

REIKI VIDYA NIKETAN

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EDITORIAL

BOREDOM — A DISEASE OF A NEW WORLD...

“EACH DAY THE FIRST DAY, EACH DAY THE LIFE...”

Lately, I have been observing that everybody is getting bored with life. “I am bored” can be heard even from a small child who has hardly experienced the life and still is in the process of toddling. Obviously, these kids can’t stick with a particular activity for long. They take to an activity very fast and then drop it even faster. They get bored with relationships and keep on changing them with a skill of a professional juggler changing his hats. They are more peripheral to peripheral relationship with no relation with the core at all. Their relationships are based on assumptions more than the reality. And that too, their own assumptions and judgements about the world. They presume that a person has a particular profile what they have imagined and framed for him/her and if a profile does not fit within their own framework they get disappointed and stagnated to leave the relationship.





They forget that it is the result of relationship which matters. And the result is fallout of at least two entities who are a part of equation. We forget that even if one of the variables in the equation changes the resultant changes. The very fact that we feel stagnation means both-our self and the other entity have remained constant. Both have not changed. We forget that you could have changed and the situation could have been far from boring. It is our own stagnation that has caused this problem. And no matter how many relationships you enter into your rigidity will always lead to the conditions of boredom. Have you ever experienced that when you read a same book again after some time, you find that to be a different experience. This happens for the simple reason that our consciousness has changed with time. That is our growth. Why can it not happen with human relationships what happens with the books?

In spirituality or any other sadhana, repetitiveness is the core of such practices. Repetitiveness leads to a mastery over a subject. That may

lead to closer to perfection situation. The same mantra to be chanted year after year, day after day, the same pranayama to be done, the same meditative practices to be done for years together. All this may lead to boredom if you are not changing. The processes may not change. But you do. If you have chanted a mantra for 10 days and now chanting the same mantra on 11th day, the mantra is the same, it has not changed but the one who was chanting it yesterday was the one who had chanted for 9 days and today the one who is chanting is the one who has chanted it with 10 times. That is the difference. The person has changed. That is what the experiences do to you. No wonder an experienced person is paid more in industry and in any profession. He or she has done it number of times and possibly it has become his/her second nature. The practice has become a part of him/her, it has already entered his/her subconscious existence. The reflexes are getting built up. There is nothing that is stagnated in this universe. Every moment is a new moment if you are not stuck with your past. One just can't get bored when you are looking for something to achieve, some mission. Can the life not become mission even when you are looking at its material dimension? Do the Yogis get bored? Did Sachin Tendulkar get bored while perfecting the art of batting? Did Pandit Ravishankar get bored playing the same Sitar year after year and repeating the same notations? Did Lata Mangeshkar get bored rendering those thousands of songs she sung using the same seven notes?

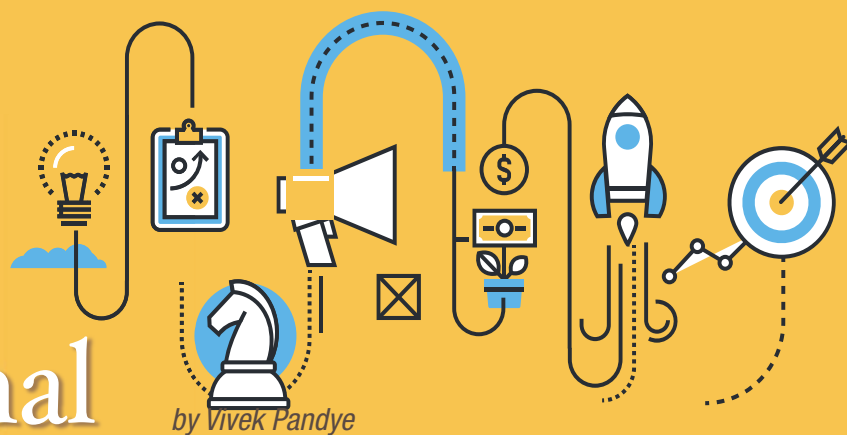
If they had got bored they would not have been legends in what they chose as their missions. They kept on changing their levels so that every time the effect was different and possibly much better than the previous effort. Life is exactly like that. A big game. Boredom leads to tiredness. The energies droop. You become like a listless flower not watered for days and subjected to the scorching Sun. The whole life collapses around you. So let every day be new, no matter what task you are doing. The task may be the same the process may be the same. But you are not what you were. You are NEW. And that's all that matters.

The New Year now begins. Take up the challenges that a new year throws to you with a zeal and enthusiasm. I wish you all a very Happy 2020. Be prepared for new experiences.

Ajit Siv

December 16th, 2019

Spiritual Organizational Management. *by Vivek Pandye*



A management process begins with a mission objective (an external event) and ends with achievement of the aforesaid objective of providing a result that in turn provides customer value. Additionally, a process may be divided into sub-processes, the particular inner functions of the process. Management processes may also have a process owner, a responsible party for ensuring the process runs smoothly from start to finish. No matter how big or small the organization is, there are certain things which haven't changed as far as humans are concerned. We are still referred to as machines with the principle of duality being applied to every human paid on earth. Seldom do we look at the immense potential of an individual keeping aside the money part.

Management processes have always looked at human beings as service provider and in turn bread earner for their respective gains. The principle behind management theories is always based on give and take. Only off late, words such as contribution have started to emerge, but that too at the backdrop of a business psyche. The world runs on some hard gross principles which may not last for too long, forget about providing lasting happiness. While on one side it is important that the goals be achieved, but also the fact that those who are a part of making it happen need to be looked at from a holistic perspective. The employees need to be treated and their whole existence dealt with in a separate manner (or should I say a more unified way).

When it comes to managing businesses we may still be at ease, as many theories and books have already been published in this regard. However, when it comes to management of Spiritual organizations, things become a bit more awkward to deal with. The fundamental reason being the dynamism involved in most spiritual or occult kind of practices. If you have an organization dealing with hundreds of people, reverberating different kind of frequencies, each following their own minds and also applying an altogether different kind of logic, trust me you have a big task on hand. Managing businesses is a pretty easy task, as the goal, the process and the means to achieve them are all defined by the gross and easy to digest principles of the world, which surely

discounts the human aspect and it's in depth analysis. In case of organizations where we are dealing with energies and have a task of uplifting people and making them aware about their human and divine nature, the management is definitely not an easy thing to do.

So what is the one thing which can allow individuals a smooth run of operation in case of E-entities (organizations dealing with the subtle). In the first place, we need to understand that there are many planes through which an individual may speak, but there are only three systems of thought processes doing rounds in those committee meetings. At this juncture, let us be clear that Spiritual entities need not be illogical at all times. Either you say what is expected (logical/normal), or you say what is unexpected (challenging/illogical/against the norm) or you end up saying something completely unusual (coming from the unknown). If you have understood the last line, it suggests that your mind is able to comprehend all three kinds of thought processes and you have moved beyond the dualities of life. But then again, it does not resolve any issue. We need to carefully, choose or allow a particular line of thought to take its due material shape. It may be logical, it may be illogical or something completely unusual may be chosen depending on the situation and the need of the hour. While choosing one, we surely have to drop the other too and thus we arrive at some conclusion. But again the big question is which line of thought should be given preference over the other two? The answer is none: we just need to decide as to what makes 'SENSE' in a given situation. The correct thought process may come from just about anyone. You may or may not have accorded any authority to that individual, they may or may not have any experience of the aforesaid task, but the right kind of action may still flow from their minds. To conclude, we just need to do two things in order to manage entities which are highly dynamic in nature:

- 1) Keep your mind OPEN.
- 2) Do what makes SENSE.

Communication for Healers

By Dixa Raut

I watched the entire video session of "Communication for Healer" and it was really very interesting and helpful. I would love to attend a seminar on this topic if you are planning on to organizing one any time in future.

As you rightly mentioned before as well, unfortunately somewhere that "healing touch" is missing and so is the "healing".

When I watch TV, there's this advertisement of "parachute coconut oil" which always reminds me of your words and how the society is going exactly in the opposite direction as of that. In that advertisement, they are promoting this so called new and better oil saying that this "oil is made without the human-hands' touch". They claim that this oil is processed and produced 100% by machines only, without the human touch and hence its degree of purity is more than the other products. I found it very funny as well as very unfortunate that somewhere the normal human touch has been portrayed as "unhygienic".

I realized how important is this human touch and healing touch when I was on my way to office and there was a person suffering from skin disease. She sat in one corner of the metro compartment so that she doesn't directly come in touch with anyone. And people were looking at her with the eyes of rejection including me to some extent. But the next moment I realized what I was doing. I prayed for her healing and sent Reiki. But I could feel looking at her that nobody valued that "touch" and understanding, loving acceptance by people, more than her in that whole crowd. Those 15 mins in the metro thought me something very important.

I remember going to the doctor when I was a child and I still remember how my family doctor used to speak to me like a mother and touch me with loving hands. Going to the doctor itself would make me feel 70% better even before the diagnosis. I am very lucky that our family doctor still speaks to people in the same way and performs diagnosis and treatment as a social service to those who can not afford to pay for it. It was very fortunate that she has also learnt Reiki and she encouraged me to practice Reiki when she came to know my intentions.

But unfortunately not all the doctors relate to the same behaviour. I want to share an experience regarding the same. Glen and I went to a hospital in Andheri to see his neighbor. That uncle was suffering from stomach pain. Before going to the hospital, we came to know that doctors 'suspected' that it was a cancerous tumor and it had to be removed. They scheduled the surgery within no time. I remember I was offering naivedya to Swami that afternoon and I told him what was going on in my mind. I prayed to Swami saying that if you think that it's a fraud by the doctors and they have not done the diagnosis properly then somehow postpone the surgery or give that family the right direction to treat the patient. I was still offering the naivedya when I got a call from Glen telling me that the surgery is cancelled and the family is planning to take 2nd opinion.

We went to see the patient and we gave him Reiki. I could see that the patient was terrified and totally under pressure. The overall

behaviour of the doctors and the atmosphere in the ward, made him sure that there's something terribly wrong with him and he is going to die.

His family told that there was a young doctor who came to visit him that morning and told his wife that he has only 2-3 months to live. When patient's wife tried asking about any alternative to heal him the young doctor shouted at her saying, "don't you understand? If I said he has 3 months then that's what it is. Nothing can work out." And the doctor left. It was very sad to see the patient and the family in that condition.

Luckily they cancelled the surgery and the patient took homeopathy medicine for a few days. We suggested them to learn Reiki but they were not willing to, so we would send distance Reiki for his healing. When he came back from the hospital, he had become absolutely fine. He lived for a year after that. But after few months the doctors performed multiple sessions of radiations on him where his body and mind could not comprehend with it. He passed away a couple of months back.

In this whole scenario and many more like this, there's one thing that I have noticed that people consider doctors as their Gods. They believe in whatever doctors say. But the doctors or the so called healing system is not responsible enough to value people's trust. They believe that healing is just a biological phenomenon and no emotions should be entertained or considered.

When people get hospitalized for any treatment, doctors ask them if they have a medi-claim. If the patient says yes, the diagnosis turns out to be very severe and multiple surgeries are recommended even when not required.

I feel sad that in the name of science and advancement, people have been hammered with the thought that "allopathy" is the ultimate solution and "surgeries" are necessary save life.

Major section of the society does not believe in other healing methods. Healing has become a business these days which is very unfortunate. I once saw a video regarding a "no surgery" hospital (in Japan/china, I don't remember the place right now), where the diseases were treated by alternative healing based on similar principles as Reiki. We currently need such healing institutions. But more than that we need to make ourselves aware that we can heal ourselves and we must take efforts for it rather than depending upon others.

If we want to live a sound and healthy life, only we can help ourselves by healing and managing our own karma-sanakaras. This awareness is very important in my opinion.

Thank you once again for this wonderful session. This will help me correct previously made mistakes and the ones I would have possibly made in future.



Energy Never Dies

Shared by Telangan

A great scientist Mr. R N Sukla writes this incident...

This was a time in 1972. People were fascinated and adapting new ideology from Europe and America. Few intellectuals and modern people were coming together for removing superstitious old ideology from society (andhashraddha Nirmulan samiti). They were attacking almost everything without deep thinking. One day Mamasahab Dandekar (a renowned person of warkari sect) called me and said there are about 250 such people are coming from Pune to Alandi and they wanted to open Saint Dnyaneshwar Maharaj Samadhi for checking the truth behind. They said if the Samadhi is true then they will find bones or some evidence at least.

Next day we reached before them and set 3 meters closer to Samadhi. One was Gigarmular scintillation Counter that could find x-ray, alpha, Gama, Beta or any kind of energy. Second was Trimester Bolometer that checks ultra violet rays and the third was Radar meter. There were some

doctors and three British men along with two hundred people came agitated to Samadhi. We requested them to understand the scientific angle first and then do whatever they wish. We taught them how to read energy from the meter and left them alone in the main area of Samadhi. The meter was not moving when it was away but the moment it was taken closer the arrow start moving showing powerful energy force. It was astonishing experience for all of them and they all were educated people. They realized it was not any magic but the truth. The energy in Samadhi area was active and powerful. Mamasahab explained them about Saint Dnyaneshwar Maharaj's Sanjeevan Samadhi and how he was dissolved in the universe. After that they all left without any destruction. All of them started visiting Samadhi often after that incident. One of the Britisher left the material life and started living there forever.

Each person comes to Samadhi could experience this powerful force of energy without any meter. Saint Dnyaneshwar Maharaj is blessing everybody endlessly.



Hrishikesh Musings...

By Nidhi Desai

Dear Guruji,

Jai Gurudev,

After more than month I am writing you an email for Intensive at Rishikesh: Would like to start with a week before of this intensive. I was very much busy with completing office work and side by side preparation for this exisiting Insentive. Have done web check in not for the people in my group but even for Swapna Mali, Vaishali Lele & Smita Lele.

Faced so many problems a week before in office last moment cancellation of Hotel for almost 40 foreigners, sudden reply from vendor for not providing required material for the one of our big exhibition but I just keep calm and convenience mind that this is nothing but cleansing before going to the holy place.

And I closed my eyes and prayed Shri Swami Samarth that you are with me at this moment and will show me the path.

Suddenly my phone rang and the person was from one of the 5star hotel and was ready to give the rooms what we required. I smiled and said Thank you to Swami.

Starting with experience in Rhishikesh I don't know why but when you start announcing the names of partners I was dam sure that Swapna Mali will be my partner and you announce the same.

In full journey of chakras cleansing I was always the first giver except third eye.

While giving reiki / cleansing of route chakra with in few minutes my hand started painig and was not able to hold correctly and suddenly I saw a red colour with golden border M with half circle on head I was shocked with this experience of mine and after that I realized that my partner Swapna Mali was crying a lot. She also had a good experienced like feeling very light and relaxed. When i asked her that will share our experience with all she denied so I also keep quite.

But the question was still in mind that what that shape means which I saw. Next day morning when we went to market I saw the T-shirts with chakras sign and was so surprised that Route chakra sign is same what I saw. I said Thank You at that moment itself to you in my heart itself.

Then same way I saw different signs at different chakras.

Very brightly I remember the experience with third Eye I saw horizontal eye in between the eyebrows where as my partner (Swapna Mali) said she saw a bright light in shape of Lamp (Dhiya).

I wrote everything in my book daywise which I am not getting right now. Once received I will drop one more email with my detailed experience daywise.

After Rishikeah intensive things are very different, whatever I wish are getting true even the things which I feel will create problem are creating problem if not attend on that time itself.

So from last, almost 20 days whenever I feel i should attend this or will create some problem I am attending the same.

Verry happy to see Swapna Mali's happy face in Math on Wednesday. I felt like her long face with deep tension went somewhere all this is because of you.

And it was my wish to be with me for the whole intensive period which came true. I wanted to have Bij Mantra diksha which you offer to me.

Whenever I used to see you their in Rishikesh I always had an experience that Swamiji is infornt of all of us saying only the word Tathastu.

I will not take much more of your valuable time.

A Big Thank You to You & Mai for being with me for all the time.

I don't know why I am writing this to you now but I am writing this to you..... sorry

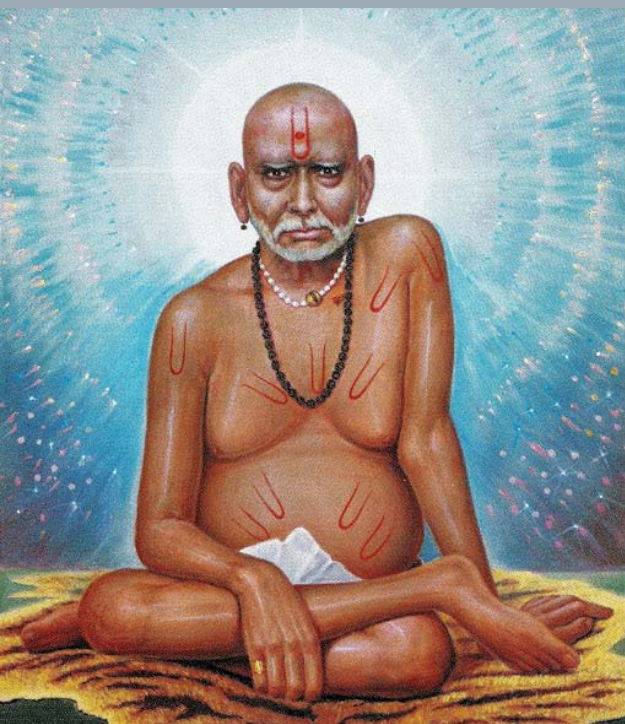
I am really feeling that I did something very good in my earlier birth because of which you are my Guru in my this birth.

Love you so much.

Be with me like always....

Letter to Shree Swami Samarth

By Ms Amara Vasuntara



Dear Swami Samarth,

Namaste. I am writing this letter to express my gratefulness to YOU in this journey of my life. I hardly knew YOU till the year 2015. Enticed by YOUR picture in the magazine, which I had stuck on the doors of my wardrobe fifteen years ago. Despite my ignorance, YOU were always watching me and shielding me which I realised later.

In this vast Milky Way I am merely a tiny particle. In spite of my minuscule existence YOUR never-ending Grace has been continuously showered upon me.

Unaware of the forthcoming life terminating illness to which I was succumbed to weakness. I was getting feeble day by day not knowing why. I have always been averse to allopathic treatment since childhood.

I went to Devrukh, a place unknown till then, as per YOUR instruction. You had made all the arrangements for my Journey. To begin with, the lady at the airport took an extra care and made sure that she arranged for the proper taxi driver. The taxi driver charged the exact amount even though he had to return without passengers. He made my journey safe as well as comfortable. My sister, though reluctant decided to let me travel. Will there be an obstacle if YOU, The KING, decide to treat me lavishly.

YOU made me utilise all the possible resources to make me 'suffer with ease' and peacefully pass through all my karmas. YOU ensured that I stayed near YOUR temple to see YOU and think about YOU everyday. YOU made certain that I am surrounded by all the good souls during my stay at Devrukh.

YOU ensured that I was always in tune with the environment, imbibe the truths, lessons taught, actions to convey YOUR messages and the assurance given will be forever be etched in my soul. YOU helped me not only to discover myself but also the very depth of this immense existence

I am blessed, humbled and amazed at this whole process of taking care of me during my darkest phase of life, in YOUR way. What more can I ask for?

How lucky I am to experience YOUR grace, the abundance, the vibrancy. This experience can neither be explained nor repaid. I am just like a small wave on the surface of the ocean which does not know the depth of it.

My dear Swami all I have is a loving and grateful heart, thankful for everything that I am blessed with.

Yours ever loving, A speck of dust on YOUR feet,

Amara

The road stretches further,
Oh it's bumpy and full of hurdles,
You stumble, you fall.
You get hurt, you break your heart.
Your eyes are misty, and your sight is blurred.
You are alone, and it is dark.

Don't be afraid, don't despair,
Have faith in Swami,
He is always there.
He smiles and He knows,
You will survive.

There are demons within you,
And they hold you tight,
They will mislead you, don't be fragile,
Make a choice, take a breath.
Have no fear, don't be shy.
Loosen the grip, take a leap,
Before you know you will fly.

Don't be afraid, don't despair,
Have gratitude towards Swami,
He is always there.
He smiles and He knows,
You will survive.

The wait seems longer,
As time flies faster,
The choices get fewer,
And you feel lonelier,
You are anxious, you look around,
'Cos you are unaware, what He plans.
Do your work as He guides,
In His loving embrace you shall rise.

Keep a smile, do not whine.
Worry not, you will be fine.
Keep the faith, you will shine.
With love in your heart,
Know that Swami is there and
You will survive.

You will Survive

By Ms Rashmi Koti





In Search...

By Telangan

I searched you all over
As a child for its mother
I could not find
The beginning or the end.
Neither top nor bottom,
There was no shape or colour.
Your address is unknown
No postman can reach you
How could I recognize you?
How could I meet you?
I'm afraid what if I miss you?
My search will never end
Until I find you ...

By Gauri Salunke



Burden

You try keeping it;

more, and more; and more.

Just a few more;

a chant to yourself.

But rather committing a suicide;

suffocating and suffering.

Burdening to not burden others.

Just a piece of cake like many make it seem.



WEAKNESS

Your decisions.

Your choices.

Your vision.

It's all you.



Pricking Conscience

The Bad.
The Selfish.
The Truth.



Cells

- By Kaushiki Swaroopa

I live in thee
And thy in me...
When thou smile
I become happy...

You think something,
And that makes my living
The whole and sole aim of my life
Because, I just know
That you are the sculptor
And I have to follow
Within you is my universe
But, when you don't understand this,
It makes the situation even more worse
Making adverse effect on me

In reality, I can live for 1000s of years
Yet, you always let me down,
Only because of your own insecurities and fears,
And you keep on saying who cares?

I know still you haven't recognized me...
But somewhere deep inside you know
As I have been named by thee
Thy call me cell
Within thou I dwell
Now that you know me
Will you still be ruled by your fears?
Or will you give me my right to live?

Gift of the Heart...

By Shashi S.

Dear Guruji,

Pranams and greetings on your Birthday

My prayers to the Divine that you are richly blessed with good health, happiness and prosperity, ~
that you may continue to work and inspire people to walk the Sunlit path of the Soul.

Here is a quick heartfelt gift of the heart that I penned just now

From the Earth, I gather Her riches of growth, birth and regeneration,

From the Sky I gather the vast expanse of Cosmic un-limitedness,

From the Wind I gather the secret wisdom whispered through Ages,

From the Water I gather rich pearls and treasures of ancient seer souls,

From the Fire I gather the purity of an everlasting Spirit,

And these I offer to thee with sacred benedictions!

That thy work gets deep-rooted in Earth's psyche,

That thy knowledge spreads in the Sky's vast domain,

That thy words are powered by the Wind's swift wings,

That thy message flows joyously in the gushing Waters of existence,

That thy wisdom sparks the Fire of seeking and learning in people!

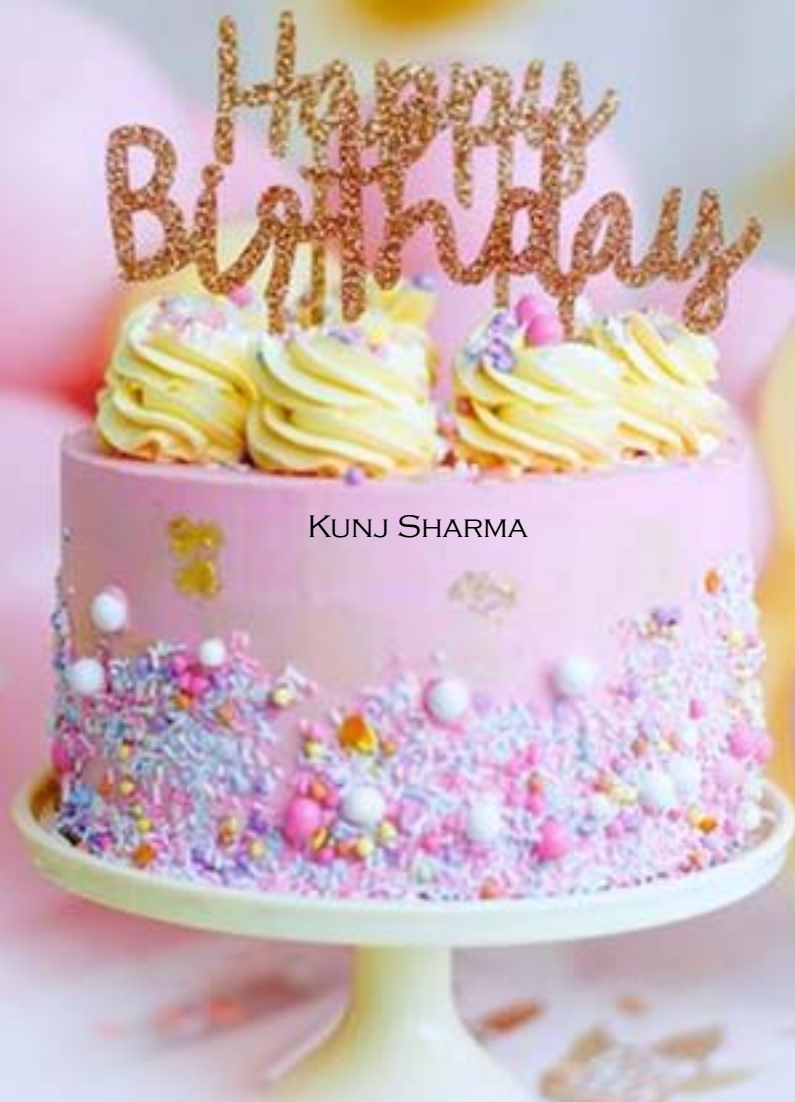
And from thee I take back in full strength thus adored,

Thy gifts of presence, essence, sweet munificence and magnificence,

And scatter it in all directions~ now princely endowed,

That thy words and thy work forever live and grow,

Beyond boundaries, in the heart of all these elements



KUNJ SHARMA

A PERSON WHO LOVES, WHO CARES,
WHO SEES A PERSON'S NEED AND FILLS IT,
WHO ENCOURAGES AND LIFTS PEOPLE UP,
WHO SPENDS ENERGY ON OTHERS.

SOMEONE WHO TOUCHES EACH LIFE HE ENTERS,
AND MAKES A DIFFERENCE IN THE WORLD,
BECAUSE RIPPLES OF KINDNESS FLOW OUTWARD
AS EACH PERSON YOU HAVE TOUCHED, TOUCHES OTHERS.

FOR ALL THAT YOU'VE DONE.
MAY THE LOVE YOU HAVE SHOWN TO OTHERS
RETURN TO YOU, MULTIPLIED.

I WISH YOU THE HAPPIEST OF BIRTHDAYS,
AND MANY, MANY MORE,

HAPPY BIRTH DAY GURUJI

WITH LOVE, LIGHT AND REIKI

Some Reiki Experiences

Some of our participants in Guruji's 2nd degree Reiki seminar at Thane on 23rd and 24th November 2019 have sent their experiences as under:

Gauri Nair

1. my daughter Manasi is in second year engineering . Today she was at home and exams are going on.when she was in 12th std 2 years back her real tooth incisor fell down when she was sleeping .she got up in the morning and started crying .I asked her what happened she said teeth has fallen .she was shivering and lost all hopes and started crying continuously as how she will attend college ...Then we saw that the broken tooth was on bed .Immediately we took her to dentist and she said I will fix it temporarily and she can attend college .Again after 15 days the same way teeth fell down and it was nearing her final board exam ..doctor said permanent teeth to be fitted from root and painful so do it after her final exam .she gave a temporary filling ,this time stronger than previous which would last for an year or so and told that when the teeth again fell off u come for permanent teeth which would be long procedure. poor girl every morning would check for her teeth ...many times she got up from bed due to bad dreams of teeth fallen. Last 2 years the tooth was intact.

Today morning I came for session. Being Sunday she was sleeping .11.10 a.m we had our tea break and session again started at 11.30a.m .I saw whatsapp message at 11.40 a.m from my husband that Manasi tooth has fallen again... I was really very tensed that she will cry and panic as her final semester exams were from tue .U must have seen during the session I got and went inside bedroom and immediately sent reiki to manasi that do not panic and cry ur teeth will be fitted today only .I send dr no to my husband and came back and attended the session .I knew very well that today being Sunday dr will call tomorrow only. Full day concentrated on seminar .

While I was traveling back home in my car, Manasi called up and she said mumma I am going doing with friends ...I was surprised again I asked her going down ,how?? she replied why u r asking like that ...I told her ur teeth broke right and normally u lock urself in bedroom till it was fitted back .Do U know what was her reply...

mumma u have send reike , I got it and tried fitting the teeth back and immediately it did stick how I dont know ...I was soooo surprised ...now she is saying teeth is fitted like fevicol ka jod not moving at all!....what a reikes miracle

2. My brother is a surgeon and he has to stand entire day due to which he had backache and leg pain .I declared myself to be his body and gave him full body reike .he was fast a sleep and then he got up he dressed up and when to hospital for opd at night .This I did for 3 days and now he is completely healed.Then on the 3rd day he said operation is planned late night for a emergency patient pls sent reike at 11.30 p.m I sent distant reiki to my brother as well as patient to completely recover ...next day the critical patient who was operated by my brother was brought out of Icu .Jai gurudev ...patient was unknown to me and he is fine now.

Priyanka Patil

Good morning.. I have one thing to share. I was in office and we have glass door the main door is adjacent to our door, i came out and some one pushed thr main door and to save myself i put my hand in between and glass door hit me strong on bone of hand...i was crying in pain all thought it could be fracture , i told don't panic let me go..i went into stairs and immediately gave reiki to it, the very next moment after 10 mins of reiki, the pain stopped.

Sangeeta Dhamane

Jai Gurudev.. I am thankful to you Sir, My parents are old and both have undergone surgery, I got a very positive feedback yesterday regarding their improvement in energy level, Also my sister who has spondilitis comes daily since 1 week, She loves the progression and wishes to Learn Reiki. I am thankful to you and Reiki for such positive changes.

Reiki Experience in the flight to Singapore

Milind Joshi on behalf of the wife Sampada Joshi Singapore.

Jai Gurudev

Your student Sampada Joshi has very different experience last night while traveling from Mumbai to Singapore.

While on the flight, after about an hour, an elderly person about 3 meters away from her seat lost his consciousness for some reason. His relatives had panicked . Attendant announced but there was no doctor on flight. They brought equipment for CPR.

Before realising, Sampada could feel Reiki flowing very strongly from her hands with some burning sensations. She prayed you and commenced giving Reiki to him. She could see you sitting in air at distance in white clothes and looking at him as if you were also sending the Reiki.

Sampada continued with Reiki to that person and in about 5 minutes he regained consciousness but lacked strength even to sit on his own.

She continued and gave him full body Reiki. After some time, the person recovered fully with condition improving gradually. By Singapore, he was able to walk around.

Thank you Reiki and thank you Guruji for everything.

Your student

Milind Joshi on behalf of the wife Sampada Joshi

Sewa at Devrukh ashram...

Dear Guruji
Jai gurudev

This time seva experience in math was very blissful. Rather than seva we can call it as intensive program. So much discipline and then to joyful. Every thing was fallen on right time and everyone get to do all activities, Agnihotra, trimbak, rudra swahakar, shiv puja, aarti, other math work.

Thanks to Kalpita didi for being a wonderful MS she took all sessions so well every morning after good morning aarati. Warm up exercised, yoga, pranayam, chanting in rhythm, sending reiki to all, prathana. Food was very tasty and healthy

Thank you so much guruji for giving us this opportunity on the name of seva, actually it's our retreat. We gain so many things meeting different people and mingled with them.

Thank you once again and keep your blessings and guidance all time like this

Love light reiki

Jai Gurudev

Mrs Archana Parab



Did you Hug yourself Today?

by Aruna M.

We hug when we are happy, sad or when you want to comfort our friends and family. Hug reduces fear, pain and feels supportive too. Hugs keep you healthy, protect you from illness. If you are sick hugging helps them to recover faster. Even doctors those days used to hold the patients hand and immediately patient feels extremely comforting.

One can always remember how it feels when we touch or hold small babies. Feeling of joy stays for ever. Senior citizens feel self-assured and comforted when their near and dear ones hug them. Growing children need hugs to grow into a confident youth with a lot of trust and positive social behaviour towards the society. Today most of us specifically in the west are touch deprived due to their life style and priorities in career etc. But why do we feel so good with a touch or a hug or a small pat?

When we hug someone the **Oxytocin** hormone is secreted by the hypothalamus of our brain secreted by pituitary gland. It helps us to stay positive, happy, joyful, stress free and healthy too. Oxytocin, dopamine, and serotonin are often referred to as our “**happy hormones**.”

When you're attracted to another person, your brain releases **dopamine**, your **serotonin** levels increase, and oxytocin is produced. This causes you to feel a surge of positive emotion. One review of research suggests that **oxytocin** has a positive impact on social behaviours related to relaxation, trust, overall psychological stability. The hormone has also been shown to decrease stress and anxiety levels when released into certain parts of the brain.

What's the relationship between oxytocin and motherhood?
I always wondered how naturally a mother goes into labour and

the uterus shrinks, she is feeding a new born child. In all this **Oxytocin** plays several important roles in motherhood. **In labour**, the hormone signals the uterus to contract, beginning labour. It helps move the process along by increasing the production of related hormones. After delivery, it helps the uterus return to its previous size. When a baby latches on its mother's breast for **Breastfeeding** it triggers a release of oxytocin. This signals the body to let down milk for the baby. **Bonding** Human and animal studies on the effects of oxytocin on the mother-child bond have found that mothers with higher levels are more likely to engage in affectionate parenting behaviours, including: frequent checking in on baby, affectionate touch, singing or speaking to baby in certain way and grooming and bathing behaviours.

Some research suggests that babies who receive this type of parenting experience a boost of oxytocin that makes them seek more contact with their mother, further strengthening their bond. These effects aren't limited to biological mothers. Researchers in one 2014 study Trusted Source found that **oxytocin** has a similar effect in foster mothers and adoptive parents.

Above all our Gurujī says taking reiki everyday as reiki practitioners is like a self hug. So we all should hug ourselves once a day for 1 hour and 20 minutes and spread not only the love hormone in ourselves but keep all the hormones in balance. This in turn will **spread to the society and make us live in happiness, good health and in harmony with this universe**.

Excerpts from [healthline.com](https://www.healthline.com)

The Awakening

By Nadia Edreva

Dear Sir and Reiki teachers,

Gregg Braden's videos testify that quantum physic has been advancing in its attempts to explain what has only been known by enlightened masters throughout millennia of human evolution. Science has taken on penetrating into the mysteries of energy and matter, a domain that throughout the history of our civilization has been only accessible by buddhas. Messengers like Gragg Braden spread the word around and we're grateful for that and it's up to us to implement that knowledge any good way we can.

It is such an exiting time we live in where science has began to catch up with spirituality! Quantum physic in particular has been reaching for models that illustrate what ancient spiritual traditions formulated and initiated followers in long. This all must be part of our collective ascendance, of God's plan for the evolution of conscience, it couldn't be just a sheer coincidence that right now all that knowledge begins to be ready for access by a huge number of people all around the globe. What Braden is talking about wasn't available some 5-10 years ago, and all of a sudden like a huge burst this collective awakening is happening and we are a part of it!!

What makes it absolutely incredible for us as people on the spiritual path is that: we have been experiencing that "union of thought and emotion", we KNOW what he's talking about! When have we experienced it? When giving Reiki to ourselves or others, when employing our hearts in deep prayers, when meditating – all of that thank to being a part of the Reiki tradition and disciples of Guruji. We can relate to the discoveries of quantum physics not only intellectually but as our own EXPERIENCE, which is holistic. And that makes a big difference compared to someone who can only try to understand Braden intellectually!

What do scientific discoveries like the ones Braden is

talking about help healers and teachers with?

The fact is, that for most of the people today the mind has overtaken all faculties, the mind is the king, and because of that, convincing people to do something today – whether to follow a trend or say, to step on a spiritual path - we must speak the language of the mind. The language of the mind for a 21 century college kid or an IT professional is the language of science, no more no less. Only after the mind has been satisfied with a scientific explanation of "the field of greater intelligence that holds everything from planets to human bodies together", the quantum physic explanation that is, only then we get a chance to crack open a space into the very being of that person AND communicate on a deeper spiritual level teachings like Reiki. Only then we can get a chance to convey mysteries and ultimately nudge a person to experience on his/her own . Experience he/she must!- as Guruji says. We have no shot at leading someone to a HEART experience if we have not given the mind enough to chew on.

In sum, the way I see it, new quantum science discoveries have their place incorporated in our seminars. If nothing more they would be one more additional bridge to connect with seminar participants through.

What spiritual people across the globe call God, Einstein had called "the governing agency of the particle" or what in the language of quantum physics is a "field of energy that holds everything together". On first sight, it's only a difference in terminology: one word is substituted with another though the meaning remains the same (that meaning can not be encompassed with one word, any word, of course). What science lacks compared to spirituality though is that BELIEF that translates potential possibilities into reality, which Gregg Braden talks about. That is the realm where the power of Reiki comes into play, thus the responsibility and the privilege of teaching Reiki to people.

Merging with the Ocean

Take a deep breath.

Close your eyes.

Take your whole attention to your Third Eye Chakra.

Just imagine that you are seating on the sea beach right in front of the sea.

Keep on visualizing the sea in front with all the tides coming towards you – some huge some small.

Just imagine after some time that a huge tide has emerged from the sea and has gone past you over your head.

You are totally engulfed in the tide. The tide has passed below you and gone back to the sea.

Let it repeat a number of times till you are totally lost and merged with the sea. Enjoy the stillness, calm and at the same time the vibrancy.

This is you at this moment. Enjoy these moments. After 10 minutes allow the tides to go back.

Take a deep breath and relax. Open your eyes and lie down for 5 minutes. Share the experience.



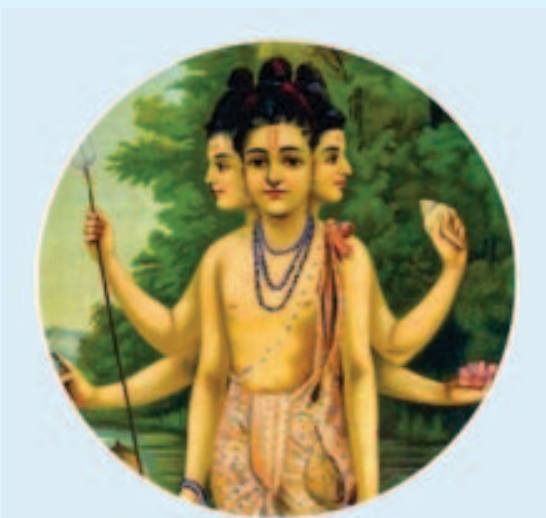
History created at Karul Village in Maharashtra



Karul Grampanchayat in Kanakavali district of Konkan in Maharashtra created a history by organising the first Reiki seminar for Reiki Vidya Niketan on 4th & 5th December 2019. This possibly is the first time such an initiative has been taken by a government body at the village level. The grampanchayat honoured the slogan of Vyadhimukta Gao (Diseases free village) given by Guruji Ajit Telang given by him when he addressed the lecture at Karul on 22nd October 2019. This possibly is the first step towards "Fit India" program given by

our beloved prime minister Mr Narendra Modiji. We all hope that this will initiate and inspire all other local government agencies to act on and work towards the ultimate goal of healthy India and healthy world.

Datta Jayanti Celebrations at Devrukh ashram



Datta Jayanti celebrations at Devrukh ashram is always an exciting event year after year. This year was no exception. This year the festival was celebrated between 9th and 11th December. Datta Yaga which started at the Sunrise of 9th December ended with Poornahuti on 11th December at 12.00 noon. The chants of "Hari Om Tat Sat Jai Gurudutta" are still echoing in every bit of the ashram. More than 100 sadhaks from various centres of RVN visited ashram.

Devrukh Creative Arts Community (DACC) declared and distributed their prizes and awards to all those children who participated and gave excellent performance.



Parenting at Mahindras

Mahindra and Mahindra Limited, a leading company in Automobile Industry in India invited Guruji give a lecture on "Conscious Parenting- Challenges of New Generation" on 19th December 2019. It was attended by about 60 employees and their spouses who fully appreciated the presentation and showed interest in joining a community.

Sharing experiences...

Experience is an important part of the whole journey of spiritualism. Generally it is believed that one does not have to share their spiritual experiences with other. No one has a concrete reason to support this. Once this issue was being discussed at the ashram. Guruji said, "There is only one root cause of both- sharing or not sharing the experiences. And that is, the fear of ego. While sharing if you are not conscious that your experiences are expressions of the divine and start believing that it is "You" who has the power to create these experiences then you are likely to go on ego trip. This ego is the biggest blockage on the path of spirituality. One can't maintain the fine line between your self and that divine. If you look at the healing practices like Reiki, we do not document all those experiences and generally leave them behind to have a

next experience. We are all satisfied to know that our patient has recovered. That actually makes people with scientific arrogance to believe that such healing experiences can't be termed as scientific. Science today means measurements, documentation, clinical trials etc. It is more numerical in nature. Possibly the number of patients healed by the alternative methods like Ayurveda and Reiki and other Shamanic practices may be 10,000 times more than allopathy. Still the onus to prove is on those who are healing but have no documents to prove. We forget that the proven-ness, the documentation are driven by the ego more than the soul. That then is a precise reason for us to document with a very clear conscience that we are no where in the picture. We are just witnessing the process. Idam Na Mama (This is not mine, it's all yours God!)

Reiki Seminar

January 20

Dates	Centre	Degree	Master	Contact
4th & 5th January	Goa	1st	Kalpita	Netra Gauns (9422643106)
4th & 5th January	Thane	1st	Vishal	Girish Karnik (9820260229)
11th & 12th January	Baroda GSFC	1st	Ajitsir/ Krupa	Chandresh Parmar (9974701200)
11th & 12th January	Pune	1st	Kalpita	Amrut Kirpekar (9175050900)
11th & 12th January	Mumbai	1st	Vishal	Vinaya Sawant (9004328016)
18th & 19th January	Nashik	1st	Rakesh	Monali Rakshe (9420692136)
25th & 26th January	Rajkot	1st	Seemben	Jyoti Saraiyya (9824299153)
25th & 26th January	Hyderabad	1st	Ajitsir/ Rakesh	Bel Dhillon – 9391065935
25th & 26th January	Ahmedabad	1st	Bharatiben	Kinal Pandya (9714515839)
25th & 26th January	Devrukh	1st	Sangita	Math (02354-261322)
25th & 26th January	Delhi	1st	Krupa	Preeti Khanna (9871118906)

Other Programs

13th January to 17th January 2020

Datta Transition Yatra – Girnar and Kala Dungar

Bhavesh Patel (9819794095) Krupa Choksi (8097033220)