

REIKI VIDYA NIKETAN

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Dear Readers,

Jai Gurudev

One of our sadhaks sent me a video of a speech from Osho Rajneesh. And he wanted my reactions on the same. The video started with a question from one of his disciples asking him a question about why does he (Osho) not perform miracles like the saints of the past deed. That question was good enough to bring out the venom of this modern saint-like personality. Not only did he blast the disciple who questioned and asked him to get out of his site, but he also started abusing all those saints like Jesus and Buddha as well as popular divine personalities like Sathya Saibaba.

His whole objection and wrath towards these saints was that they could not save themselves from the jaws of the death while they had supposedly performed miracles to save the poor and trodden ones. Possibly Osho did not realize that the powers of these avatars and incarnated & realized souls were never to be used to save their own selves. They were not selfish to do that





They were all beyond the body consciousness and naturally were fearless to death. His mention of Jesus making it possible for lame and blinds to cross over mountains with ease fell down three times while carrying a cross on his shoulder was ridiculous to say the least. His mention of Buddha while saving many from the death on consuming poison could not save himself from the poisonous food that he got in alms during his last days was also equally ridiculous. The saints never lived for themselves. If they had, they would have ceased to be saints. They would have been more ordinary than the ordinary people.

The real sainthood and the powers bestowed on them by that almighty happen only on their leaving their ego and going into the infinite zone of the soul. In that zone they hardly care for their body and the diseases or pleasures associated with that. Obviously a person rolling into the heap of countless Rolls Royce cars and diamonds may not be aware about this state even in his dreams. Naturally miracles are only myths for him. Are miracles real? Yes. I have seen these miracles from close quarters. I have tested these miracles with all the scientific measures available and brushed them on knives of objective realities and the miracles have proven themselves. Confucius had said, "If you do not believe in miracles, you are not realistic"

With lots of love, Light & Reiki

Ajit Siv

February 26th, 2020

Dissatisfaction and Expansion.

By Vivek Pandye

All of spirituality around the world teaches you to be and remain satisfied. In this world everyone is looking for satisfaction. Generally most people are striving for satisfaction via the achievement of accomplishing goals, obtaining material objects, or acquiring “love” from children, wife, friends, family etc. In the material world there are many different types of satisfaction but they always fall short of our expectations. Simply put, one can never be satisfied in this material world. One is always induced to search after “new and exciting,” material sense pleasures. However, the big question is, is dissatisfaction the source of all our achievements? To a certain extent yes, but should we remain stuck at means to pacify our discontentment, the answer is NO.

The mind is in its very nature bound to explore and expand at all times. No matter whomsoever you are, the mind is and will look in some or the other direction to find new and better ways of gathering things we like. When this very mind reaches or touches the spiritual sub-stratum, we tend to expand ourselves with some profound knowledge. Satisfaction is something the humans understand very late. If you need to achieve something, the root cause has to be something lacking, along with the obvious displeasure towards the very condition of your life. Being dissatisfied helps you achieve your goals (well at least materialistic) in more ways than one. The moment the mind is trained for inaction, the philosophy of satisfaction creeps in. We tend to forget that the mind needs to strike a mean between inactivity and inaction. A life that is totally passive is definitely not advisable if you are living within this world. However some part of your day must be spent in total inactivity in order to keep this machine over hauled. We must understand that in order to complete our wishes and desires, we must keep moving. The very nature of desire is something which has remained unfulfilled and our mind starts craving for the same. So understanding where exactly are we dissatisfied and how to go about fulfilling it in the best

possible ways should be the goal of every human. We can't be keeping ourselves hungry in so many ways just because there is this concept of satisfaction. You obviously don't deny the little pleasures of life for the heck of remaining contempt.

Spirituality (in India especially) has always meant sacrifice and greatness. The pragmatic view for some or the other reason has always remained suppressed. Right from the tradition of fasting, to giving donations, to not being too ambitious and leading a life full of hardships has been the cult. It is only now with the avalanche of a few modern Gurus, that spirituality has started to venture into the materialistic world without cultivating any guilt about it. It is

so very pleasing to see businesses being carried out in the most professional yet holding on to the values and principles at its core. The emergence or rather removal of the distinction between the two worlds itself is very heartening to see.

To conclude, if we may analyze where we are and what we need to



achieve and through which means, would obviously lend a whole lot of clarity to our lives and existence in general. The secret lies in attaining and also being able to give up things at will. In case of relations we need to learn how to build them first and also let them be in their own space when the time demands. With money we better earn more than is needed but again donate some to the needy without a frown. With achievements sky may be the limit for us but the realization that all activities come to a permanent halt should also accompany the trophy that we hold. Finally, we may set out on a journey to attain Godhood, but we mustn't forget the very act of remaining a human at all times. We must allow the expansion of our mind in whichever way we need, but remaining attached to the ethereal principles should not be allowed to be forgotten. The whole life is remaining satisfied with what we have and keeping an eye of discontentment towards what is lacking within us.



TEACHER & STUDENT

Shared by Chandresh Parmar

Teacher addresses a student and asks: "How many kidneys do we have?"

"Four!", The student responds.

"Four? Haha," The teacher was one of those who took pleasure in picking on his students' mistakes and demoralizing them.

"Bring a bundle of grass, because we have a donkey in the room," the teacher orders a front bencher.

"And for me a coffee!", the student added.

The teacher was furious and expelled the student from the room.

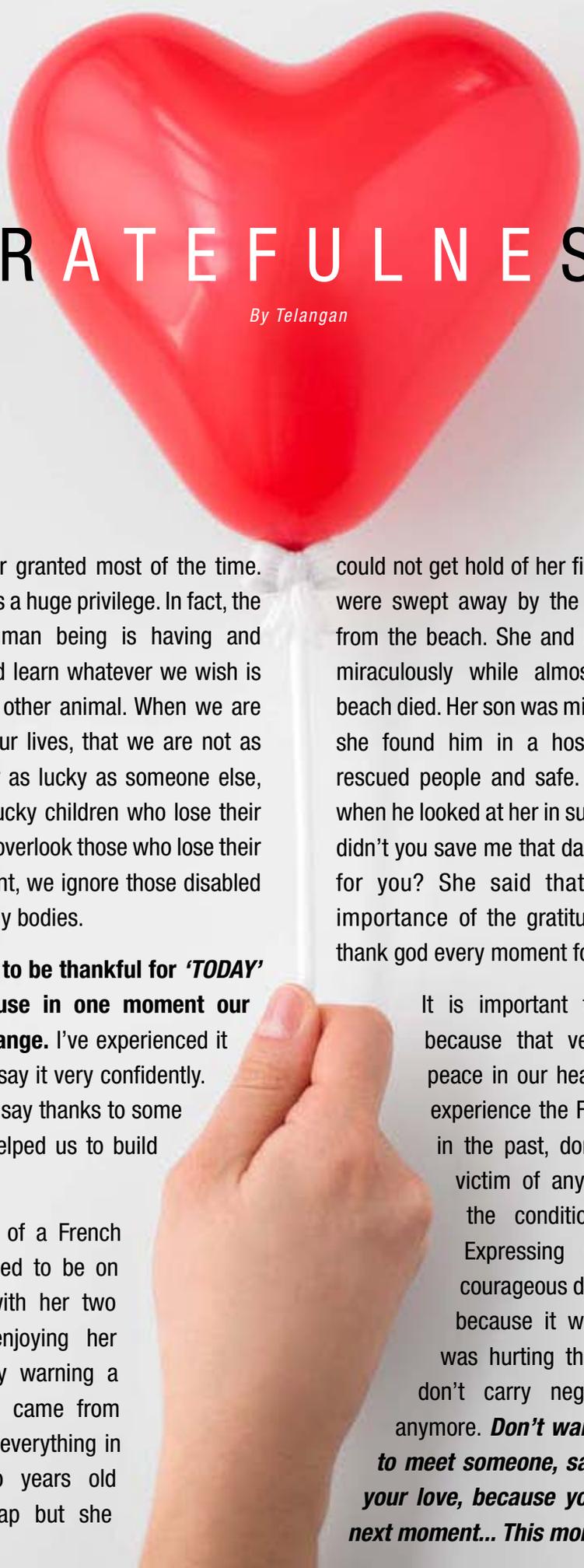
The student was, by the way, the humourist Aparicio Torelly Aporelly (1895-1971), better known as the "Baron de Itararé".

On his way out of the classroom, the student still had the audacity to correct the furious teacher: "You asked me how many kidneys we have?"

"We have four: two of mine and two of yours. 'We have' is an expression used for the plural. Enjoy the grass".

What is the learning from the story (Particular for teachers):

- 1) Do not react immediately after listening to the reply/answer from student.
- 2) We/teachers should try to find out why the student has given this (so cause) wrong answer. May be his answer is true, but I am not able to understand.
- 3) Good Teacher may have to keep aside the ego and she/he will have to learn from student too. In the above story, if Teacher may be have to ask another question "How?" immediate from first answer, then she/he get correct answer from student.
- 4) Teacher have not to consider/assure any student as "dull", because every student has a some different ability, intelligence & smartness, just try to find out the same from each & every student.

A large, vibrant red heart-shaped balloon is the central focus of the image. It is held by a hand from the bottom right, with the string of the balloon extending upwards. The background is a plain, light color, making the red heart stand out prominently. The word 'GRATEFULNESS' is written in large, white, sans-serif capital letters across the middle of the heart.

GRATEFULNESS

By Telangan

We take our lives for granted most of the time. Having human birth is a huge privilege. In fact, the kind of intellect human being is having and consciously we could learn whatever we wish is not possible for any other animal. When we are complaining about our lives, that we are not as handsome, as tall or as lucky as someone else, we ignore those unlucky children who lose their mothers at birth, we overlook those who lose their loved ones in accident, we ignore those disabled while we have healthy bodies.

It is very important to be thankful for 'TODAY' in our lives. Because in one moment our entire life could change. I've experienced it in the past, so I can say it very confidently. We don't get time to say thanks to some one we love, who helped us to build our lives happy.

I remember a story of a French Mother who happened to be on Indonesian beach with her two very young kids enjoying her vacation. Before any warning a giant tsunami wave came from nowhere and swept everything in the sight. Her two years old daughter was on lap but she

could not get hold of her five years old son. They were swept away by the wave three miles far from the beach. She and her daughter survived miraculously while almost everybody on the beach died. Her son was missing too. After a week she found him in a hospital bed among the rescued people and safe. She was traumatized when he looked at her in such a disbelief that why didn't you save me that day, was I less important for you? She said that day I realized the importance of the gratitude in our lives. I will thank god every moment for our reunion.

It is important to feel the gratitude because that very moment there is peace in our heart and our soul could experience the Freedom. We don't live in the past, don't complain and feel victim of any situation. We accept the condition with open mind. Expressing Gratitude is a very courageous decision we are making because it will finally let go what was hurting the heart and soul. We don't carry negativity in our heart anymore. ***Don't wait if you are delaying to meet someone, say thanks or express your love, because you don't know about next moment... This moment is your...***

Rudra Experience

By Saurabh Malpani

Dear Guruji,

After having received the opportunity to learn rudra chanting from Jairam sir (in January 2019), I was blessed to have been chosen to be a part of the Atirudra Sankalp 2020. Before actually sharing the experiences of Mahashivaratri, I would like to share few experiences of rudra chanting (which I can recall as of now) .

1. After learning rudra, I went to attend 1st degree Reiki seminar at Grant Road. So, on the way to seminar, I visited a Shiv temple (Shri Bhavani Shankar Mandir & Shri Ram Mandir) and chanted rudra. After completing it, i didn't chant Shiv Manas Pooja Stotram, Shiv Panchakshar Stotram, Shiv Stuti & Dwadash Jyotirling Stotram (which we usually do) as it was too soon to memorize them. So, I asked for forgiveness and said " Dekho bhagwan mujhe yaad nahi hai isiliye chant nahi kiya. Aap kuch arrangement kro toh agli baar sab chant krunga!" saying this I left for the seminar. As soon as i entered the seminar hall, Sagar Sawant ji asked me if i needed his copy of Shiv Manas Pooja Stotram, Shiv Panchakshar Stotram, Shiv Stuti & Dwadash Jyotirling Stotram and said" yeh aap lelo mere paas dusra hai." (We were learning rudra chanting together for a month and he had never offered it before). I was stunned and thanked Lord Shiv for his blessings.

2. I went to a coaching class (at Andheri) for interview. Due to unseasonal rains, roads became crowded and buses were overcrowded. After having struggled to get into the bus, I got drenched as i was standing on the footboard of the bus. As a result, when I reached home, my shoulders started painig a lot. The next day, my entire body started painig and I was feeling feverish. So I started taking reiki. After few minutes, I suddenly got a thought to start chanting rudra. To my surprise, 90-95% of my body pain vanished after completing rudra. This incident accentuated healing property of Rudra Adhayay.

Mahashivaratri was a beautiful and unique experience. I used to PARTY (ie Pranayam, Agnihotra, Reiki, TM Yognidra), as per Guruji's instructions received during Datta Sankraman Yatra, coupled with chanting Rudra, performing Rudra swahakar (at least once) & Tryambak Hom (with 108 ahutis, twice a day). I also used to chant Datta Bavani, Taarak Mantra, Shiv Tandav Stotram & different bhajans of Lord Shiv, listening/chanting Sunderkand. Also, I used to chant Om Namah Shivaay, Hari Om Tatsat Jai Gurudatt, Shree Swami Samarth at least 108 times (higher end being at least 10-20 sets of 108 each) while

doing other chores and/or walking and/or taking Reiki and/or giving group Reiki to patients. So this is how my day used to be like during Anushtan period. I've enumerated the experience of Mahashivaratri:

1. Every day when I woke up or went for bath or when I entered the room after having bath, I always used to get an unexplained fragrance of Rose & Sandalwood/Chandan (first occurrence of which had happened on Datta Jayanti) in my room only. I was so pleased/lucky/blessed to experience this divine grace encouraging me & strengthening my resolve during Anushtan period. Now one fine day, I decided to check the veracity of this experience (old habit of being logical). Next morning when I got this fragrance again, I requested him to come again when I chant rudra (so that I get to chant in his presence & he can correct my mistakes). I was astonished & dumbstruck to witness the same fragrance surfacing as soon as I started chanting Rudra! Words will not be enough to describe this feeling.

2. This grace also made sure that I take enough rest & indirectly indicated me to sleep. My wi-fi router, which otherwise works normally 24x7, used to get disconnected post 12:30 am mysteriously. In spite of several manual, hardware & software rebooting, it still remained the same. This incidence happened multiple times and on retrospective thinking made me realize that I shouldn't be awake this late & henceforth avoided staying up late.

3. After attending Guruji's talk in Avinashji & Pujaji's reception, I reached home completely drained & my body started painig, shivering & had fever. So i entered my room and prepared to sleep. Before the end of the next day, I was fit and fine as if nothing had happened last night. I felt healing rate was high during this period.

Lastly, my Mother, Father & Elder Brother were very supportive during the aforementioned time period. They helped me at every point during this period. A heartfelt thank you and respects to Swamiji, for without his permission & consent, I wouldn't have been a part of this Sankalp. A big thank you to Ajit sir. Without your support & guidance this wouldn't have been possible sir. Also, I would want to thank Jairam sir, Vishal sir and fellow sadhaks for constantly helping me with all the queries. Without your help, I wouldn't have done half of what I did. A big shout out to Sachinji Gadre and his family, who were very warm and welcomed us with both the arms open. Thank you very much.



Guru showing the path to Moksha

By Aruna M

Ansushtan is going on and we are always looking for a bhakthi movie to spend our time sathwic way. Our sadhak Komal had shared the link of the Marathi movie on “ Sant Tukaram” made in the year 1936. It had English sub titles so I could understand the conversation better. Every scene was emphasising on his surrender and the easy and powerful path of Namasmarna.

He lives with his two children and wife in the place called Dehu in Maharashtra. But every moment he spends either writing abhang, or chanting Panduranga’s name or in meditation. His wife finds it very difficult to meet both ends since Sant Tukaram was not earning like others. There were so many scenes which touched my heart. One scene due to his wife’s insistence he takes a job of taking care of the fields. As he is in meditation his enemies drive the cow herd into the fields. He is almost losing his house to compensate for the loss. Lord showers his grace and increases the harvest tenfold than the previous year. The owner understands that sant Tukaram is not an ordinary man and donates all of the excess harvest to his family.

Tukaram who is in the present distributes all of it among the poor and needy. He doesn’t keep even one grain for his family. Such was his surrender to Lord that he believed that God will take care. In one more instance his rival brings a learned and Pundit and forces Tukaram not to write abhang as he is not from the high class. Above all they force him to drown all the written works of him till then into the river Indrani. Tukaram is on fast with his family and after 12 or 13

days Indrani returns all of it to him. This is when the learned high caste pundits also understood him.

The famous scene is the way he meets Shivaji Maharaj and how he protects him from his enemies. He also makes him realize his role as a King and how important it is for one to do his duty as worship. Finally when he wants to go to “Vaikunta” he calls his wife and requests her to join him in this journey to God. She is in ignorance and she is not ready to leave the family and her children. She also assumes that it is a place nearby and he will return for lunch.

Sant Tukaram explains to her that how grateful he is towards her. He says since she fought with daily difficulties he could do all God’s work without any worries. He feels that she deserves to travel along with him leaving the children to God’s will. She refuses to understand and goes home thinking that he will return for lunch.

Meantime the Garuda comes and takes him along and the whole village is watching this glorious scene. Then his wife also comes to stop him and by then it was too late. When I listened to the conversation of Sant Tukaram and his wife I felt like Tukaram, our Guruji is calling all sadhaks and showing us the path and we are still in ignorance giving reasons like family, job, money, children or grandchildren. This movie was a wakeup call for me. Hope this time at least I don’t snooze the alarm and be ready for the path shown by our beloved Guruji to Moksha.

By Gauri Salunke

alone

Many things, many thoughts;
rather just a choice you can't run from.
Haunts you, burns you, eats you;
an abyss you get lost into.
Look around, there'll be more you, you and you.
Lone but not alone.

marriage

Society talking, advising, probing, influencing;
Waiting for you to ripen;
Ripe to marry; Ripe to be a wife; Ripe to be a
mother; Ripe for a new family.
You're not ready, yet 'have to' when don't 'want to'.
Why? Why? Why?
Because you're reaching a certain age even before
you've reached it.
Unnecessarily necessary.

Truth or Dare



"I love you", she said.
"But you didn't look me in the eye",
said the person in the mirror.

evolving

by Telangan



Nothing remains unchanged
while the universe is changing
every moment the nature change
We are not the same person
we were a year ago, a month ago,
a week ago, or even yesterday...
We are constantly changing;
Experiences in our lives don't stop
We move with the pace but we
Must believe the truth that
We are blessed, we are loved,
We are taken care at all times...

Not easy to be a Teacher

Shared by Dr Ramanathan Iyer



Teacher: "Construct a sentence using the word "sugar"

Pupil: "I drank tea this morning."

Teacher: "Where is the word sugar."

Pupil: "It is already in the tea..!!"

Not Easy to be a Teacher !!!!!

TEACHER : Our topic for today is Photosynthesis.

TEACHER : Class, what is photosynthesis?

Student : Photosynthesis is our topic for today.

Not Easy to be a Teacher !!!!!

TEACHER : John is climbing a tree to pick some mangoes. (Begin the sentence with 'Mangoes')

Student : Mangoes, John is coming to pick you...

Not Easy to be a Teacher !!!!!

TEACHER : What do you call mosquitoes in your language?

Student : We don't call them, they come on their own...

Not Easy to be a Teacher !!!!!

TEACHER : Name the nation, people hate most

Student : Exami-nation...

Not Easy to be a Teacher !!!!!

TEACHER : How can we keep our school clean?

Student : By staying at home...

Not Easy to be a Teacher !!!!!

TEACHER : One day our country will be corruption free. What tense is that??

Student : Future impossible tense...

NOWADAYS TEACHING IS REALLY VERY TOUGH



Surviving through Chaos

Close your eyes and sit relaxed.

Take your whole attention to your Third Eye Chakra.

Try to be with your breath and observe breath continuously for sometime.

Just try to visualize a chaos all around you. The earthquakes, the fires, the bloodshed, the wars, the corruption, political struggles And you are sitting right in the midst of the same.

Look at the huge FIRES and the big TIDES of sea coming towards you.

Feel the heat of the events around. DO NOT get involved. Just OBSERVE and be a WITNESS to the whole scene around. This is going to be a situation in any case for the next few months. Just tell yourself that it is all right to be in midst of such chaos. Chaos has occurred around YOU because YOU only can handle it. That is your ROLE.

Look at each situation closely. Ask yourself what would you like to do in such situations?

You may feel disgusted, feel like crying, feel like coming out of meditation DO NOT do that.

Have a trust in your 3rd Eye Chakra that you are the one who is going to control. You are in sadhana and have no reason to panic. NOTHING is going to happen to you and your dear ones. You have been protected and you are protecting them.

Chant any name of the God or remember any of the Gods/Gurus that you may like to revoke at this stage, so that you are guided out of the chaos.

Draw all symbols on your third eye chakra. Draw all symbols on your near and dear ones so that they would not be affected by whatever happens. Create your own shell of energy around and just be comfortable. Stabilise slowly. Chant OM 21 times and then just lie down for 5 to 10 minutes.

Ashram Events



Atirudram Mahashivratri at Devrukh

The event of Atirudram at Devrukh is something sadhaks had been waiting for almost a whole year. This was the second Atirudram in the math's history, the first one being done on 4th March 2016. This time almost 300 sadhaks participated in this program, which possibly is the largest ever number of sadhaks in the ashram premises. 10 centres and 19 teams took part in this 3 days event which started on 19th and ended on 21st February. 11 Maharudras were performed at the specially created pandal on the south side of the ashram with 12 altars for homas. The top class arrangements for accommodation and food were well appreciated by one and all. All sadhaks had come well prepared with experience of their 11 Maharudras chanted in local groups over past 11 months and one month penance before the final event. Everyone enjoyed and carried an altogether different experience to their homes.





The Role of Satsangs...

Satsang has a role to play in spiritual and even material life. The discussion on this matter was on in the ashram. Guruji was eating meals with Mai. There was one vegetable which possibly was prepared with little salt than required. Mai realised that in her plate the vegetable was with salt while Guruji's plate was with a vegetable with no or less salt. Mai realised what happened and mixed both the vegetables and redistributed the same in two plates. This time Guruji found the salt was okay in his vegetable too. He told the sadhaks around about what had happened and told them, Look, this is what Satsang does. When one is depleted in energy, someone else with a more energy available can share that with you and then everyone becomes energetic. Do more satsangs and get more such opportunities and get elevated.”

Reiki Seminar

March 20

| Dates | Centre | Degree | Master | Contact |
|-------------------|--------------------|--------|------------------|-------------------------------|
| 7th & 8th March | Mumbai | 1st | Vishal | Vinaya Sawant (9004328016) |
| 7th & 8th March | Vadodara | 1st | Seemaben | Chandresh Parmar (9974701200) |
| 7th & 8th March | Ahmedabad | 2nd | Ajitsir/ Krupa | Kinal Pandya (9714515839) |
| 7th & 8th March | Devrukh | 1st | Kalpita | Math (02354-261322) |
| 14th & 15th March | South Mumbai | 1st | Rakesh | Sharada Gurav |
| 21st & 22nd March | Nashik (Agaskhind) | 2nd | Ajit Sir | Monali Rakshe (9420692136) |
| 21st & 22nd March | Nashik (Agaskhind) | 1st | Kalpita Keer | Monali Rakshe (9420692136) |
| 21st & 22nd March | Ahmedabad | 1st | Bharatiben | Kinal Pandya (9714515839) |
| 21st & 22nd March | Navi Mumbai | 1st | Rakesh | Aditi Pusegaonkar |
| 21st & 22nd March | Rajkot | 1st | Sangita Kulkarni | Jyoti Saraiyya (9824299153) |
| 21st & 22nd March | Thane | 1st | Krupa | Girish Karnik (9820260229) |
| 21st & 22nd March | Pune | 1st | Vishal | Amrut Kirpekar (9175050900) |
| 24th & 25th March | Yogdham, Nashik | 2nd | Ajitsir/ Krupa | Monali Rakshe (9420692136) |

15th March

Math's 20th Anniversary

Kalpita Keer 9833976353 / 7218498799