

REIKI VIDYA NIKETAN

VOLUME 8

CELEBRATING MONSOON

ISSUE 8

AUGUST 2016

EDITORIAL

There will be a crowd around, but do not lose your root values...

These were the words of Shree Swami Samarth that I heard loud and clear in one of the meditations about 7-8 years ago which alerted and gave direction to my spiritual life. I realized that by collecting people around you, you may at the most get a lot of publicity and a lot of money. You may even get a lot of honour and respect. But in the whole game, one may lose one's own values. At that moment, I could recall an event from Swami Vivekananda's life when he returned to India after delivering a mesmerizing lecture in World Religious Conference held at Chicago. The whole world began taking a note of his speech and the flag of Hinduism started flying high for the first time in the modern world. It would have been surprising if Indian spiritual community would not have been excited with such a great series of events.

His disciples, who were full of excitement, organized massive celebrations in terms of events like meetings, conferences, interviews and so on. In order to publicise these events, huge posters, large banners, Swami Vivekananda's

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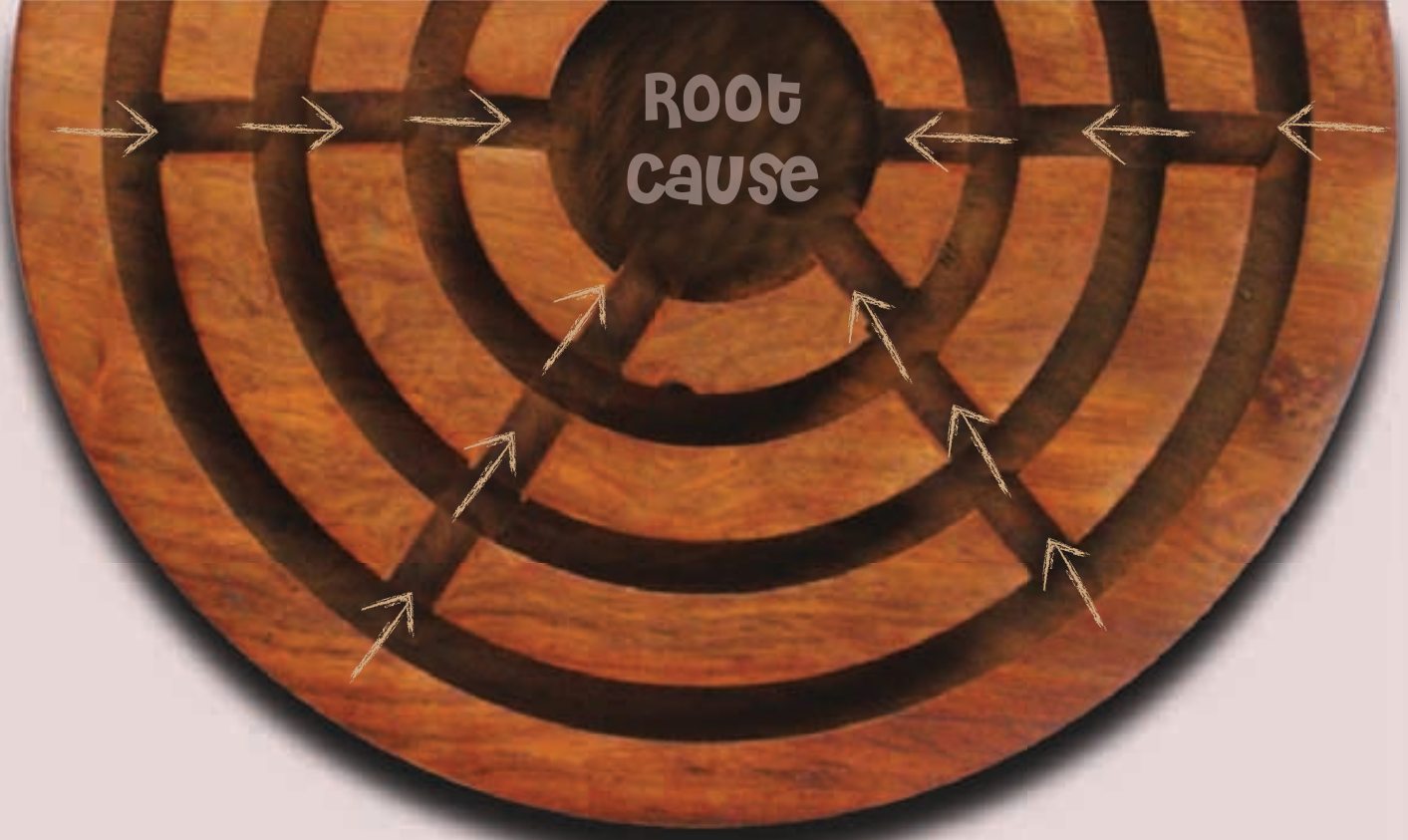
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portraits were displayed on streets. This went for few days and one day, Vivekananda in his dreams had a vision of his Guru, Shri Ramkrishna Paramahansa telling him not to go ahead with this publicity blitz as an ounce of publicity would eat up pound of his purity. Vivekananda got the message loud and clear. In the morning when he woke, Vivekananda called all his disciples and asked them to stop any kind of publicity from that moment onwards.

We all are aware that in order to become great and famous we compromise our purity even with full consciousness. But approximately ten days back I personally experienced the other dimension of this statement. While travelling to Ahmedabad for Reiki seminar, I started feeling the pain in my leg which I could realise was sciatica. In this disease there are constant spasms of pain. Whenever the posture changes (like sitting, sleeping and so on) it results in shooting acute pain - making one restless and uncomfortable. And in that midst I even had to take seminar. Some of the Sadhaks gave massage; few used all their knowledge of physiotherapy but in vain. I experienced that kind of pain for two days (especially nights). Then softly I invoked Swami and again the earlier message was repeated. Within a fraction of second, I understood what had to be done. I asked my wife (Mai) to do as I say. I pointed out towards a particular point on my right thigh and told her to apply ointment only to that point. Nothing else was done. Within 1 – 2 minutes, the pain vanished and has till date not come back. I could feel how gradually the pain was reducing. Before this, I knew how gradually the pain rises; but now I have also experienced how it subsides. I tried various leg movements but the pain had already vanished.

While practicing Reiki, one thing is continuously felt: while studying the number of patients, one can understand that every sorrow has one root cause. Once that is removed/ healed the whole disease, the pain everything just collapses. All health related sciences may it be Allopathy, Homeopathy, Ayurveda or even Unani; work on symptoms. Pain, Nerve, Blood Pressure, Diabetes, urine, blood everything is tested but how did it start, when did it begun and why has it happened are never taken into consideration. Behind everything, there is one root cause. Once that is ceased, rest everything subsides, may it be disease, quarrels or even world wars.

There shall be a crowd but don't forget the root!

With lots of love

Ajit Sir

BhajaGovindam (Verse 30)



Meaning:

The balance of breath, the control of senses and the consistent thought of these supported by the balance of mind achieved through the recitations / japas - all these you do with awareness, full consciousness.

The last two verses were about how to avoid certain things in life or how not to live in the world and Shri Shankaracharya advice on these dimensions. Now in this verse, he has been telling us about how to live or what to do.

Here the meaning, the Pranayam has to be understood in its right essence. It is the balance of breath or of pranas. One has to understand clearly what the breath or pranas really mean. Breath is an activity of the Heart chakra. On one side of the heart chakra is the seat of mind while on the other side it is connected to Solar plexus – the centre of the body energy. This means that the thoughts generated in the mind have to traverse through the heart chakra before the body translates that into Karma or an action. Heart or breath is a bridge between the mind and the body, a very vital link indeed. All of us generally know about the breath being the carrier of our feelings and emotions. The breath which is so serene and calm when we experience love suddenly becomes cyclonic, the moment we experience an anger or rage. Naturally the control of breath means the control of our emotions. Our life if you look at it closely is nothing but a series of emotions. Hence balancing emotions tantamounts to balancing the life.

However before Pranayam and Pratyahar, one has to go through the proficiency in Yama (code of conduct), Niyama (Social discipline) and Asana (Posture). Once one goes through these three steps, one is prepared to go to the next stages.

Thereafter come the stages of Pranayam and Pratyahar. It is

प्राणायामं प्रत्याहारं नित्यानित्यविवेकविचारम् ।
जाप्यसमेतसमाधिविधानं कुर्ववधानं महद्वधानम् ॥ ३०॥

difficult any way to reach the stage of Samadhi unless one balances the mind and puts it into the lap of the soul, through the balancing of body and senses. But today everyone seems to be in a hurry. Those who organise the mass scale meditations and Pranayam programmes on the large grounds do not bother to see whether the participants have gone through the necessary stages. May be the idea of teaching pranayama to as many people as possible and creating records in some book or the other, could be a driving force, if not, the wealth that they can attract by becoming popular. They may not be interested in the real progress of their disciples at all. As it is, there are enough educationists and school barons who some or other help the students directly in the 10th and 12th standards without clearing the in between steps and this is no different.

Here Shankaracharya says that the spiritual practices need the discretion besides the thoughts. Sadhana is capable of taking one to the ultimate freedom but that should not lead to anarchy. The continuous and consistent thought about what is eternal and what is impermanent is what sadhana is all about. A sadhaks should follow the thought process of a successful businessman who consistently thinks about the profits in every activity that he gets involved in. He weighs all his options with parameters of profits before taking further steps. That single pointedness is very much essential though the goal in the life of sadhaks should be the liberation, the moksha and not the material profits. That will help him achieve the control of his senses.

But then one needs patience with the faith. Only faith may not work. One needs tolerance, preparedness to wait and to go through the whole process without looking for short cuts. There is one Zen story about a student who wanted to learn Karate (a martial art) from a renowned Master. He approached the Master and asked him how long it would take for him to become a Master in the art. The Master said if he practiced once daily it would take him 5 years. The student was impatient and had an urge to become Master faster. He asked the Master how long will it take if he practiced twice daily. The Master said 7 years. The student said it does not matter for him if he could practice the art three times a day and intensify his practice. Then what? The Master said it will take 10 years. The student could not understand as he thought it was just arithmetic. The Master explained, "It is your anxiety and urge which will create blockages for you to master the art. One needs patience to achieve something on this divine path". So one has to be careful. One has to be aware. One has to be consistently conscious.



by P N Devarajan

The most important requirement for an NGO to succeed is to network with its stakeholders. I used to call Network as Network.

In a company, networking is equivalent to financial net worth, equal to equity shares and reserve fund. The reserve plus equity is called net worth. Successful companies have a high net worth and they can use it for future for further investment and the like. Similarly, for NGOs, Network is not money. Network is network! It is the network that will come to its rescue whenever they are in need. NGOs who operate in isolation without recognizing the need for network will under-achieve their mission.

For network, it is with people. They could be the donors, beneficiaries, public at large, neighbourhood, volunteers, and employees. Firstly, you need a network of these key stakeholders and increase their number and type, because the essential strength lies on the quality and involvement of the stakeholders and their commitment to give continuous support to the NGO.

Network between NGOs is also essential. It is not sufficient at the moment as they operate in isolation.

Recognition of the NGO will come out of their performance, the impact they have created, and how well they are aligned with their vision. You have to rate their work depending on the context in which they work.

There was a company working in the field of pest control who wanted to work in a Koli tribal area. They posted their volunteers and carried out a need analysis. An analysis will remain an analysis unless it is accepted by

the recipients. So, the organisation asked a husband and wife team to live in the community as part of their citizenship and get to know the beneficiaries. It took a year for the beneficiaries to be accepted by the community and realisation that they have come to do good work. For networking, faith is an important element. Beneficiaries will therefore become participants because the social work agents or the NGOs have taken the trouble of aligning with the people to improve their standards of living.

Social work organizations also tend to make their recipients feel that they are superior and the recipients are not equal. If you go to the village and community and say that you are equal to me - they won't accept your word as they have to get a belief that what you say is what you mean. In order to gain their faith, you have to live in the community, take part in their activities and become acceptable to them. They will then have faith in what you say and put their time and efforts to improve their living conditions.

What is very important is to make the recipients feel that they are equal. It is a situation of give and take that the NGO should create amongst the beneficiaries. This will result in a multiplier effect. It will lead to Each One, Reach One. People have created an impact. However unless this goes out to a larger section of a community, it will remain limited. To reach out you need people.

It is better they are beneficiaries as they have the experience of having been benefitted. If 200 beneficiaries can reach out to 1000 people then this is the replication effect of reaching out. The beneficiaries are therefore becoming catalysts of change.

Guru Purnima

The Inner Celebration

by Telangan



Guru Purnima brings lot of excitement in everyone. We start thinking hard on what could be the best gift, especially different than others, that guru would appreciate. We couldn't think of a single and appropriate one till the last date. We give up finally. On that day unfortunately we get up late. We take quick bath, avoid the breakfast and rush to catch up the bus and train. We wear new cloths and try to be the best. We wanted to reach at Guru's place preferably before anyone. Sadly all the roads are blocked and traffic jam delays everything. Trains are late and terribly crowded, that only left us powerless. It's suddenly very hot and new cloths get wet by the perspiration. We miss three trains and all the anger starts arising. At that moment someone steps on the foot and we explode like never before. That fight drains all our energy finally. By the time we reach with crumpled and stinking cloths, the place is already full... We feel like a loser. Guru is busy in guiding everyone as usual... between too many people. There is no place next to him. We could hardly see him from distance. We now start plotting if someone leaves place and we could grab that and reach closer to Guru? Nothing happens the way we wanted and soon the celebration gets over. Guru Purnima comes and goes like every year once again... making us depress, greedy, exhausted and angry about everything ...

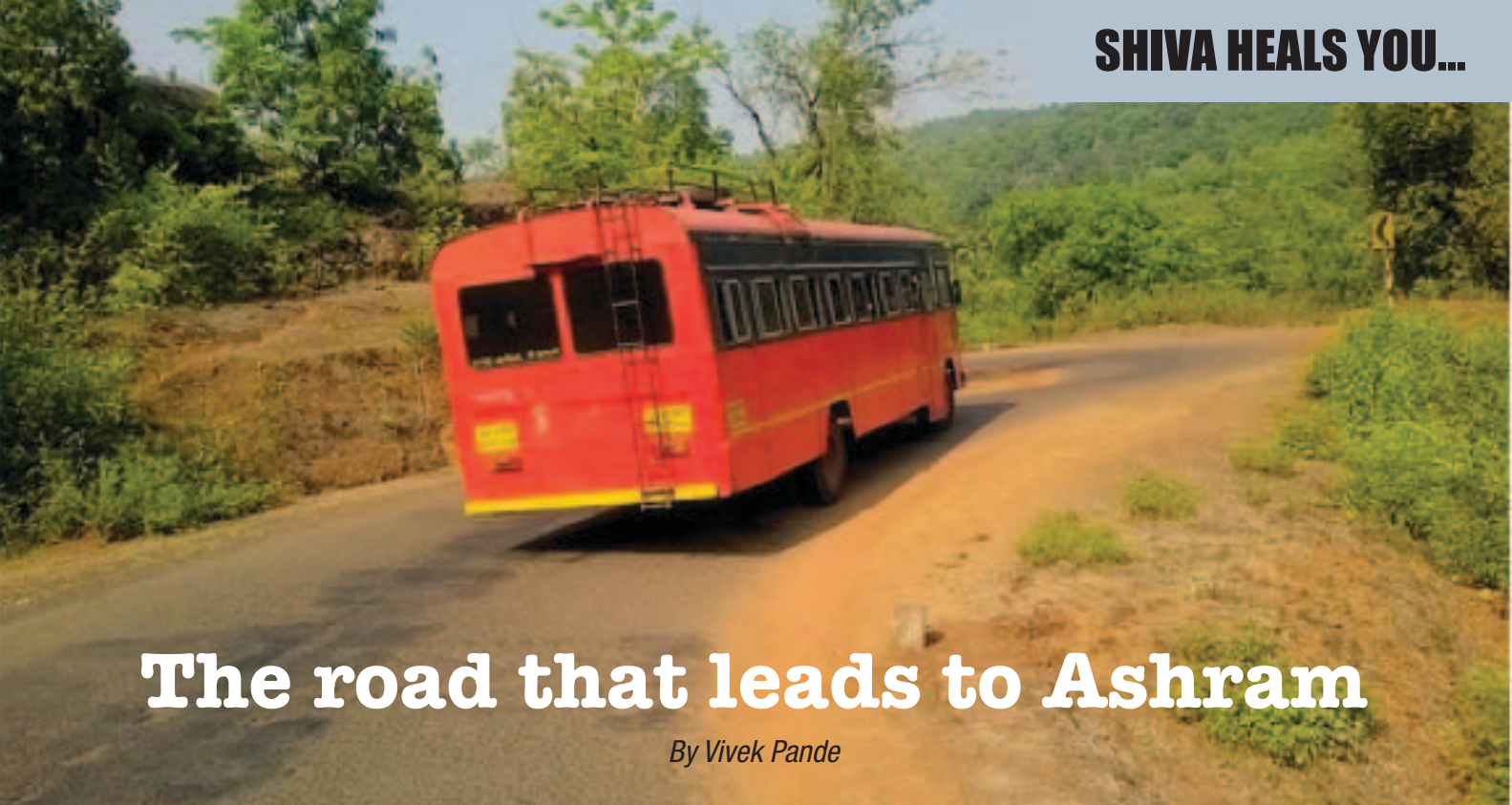
We all need to think now, need to talk to self... what have we achieved by being with him for so long and in return what did we give him? What does he expects

from us? Are we really capable to give him any gift that he really appreciates?

I thought honestly for a moment and I realized that he lives on a simple principle that he gives to the most and gets the most in return. He gives wisdom to the confused, he gives power to live blissful, and he gives knowledge, values and courage. He endorses the importance of a healthful diet and a balanced lifestyle, he teaches way of life. In return he gets contentment, love and energy. I have never seen him idle; he is endlessly giving emotionally, physically, mentally and spiritually. He doesn't require anything material and that's the reason most could not visualize what is an appropriate gift for him.

He would appreciate a balanced, calm, happy and healthy society. The world that carries simple yet powerful principles which he is relentlessly teaching for years. If I'm honest in whatever I do, if I seldom gets angry, if I respects and love all beings and possess gratitude then soon the change he expects would emerge and that will change the world as well. He would appreciate this gift the most and every true student must try to present him on this day.

Guru Purnima is about awakening the soul, living with Gurus wisdom and ultimately turning into his shadow. It's an inner celebration, which doesn't require flaunting; it has its own fragrance and Guru's own reflection.



The road that leads to Ashram

By Vivek Pande

A wrinkled soul, a delicate mind, a face tired and frown,
Emerging from the wagon of a train a tiny heart gets down.

The weight of luggage is heavy, take it as karma.
Climbing the stairs, to serve the highest, I guess some dharma.

Whether to hire a car or to take a bus,
The intent is to reach at the earliest without a fuss.

On board a bus, the traveller comes;
Inching near and near, to a heaven that welcomes.

A few shops and other erections at the start can be seen;
Flashes from the past, surface like a beam.

Now only the hills, recurring milestones lined;
And the mother green earth with red-mud climbed.

Resembling the confusion and chaotic mind,
The road takes turns and bends unkind.

In a jiffy, he finds himself with his friends,
The feet come to rest, the journey and duality ends.



Unconditional Acceptance

Lesson learned at breakfast at McDonald's

This is a good story and is true, please read it all the way through until the end! (After the story, there are some very interesting facts!

I am a mother of three (ages 14, 12, 3) and have recently completed my college degree. The last class I had to take was Sociology. The teacher was absolutely inspiring with the qualities that I wish every human being had been graced with. Her last project of the term was called, 'Smile.

The class was asked to go out and smile at three people and document their reactions. I am a very friendly person and always smile at everyone and say hello anyway. So, I thought this would be a piece of cake, literally. Soon after we were assigned the project, my husband, youngest son, and I went out to McDonald's on one crisp March morning. It was just our way of sharing special playtime with our son. We were standing in line, waiting to be served, when all of a sudden everyone around us began to back away, and then even my husband did. I did not move an inch... an overwhelming feeling of panic welled up inside of me as I turned to see why they had moved. As I

turned around I smelled a horrible 'dirty body' smell, and there standing behind me were two poor homeless men.

As I looked down at the short gentleman, close to me, he was 'smiling'. His beautiful sky blue eyes were full of God's Light as he searched for acceptance. He said, 'Good day' as he counted the few coins he had been clutching. The second man fumbled with his hands as he stood behind his friend. I realized the second man was mentally challenged and the blue-eyed gentleman was his salvation. I held my tears as I stood there with them.

The young lady at the counter asked him what they wanted.. He said, 'Coffee is all Miss' because that was all they could afford. (If they wanted to sit in the restaurant and warm up, they had to buy something. He just wanted to be warm). Then I really felt it - the compulsion was so great I almost reached out and embraced the little man with the blue eyes.

That is when I noticed all eyes in the restaurant

were set on me, judging my every action. I smiled and asked the young lady behind the counter to give me two more breakfast meals on a separate tray. I then walked around the corner to the table that the men had chosen as a resting spot. I put the tray on the table and laid my hand on the blue-eyed gentleman's cold hand.

He looked up at me, with tears in his eyes, and said, 'Thank you.'

I leaned over, began to pat his hand and said, 'I did not do this for you. God is here working through me to give you hope.' I started to cry as I walked away to join my husband and son. When I sat down, my husband smiled at me and said, 'That is why God gave you to me, Honey, to give me hope. We held hands for a moment and at that time, we knew that only because of the Grace that we had been given, were we able to give.

We are not church goers, but we are believers. That day showed me the pure Light of God's sweet love. I returned to college, on the last evening of class, with this story in hand. I turned in 'my project' and the instructor read it. Then she looked up at me and said, 'Can I share this?'

I slowly nodded as she got the attention of the

class. She began to read and that is when I knew that we as human beings and being part of God share this need to heal people and to be healed. In my own way I had touched the people at McDonald's, my son, the instructor, and every soul that shared the classroom on the last night I spent as a college student.

I graduated with one of the biggest lessons I would ever learn: "UNCONDITIONAL ACCEPTANCE". Much love and compassion is sent to each and every person who may read this and learn how to **LOVE PEOPLE AND USE THINGS -NOT LOVE THINGS AND USE PEOPLE.**

There is an Angel sent to watch over you. In order for her to work, you must pass this on to the people you want watched over. An Angel wrote: **Many people will walk in and out of your life, but only true friends will leave footprints in your heart. To handle yourself, use your head. To handle others, use your heart.**

God gives every bird its food, but He does not throw it into its nest.



One day a person for some reason gets angry with Buddha. He goes and abuses Buddha with harsh language and rude words. When he finishes, Buddha calmly looks at him and says, son sit down...

Do you get guests at home?

The man says yes off course I do...

Buddha says: do you offer them food?

The man says yes, sometime I do...

Buddha says, some accepts it and some will not... what do you think, who belongs to the food when someone doesn't accept it?

The man says, off course it's mine only.

Buddha says... you are perfectly right. When we offer anything and if the person refuses to accept the offer then it belongs to only us.

It happens same with the abuses and bad words. If we do not accept abuses from others and respond positively then it belongs and remains with the same person.

He said... ask a question to
yourself only once in life...
Is Swami with you or not?
If your heart says yes...
Then never have a doubt
in your mind and heart...

Once you decide that
He is with you forever...
Then he plays the larger role
He becomes responsible
For your joy or sorrow....

When you get trapped in life
Remember you are stuck
Along with his divine presence
And that means it's only by
his wish and the perfect design...

Never fear or distrust his existence
He will take you out safely
From the sinking ship... if
You have innocence and
The pure golden heart...

I didn't have to ask question
To my heart even for the once...
I could see him in front of me
Smiling like a baby but caring
like a mother at the same time...

Divine Existence

by Telangan



My whole journey so far with my Master..

by Harshil Patel,

When I look at the following poem it's not just a poem that has some words, phrases in it. For me it's my whole journey that I have gone through. From the day I met you at Devrukh and now. The whole transformation of your physical existence to my whole environment! This poem actually describes the feelings of a devotee towards a Guru. Initially I used to believe that he who sits at his feet is the most near to him. But slowly gradually, when I started getting involved in different places due to work, I realised the beauty of his real existence. When I missed him the most, I found him the most. At my utmost feeling of missing him, I used to feel him in my surroundings. But still it was just an experience and always thought to be an imagination. But one day I was sitting in a balcony and was just wondering about the existence of a Guru. Suddenly I started to feel him in the wind that was blowing around me, the leaves that were shaken up by the wind. And suddenly I realised that my Guru is not just a physical face. He is way beyond to it. This feeling really shook me and after this honestly speaking, nothing existed because where ever I used to look, used to hear, I felt his presence. This feeling itself is very hard to describe because He simply cannot be described. What fantasies me when I hear the poem is the conversation made by a devotee, a loud shout to his Guru telling him about his feeling for him. I think Hanumanji must be feeling the same when he opened up his heart. When the whole existence is filled with his presence then there is nothing that can engage you. Everything becomes One. Here in the poem there is one phrase where it is said that " ye nagriya hai khwabo ki, kaise batau tumhe halat ye betaab dil ki" this itself tells everything about the feeling, a devotee goes through.

His whose breath comes with the name and grace of his Guru can never ever explain anything what he feels, can't even think to write anything. He doesn't even come to know whether he is in surrender or not. But what he knows is whatever he sees, what he hears, wherever he goes, it is Him who is found everywhere. And this is what a devotee wants. My feeling in His existence and my existence in His feelings!

Kaise batau mere liye koun ho tum, (How do I tell you who you are for me?)

kaise batau tumhe... (How do I tell you?)

Tum dhadkano ka geet ho, jeevan ka sangeet ho! (You are the song my heart beats, you are the music of my life)

Tum zindagi, tum bandagi, tum roshni, tum saadagi, tum hi ho tajagi!! (You are my life, my bondage, you are my light, you are my purity, you are my freshness)

Har khushi pyar ho, preet ho, manmeet ho! (You are my happiness, every moment of my love, you are a friend of my mind)

Ankho me tum, yaado me tum, nindo me tum, khwabo me tum! (You are in my eyes, in my memory, you are in my sleep and you are in my dreams)

Tum ho meri har baat me, tum ho meri din raat me!! (You are in my every thing, you are in my day and my night)

Tum subah me, tum raat me, tum soch me, tum kaam me! (You are in my mornings, my nights, my thoughts and my every act)

Mere liye pana bhi tum, khona bhi tum! (For me you are a gain and also a loss)

Mera hasna bhi tum, mere liye rona bhi tum aur jaagna sona bhi tum!! (You are my laugh and even in my cry, you are my in waking up and also in my sleeping)

Jau kahi dekhu kahi tum ho vahi, Kaise batau tumhe tum bin me kuch bhi nahi!! (Wherever I go, wherever I see, you only are there. How do I tell you that without you I am nothing?)

Kaise batau tumhe mere liye tum koun ho... (How do I tell you who you are for me?)

Ye Jo tumhara roop hai zindagi ki dhoop hai! (Your face is sunlight of my life)

Chandan se tarsa hai badan, behti hai jisme ek agan! (Your body is of sandalwood in which there is a fire of life)

Ye shokhiya, ye mastiya tumhe mili hai hawaose, mili hai ghataose! (Your interests and bliss you have got from the wind and the shadows)

Hotho me kaliya khil gai, ankho ko zeel mil gai! (There are buds blooming in your lips and the lakes in your eyes)

Chehre me simti chandni, awaaz hai jaise ragini! (There is moonlight in your face and your voice is very melodious)

Chize jaise ang hai, phulo ka jaise rang hai, nadiyo jaisi chaal hai! (Your skin is like a lead and colour of flowers, your walk is like a river)

Ye nagriya hai khwab ki, kaise batau ye halat betaab dil ki!! (You are like a city of dreams, how do I tell you what is the state of my mind?)

Kaise batau mere liye..... (How do I tell you who you are for me?)

Mere liye tum dharm ho, imam ho, ibadat ho, tumhi to chahat ho meri! (For me you are a religion, the priest, you are my blessing and my liking)

Tum hi mere armaan ho!! (You are my desire)

Takata jise tumhi to vo tashveer ho! (You are the one I stare at and also the image)

Tum hi meri taqdeer ho, sitara ho, nazara ho tum hi!! (You are

my destiny, you are a star and you are what I observe)

Dhyan me mere ho tum jaise ghere ho muje tum! (You are in my meditation, as if you have surrounded me from all sides)

Purab me tum, paschim me tum, uttar me tum, dakshin me tum, mere sare Astitva me tum!! (You are my east and west, north and south you are in my whole existence)

Har pal me tum ,har chiz me tum! (You are in every moment and everything around me)

Mere liye rasta bhi tum, meri manzil bhi tum!! (You are my path and also the destination)

Mere liye sagar bhi tum,sahil bhi tum! (You are my ocean and also the shore)

Me dekhta bas tumko hu,sochta bas tumko hu!! (I only look at you, I only think of you)

Me jaanta bas tumko hu, manta bas tumko hu, tumhi meri pehchan ho, (I only know you, I only believe in you, you are my recognition,)

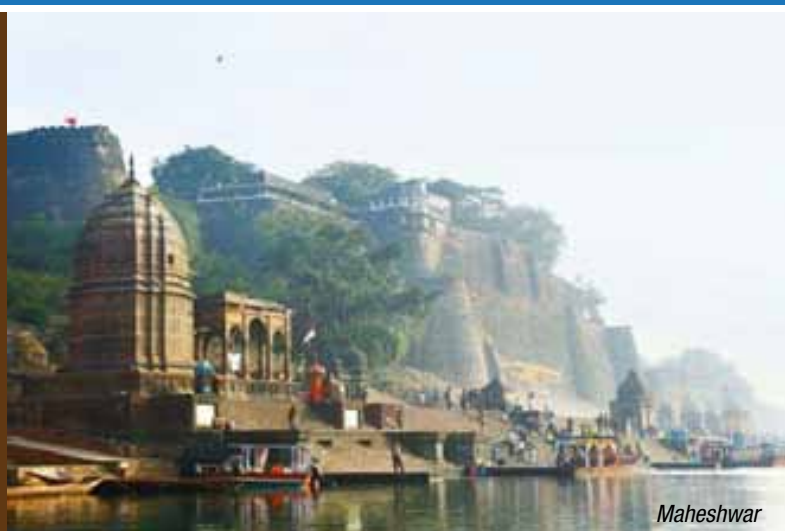
kaise batau tumhe meri devi ho tum, mere bhagvan ho tum!!

(How do I tell you that you are my goddess and also a God?)

Kaise batau tumhe mere liye koun ho tum (How do I tell you who you are for me?)

A Teacher affects eternity, he can never tell where his influence stops”

Henry Adams



Maheshwar

Panchmahadev Yathra

- a journey with
five elements of life

by Aruna M.

May 27th we had a satsang at Bangalore with Sir and our other old sadhaks. It was a wonderful evening for all of us and out of the blue Guruji asked me, “Are you coming with us for the Panchmahadev Yathra?” It was a pleasant surprise for me. I was not sure if I could make it. The next two days we were engrossed in the second degree seminar. Time flew and it was time to say bye to Sir, the following Monday. On Tuesday, I asked Sir and bookings got done. Slowly one by one miracles unfolded and then there I was part of the memorable journey.

I reached Guruji’s house for the first time on June 8th which happened to be RVN’s 18th birthday. Spent some quality time with Sir, Mayi and Ashwini. Then in the evening we boarded “Avantika Express” to reach Ujjain. Our main Yathra started here. We had a local trip in Ujjain and visited all temples. The one still lingering in my memory is “Sandipani Ashram” Gurukulam where Krishna and Sudhama grew up in their younger days. Evening we went to “Mahakaleshwar” to have darshan and also chant Rudram. Chanting Rudram with this group was a divine and soul stirring experience for me.

The next day we left for Maheshwar and stayed at “Vasanth Paranjpe’s” Ashram. Being regular “Agnihotris”, it was a very special day for all of us. While I was entering, I felt I was crossing one after the other subtle boundaries. It was like an inward journey. The place had very good vibration and stillness which helped us to introspect. We got an opportunity to chant Rudram, do Agnihotra in their ashram. The purity of the place kept our soul resonating with it. That night under the Audhumbar tree, sadhaks giving reiki to Guruji, song on Mangesh by our Manisha was an out of the world experience. It’s going to stay with us for a long long time.



Sandipani Ashram

The third day we went to the Ghat at Maheshwar. Taking bath at Narmada was refreshing. Then the visit to “Ahilyabai’s Museum” was so inspiring that one lady with immense faith in Lord Shiva can spread divine and spiritual work far and wide till the tip of southern India. From there we reached Omkareshwar.



Omkareshwar Temple

Sir’s pace is so unbelievable that we too get encouraged and motivated to keep up with him. Once again the visit to the temple and chanting of Rudram was so fulfilling. The next day morning we again had a bath in the Narmada to understand the experience at each place is different. May be the Panch-Mahadev experience is going to purify our Panch Kosh also.

We were in total 47 sadhaks from different centres. Some sadhaks were so expressive and outgoing with their Guru Bhakti, whereas there were a few who were so quiet and just connecting to the energy from wherever they were. It was an amazing sight to see that all were happy wherever they were. Guruji’s love could touch each one of us near or far equally.



Setani Ghat, Hoshangabad

The long journey to Hoshangabad was turned by our Guruji very fruitful by having his important meetings with his masters and other sadhaks. The scene was that of children meeting their parent after a long time and they had so much to share and feel complete. Next morning, some of us visited the Ghat to have a bath there to taste the different experience. Then we visited the “Bhojpur Shiva temple”. It was such a massive

shivling that could make anyone feel that you are one small speck in this universe. Chanting Rudram with the group energised every cell of us. Then the onward journey to “Bheda Ghat” was on. Through the journey, Sir relentlessly explained to all of us the important triangle of Parent, Child and Adult. He elaborated that, by taking turns how each family can live happily. Guruji, we have all done some good deed to have you amidst us. Even sath janam will fall short to get this kind of unconditional love Guruji!

This reminds me about what I read about parenting of an “Octopus”. They give 20,000 to 50,000 eggs at a time. Group them and sacrifices itself till they hatch and be on their own. Sir, we are indebted to your love and care.

Final day morning we again went to the Ghat to have one last time bath in Narmada and to hold the memories for the days till we get one such experience again. The rudra chanting in 10th century CE, Chaunsath Yogini Mandir in Bhedaghat and the boating in the river with expert comments from our boat man was with such good sense of humour that the memories will



White Marble Rocks, Bhedaghat

stay forever. The marbles remind us that when we are submerged in the love of the divine and come out, we will become like those white marbles, pure and attractive. Finally the waterfall in Bheda Ghat was a scenic beauty to watch and to catch in our camera.

The last ride was towards Jabalpur station and from there to Mumbai and back home to Bangalore. I thank each one part of this journey for giving me such a memorable experience.

What did I take with me after this Yathra?

Our Guruji is like the Nuclues and all of us are like electrons circulating around him. We are all the time trying to get hold of his positive energy, teachings, dedication, karuna bhav, selflessness and compassion. Like a wave we rise depicting “Dwaita” and fall and get merged in the ocean of love of our beloved Guruji remembering it is “Adwaita”. Like Guruji rightly said “Where does your consciousness end? Does it end with this body or can you see that we are all one”, “Vasdeva Kutumbakam”. We all are one from the same Brahman!

Journey with my Guru

by Preeti Khanna

It took off when I was in pain,
In Rajkot, a small town, simple and plain
Neither could I stand nor walk,
What would happen of me I thought.

Destined to tread the spiritual path,
With reluctance, I walked upto the divine shore at last
Waves of suspicion and apprehension in me did pass

As the pious, serene ship of Guruji sailed the shore
Entered I this ship with little trust,
Waves of belief calmed me with a divine gust.
It set its sail with Reiki as must.

Two days of journey, lit a divine lamp of trust
Following my chaste Guru,
Was a promise I made
For "Healing us till his last breath"
Was his now that would never fade.

Pleasantness of the journey dawned new hopes in me,
My pains and aches ebbed in the deep seas
My blissful journey continued with my Guru in spree
Reiki in the turbulence of the sea solved all my mysteries

In the course if gathered I no thorns,
But fragrant flowers of wisdom were born
Second level of Reiki, Agnihotra and meditation adorned.
Churning my distress to bliss hath grown

From Rajkot to Hyderabad, then to Delhi
The divine ship of my Guru sailed too smoothly
A decade and more it has steered
My disease to ease and problems to solutions.

Followed I have and follow I will
My versatile Guru, whose grace in me has instilled
To heal the world with the "Love, light and Reiki"
That He has willed.

**"Guru Brahma, Guru Visnhu, Guru Devo Maheshwara,
Guru Sakshat paraabrahma tasmay shree Guruve namah"**

Reiki Arogya Mandir in Chicago celebrates 1st anniversary



Ms Heena Pandya, our sadhak in Chicago USA created a Datta Kutir- a temple devoted to Lord Dattatreya last year when Guruji visited and consecrated the idol of Lord Dattatreya. On 25th June 2015 in the Datta Kutir, Reiki Arogya Mandir started its activities of healing patients through Reiki Healing system. This temple of healing has started providing a lot of hope in the neighbourhood to many people who are suffering from various ailments ranging from minor health issues to Cancers of different kinds. The records of RAM show unprecedented records in healing in the last year and has handled some of the toughest cases to give solace to many.



The first anniversary was celebrated on 25th June 2016 when a Datta Pujan as well as Datta Yag was performed with Mahaprasad ceremony thereafter. The celebrations continued even on 26th June, when Ajaybhai from Delhi performed Sundar Kanda and Katha on that day. More than 50 sadhaks from Chicago attended the ceremony on both the days. Dr Rashmi Patel, Heena Pandya and Nilesh Patel played a large role in making these events a great success.

Datta Kutir will be housing the Reiki seminars to be conducted by a senior Reiki Master Krupa Choksi from India on 6th & 7th August (1st level in Hindi/Gujarati medium) and 9th and 10th August (2nd level in Hindi/Gujarati medium) besides an English language 1st level seminar on 13th and 14th August. Krupa Choksi will also conduct short term evening workshops on Yoga Nidra, Relationship and New Generation Personality Traits.

Young brigade of Reiki healers activated

New generation we always have believed has come on this planet to elevate the human consciousness and take the human race to the 4th dimensions. At Reiki Vidya Niketan we have been seeing this happening now. A brigade of about 20 young children was trained in Reiki healing in Mulund, Mumbai in April this year. The initiative was taken by Expertus – an education institution in Mumbai. The team of these young healers has already started creating miracles on the healing scene. They have successfully handled a case, where a lady was suffering from some unexplainable kind of disease which medicine was finding difficult to cure for the past few years. Here are some pictures of the same.

If Mumbai took initiative, Gujarat's Rajkot was not far behind. Rajkot under the leadership of Shefali Misra also came out with an idea to have a group of young children to support the healing mission. The group from Rajkot spent good time with Guruji on 27th June and discussed various issues related to reiki healing.



Ashram Events

Parenting Initiative in Rajkot

Faculty of our EPIC Parenting program and Reiki Master Ms Krupa Choski was invited to address a gathering organised by Madhurima Club (of Divya Bhaskar Media group) and Institute of Quality Education (a initiative of Sister Nivedita Institute of Rajkot) to talk about New Generations and the new challenges posed by them on 14th July 2016. About 140 ladies attended this interactive lecture and could get the nuances of the subject.



Guru Purnima Celebrations at Devrukh ashram



Guru Purnima was celebrated with great enthusiasm as usual even this year on 19th July 2016 at Devrukh ashram. This year Guruji performed the puja of the lotus feet of Swamiji, consecrated at the ashram while the Reiki Masters worshipped their attunement bells while chanting Rudradhyay. The trustees of the trust performed abhishekam on the idol of Swami Samarth. The programme was well attended by sadhaks in Devrukh as well as those who came from other centres. The Guru Puja ended with Satsang.



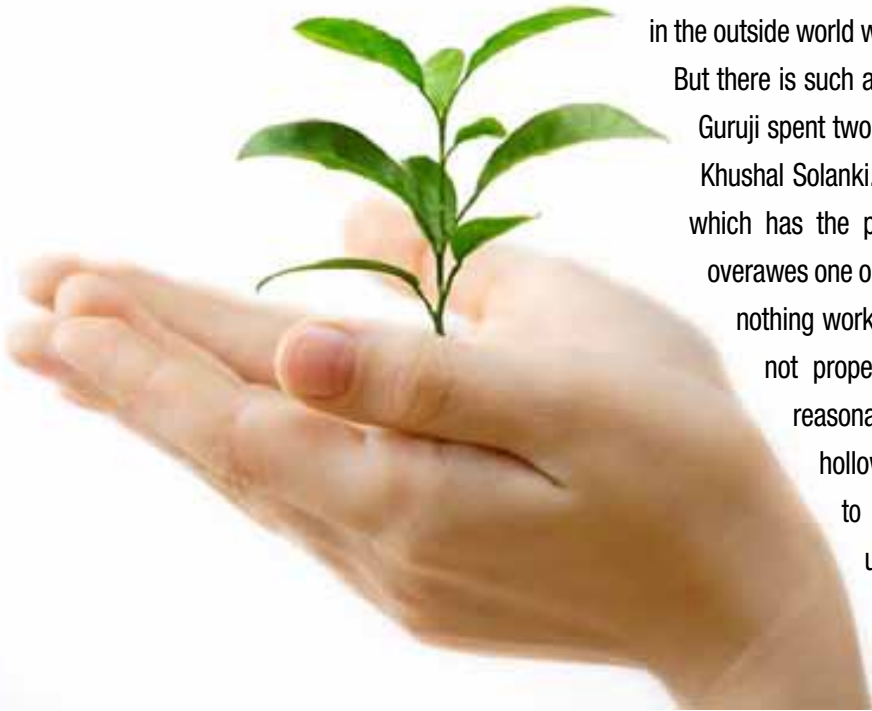
When rain pours down big drops equally everywhere, that water flows down from hard ground and fills up the gullies, gaps and hollow places, which creates small ponds then big ponds then lakes; the filling of lakes fills the streams, the streams fills the rivers and rivers flows to fill oceans. Similarly Guru shares his knowledge to all students equally. Some could hold it and thrive along with it, some could not hold it because of their unstable faith. The knowledge is so divine that every student would only grows from beginning with own capacity but ultimately get merged into the ocean of the supreme truth one day.

Education a business or mission

Guruji was telling us about his recent visits to Vellore and Bangalore. He had some very interesting observations he shared with us. He said as a great design of that supreme power, he had an opportunity to visit and teach a small school run by dedicated young people for the adivasi (aborigines) children from the nearby villages. This school is run purely as a charity without charging anything from their students who are also given food by this school without a single penny. There are some small buildings and the facilities are absolutely minimal. Even the people who manage this (and who have all come from background of huge experience in the outside world with fat salaries before) sleep on floor in the classrooms.

But there is such an energy that one may not feel like leaving that place.

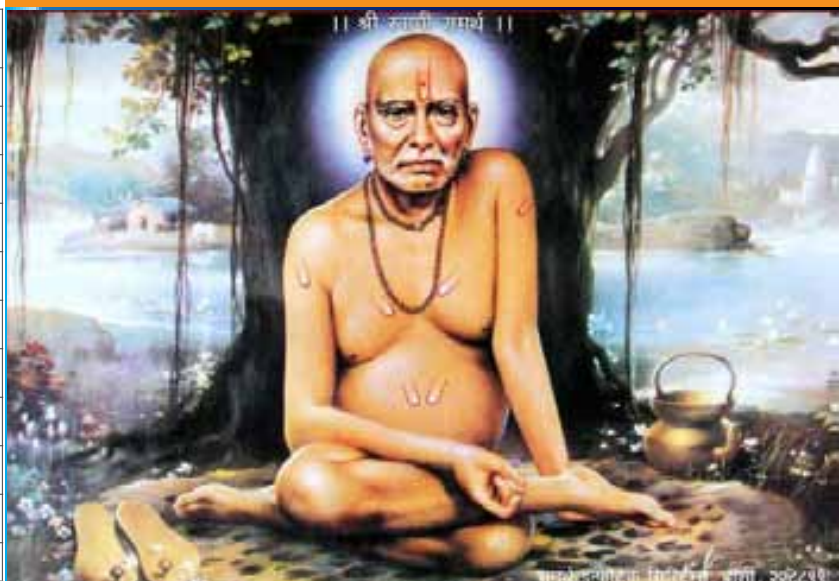
Guruji spent two days there teaching Reiki along with our other master Khushal Solanki. On the other hand Guruji also visited a huge institute which has the palatial ambience with wonderful landscaping which overawes one on the first visit. But when Guruji went for a lecture there, nothing worked. They had possibly the best of gadgets which were not properly maintained. Even the electricity went away for reasonable time. They had everything outside but inside was all hollow. On the other hand a small charitable school had nothing to showcase outside but the divine written on every unkempt stone there. Every blade of grass was full of vigour and energy. One was looking at education as a business and the other as a divine mission.



Program Schedule for August 2016

Reiki Seminars

Dates	Reiki Teacher	Centre	Degree
6th & 7th Aug	Ajit Sir/ Seema	Nagpur	2nd
6th & 7th Aug	Kalpita	Nashik	1st
6th & 7th Aug	Sangita	Pune	1st
13th & 14th Aug	Bhartiben	Ahmedabad	1st
13th & 14th Aug	Ajit Sir	Vadodara	2nd
20th & 21st Aug	Vishal	Mumbai	1st
27th & 28th Aug	Kalpita	Rajkot	1st
27th & 28th Aug	Rakesh	Baroda	1st
27th & 28th Aug	Solanki	Chennai	1st
27th & 28th Aug	Seema	Nashik	1st
27th & 28th Aug	Ajit Sir	Devrukh	1st



Other Programs

24th & 25th September

EPIC Parenting, Rajkot by Ajit Sir/ Krupa/Ashwini

1st & 2nd October

EPIC Parenting, Borivali, Mumbai by Ajit Sir/ Krupa/Ashwini

भीड बहोत हो जाएगी,
मूल पुरुष को खोना नहीं...