lead to a state of disbelief in any individual not belonging to one's land. As of now the world has an estimated number of whooping 1.2 million refugees and with the influx of terrorists they don't seem to be placed anywhere safely on this planet in the near future. Imagine the plight and condition of these people, who are homeless and completely uprooted from a land where they belong.

However, looking at things with a deeper awareness may reflect the truth that we all are displaced in our lives to some or the other extent, at some point of time or the other. We all have moved from being alone to feeling lonely. We all have felt the related emotions of fear, insecurity, anxiety, depression and anguish, much like a refugee. Even though we experience such emotions on a very small scale (or perhaps tiny), the state of our beings is very much like refugees. Second, the very fact that we all are here for a

short period of time should wake us up to the fact that we can't be having a permanent place here or there. Also we can't be having permanently secure relations as every human mind operates in its own way and the scuffles and arguments and break ups are all bound to happen. Talking

about our workplaces (blessed are the ones who have a safe and friendly environment) we are made to feel at par with the refugees every now and then. To sum up we all are refugees in some or the other way, the difference being of degrees only. Some of us are displaced physically and led towards a nomadic life, whereas most of us are displaced mentally and emotionally throughout varied phases of life and different experiences that we get.

Displacement is the fundamental thing associated with a refugee. However, the problem also lies in the fact that the world has changed over the past centuries. In India for example any displaced person was referred to as "Sharnarathi" and was treated with utmost respect and care. If you had knowledge your entire life would be patronized by some or the other king. So what exactly is the difference, when people consciously moved from one place to another say a thousand years back and now people unconsciously (or due to circumstances) being displaced. The difference lies in the understanding of human consciousness. The way we have evolved and developed in the name of science and technology.

Science and technology have evolved only outwardly and people have completely forgotten to look inwards. We are relying only on our senses and the worldly knowledge fed into our systems. We seldom recognize that there are some

ethereal principles in operation at all times and there is a human and a divine side to all of us. The problem with science and technology is that it comes with matter and logic, basically only the known can be addressed through science (ie., Modern Western Science). The unknown is never really known to many or for that matter to have faith in the unknown cannot be comprehended by the so called modern human minds. The point is, wherever we are, whether we live in a house of our own or a rented property, whether we are displaced internationally between two countries or between relations, whether we have an insecurity of a job or

our financial situation, whatever be the case the problem lies in identifying and trusting only the known. The known which we relate with our physical senses (much like the animals). We rely only on a few family members when it comes to our emotions. We rely on a fixed employer to manage our livelihoods. We rely on a few close friends to share our secrets with. Fundamentally we are stuck with the known and we don't even know how to trust the

unknown. Just look at the size of the universe and we as of now being aware about the vibrational nature of the universe, the world (the known world) should not be the only thing to be trusted. Of course what seems straight and logical should be given its due respect, your family members

are most reliable (but not the only ones), your employer is the obvious source of finance (but not the only one), your friends are the most trusted people (but you can trust a stranger too). If at all we all may start comprehending with the unknown, we just may stop feeling lonely, misplaced, mistrusted and scarce. The universe has been providing us with everything through both known and unknown ways and we need to know that the unknown ways are far larger than the known. Having faith in the unknown and trusting the universe will find ways for us is the only way out. We don't have some million refugees in this world, in fact we all are COSMIC REFUGEES to a great extent.

Jai Gurudev.

## Reiki Experiences

*Shared by Ajitha Soman, In-charge, Reiki Arogya Mandir, Baroda*

*These are feedback of patients, who learnt Reiki after feeling better in 21 days healing:*



**1. Surbhi Changani:** *She had digestion problem since childhood. Three to four times loose motion in a day. Could not digest protein and was under weight and lack of energy. Being an athlete, her health didn't support her.*

*After healing, her digestive system is perfectly functional, BMI is normal and energy level is good. She is very happy and full of life.*

*She did 1st and 2nd degree and enjoying new way of life. She inspired her friends and 5 of her friends learnt Reiki. She is an active member of RAM.*



### **2. Ms. Pinal Gajipara:**

*Pinal is Surbhi's friend. She is a patient of Beta Thalassemia Minor and had unknown stomach pain for last two years.*

*Within few days of healing her stomach pain was cured and felt much better.*

*She did 1st degree and she is also an active member of RAM.*

### **3. Mukeshbhai Rana:**

*He has throat cancer (Oral cavities). He doesn't had node, but in initial stage. He had trouble in eating, sometimes even*

*water was pushed up, speech was not clear. He had one chemotherapy.*

*After 21days, he was very normal. Could speak and eat properly and full of energy. He did 1st degree in March.*

*He has joined RAM for 2nd round of healing, as he has breathing problem. Due to bad experience of Doctors he is not willing to go to doctors.*

### **4. Smita Parmar:**

*Asthma patient. Felt better after 21 days healing and did 1st degree in March.*

### **5. Bina Joshi:**

*Had vision problems after second delivery. They have sent an email describing their experience in detail.*

*Thank you for your blessings.*

*Regards,*

*Ajitha*





# Into the Light

By Telangan

I was talking to my daughter about our purpose of lives and how we come on the earth again and again to learn and experience. Suddenly she asked me... *if that's the truth then why do people like Saddam Hussein or Osama bin Laden are born, do they have purpose of killing others?*

According to my understanding and learning... As per the ancient concept of karma: What you do, so shall you reap. If we plant better seeds, grow better crops, and perform better actions, our harvesting in the future will reward us. This route allows us to make wise choices in the present. Compassion, empathy, nonviolence, patience, and spirituality are life lessons we all come to learn. If we learn these lessons in this life then our next lives will be happier, easier, richer, and fulfilled surely. If we master them we don't come back.

*Dr Raymond Moody, Michael Newton, Dr Elisabeth Kubler Ross, Dr Brian Weiss researched intensely on this topic and even Indian ancient scriptures states that our soul registers all its experiences. It feels the appreciation and gratitude of everyone we have helped and similarly, it feels the pain, anger, and despair of everyone we have hurt or betrayed. In this way the soul learns not to do harmful things but to be compassionate. We*

*choose before birth what we do in our present life for learning. We do not choose abusive situations in life, simply because no one wants to get abused. Yet some offensive people come in our lives. They abuse us by their free will. Some soul chose to come back as Saddam Hussein, or as Osama bin Laden to increase their learning opportunities, like all of us. They did not choose to come back initially to do harm, to cause violence and blow up other people and become terrorists. They came back for a kind of test in this life, and they fail miserably.*

Why some people born as beggars in slum while others as super rich. Many Spiritual masters look at this life as a stage performance. Beggar or rich is just a role. We must be rich, poor, male, female, healthy, ailing, big, small, strong, or weak. We must learn how it feels being in all those roles and perform better. We cannot learn everything in one lifetime and therefore we have to take many births. When we are completely healed, then probably that is the highest spiritual level. And may be we don't have to come back.

***I always remember that Guruji constantly remind all of us that time is less, learn fast so we don't have to come back.***

# In the Midst of Chaos ...



Sit relaxed with eyes closed.

Fold your hands and sit calmly.

Imagine there is darkness all around. A deep darkness. Nothing is visible.

Imagine that there are lot of chaotic sounds all around. Sounds of earthquake, earth rattling under your feet. Heavy rains, cloudbursts and all that is associated with calamities.

Even if you feel disturbed with these thoughts do not throw these thoughts out of mind. Just observe and face them. Do not get into fearful mode. Do not get depressed.

Imagine the God is touching you on Crown chakra. Feel the spark passing through you. Feel the vibrations. Feel the rejuvenation. You won't find fearful or depressed now. It will give you strength to bear all that is happening around.

Tell yourself that you have a touch of God now. Nothing can happen to you in the midst of chaos. You are perfectly balanced. All that is happening around is destruction of Maya in any case. You are ready. Slowly you will start feeling that the darkness around you is getting dissolved.

There are streaks of hazy lights around. It is the dawn breaking out. Allow the light around to brighten even further. Enjoy the positive vibrations around.

Very slowly come out of this experience.

Thank yourself, thank God and thank the surroundings.



# “Unwanted Reactions”

By Krupa Choksi



Life is all about reactions. In life, as Guruji says, there are only 3% event and rest 97% are our reactions. Have you ever thought how many unwanted reactions we give everyday? If we do audit of ourselves at the end of the day, I think 50% of the reactions which we give are unwanted and it is because of our perception.

Recently, one of my cousins was coming to drop me at railway station. I had to catch a train at 5.15 am. I was ready at 4.00 am waiting to leave for station. Now my cousin was getting ready and was taking lot of time. I waited till 4.15 am but still he did not come. It takes ½ an hour to reach the station so it was in my mind that time is up and we must leave. But still I could see no signs of moving ahead. Finally, my internal reactions started. I thought why he is delaying? He should know I need to reach on time. But immediately, it struck to me to check whether the train is running on time or not. I checked it and I came to know that train was running late. And my cousin being responsible enough had checked it earlier and that's why he was taking time knowing fully well that after going to station also we will have to wait for the train.

Now my reaction changed. I laughed at myself as I came to know that the reactions, which I gave was totally unwanted. And this happens with all of us. Many times we mistrust a person and start giving reaction, many times it is based on our perception towards the situation or person which makes us react and many times it is due to past experiences. And finally, we come to know that all these reactions were totally unwanted.

At times we do not have confidence in other person when we assign some work and then little bit of delay brings so much of reactions. We lose our awareness and then we get carried away by the reactions without thinking about the possible excuse of delay in work.

Our expectation many times makes us react. For example, if I am expecting from my friend to give me a glass of water as I am her guest. If she does not give, then immediately my reaction will start internally that “at least she should have some manners to offer a glass of water to me. If I would have been in her place I would have never done this, etc. etc. ...” Now this will cause stress in me as I

will show a different face in front of her and internally I am getting irritation. But if I have awareness and do not react even internally then this stress can be avoided. This is possible only when we do not expect anything from anyone. And if such thought arises, we should do self introspection and correct our thought. And then gradually all such unwanted reactions will stop. Internal reactions also cause damage to our cells and gradually deteriorate our health. You might have seen some people who would never get angry with anyone but they fall sick or have some grave disease. Why is it so it could be because they have not expressed their feelings explicitly but have given internal reactions which has affected their health.

Recently Guruji told us that one should take retirement not from work but from reactions. Saint Patanjali has also said the same thing about Yoga. He says the definition of Yoga is “Yogas Chitta vritti Nirodh”. That means one should cleanse the reactions (vrittis) which settles everyday from our Chitta (it is combination of Intellect + Mind + Heart). As vrittis become pravrittis. This means that if we keep on giving same reactions everyday then those vrittis (reactions) settle on our existence and becomes our nature. Reaction tires us. And each reaction is a base of every action which we perform may it be good or bad. Good reactions are always ok but bad reactions hurts others which eventually hurts us as every action has equal and opposite reaction.

In Chapter 2 verse 38 of Bhagwat Geeta, Lord Krishna has asked Arjuna to perform action without giving any reaction/ without any expectation then it will become karma yoga— “Sukhe dukhe same krutva labhalabho jayajayo”. A true Yogi (a renunciate) is a person who neither gets excited nor is joyous by pleasure and victory nor gets dejected by defeat and sorrows in life. He maintains equanimity in all situations. He is free from desires and expectation and that's the reason he is always blissful.

So if we want to achieve blissful state and experience peace within, then we should check our reactions. All spiritual practices bring a lot of awareness within us and we are able to do introspection after action.



# Gurukul

*Answers by Guruji to some of the questions a Master asked...*

## 1. What do you mean by internal dialogue?

*Internal is something which the others can not hear. Only you are conversing with yourself. It may be a dialogue between the mind and the body or transaction between the conscious and subconscious mind. One may appreciate that all the cells within the body are communicating between them all the time. Listening to that inner communication is internal dialogue. It may be without words and sentences. It may not have even a language. It is something humans could not label as anything.*

## 2. Is it good or one has to restrain from it to grow in spiritual Sadhana

*No. One does not have to restrain it. Listening to that and getting driven by that in life spirituality is all about.*

## 3. What are hallucinations? Is it a mind game?

*Everything is a mind game. There is nothing but mind for humans. So hallucinations are not different. They look to be false as we believe what we are living is true. Even our life as we know and feel is not reality. In fact in hallucinations, you may see or listen to something which has a different frequency. From this side it looks illusion, on the other side it may be a reality.*

## 4. How one can win over sleep? It is important to do so in Sadhana

*The first thing one has to understand in sadhana is to drop the idea of winning over something. Only those who are incomplete feel like winning over something to become complete. The idea of sadhana is to experience that fulfilment within. That wholeness within. In sadhana there is nothing like over sleeping. The times to sleep and wake up are with respect to the world of matter. Sleep is a rejuvenation of existence. And every time you think or others think that you are sleeping may not be the right judgement. Many a time you may be in a deep samadhi or meditation.*

## 5. Getting up in brahma muhurta is important? Why so?

*Generally yes. This is the time which is conducive for your spiritual practices. It is like a whole universe supports you in your efforts.*

## 6. Why Dhruva has been given a highest place as a star? What is the inner meaning?

*Again we are getting wrong here. When it comes to Dhruva, it is not the highest place but a stillness which is important. It is that firmness, that invincibility, that strong resolve is what matters for sadhana. you do not shake, you do not move. These are the prerequisites for sadhana.*

## 7. Can we connect to our relatives who have left the world using symbols? Or just pray to them

*You are presuming that you are disconnected from them. We are never disconnected from them. They are a part of us. Symbols may help connect to their essence in you as in any case you are connecting with your self and your self is made from their selves.*



## 8. How do we know our progress in TM meditation?

*There is nothing like a progress. Something which is not measurable can't be measured in terms of progress. Your progress is only known through your bliss. How does one know that we are reaching the end of tunnel? Just by a glimpse of light. But even if you do not see the glimpse for sometime, you are still progressing as long as you are moving.*



## 9. What is the purpose of the medication?

*I would not know much about medication. I am not even sure whether you want to ask about meditation and by mistake have typed medication. But in any case Medi word has come from a word "Meditar" which means a balance. So we need to attain the balance and that may be also the purpose of medication. Just like meditation.*

## 10. Kali yuga is for nama japa, then is it enough to do only that?

*I would not know. Probably the one who promotes Nama Japa might have said that. But there are different dimensions of understanding. It is like an elephant being judged by blind people. Each one is seeing (?) what one believes. Nama Japa may breakthrough the outermost layer of sanskara but may not help one break through all barriers. That again is a viewpoint.*

## 11. Our one year is one day in pitrus loka? Is it true?

*One day and one year both are measurements created by humans with limited understanding. In fact a time is a derivative of mind. Pitrus may be beyond mind and hence beyond time. There may be no idea of a year and a day.*

## 12. Our name is valid even when we leave the world? When rituals are done using mantras they chant the names upto three generations. It means our name have that power to reach us beyond the world?

*No. Names are not eternal. This is the name you use to connect to that frequency. It is your intention and your consciousness has stored the name labeling the energy. It is a part of our cognitive process.*



*Dear Guruji,*

*Jai Gurudev! I have a query regarding human aura. Rather any aura, as we know that everything is energy and it has its own aura. (Please correct me if I am wrong) I have been listening to a discussion of a couple of Reiki sadhaks, where they were discussing that the aura can not be seen with the naked eyes, and it can only be felt once we sit or be close to that person or thing. And they claimed it to be the fact as they were told this by a Reiki master. (It could also be their way of interpretation, which can not be denied). But this has raised a couple of questions in my mind.*

***We have been demonstrated during the 1st degree Reiki seminar about how to see one's aura.***

*Jai Gurudev*

*Thanks for your mail. Here are my answers to your queries:*

***1) Aura can be seen by naked eyes. So if anybody says that one can't see aura by naked eyes is wrong. For seeing aura one needs a right kind of light environment, the trained eyes (which come with practice) and the relatively strong aura of the person whose aura we see.***

***2. As they mentioned, we can analyse one's aura only when we are close in their vicinity. And we can not see it through naked eyes.***

***Seeing aura and feeling aura are two different things. You are right on that count. Analysing and interpreting the auras takes a lot of experience and fairly good energy level for the observer.***

***3. I have a feeling that seeing one's aura and feeling one's aura are two different aspects. But I am not sure whether this is right. Can you please help me understand this?***

***Yes. I am planning to train some of our sadhaks in counseling skills. The dates will be announced soon once I am free from my current commitments.***



# Blessed

By Telangan



A moment of smile  
Lasts for a year...

A stab of word  
Lasts even forever...

Forgive, forget and move on  
Why keep repeating the pattern

Its time to look around  
For the self-created web

Where there is hatred  
Bring in your love....

Where there is dark  
Bring in your light...

Blessed are those  
Who can laugh and forget...



## Guruji felicitated at Kota University



University of Kota in Kota, Rajasthan had invited Guruji along with Krupa Choksi and Ashwini Telang to deliver a lecture in symposium on “New Generation- Stress and Remedies” on 2nd April 2019. This event was presided over by Dr Mrs Nalini Singh, the Vice Chancellor of the University. Guruji interacted with the students as well as faculties and some educationists to address this important issue.

## EPIC Parenting Program at ISTD Kota

Kota chapter of Indian Society for Training & Development (ISTD) a well known institution in India invited Huruji with his team comprising of Krupa Choksi and Ashwini Telang to gold a workshop on “Empowerment for Parenting Initiatives & Challenges (EPIC) on 3rd April 2019. The workshop was conducted at Surya Palace hotel. This was attended by about 35 people. This is the first of the workshops to be conducted by ISTD to commemorate their 50th anniversary.



## Youth Empowerment program at Gurukul Engg & Tech Inst. Kota

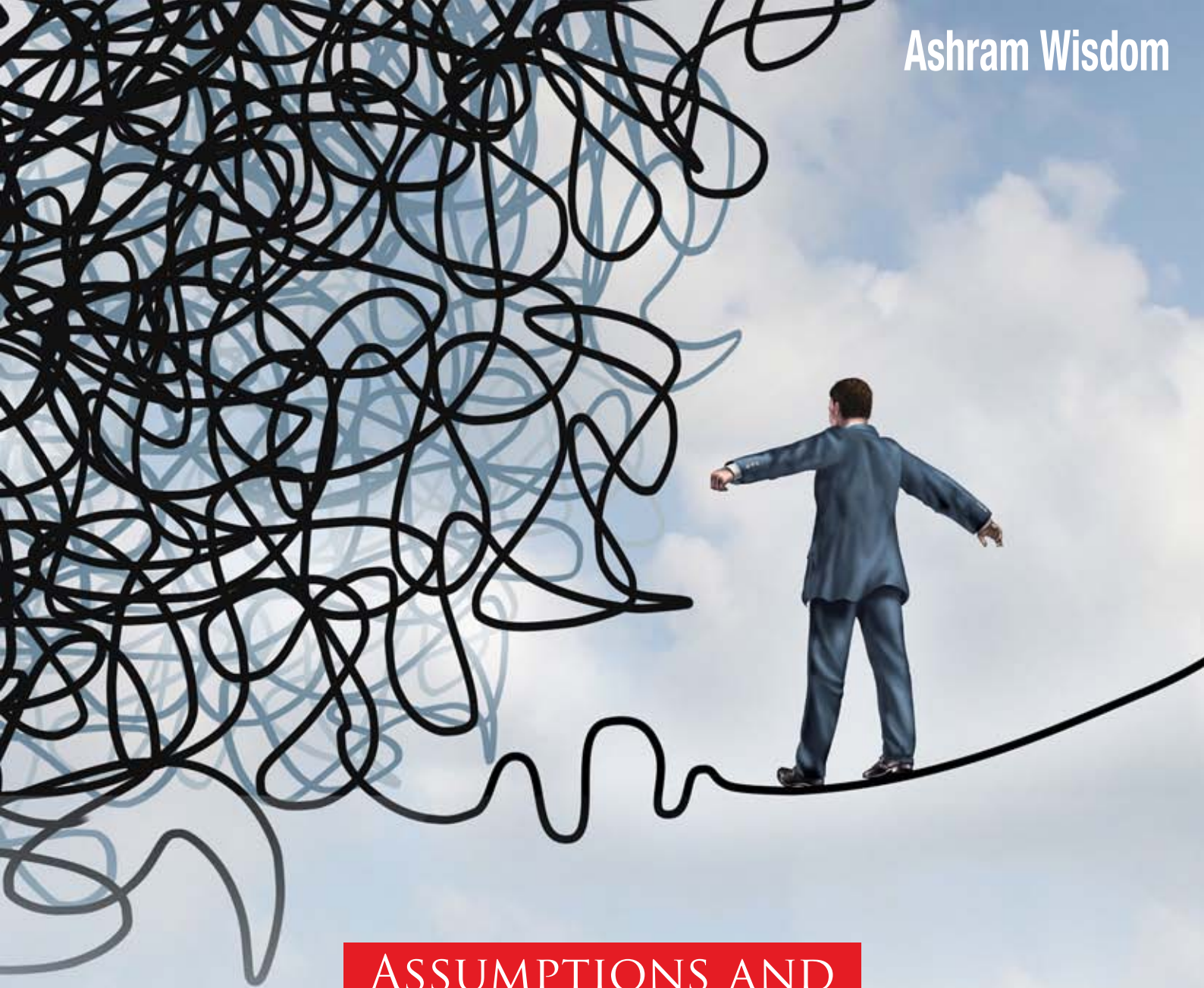
Gurukul Engineering & Technical Institute in Kota, one of the premier education set ups in Kota, the education hub of India organised a workshop on Youth Empowerment – Managing Stress on 4th April 2019. The workshop was addressed by Guruji, Krupa Choksi and Ashwini Telang and was attended by students and faculties of the institute in large number. Various issues related to stress, its roots and the remedies were discussed at this workshop.



## Reiki in Ayushman Bharat scheme

Reiki Vidya Niketan has been recognised by Ayushman Bharat scheme promoted by the Government of India in the interest of Indian citizens. And that must be one of the greatest moments in the lives of Reiki sadhaks connected to RVN. Under this scheme, RVN Masters will empower many thousand people in all walks of life with the magic of reiki to maintain the health, happiness and harmony in their lives. The ultimate aim is to build up India as a healthy, happy and harmonized nation, a unique character to create and lead a wonderful world.





## ASSUMPTIONS AND COMMUNICATION

We all know how most of the times we react with assumptions in our life. Guruji was lately travelling from Ahmedabad to Rajkot and was in a hurry to reach. One of our sadhaks who owned the car in which Guruji was travelling was driving the car. The road was pretty smooth and the car was moving quite swiftly. In between the car would go at a speed of about 100 kms and little above and Guruji used to glance at the speedometer from his position next to the driving seat. By the time Guruji reached Rajkot it was pretty late though Guruji did not say anything about that. Next day there was some talk of calling some other driver to drive Guruji back to Ahmedabad a day later. The sadhak who drove Guruji was little taken a back. He did not realize why they all

were looking for another driver when he was there and willing to drive back. He realized that while going back Guruji needs to reach even faster as he would leave only after the seminar was over. That may be pretty late. He said he can also drive fast. In fact he said that he was slowing down because he thought as Guruji used to glance at the speedometer every time he would speed beyond 90 kms Guruji was not happy with that speeding and he would slow down. This is how we assume lot many things in life and the results what we get are undesirable. By the time we realize, it becomes rather too late to avoid certain circumstances. So the message is be aware about your assumptions, assess what is happening. Assessing is an antidote to assumptions.



## Reiki Seminar in MAY 2019

Dates	Centre	Degree	Master	Contact
4th & 5th May	RajkotKota	1st	Seemaben	Jyotiben Saraiyya ((9824299153)
4th & 5th May	Nashik	1st	Rakesh Kumar	Shubhada Garge (9623547827)
4th & 5th May	Audumbar	1st	Ajit Sir/Kalpita	Mandar Kopare
11th & 12th May	Vadoara	1st	Sangitatai	Chandresh Parmar (9974701200)
11th & 12th May	Thane	1st	Ajit Sir	Jayshree Desai (9324089656)
11th & 12th May	Mumbai	1st	Vishal	Vinaya Sawant (9004328016)
25th & 26th May	Devrukh	1st	Kalpita	Math (02354-261322)
25th & 26th May	Ahmedabad	1st	Bharatiben	Kinal Pandya (9714515839)
25th & 26th May	Sanpada	1st	Ajit Sir/Vishal	Akshata Kale
1st & 2nd June	Goa	1st	Ajit Sir/ Kalpita	Netra Gauns
1st & 2nd June	Goa	1st	Vishal	Netra Gauns

## Other Programs:

**4th May to 10th May:** Devrukh  
For children age group- 9 to 12 years  
**Devrukh Spiritual Prowess Pvt Ltd**  
Pathway to Wisdom The Middle Path

**12th May to 21st May:** Devrukh  
For children age group- 9 years  
**Devrukh Spiritual Prowess Pvt Ltd.**  
Pathway to Wisdom  
CRP- Level I

**21st May to 27th May:**  
Raut Farms, Goa  
For Children age group – 10 years  
**Devrukh Spiritual Prowess Pvt Ltd.**  
Pathway to Wisdom  
CRP- Level II

**29th May to 2nd June**  
Raut Farms, Goa  
For Youth who passed PTW – Level VII  
**Devrukh Spiritual Prowess Pvt Ltd.**  
Pathway to Wisdom Youth Empowerment  
Level VIII

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