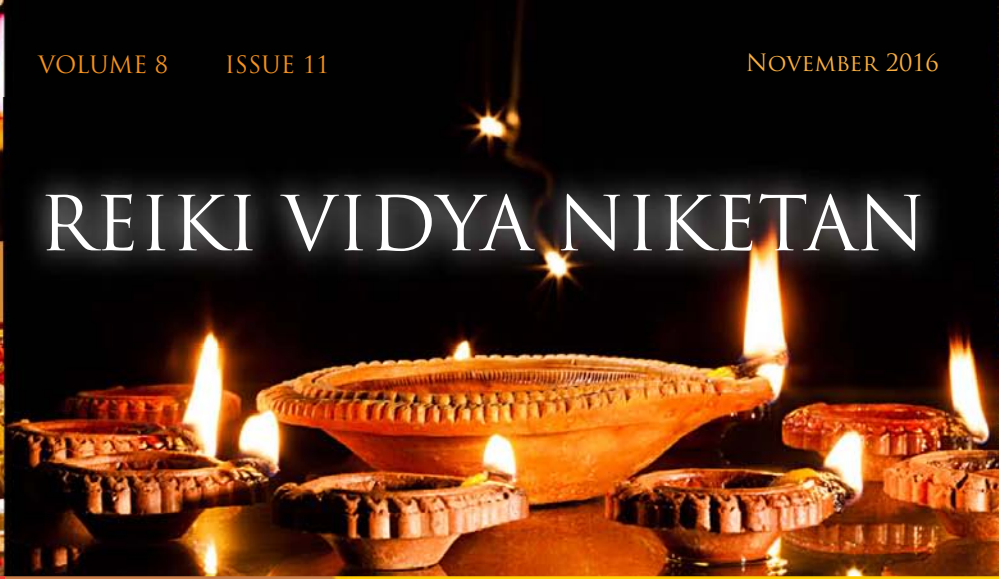


# REIKI VIDYA NIKETAN



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*Editorial*

## Can you correct others?



Advice as someone says, is the cheapest thing in the world today. Invariably many are ready to offer you free advice at the slightest opportunity. In fact many people love to do that. Nobody takes them seriously, that is beside the point. In one of our pilgrimages to Himalaya, one of our sadhaks was advising a local boy who had not performed so well (though he had passed his exams) and knowing that a gentle sadhak pounced on this opportunity to give him a lecture on how to study for the next 45 minutes. The boy, who was already disappointed, almost became depressed thereafter. Seeing his plight I asked the advisor sadhaks about the whole idea of making someone sadder by advice and what purpose it had served. I asked him if anybody has

## Can you correct others? ...continued



heeded to his advice anytime in life. To which his answer was negative. Still he continued to do that in life. Old habits die hard!

I have always been careful in offering advice to anyone and have created my own parameters or check list to look at before giving advice. The first criterion is whether the person has given you an authority to offer advice by seeking one. Even if he/she has not, may be some governing body has conferred those rights on you. One needs to check that first. The second thing one should check is whether one has the ability or capacity to advice about a particular matter of concern. You are not supposed to know all kind of a person. So, one has to take a stock of one's knowledge and experience before going further. The third criterion which is equally important is that whether there is a need to give advice at all. May be someone is making a mistake (that too may be your perception) but one needs to check up the fall out of such a mistake. If the mistake is committed, is it going to cause damage in a large way to anyone? Or is it going to be a huge learning opportunity for the person who has committed such a mistake? Not every time you see someone make a mistake cause a huge damage. One can always learn from one's own or someone else's mistakes. One should then refrain from advising in such a case. But when you feel that all the three criteria are fulfilled one should not shy away from correcting people. It has always been tricky matter. I have been facing such situations for the past 20 years of my life where I feel like correcting a person but some or other refrain from that so that a person does not get hurt and go away from sadhana. That may cause him/her even more damage. So one may need to weigh the degree of damages and accept certain things. I was very happy to come across one such message from revered Shri Chandrashekhara Saraswati (the earlier head of Hindu religion- names as Paramacharya), a very wise person in the history of India. This I am producing

here for readers to appreciate his viewpoint on this issue. That could possibly guide many of us in our lives.

***The virtues one finds in another should be proclaimed; but the defects should not be mentioned. Learned men should treat virtue and fault in the same as Ishwara treated the crescent moon and poison. In appreciation of the soothing qualities of the crescent moon, Ishwara raised it to his head and danced. When poison emerged on churning the milky ocean, he realised its dangers, and kept it confined to his throat. That should also be our attitude towards virtue and defect. This general attitude to be taken in regards to faults does not imply that we should always be blind to the fault of others. There are occasions when it is our duty to point out to a person his defects, in order to correct him. Such corrections should be done by persons whose authority is accepted and who know that their advice will be accepted. The effect of pointing out the defects of those who have no respect for the person tendering advice will be harmful. They may become defiant and persist in their wrong ways. Therefore, one has to be careful in such a delicate matter. If we mention to another the defects of the third person, it will amount so scandalising.***

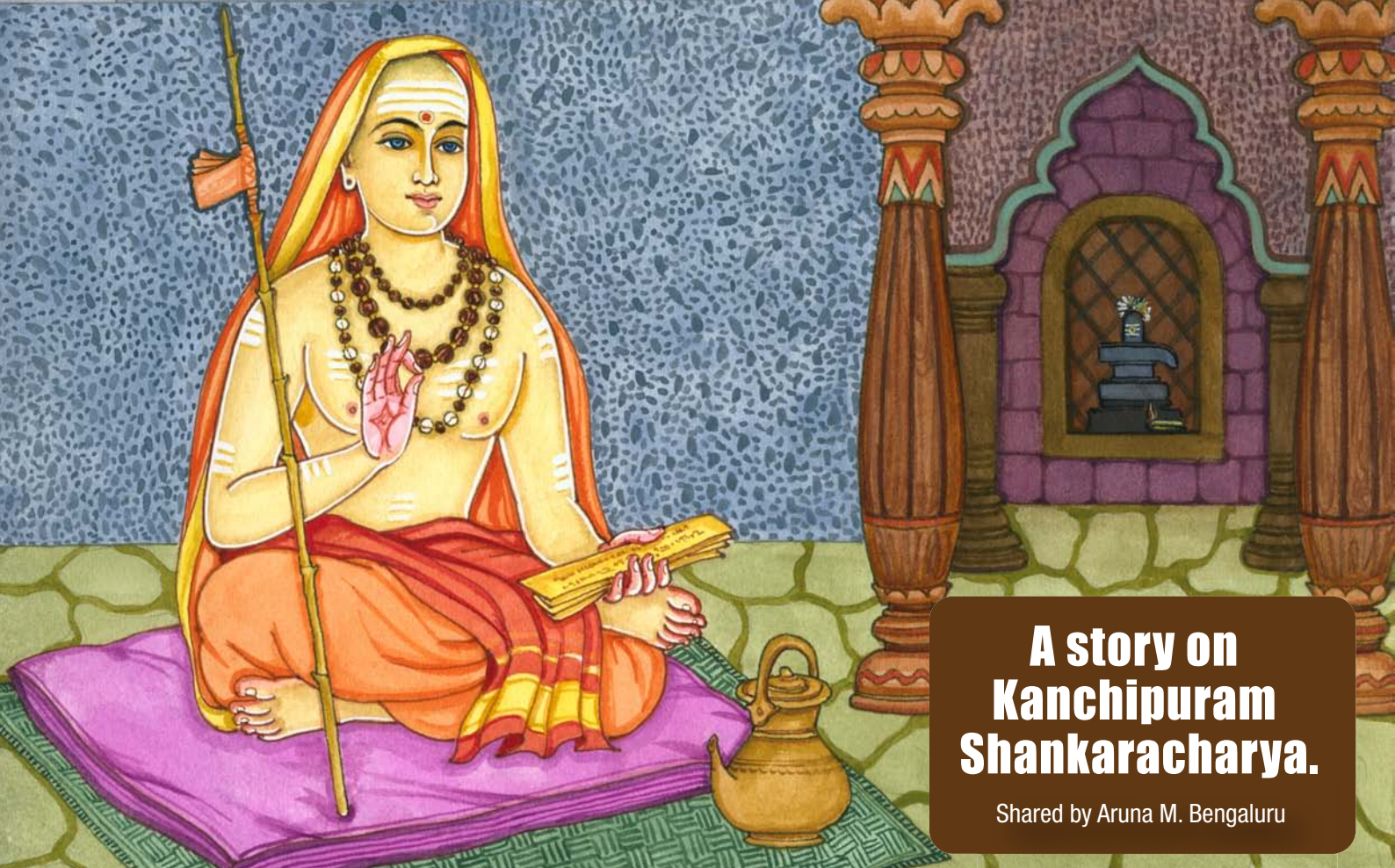
Wishing you all very Happy and joyous Diwali-  
the festival of lights

With lots of love, light & Reiki

**Ajit Sir**

October 19th, 2016





## A story on Kanchipuram Shankaracharya.

Shared by Aruna M. Bengaluru

Once way back in 1940s or 50s someone was having an interview with Maha Periyavaa. That gentleman recorded the interview in a Tape recorder. Periyavaa then posed a question. "Does anyone know which is the oldest known tape recorder?" Nobody was able to answer. Then Maha Periyavaa asked another question.

"How did Vishnu Sahasranama comes to us?" Everyone said, "Bheeshma gave."



All agreed. Then Maha Periyavaa posed another query, "When all were listening, who took notes at Kurukshetra?" Again silence. Maha Periyavaa started replying to all,

"When Bheeshma was glorifying Krishna with Sahasranama, everyone was looking at him

including Krishna and Vyasa. After he finished 1000 Namas, all opened their eyes. First to react was Yudhistira." He said, "Pithamaha chanted 1000 glorious names of Vasudeva. Everyone listened but nobody bothered to note down the sequence which is lost." "Then all prayed to Krishna and asked him." As usual he said, "I also listened like you, what to do?" "Then all prayed to Krishna about how to get this." Then Krishna said, "It could only be done by Sahadeva and Vyasa would write." Everyone asked, "How Sahadeva could do so?" Krishna replied,

"Sahadeva is the only one amongst us wearing SUTHA SPATIKAM.

If he prays to Shiva and does dhyana, he can convert the SPATIKA into waves of sound and Vyasa can write it." "Then both sat in the same place under Bheeshma and Sahadeva started the dhyana to get the sound waves from Spatika."

"The nature of Spatika is that it will capture sounds in calm environment which could get back with proper dhyana of Maheswara who is Swethambara and Spatika. So world's earliest tape recorder is this Spatika which gave us this wonderful Vishnu Sahasranama." When Maha Periyavaa explained this, all were stunned. From the Spatika recording, the grantha came to us through Vyasa.

### Spatika Lingam:

Spatika lingam is six faced long, stick and glassy that are mostly found in the mountains of Himalaya, Vindhya and Sankagiri. It is made of crystal.

### Cultural Beliefs:

Spatika Lingam has divine power. In Puranas, Spatikam is the divine stone which represents the Trimurthi (Lords Shiva, Vishnu and Brahma) and goddess Shakti. As per Yajur Veda, Lord Shiva is also described as "Jyothi Spatika Lingam", i.e. Lord Shiva is in the form of Jyothi, Lingam and Spatika. Lord Shiva resides in atom, electron and neutron of the spatika lingam. According to ancients 'Prana Prathista of Shiva Lingam' is not required when the lingam is made with spatikam. Touching spatika lingam in the early morning brings positive effects for the whole day.





Spatika lingam was worshiped as Lord Chandramauleeswara in Chidabaram, Tamilnadu, Lord Sundareswara in Meenakshi Temple, Madurai and Lord Ramanathaswamy in Rameshwaram, Tamilnadu.

#### **Interesting Facts:**

Worshipping spatika lingam with water, milk or vibhuthi will eliminate all negative energies present in one's body. Worshipping with Shiva Panchakshari 108 times will destroy all curses and sins. A lot of positive energy will vibrate if worshiped vibuthi is rubbed on the forehead. This will change fate and wealth will flourish. All diseases will be controlled when we eat a pinch of worshipped vibhuthi. Sudden accidents and severe illness will be eliminated and desires will be fulfilled when spatika lingam is worshiped with Maha Mrutyunjaya mantra.

#### **Spatika Lingam Pooja Procedure:**

The devotee has to take a bath and wear fresh clothes. Chant Lord Shiva Mantra ('Om Namah Shivaay') to create a mood. Ring bell to start the Pooja. We have to perform the panchamrutha abhishekam with items like Ganga water or fresh water, honey, sugarcane juice, cow milk, ghee, coconut water, yoghurt and rose water. Pour the liquid and chant Lord Shiva Mantra or Shiva Panchakshari stotram for 108 times. After that clean the lingam with water and decorate with flowers and sandalwood paste. Offer prasadam like fruits or sweets to Lord Shiva. Burn camphor and perform Aarti to God and ring the bell. Give the aarti and pray to Lord Shiva. Apply vibhuti on the forehead and distribute the prasadam to family members.

#### **Significance:**

The vibrations present in the spatika lingam are very high and

will counteract all the negative effects of planets. Worshipping spatika lingam will give confidence, power, perfection and remove all sorts of worries. Spatika lingam worship will enhance wealth and prosperity. Spatika Shiva lingam gives tremendous concentration and is better for students, businessmen and people who need to achieve goals.

#### **Scientific Reasons:**

Spatikam is a gemstone made of silicon and oxygen(SiO4). It is a good conductor of heat. The wearer attains coolness and calmness. Spatika is used to replace diamond and the associated planet Venus. Goddess Sarawathi always holds spatika mala in her hand. It brings electro-chemical balance in the body and absorbs excess heat. Spatika Shiva lingam attracts sunlight and reflects 7-colours as the rainbow. Pouring water on spatika lingam(Crystal Quartz) ionises the water and this water has different healing properties. It restores water's crystalline structure and prevents pollution. By drinking abhishekam water from spatika lingam, a heavy load of oxygen is carried through such water to each and every cell in the blood stream. It also eliminates the free radicals from the body and prevents diseases. Spatika lingam increases alkalinity levels and electrical conductivity of the liquids and decreases the surface tension of liquid. Intake of abhishekam liquid makes the human body to operate much more smoothly. According to gemologists, these crystals need to be recharged to release negative energies. There are so many prescribed methods like washing spatikam in sea water, river water, burying crystals inside earth for some time, exposing crystals to sun or moon rays, creating sound vibrations by ringing a bell. Please refer Dr. Masaru Emoto's Water Theory about water crystalline structure.

## **Coconut & Jaggery:** **USEFULNESS**

*Ajit Katakdhond, Thane*



I am a chronic anaemic due to various factors, diet negligence being one of them. I am a diehard non vegetarian, but I have observed that fresh coconut and jaggery is what works best for my iron deficiency.

There is a much wider and deeper implication to this ordinary fact. Most women and poor people are iron deficient. Most people in depression, reporting hopelessness, loss of will to live, will more often than not, also have iron deficiency. Lack of iron in the mother also impacts new born babies.

The iron (hemoglobin) level in the blood seems to directly impact the zest and ability for life.

I suggest that the prayer offering at Devrukh frequently includes a piece of fresh coconut and a small piece of jaggery. It is a healthier, natural, more cost effective perhaps (konkan is full of coconuts) and also an energy boosting life reinforcing option compared to sweets made of sugar.

# Life is not for fear

Telangan



I have not yet seen anyone who is not scared of death. The biggest fear in the world today is about dying. Even a person who is bedridden for years doesn't want to face the death. We love our body so much and we are attached to it completely. We cannot even think about ourselves without this body. We actually start thinking that we are immortal.

There are few communities who didn't progress in modern science as much as other western countries and the modern world has misconceptions about them as primitive and less informed. But their in-depth awareness about the past and future lives is remarkable. I read a book by a Tibetan monk. In Tibet they look at death in a very different way. As a usual practice they prepare every person to be fearless about death from the childhood. The spiritual masters talk to the dying person in advance and prepare his/her mind for the next journey. They make sure that the dying person forgives everyone who has hurt him/her in the past before dying. They make sure that his/her last impressions on mind must be auspicious and divine. This would help the soul to progress well in the spirit world. They strongly believe that an unprepared soul may wander without direction and get confused. Even in many other cultures, similar concepts are promoted and taught. There are tribes living in deep forests that are fearless

and have a matured approach for facing the death. Modern world feels death is an end. At the same time these communities believe it's new start.

Philosophy of Karma says we are on this earth for learning through suffering. The suffering would differ person to person based on their past Karmic accounts. Some people suffer through financial losses or relationships and some people suffer by illness for years. Spiritual master helps us to learn wisdom out of these sufferings and teaches the concept of Karma, life and death as well. People without spiritual support fear the most for death. When this fear goes away we can enjoy this life with peaceful mind and progress spiritually faster.

***We should live our present moments happily rather than carrying wrong ideas about the death. Actually we need to have gratitude that we are having so much that very few people in the world have. Our suffering is least compared to millions of others. We must have the gratefulness that we have a master to protect and teach us every moment. We are given knowledge to deal with suffering and we are fulfilling the purpose of this birth with help of a Guru.***

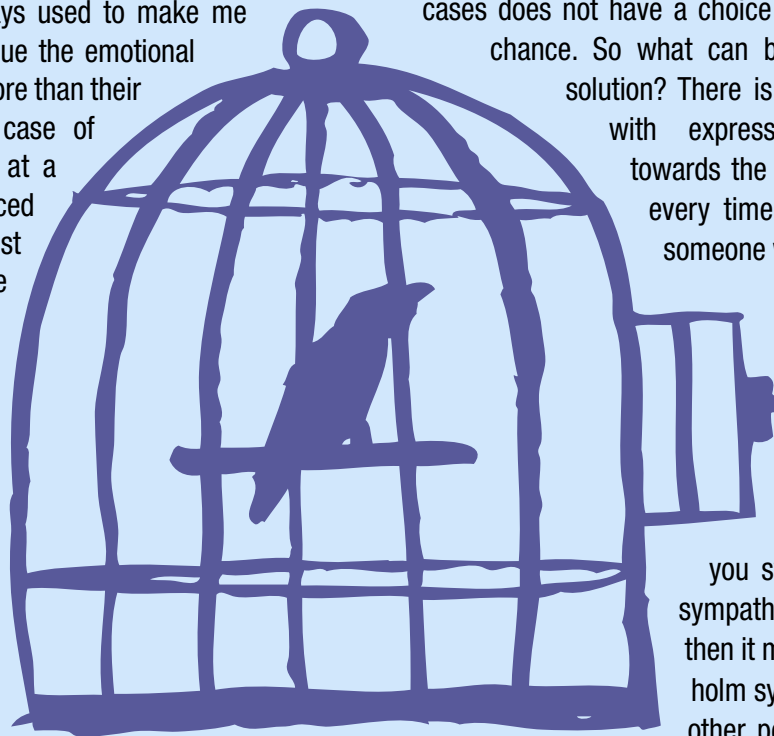


# Stockholm Syndrome

By Vivek Pande, Vadodara

Just last week, I came across this bizarre psychological condition called Stockholm syndrome. The Stockholm syndrome appears when an abused victim, develops a kind of respect and empathy towards their abuser. It was named after a bank robbery in Stockholm (Sweden), when a group of bank employees were held hostage and developed a strong sense of empathy towards their captors. When this traumatic event was over, they even defended their captors by not wanting to say anything that might endanger their captor's freedom. According to the database of FBI, nearly 8 percent of the victims fall for the Stockholm syndrome. To be honest, initially I found it bizarre and hard to digest, but later upon further reflection, I rather amused myself by discovering that this syndrome is very common to a huge extent. How can a victim sympathise or fall in love with the kidnapper to the extent of defending the captor? Well, let us take examples from our routine-ordinary life which may be taken as a parameter to judge the Stockholm syndrome.

In my neighbourhood, where I spent my childhood, people used to keep parrots hung outside their homes in cages. In many cases they used to set the parrots free and to the surprise of all, the parrots used to come right back to the owner or the custodian. It always used to make me wonder that how come they value the emotional bonding with the owner much more than their personal freedom, may be a case of Stockholm syndrome operating at a small scale. As I grew up, I noticed cases of domestic violence against women, whereby they were abused, beaten up, suppressed but still supported their husbands when it came to putting up a rosy picture in front of the society. The same thing happened with the kids, the more suppressive and unkindly the father was, the more respect and love he commanded from the children. May be the fear factor has some connect with getting people emotionally bonded. It reminds me of one of the chopai's (four-lines) from the Ramayana, "Bhay bin hoye na priti", which translated literally means, Love can seldom happen without fear.



To elaborate further on the issue, history has it on record the fact that shareholders have sympathised with the management despite the latter putting their financial health and life in jeopardy. I guess the Stockholm syndrome in this case should be renamed as "Stockholders syndrome". To carry things further ahead, our neighbouring country Pakistan and its people in general support the government unconditionally despite the fact that the same government has oppressed, suppressed and has been found incompetent to provide even the basic necessities to its own citizens. Patriotism is also a kind of Stockholm syndrome. No matter how badly my country treats me, I still love it simply because of the fact that I was born in it.

Having discussed so many illustrious cases of Stockholm syndrome, let us get back to the basics. In life we mostly encounter a person more powerful than us and on many occasions we have to deal with it. The power may be due to the virtue of position, relation or simply physical strength endowed to the other party. Whatever be the case, the fact also remains that people love using such authority to express their supremacy over the other. The weaker party in most cases does not have a choice or does even stand a chance. So what can be done? What is the solution? There is surely nothing wrong with expressing your sympathy towards the other. And by the way every time you sympathise with someone will definitely not mean you suffer from Stockholm syndrome, but the important point is with whom you are sympathising and out of what emotions in store do you sympathise with. If the sympathy emanates out of fear, then it may be a case of Stockholm syndrome and also if the other person is having power over you. Having sympathy towards the weak and the destitute is surely not Stockholm syndrome. It is the ultimate act of "Humanity".

Thank You. Jai gurudev.

# MIND YOUR ANGER...

by Dr Ramanathan Iyer, Dombivali



As a carpenter went home after shutting down his workshop, a black poisonous cobra entered his workshop. The cobra was hungry and hoped to find its supper lurking somewhere within. It slithered from one end to another and accidentally bumped into a double-edged metal axe and got very slightly injured. In anger and seeking revenge, the snake bit the axe with full force. What could a bite do to a metallic axe? Instead the cobra's mouth started bleeding.

Out of fury and arrogance, the cobra tried its best to strangle and kill the object that was causing it pain by wrapping itself very tightly around the blades. The next day when the carpenter opened the workshop, he found a seriously cut, dead cobra wrapped around the axe blades. The cobra died not because of someone else's fault but faced these consequences merely because of its own anger and wrath.

Sometimes when angry, we try to cause harm to others but as time passes by, we realise that we have caused more harm to ourselves. For a happy life, it's best that we should learn to ignore and overlook some things, people, incidents, affairs and matters. It is not necessary that we show a reaction to everything. Step back and ask yourself if the matter is really worth responding or reacting to.

Let's treat people with kindness even if they hurt you.

People that show no inclination to change are best handled with silence and prayer.

THIS is really a touching story and could help us take some good decisions

This year's Nobel prize for medicine has gone to a Japanese scientist Dr. Yoshinori Ohsumi for his research on autophagy. Autophagy means to "self eat". In other words, the process by which the human body eats its own damaged cells and unused proteins. Autophagy is a natural process and also one which occurs in cases of starvation. The failure of autophagy is one of the main reasons for accumulation of damaged cells which eventually leads to various diseases in the body. Autophagy is important to prevent/fight cancer and also plays a vital role in degrading and 'consuming' cells infected by bacteria and viruses.

I have to mention here that ancient India recommended a practice of fasting (Ekadasi) once in a fortnight. Many of us religiously follow this practice to this day as a penance for spiritual progress without any idea of the biological and therapeutic benefits of this practice. Through this process of fasting induced autophagy, our body repairs its damaged and degener-

ated cells or uses up the proteins of the damaged cells for its survival.

Whenever modern science conquers a frontier in any field, it somehow relates back to a quaint spiritual practice followed in India for generations.

A day in a fortnight, spent in prayer and divine contemplation was a tonic for the mind and soul while the practice of fasting ensured that the body would heal and rejuvenate itself.

Clearly, our ancestors believed in a process of holistic healing of both the body and the mind.

They were able to quite remarkably, connect the yearning for spiritual progress in a human being with the biological necessity of the human body. One cannot but marvel, and bow our heads with admiration and reverence, at their wisdom and deep scientific understanding of the body and the mind.





# LOVE

## OUR INNER NATURE

*Kaushiki Swaroopa, Mumbai*

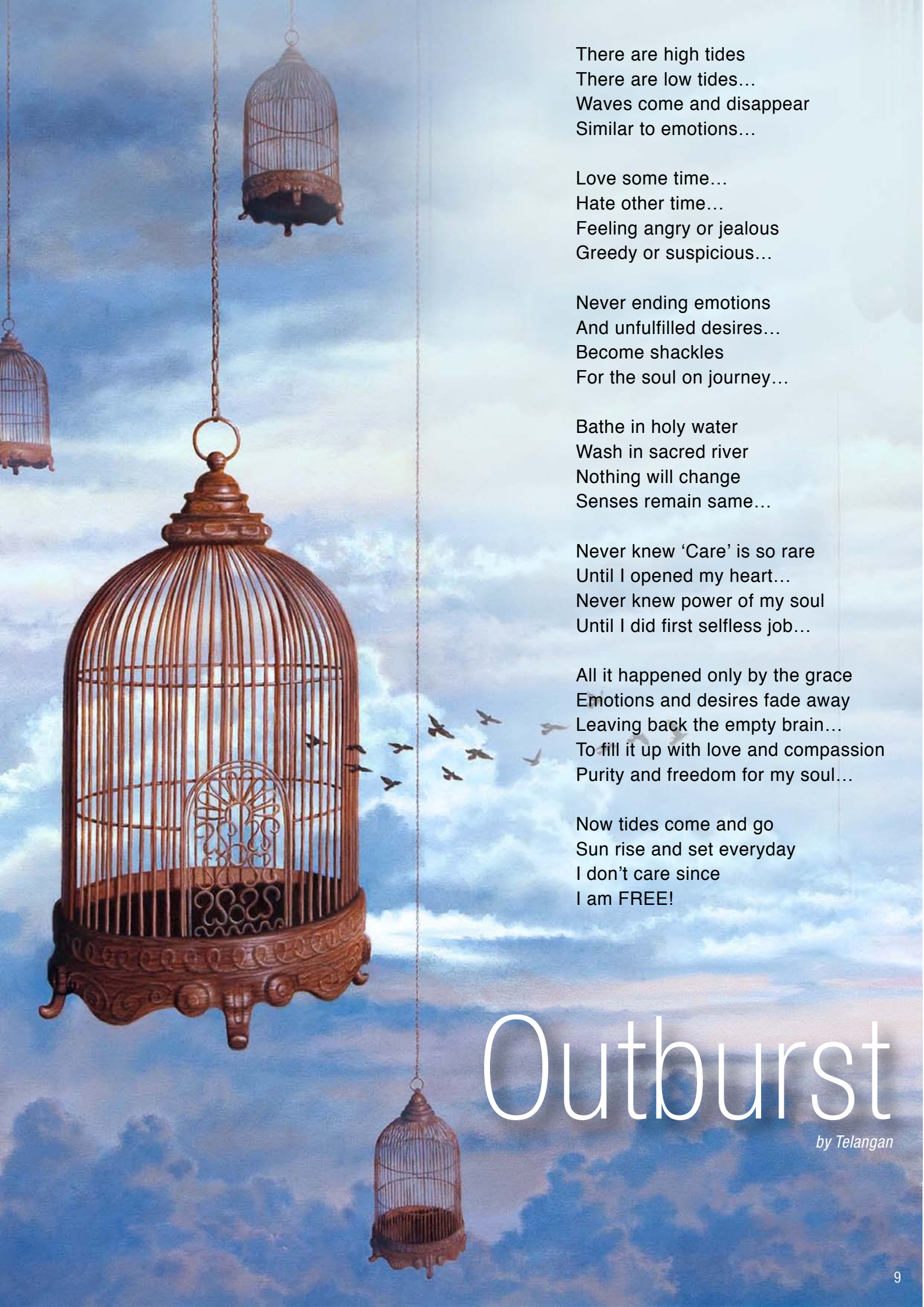
Our inner nature is said to be love  
Which unfortunately flies away like a dove  
When we don't experience it in our life  
Everyday we experience the strife  
Between our conscious and subconscious minds  
Creating diseases of various kinds...

Then we seek for solutions outside  
And in the process tend to get horrified;  
For the diseases translate themselves  
As they are not on physical shelves

They were originated from the conflict  
That's going within; Converting it into afflict.  
Understanding all of this  
And experiencing the inner peace  
Can help this clash to cease.

Concluding with restored health  
Which is truly our wealth  
Facilitating us to practice  
Our tasks; Within our own axis  
That rotates around love and compassion  
Dissolving every minute realms of dispassion





There are high tides  
There are low tides...  
Waves come and disappear  
Similar to emotions...

Love some time...  
Hate other time...  
Feeling angry or jealous  
Greedy or suspicious...

Never ending emotions  
And unfulfilled desires...  
Become shackles  
For the soul on journey...

Bathe in holy water  
Wash in sacred river  
Nothing will change  
Senses remain same...

Never knew 'Care' is so rare  
Until I opened my heart...  
Never knew power of my soul  
Until I did first selfless job...

All it happened only by the grace  
Emotions and desires fade away  
Leaving back the empty brain...  
To fill it up with love and compassion  
Purity and freedom for my soul...

Now tides come and go  
Sun rise and set everyday  
I don't care since  
I am FREE!

# Outburst

by Telangan

# Go not to Temple...

By Rabindranath Tagore

*Shared by Khushal Solanki, Chennai*

Go not to the temple to put flowers upon the feet of God,  
First fill your house with the Fragrance of love and kindness.

Go not to the temple to light candles before the alter of God,  
First remove the darkness of sin, pride and ego from your heart.

Go not to the temple to bow down your head in prayer to God,  
First learn to bow down in Humility before your fellowmen  
And apologise to those you have wronged in life till date.

Go not to the temple to pray on bended knees to God,  
First bend down to lift someone who is down trodden.  
And strengthen the young ones. Not crush them.

Go not to the temple to ask for forgiveness for your sins to God,  
First forgive from your heart those who have hurt you!





There is no path  
to Happiness;  
Happiness is  
a Path itself...



A man of 92 years, short, very well-presented who takes great care in his appearance, is moving into an old people's home today. After waiting several hours in the retirement home lobby, he gently smiles as he is told that his room is ready.

His wife of 80 has recently died, and he is obliged to leave his home.

As he slowly walks to the elevator, using his cane, I describe his small room to him, including the sheet hung at the window, which serves as a curtain.

"I like it very much", he says, with the enthusiasm of an 8 year old boy who has just been given a new puppy.

"You haven't even seen the room yet, hang on a moment, we are almost there."

"That has nothing to do with it ", he replies.

"It is already decided in my mind that I like my room. It is a decision I take every morning when I wake up. "

"Happiness is something I choose in advance. Whether or not I like the room does not depend on the furniture or the décor, rather it depends on how I decide to see it. "

"I can choose. I can spend my day in bed enumerating all the difficulties that I have with the parts of my body that no longer work very well or I can get up and give thanks to heaven for those parts that are still in working order."

"Every day is a gift and as long as I can open my eyes, I will focus on the new day, and all the happy memories that I have built up during my life."

"Old age is like a bank account. You withdraw in later life what you have deposited along the way."

So, my advice to you is to deposit all the happiness you can in your bank account of memories.

Thank you for your part in filling my account with happy memories, which I am still continuing to fill.

***Remember these simple guidelines for happiness.***

1. Free your heart from hate.
2. Free your mind from worry.
3. Live simple.
4. Give more.
5. Expect less.

If you have been blessed by this message, send it to your loved ones and your friends. It is the way we touch each other with simple truths that spread goodness in the world. Who knows, a miracle may happen as a result.

***Have a Blessed Day. Every day is a Bonus.***



# Corporate Social Responsibility (Part 2)

*P N Devarajan, India*

So, with this background there is going to be a very large number of companies which are profit making both in public sector and private sector. Find out how much money they have to contribute to CSR over the year and identify how this money has to be spent and monitored in the various schemes that the corporate has launched. This will be truly a methodology of reporting and analysis thereof and will structure the future path for the CSR program in consultation from stakeholders, primarily the shareholders in AGM, to get their views on how the programme can be effectively conducted in future. This is because we also bring to the attention of the shareholders that the money that is allocated for CSR is actually something we take away from the shareholders, which otherwise would have been given as a dividend on the shares.

So, qualitatively these processes will ensure that the shareholders feel that they are contributing to the CSR and the company is doing it on their behalf. Therefore, over time they will positively endorse this activity and will be in interest of the shareholders. The shareholders actually acknowledge and agree to this process even though it is a regulatory process. All these are likely to happen! With the corporate being in business and the business objective is to either give service or sell products out of manufacturing to the consumers and make a net profit at the end of the accounting period, the net profit becomes a disposable surplus and is allocated to various heads. These are called reserve of the company which stays in the company's books which can be used later when circumstances demand as an internal resource.

The second one is to declare dividends which will be a pay out from the corporate to the shareholders. The shareholders are public at large and also individual shareholders who own different levels of stocks from controlling stocks to non-controlling stocks in different denominations so that those people get allocation of surplus funds.

Now, CSR will get their recognition in another form of two percent of their net profit as allocable to CSR activities. In other words, corporates are slowly coming to the belief that they are also triple bottom line and not a single bottom line as seen originally by people. Earlier, the net profit was the only bottom line for corporate, but now the net profit will reflect the economy of the company.

The CSR activities contains two other heads i.e. equity and ecology that are exercised by the company. For instance, the society, community, and various stakeholders are considered and treated equal in delivering activities. Finally, they will also need the report on how ecologically sensitive the corporation is in terms of waste production, waste disposal, and recycle of waste.

How you treat the planet —environmental or ecological attitude of the company in conducting the business — will be in such a way that they are in conformity with the standards that have been laid down by world organisations as well as national organisations with regard to ecology management. The CSR activities really make it possible for corporates to think differently from a single bottom line to a triple bottom-line. The triple bottom-line is expressed as 3Es: the Ecology, the Economy and the Equity. Economy is not only to the immediate stakeholders of the company, but also economy that uplifts the employees and affects the people who are living in the community or the community in which the corporate is functioning or the society in which they are serving.

All these people also see that this impact is making a contribution to add richness to their lives, or in other words they are able to contribute more to the GDP and they are also contributing to the happiness because of the Ecology, Economy and Equity.

There will be a total impact of the stakeholders living in the community and in CSR that is delivered by the corporate. However, as corporate —where they are now and where they are starting — are one where they do CSR because of the regulations.

There is no way we can avoid it. Many companies will say this is an inevitable punishment on them and therefore they are doing it. But, subsequently by creating the social entrepreneurs within the company and outside, there will be an entrepreneurial spirit that will prevail finally in social responsibility of the corporate so that the corporate will begin to behave as a good corporate citizen, just like a social citizen and social entrepreneur.

The corporate will also become an entrepreneur not only in business, but also in social entrepreneurship and society related issues. They will get eventually very competitive in their line of business. They will have one up-man ship in whatever they do and it will be recognised by the community at large. They are doing their best at all times and are raising the bar in doing their best year after year so that the benefit flows into the society.

In order to do the best in the community, they have to be innovative. In other words there is a pressure, because of the CSR activity, constantly on the corporate to innovate and create. In other words the R&D work and the continuous improvement in their processes and methods of delivery are so much engrossed in bringing fruits of competitiveness into the bottom of the operations.



# Ashram Events

## EPIC Training Programme in Mumbai on 1st & 2nd October 2016



Govinda's hall reverberated with vibrations of harmonised households on 1st and 2nd October 2016 when RVN's EPIC Training team conducted the programme on Empowerment for Parenting Initiative & Challenges. 26 participants who attended were in a blissful state of mind on getting the knowledge about managing the households and the new generation.

## Our sadhak Shivang Parmar felicitated:

### રેડી અને અગ્નિહોત્રના પ્રયોગે શિવાંગનું જીવન બદલાયું

૧૬ વર્ષના માનસિક વિકલાંગ ચાઇલ્ડ શિવાંગનું આખું જીવન ધોરણ રેડી અને અગ્નિહોત્રના પ્રયોગથી બદલાઈ ગયું છે. છેલ્લા કેટલાક વર્ષોથી તે નિયમિત અચૂક રીતે અગ્નિહોત્ર રમીંગના પાઠ કરે છે. ઉપરાંત તે ગ્રંથગ્રહણ પણ નિયમિત રીતે કરે છે. શિવાંગે રેડી હીલિંગની કસ્ટ અને સેકન્ડ ડિગ્રી પૂરી કરી છે. સ્પેશ્યલ ચાઇલ્ડ શિવાંગને આવડીકાલે વડાપ્રધાન નરેન્દ્ર મોદીના હસ્તે લેપટોપ અને કમ્પ્યુટરની કીટ મળવાની છે. આ બાબતે શિવાંગ હાલ ખૂબ ખુશ છે. ૧૬ વર્ષનો શિવાંગ ઉર્મિ સ્કૂલ દ્વારા સંચાલિત સ્પેશ્યલ ચાઇલ્ડ માટેની સ્કૂલના નવમા ધોરણમાં અભ્યાસ કરે છે. વડાપ્રધાન નરેન્દ્ર મોદી શિવાંગના પ્રતેલા સ્ત્રોત છે. શિવાંગે વડાપ્રધાનના સ્વચ્છતા અભિયાનને સારા અર્થમાં આત્મસાત કર્યું છે. તે પોતે પણ કચાચ, કચારેય ગંદકી કરતો નથી અને કોઈને ગંદકી કરવા દેતો નથી. એટલું જ નહીં, સ્ત્રો જતાં - આવતાં ગંદકી નજરે પડતાં જ તે દૂર કરે છે.



We at RVN are pleased to inform you that one of our young sadhak Master Shivang Parmar from Baroda was felicitated by the Government of Gujarat in the hands of Hon Prime Minister Mr Narendra Modi on 22nd October 2016. The Prime Minister presented him with a Laptop and Computer kit in his appreciation as the best special child. Shivang is studying in 9th standard at the special children school a wing of Urmi School in Baroda. Shivang is strongly connected and committed to the clean India mission initiated by the Prime Minister. We are all proud of Shivang's recognition by the Government.



# Ashram Wisdom

## The faith towards Life will drive fear towards death...

A person came to Guruji and started telling him that he was fearful of death and was asking about what he should be doing about that. Guruji quickly asked him whether in school days when that person was in 2nd or 3rd standard did he ever had a fear of leaving school once he passes his tenth or twelfth? No. Because, when he was in school he used to enjoy the school days. Somewhere the school had become our comfort zone and we never thought of an idea of living this. In childhood we always think of the present moment. No wonder we are always happy in that life. The fear comes when you think of future, something unknown and un-treaded. The second thing is that the very fact there is a fear means there is a lack of faith. Faith and fear can't stay together the way light and darkness cannot stay together. Wherever there is darkness it means there is a deficiency of light. So is the presence of fear in absence of faith. The one who has a deeper faith in life can't have the fear of death. One should be able to love oneself. One should be able to celebrate the life. But then one should also remember that the life is impermanent. But if we live it through responsibility, if one can live purifying his deeds at every moment then one does not have to do anything else at all. Then the life automatically becomes a celebration. And while celebrating itself one will walk into the lovely embrace of the death. Just the way a kind mother embraces her dear child. Then what is to be feared about?



## Program Schedule for November 2016

### Reiki Seminars

Dates	Reiki Teacher	Centre	Degree
5th & 6th November	Seemaben	Devrukh	2nd
5th & 6th November	Vishal	Pune	1st
5th & 6th November	Krupa	Delhi	1st
19th & 20th November	Ajit Sir/Vishal	Baroda	1st
26th & 27th November	Krupa/ Sangeeta	Surat	1st

### Other Programmes

Dates	Topic	Venue	Faculty
11th, 12th & 13th Nov 16	Reiki Swachetana Shibir	Sant Niwas, Deolali, Nashik	Ajit Sir + Other Masters
26th November 2016	Teaching the new generation	Goa	Ajit Sir