

# REIKI VIDYA NIKETAN



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Last week I happened to be in New Delhi to talk in one of the seminars on Adhyatma, Yoga and Jyotish. It was conducted by one of institutions who have been organizing Ganapati Mahotsav in the heart of Indian capital since past 23 years. The next day being off for me, I had a chance to relook at Delhi as a tourist which I had possibly last done in my childhood. Then I used to go to my uncle who was staying there. I had seen Kutub Minar then and had an urge to see it this time. It was indeed a magnificent site to have that historical tower touching the clouds. But some or other, the excitement was not as it was when I had seen this monument few decades ago. May be during those days we did not have any tall structures and definitely not the sky scrapers that we have today in every town and city. So Kutub Minar was something special then at least for its height. It was fun to tilt your small neck then and try to fathom its heights. Painful but pretty pleasant too. This time when I saw that, it did stir the memories and did make me revisit those younger days and the lessons of history. I also distinctly remembered one of my school

# Shadow Passes, Light Remains...

Editorial





classmate getting a reprimand from a teacher for writing that “Kutub Minar fell from the horse and died” in the exam paper on history. Obviously he had mixed up between Kutubuddin Aibak and Kutub Minar. All those memories came to the surface. But still I felt Kutub Minar more as a historical monument, more than a towering structuring touching the heavens.

When we strolled around, I found something more interesting than even Kutub Minar. It was a small Sun Dial made from marbles few centuries ago and placed on the vast expanses of lawn around the monument. It was precisely noon time and the Sun Dial was exactly showing that to the last degree. I had possibly missed that flat small structure in front of that towering colossal. This time it attracted me more. Is it my growth that I was attracted more to the celestial translation of Sun to time more than a human structure challenging the skies? I think so. I wondered more about the ancient technology which involved nature in their experimentation and making life more pleasant to live, rather than manipulating the nature to suit human egos. What was wrong with that beautiful sun dial which shows precise time, that we had to move to the mechanical, electronic and atomic clocks and make life more complicated? The most interesting thing I found around the Sun Dial was a plaque on the pillar which documented when and how this Sun Dial was constructed. It was in English as well as Latin script. There was one wonderful sentence written at the bottom. It said **“Shadow passes, Light remains”** (Transit Umbra: Lux Permanent). That indeed is a truth of life. This is the essence of Brahman Satyam, Jagat Mithya (meaning the Brahman is a truth, the world is an illusion) which Vedas pronounced thousands of years ago. Shadows only measure the transition of time and not the time itself. Time is permanent. Body is that shadow while the soul is the Light. Disease is a shadow while health is the light. What a message!

**Ajit Sir**

*Sept 14th, 2016*



# BhajaGovindam (Verse 32)



## Meaning:

**This way Adi Shankaracharya freed the stupid scholar who was entangled into the knowledge of grammar and the ignorance of life.**

Though this chapter is not a part of the epic poem, it is considered to be a gist of all that has been said in the previous 31 verses. It is in fact a summary of all that is said earlier. The poem which started with an idea to educate and elevate an old Brahmin pandit on the path of spirituality ends up on the same topic like an expert classical singer ending on the same musical note. The whole idea of spirituality in any case is a transformation which has happened here and the objective achieved. This is the success of this poem or rather the process of spiritual practices. We all expect this kind of transformation in our existence by following Reiki sadhana which we all know.

Here we will summarise the first 31 verses which I trust will help readers to get a holistic view of the epic poem.

In the first verse, we saw how seeing a old scholarly person getting stuck into the grammatical acrobatics even at the end of his journey of life which literally became an inspiration for this divine poem. The idea of this poem was to show a proper direction to the efforts of that scholar who truly represents a seeker on this divine path. We also learnt something about a true meaning of the word Govinda in this verse. The poet here emphasises the fact said earlier by Sage Patanjali that even if one intensifies the spiritual practices and studies, one can't reach the ultimate goal without that divine grace.

The second verse is mainly about a person who out of his greed loses the directions of life and keeps on collecting the mundane things knowing fully well that nothing of this would be taken by him when he dies.

The third verse warns a seeker about the lusts and related issues which causes his fall from grace

In the fourth verse, the poet talks about how life is slippery like a dew drop on the lotus leaf and asks the readers to be aware about this consistently. In the first and sixth verses, the poet describes the pitfalls and traps in getting attached with relationship which is against the basic nature of the soul.

श्लोक ३२ वा (अवतरणिका):

मूढः कश्चन वैयाकरणो, दुकृकरणाध्यन धुरिणः ।  
श्रीमत्शंकर भगवत्पिष्यै, बोधित आसित्छोधितकरणः ॥३२॥

The Seventh verse strongly brings out how life is nothing but a miserable experience unless one is attached to the divine thread. Getting separated from that holistic existence leads to miseries and diseases as emphasised by the poet here. The eighth verse advises the reader to ask the basic questions about who is wife and who is whose son etc which are primordial in nature and may lead to a lot of introspection which is so vital on this chosen path. The ninth verse can be termed as a road map to liberation as it stipulates how one can move from satsang to detachments to renunciation and finally a liberation. The poet in tenth verse is confident that the moment one touches truth, enlightenment will happen effortlessly as truth has that power.

In the eleventh verse, the poet is forthright in saying that leaving the mundane life for achieving elevation of soul has no other option. It is like how a plane to fly has to part with the tarmac. In the twelfth verse, he says that human life is compatible with the wheel of nature which follows certain seasons and our temptations like lust and greed need to change with the times. That could be the real transition. Thirteenth verse emphasises strongly that being with good people is the most effective way to come out of the entanglements of life. Poet denounces the falsehood of those who pretend to be sannyasins for their personal gains while in the fifteenth verse, he talks about the shameful behaviour of those who in spite of advanced age can not come out of their lust.

In the sixteenth verse, he explains how even the senior sadhaks find it difficult to break through the cobwebs of lust and greed while in the seventeenth verse, he stipulates the limitations of rituals. The description of the one who even after sacrificing all the comforts and relationships is blissful, having touched his own nature, is given in the eighteenth verse. He reiterates that without the grace of the almighty nothing works, in the nineteenth verse. He has also explained the transformation of a seeker from the fear of death to the conquering of death even by a little touch of spirit.

The poet emphasises the importance of prayers in twenty first verse while in the twenty second verse, he has elaborated upon the state of an Avdhut. The master key for introspection is provided in the twenty third verse. Twenty fourth verse is like a Virat swaroopa of Lord Krishna. It talks about the omnipresence and omnipotence of the supreme divine's existence. In twenty fifth verse, the poet says that the moment one starts feeling that divine flow of energy consistently, it should drop the dualities of life. He asks seekers to experience the state of oneness in the twenty sixth verse. He has elaborated on the contribution of recitation, meditation, satsang and compassion in helping a seeker to follow and progress on his path in the next twenty seventh verse. He is emphatic when he says that the root of all miseries and diseases lies in one's lusts and greeds in the twenty eighth verse. In the twenty ninth verse, he explains how wealth creates fear of losing in the minds of the seekers. The last two chapters are the apex points of poet's love and compassion towards the seekers. He like a typical kind and compassionate mother asks seekers to be careful on this path in the thirtieth verse while in the last verse he prays for the seeker and blesses the seekers to reach the ultimate destination of life..

With this article we complete this series of articles and trust it was useful to our readers.

# Corporate Social Responsibility (Part 1)

*P N Devarajan, Chennai*



Corporate social responsibility has come to a center stage and is the concern expressed by many countries, including India. This brings about the role that the corporate can play while exercising their responsibility in the social sector. The corporate are not equipped to identify the opportunities and formulate a plan and execute it in order to fulfill their Corporate Social Responsibility.

Social responsibility is generally in the domain of government, private sector, and the NGO sector. The first two, being public sector and private sector, locate NGOs who are actively involved in social interventions and deliver the social responsibility through them in the absence of a proper framework or mechanism to deliver it themselves.

It generally appears that there are a few people, maybe from the Human Resources department allocated full time or part time to monitor such NGO activities. This approach is not going to give the full impact expected out of such initiatives. Therefore, there is a need to develop social entrepreneurship in the corporations at various levels.

The initial stage can be one of creating volunteers. Some corporate actually allow the volunteers to identify areas of social intervention which is to their liking, close to their heart, and also aligned with the corporation's objectives. They give the volunteers a maxi grant of money, the other part being donated by the volunteer himself or volunteers themselves. This process stimulates a meaningful social entrepreneurship quality in whatever the volunteers wish to do.

The summation of such volunteering work will essentially reflect the CSR activity of the company. This amounts to in-outside relationships. The "in" corresponds to the volunteers who are

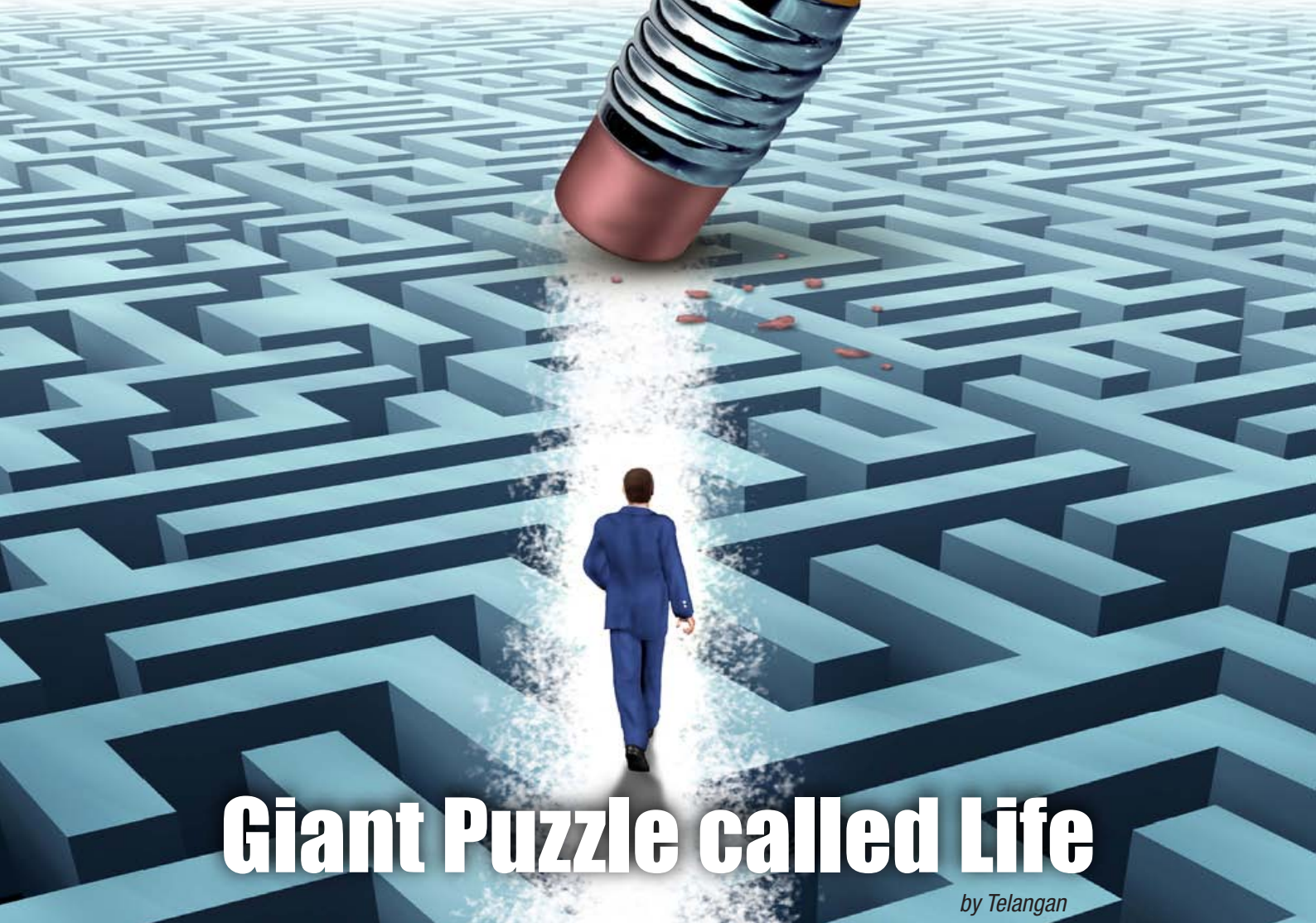
already employees of the company, i.e. internal resources, and "outside" are the recipients of such an interaction which manages the gaps, i.e. identify, as existing in the beneficiaries.

Similarly over a period of time like in-outside there can be out-inside. Out-inside means the requirement originates from outside people who are in the community or society in which the corporation is functioning and their social citizenry evolved a requirement of the community or society to bridge a gap and thus offer enumeration of the problems that society or community is suffering from. They take part from outside with the corresponding or equally capable inside initiative to deliver and achieve the impact expected of this initiative.

This is a pattern in which several corporate are functioning in the CSR area. Instead of volunteers from within some corporate create a Trust which is equivalent to a CSR programme and give the Trust the responsibility to secure some of the CSR objectives of the company, periodically review the activities, measure the impact, and report to the board.

This occurs in companies who have already created awareness of their corporate being a corporate social citizen. However, in order to have this initiative pan-India the Indian government through the Ministry of Corporate Affairs has made it mandatory for corporates to allocate a sum equivalent to two percent of the net profit of the company each year to be spent on CSR activities. Maybe, it is required later to incorporate the objectives and activities and the money spent in the annual or bi-annual reports that are brought out by the company, filed with the Ministry of Corporate Affairs and also sent to various stakeholders, employees, donors and also the shareholders





# Giant Puzzle called Life

by Telangan

We face some events in life and we get puzzled. We don't know why have they occurred, why am I suffering? The life becomes a giant puzzle. If we try to solve it with the help of master and right knowledge then we could see many reasonable answers behind every happening or suffering. Nothing really happens without a cause. If we accept the suffering with open heart then we will also know that there was immense learning behind it. Unfortunately we forget this learning faster when we enter in good time again.

It is our responsibility that we must help our children in developing correct belief system while growing. Most people grow up with wrong ideas. That's why people pray god for material gains or relief from suffering and when it doesn't happen the way they expect, they blame god or master for it. When someone passes away people easily say 'what could be done against the wish of god? Why will god have a wish like that when we are his children? Many elders tell kids for any wrongdoing that 'God will punish you if you do this'. The role of god is not defined well in young minds and most importantly people are not holding themselves responsible for their own actions, instead they hold god responsible for tough situations. When kids find out that god is not punishing them for wrongdoing then they will do similar act next time with lot more courage and a very powerful belief shapes up in mind that god does not exist. People think god would help them if they offer something in return. They loose their natural ability of surrendering and innocence in their prayer after that.

Each and every action by us, whether it is of body, speech or mind

has consequences for it. Buddha says, 'our actions have effects that extend far beyond our present lives'. Therefore, the foul cry or approach like 'why me...' will not work. It is like an arrow leaving the bow, the moment our action takes place the arrow (fruit for our action) sets off. We have no control on its speed or we can't stop it in-between. Some time it could reach after three births or it could reach after three hours to us. God has no role in it. God helps us by giving a master, appropriate knowledge and right choices to deal with any situation. ONLY if we surrender to god we could find the Grace.

When we do not accept responsibility of painful situations in life, we blame someone for it. We get totally confused and find 'Tit-for-Tat' approach. This makes sure that we would get similar situations even in future for sure. People make mistakes after mistake, take wrong choices and get caught up in self-created web with sheer ignorance.

When we start evaluating the situations of our lives with awareness, master's guidance and correct consciousness, the first positive change takes place. First, we don't blame anyone for our pain and we take complete responsibility for it. We become patient in every situation. We **Stop, Think** and then **Act**. We become a nonjudgmental being. The biggest benefit we achieve that we do not get the same situations in future ever again.

For solving this giant puzzle of life, we need calm, balanced mind and grace through master.



## Amazing facts about Rajasthan which should make all of us take a note

*Shared by Rajinder Sandhir, New Delhii*

In a country that still favours the birth of a son, Piplantri village in Rajasthan not only embraces daughters but has also created a unique tradition. This endearing village makes a conscious effort to save girl children and the green cover at the same time, by planting 111 trees every time a girl is born.

The village gathers as a community and plants 111 fruit trees in honour of every newborn female child.

Village residents collect Rs. 21,000 between themselves and Rs.10,000 from the girl's parents. This sum of Rs. 31,000 is made into a 20-year fixed deposit for the girl.

Parents are legally bound by a signed affidavit stating that their daughter will receive proper education. The affidavit also mandates that the girl should be married only after she reaches the legal age and the trees planted after her birth have been correctly looked after.

The community ensures that the trees survive, attaining fruition as the girl grows up.

The villagers don't just plant trees, they look after them as well. To protect the trees from termites, the residents plant aloe vera plants around them.

These trees, and especially the aloe vera plants, are now a source of livelihood for several residents.

This unique tradition was first suggested by the village's former leader, Shyam Sundar Paliwal, in honour of his daughter who passed away at a young age. In the last 6 years over a quarter of a million trees have been planted.

Villagers claim there has not been any police case here for the last 7 to 8 years.

## Zen Story – Nature's Beauty (Chaos)

*by Ajit Katakdhond, Mumbai*



A priest was in charge of a garden within a famous Zen temple. He had been given the job because he loved flowers,

shrubs and trees. Next to the temple, there was another smaller temple where there lived a very old Zen master. One day, when the priest was expecting some special guests, he took extra care in tending to the garden. He pulled the weeds, trimmed the shrubs, combed the moss, and spent a long time meticulously raking up and carefully arranging all the dry autumn leaves. As he worked, the old master watched him with interest from across the wall that separated the temples.

When he had finished, the priest stood back to admire his work. "Isn't it beautiful," he called out to the old master. "Yes," replied the old man, "but there is something missing. Help me over this wall and I'll put it right for you."

After hesitating, the priest lifted the old fellow over and set him down. Slowly, the master walked to the tree near the center of the garden, grabbed it by the trunk, and shook it. Leaves showered down all over the garden. "There," said the old man, "you can put me back now."





# Reiki Experience

By Priya DeSouza, Mumbai

My name is Priya Desouza..and I would like to share a beautiful experience with you. I may not do justice to the experience by writing it down, so please forgive me. I shared this with Rakesh Sir, Vishal Sir, Kalpita Ma'am too via mail today. They have attuned me, guided me and taken me on this path.

Yesterday morning around 7 am, my neighbour Mrs Usha Pradhan knocked my door. She told me that something has happened to their grandmother Mrs Neela Pathare who had come for a day to visit Ganpati at their place and asked if I could do reiki and help. I entered her room and saw her gasping, her eyelids all up and she was holding her chest, stomach, neck and head after every few seconds and no words were coming out of her mouth. Her doctor was in Bandra and at that moment all were so scared. It was like reiki will only save her and I was alone in the room to do reiki. Honestly I didn't know what, where, how to start, looking at her condition. I placed my hands below her navel. Then, when she held her chest, I moved my hands over her chest and then when she held her

neck, I moved my hands on her neck, thymus thyroid and then put one palm on her forehead. I was clueless. I then drew symbols and deeply set an intention that she has received reiki in that part of the body that needs healing and prayed. Then I placed my hand over her, drew symbols and set an intention that I declare that part of the body where my hands are placed, to be the part that needs reiki. I did this for few minutes and slowly slowly she looked at me and asked, "Are you a doctor?" I said, "No aunty." She smiled and said that when I was touching her she was feeling so nice. She was first feeling breathless and heavy on her chest like she had got a mild painless attack but now she was feeling better. She began to talk and said that she wanted to use the washroom. Her condition improved. She could smile and talk too. In an hour's time after calling the doctor she was taken to Bandra by car to her doctor and then I was told that her ECG and all was normal.

I am short of words to express this wonderful experience and am indebted to all of you.

## How big is the God?

*by S. Shashi, Bengaluru*

I came across this simple yet powerful message today. Thought I would share with you.

A boy asked his Dad, "Dad, how big is God?" Looking up at the sky, his father saw an aeroplane and asked his son, "How big is that aeroplane?" The boy responded, "It's small, Dad!" "You can hardly even see it."

Then the father took his son to an airport hangar. Standing in front of one of the aeroplanes, the



father asked, "And now, how big is the aeroplane?" The boy responded, "Oh Daddy, this plane is enormous."

At this point, the father said to him, "That's how it is with God. How big he is depends on the distance between you and Him. The closer you are to him, the bigger he is in your life."

# Learning leads to enlightenment...

*By Vivek Pande, Vadodara*

Education has become a tool for making a career. Not learning has overtaken the education system. A school these days is a place where we send a child for personality development, dropping out and completely missing the entity in its entire existence. The process of stuffing takes precedence over the beautiful process of unlearning and correcting ourselves with a whole lot of modesty. The art of learning and the desire to be a learned-man seems to be a little out of place these days. Almost everyone has at least two degrees from some reputed college or university, followed by a strong-subsequent desire to go abroad. The act of becoming settled through learning has taken precedence over roaming about in an unsettled way with intent to spread knowledge. The illusion of competition has been instilled in an unconscious way. There was a time when an educated man used to have a radiant look on his face and was easily recognisable by many as a learned individual. The whole idea of assimilating knowledge and the *modus-operandi* has also undergone a colossal change. However, having said all this, this article is not a piece of critique about our current education system. This article has more to do with the actual art of learning, something inner, that leads to enlightenment.

Life is a simple phenomenon experienced in a complex way by many of us. We cannot have a direct answer to our problems, we need to find a solution, we need to work it out on our own, we need to evolve, we need to understand and fundamentally we need to know how to learn. Whether in pain, out of curiosity/inquisitiveness or due to any other reason, we all, at some point of time in our lives inquire about this wonderful phenomenon called life. What is life? Every individual born on the planet Earth would have at least once, inquired about this. The answer is, there is no answer to it. The way life is, it is; sometimes joyful, sometimes painful, at times weird and at times blissful. A more appropriate question would be to ask, what am I doing in this whole game of life? Why is my existence experiencing pain, liberty, joy, outrage, fear and love at times? Can I be not blissful throughout, without having to experience the negative aspect of life and just be overloaded with joy at all times? Can I see a persona whereby I am always neutral, unaffected, unperturbed and unmoved by just about anything that normally affects an individual? Well, the fact of the matter is there is no answer but there surely is a solution.

The world is never really a problem. Yes, we do face many situations which may or may not suit us, but fundamentally it is the very lacunas of our existence that make us suffer. Why some individuals rejoice even in difficult situations and on the other hand many of them aren't even happy in a positive environment? The answer is obvious we need to work at our own selves. The world looks as we see it, the world moves as we want it. Consciously or subconsciously we create situations which make us feel good or bad, which make us, attract the negative or the positive. In English they say, "Your vibe attracts

your tribe." In order to move from attracting negative things to mastering our own positivity, we just need to work on our own selves. The world is not after us, rather it follows us, it follows our vibes, our aura. We feel good and we end up meeting all the pleasant people in the world. We feel bad and the obvious will happen. In a way the world is a large mirror. It reflects whatever we feel and the way we feel inside us.

The first and the foremost thing to understand is the fact that we are not just bodies. We are much more than the visible-physical existence. There is absolutely nothing happening at the physical level. It's all in the mental and emotional levels that either we sow the seeds of happiness or bear the thorns of pain and agony. The correction, although the medical science has been attempting at the physical level since ages, can never really happen at the physical level. It is the obvious process of unlearning and cleansing the mind which leads to our growth and eventually the enlightenment. The very fundamental limitations and compulsions exist at deep levels within our mind. Ranging from small issues like feeling happy or sad to becoming a failure or having huge success is all a fall-out of our own mindset. The ugly looking incidents, the emotionally hurting statements from near and dear ones are an indication that something needs to be corrected at the mental, emotional and intellectual levels within us. Instead of reacting, we may choose to listen, understand, and accept people around us, who, most of the times if not always, act like gods to push the process of learning/unlearning a little further/back. The perception should be to look at such things as an opportunity for self-correction and welcome it, rather than reacting to it out of fear or false ego.

The second important thing to understand is to develop a requisite amount of understanding of our own self. If you know the way your mind and body operate, you will know the rest of humanity, as the fundamental principles operating through every human entity remain more or less the same. Honest and humble acceptance of the way we are and the way others are will ensure total peace of mind. Continuously penetrating within the realms of our own mindset with the intent to change and evolve for the better will lead to miracles.

Thirdly and lastly, moving on from body consciousness to the emotional and mental realms, sorting out and working within our own existence and at the same time retaining both inner and outward consciousness may just lead us to become enlightened one day. Constantly observing our own repetitive patterns, working on them and embracing the change leading to our union with the soul is supposedly the only way out. So let us embrace and continue with our *sadhana* and along with the attitude of gratitude, develop some appetite for learning. And always remember one fundamental principle, that there is "One Energy", without the second. Thanks. Jaigurudev.





# Let Buddha Smile

*By Telangan*

Good Memories  
Bad Memories  
Ugly memories...

Memories of love  
Memories of care  
Memories of tear...

Memories of laugh  
Memories of cry  
Memories of pain...

Memories when we met  
Memories when you left  
Memories of what you said...

So many memories  
Memories are meaningful  
Memories are hollow...

Memories haunt  
Entangle everyone  
Let not go anything...

Same errors all again  
this and the next life  
gathering tons of karma...

Forget and forgive  
Let go everything  
Let Buddha smile again...

# A NEW BEGINNING

*Dr Amara Vasuntara.S, Chennai*

I am writing an article, even though I don't really know how I am going to pen down all my thoughts. Life doesn't promise of days without pain, light without darkness, laughter without sorrow.

As I take my time to stop awhile to reflect how my life transformed after an ailment, recharging me with positive vibration of life & has prepared me to venture into the world with a different perspective. When I went to Devrukh Ashram, I was years away from stress-free life & natural joy. There was so much of sorrow, worry, anxiety & suffering. The excitement of spending weeks in the Ashram spread through my body. Alone as I stepped out of the taxi, I was anxious, not knowing what exactly to expect.

With open arms and wide smiles, I was greeted with hospitality by Kishore Bhai, I felt instantly safe & comfortable. Kishore bhai conversed with me in his language; I quickly learned, language poses no barriers when it comes to compassion as long as we understand each other with our smiles and our minds. As put by **Paul Coelho, The Alchemist** "It requires no explanation. Just as the Universe needs none, as it travels through endless time". Kishore Bhai's positive energy infected me, his care made me to feel at ease.

I admired the nature's natural face at the Ashram. It was love at first sight. Long blades of verdant grass swaying in gentle breeze, the setting sun colouring everything with its mellowing rays, the silent clouds passing calmly, the birds perching, I lost myself to be reborn [In what state were you born? "In a state of innocence." [Yossarian] answered. **Joseph Heller, Catch-22**].

Nature has its abundant supply, to satisfy our needs and wants. It is left for the consumer to realise this.

Breathing the scent of fresh air in early morning that brood in me with perpetual obligation, shaped my life. Luminescent roses, innocent and pretty beautiful flowers of different colours, emanating fragrances! The smells from these flowers tend to bloom the poet in me by influencing my thoughts.

The smell of fumes of fire during homa gave me a state of exhilarant oblivion, delivering me from all thoughts & worries. These smells slumbered inside, now rekindled to revive me.

I was a carefree person. At some point of time, God felt that I am taking all my good luck for granted. He whispered to me, spoke to me, shouted at me. I rejected Him, neglected Him because of fear.

I had the same opinion as **Joseph Heller, Catch -22** "There's nothing mysterious about it, He's not working at all. He's playing or else He's forgotten all about us. That's the kind of God you people talk about, a country bumpkin, clumsy, bungling, brainless, conceited, uncouth hayseed. Good God, how much reverence can you have for a Supreme Being who finds it necessary to include such phenomena as phlegm and tooth decay in His divine system of Creation? Why in the world did He ever create pain?"

God decided to give me a little nudge. Now I cried of pain. Pain that left me to shed tears, scream even though devastating anything more I could not bear, anything less I will not obey, an apt punishment (did you read as punishment, no it was just am reaping my own harvest).

My sufferings turned me to God. He imbibed me with his teachings, which in any other situation; I would have refused to budge. He used my time of sufferings to draw me closer to him. He created pain to make me alive, to make me human. He made me to stay in the Ashram during my difficult times.

We are so intoxicated, as we ride the high wave of health, wealth & success; we assert our egos, our worthiness oblivious to the fact that there is power unseen, somewhere beyond our reach, who in a tumultuous second, robs us our possessions.

I thank the divine energy for making me grow & to be in harmony with the eternal arrangement, since I had deviated from its path.

I am thankful to Guruji for providing a positive environment, for his kindness, care, concern & taking the trouble to help me. I have not seen him and not contacted him for more than a decade yet he without any hesitation lent his helping hand in all possible ways. "There is nothing more beautiful than someone who goes out of their way to make life beautiful for others" - **Mandy Hale**. I am very proud to have you as my teacher. I don't think my recovery would have been so rapid without your love.

My words of appreciation to the Reiki Sadhaks, who were prepared to put in that little bit extra to make a very big difference in my life. I am impressed with what they have done; they touched me in such a way that they left an imprint in my heart. I had virtual flood of helping hands trying to alleviate my sufferings. So much they have influenced and supported me; I owe my sincere and forever gratitude to all.

There is purpose to life's events. As I ponder, it taught me to make an effort to recognise the blessings, God bestow upon us that we take for granted. To accept with serenity the things that cannot be changed. It is not what we gather but what we scatter tells us the life we lived on earth.

**Henry Ford** once said, "Life is a series of experiences, each of which makes us bigger, even though it is hard to realize this. For the world was built to develop character and we must learn that the setbacks and grief which we endure, help us in our marching onward.

Life brings darkness so many times and we feel down in this phase of darkness. It is only the dark night that produces the brightest stars. Ultimately it will bring back the sunshine, not light alone but new life, hope, freshness, bliss & happiness. Life always promises strength for the day, comfort for sorrow & light for the way.





# The Subtle Dynamics of healing this amazing creation-The Human Body

*By Shashi S., Bengaluru*

O human, wherefore art thou in thy earthly journey,  
This constant swinging on the pendulum of contraries,  
The crests of happiness and troughs of deep despair,  
The peaks of soul's solitary bliss or pits of woe laid bare?  
Know then O victim of Time's unforgiving march,  
that takes a toll on thy very being , a body so frail,  
thy worldly cares and bodily ills shall see naught of day,  
if thou healeth thy mind with Spirit's transfiguring ray,  
thy body shall obey the laws of Love and healing Light,  
thus maketh thy terrestrial sojourn one of wholesome delight!

Yes indeed, as I was writing the above lines I couldn't help but think of the body's amazing capacity to heal itself. The body listens to the programming of the mind, which is why most illnesses are psychosomatic. It stands to reason that if the mind is in a state of balance, in equilibrium, it creates a sense of bodily well-being. Indigenous medicine women claim that every part of our body has its own consciousness, its own soul. When treated thus, the body is an understanding organism with phenomenal powers of self healing.

To share a personal experience, I did an experiment in self healing to enhance my reiki practice. I worked out a daily routine in the morning, wherein I consumed around a liter of water mixed with agnihotra ash and then took full body reiki. As I was taking reiki, I would visualise each point, all the cells in that region and the beautiful colour of each chakra vibrant and radiating great energy. I would visualise the cells as happy, healthy and healed. This I continued with the entire body till completion of reiki. I noticed that certain stubborn pains that had bothered me for months just vanished! As synchronicities

always happen, subsequently I came across an article that spoke of exactly the same thing---that you could talk to the cells in your body and heal it. In the article, the writer Therese Wade, a practitioner of acupuncture and oriental medicine, shares her experience of overcoming chronic pain by doing just this---talking to the cells in her body. To quote her, "When instructing my clients, I explain that a regular meditation practice is necessary to train the brain to enter alpha and theta brain wave states. While in these states, communication between the conscious mind and the physical body is dramatically enhanced. I have found that when communicating, there are three key steps to gaining the cooperation of the body: Approach your body with genuine compassion, understanding that it is made up of conscious cells which experience emotions. Build trust by engaging your body in positive mental conversations about your desire for the two of you to cooperate and overcome the ailment. Allow changes in the conversation by using different thoughts and words that elicit spontaneous elevated emotions."

Compassion, love and gratitude for this amazing creation-that is the key approach here. How relentlessly and faithfully the organs, the cells, muscles, the entire system work to enable us to carry out our activities. No amount of gratitude can fully convey our indebtedness to this precious vessel, for it is through this that we manifest in the physical and work on our karma and salvation.

Further in her article, Therese mentions a researcher Cleve Backster, who spent 36 years studying factors of bio-communication in plant, animal and human cells. He referred to these factors as real intent, attunement, and spontaneity.



“Backster, formerly an interrogation specialist for the CIA, wrote about the defining moment which led him to his real work in this world, in his book *Primary Perception*. This moment occurred one February morning in 1966 when he decided to monitor the *Dracaena Fragrans* plant in his lab utilising polygraph equipment. He attached the electrodes to a leaf and began to think about ways that he might induce a surge in electrical activity in the plant. In humans this surge in electrical activity is associated with intense emotions. He suddenly imagined burning the electroded leaf. The same instant this idea entered his mind, the polygraph pen shot to the top of the chart showing an extreme reaction on the part of the plant. Amazed, he walked to his secretary’s desk to retrieve a set of matches while pondering the possibility that this plant was somehow detecting the force of human intention.

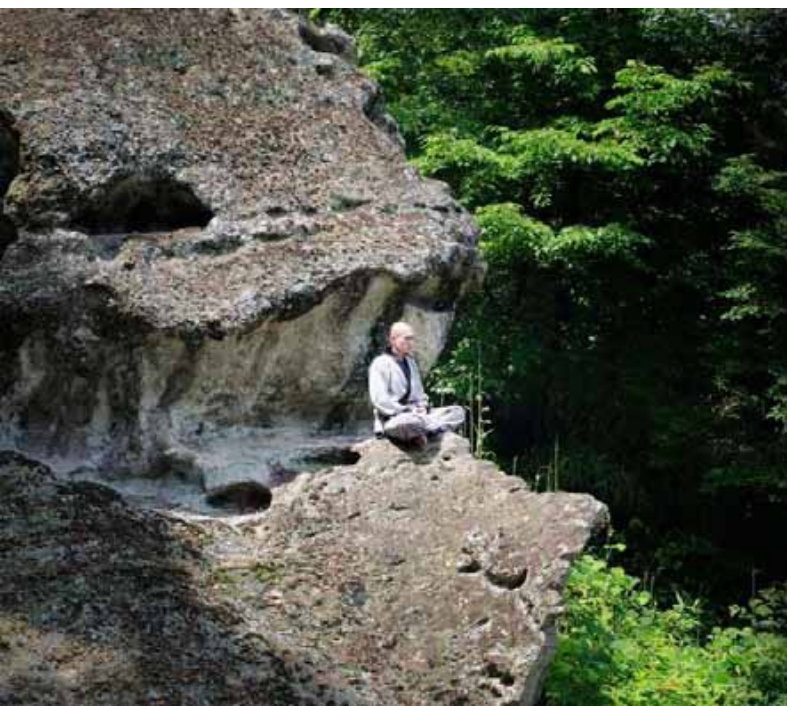
When he returned with the matches, the plant was still showing the same high level reaction which would interfere with tracking additional changes on the chart. Backster decided to “remove the threat” by returning the matches to the desk. At this point, the chart displayed a downward trend as the plant apparently began to calm down. When Backster attempted to repeat the same results by pretending that he was going to burn the plant, there was no reaction. The plant seemed to sense the difference between real and artificial intent. He eventually discovered that plants become attuned to their primary care takers, responding to both their positive and negative emotions and to their return after being away for a time. Chart findings also showed that plants prioritise the emotions of their primary care takers over the emotions of others nearby.

Backster later expanded his research to include testing human cells for signs of consciousness. He collected white blood cells from human donors, electroded them in a test tube and then recorded the cells’ reactions as the donors experienced different emotional states. He found that spontaneous emotions were necessary in order to elicit an electrical reaction in the cells. For instance, if a donor forced herself to feel an emotion, the cells would not respond. However, when she received a distressing phone call from her daughter, the cells reacted significantly.

He noted that distance seemed to be irrelevant in these experiments. For example, a donor left his electroded cells behind in the

lab, then kept a detailed log of any stressful emotions experienced on his trip home to another state, such as missing a turn on the freeway, standing in a long line at the airport, and the take-off of his plane. Later, his logged incidents compared with the chart recording showed strong correlations between the timing of the stressful events and the electrical reactions in his cells. The chart became quiet again when he arrived home and went to sleep. These experiments were conducted while using equipment that screened out electromagnetic radiation — the usual energies used for information transmission. The cells behaved as if the screens weren’t there, suggesting that this communication is carried by a field still unidentified by conventional science. Some scientists believe that the further development of quantum physics may help guide us to understand this field that communicates emotional intent between living things. Quantum Entanglement is a process where two particles of matter which have interacted with each other, still behave as if they are connected after being separated by many miles. When an energetic change is made to the properties (position, momentum and rotational spin) of one of the particles, the properties of the other distant particle will change at the same instant.” In my understanding, the holographic nature of the Universe is an example. A change in the Universe effects a similar change in every individual creation (no matter how distant) and vice versa. This concept itself would be fodder for another thought provoking article!

This scientific phenomenon and the research of Cleve Backster, serves to highlight the idea that there is an interconnectedness existing in all of creation. All Ancient cultures recognised this as a living universal energy field that sustains life while guiding the evolution of consciousness throughout the cosmos. Practices like Reiki, meditation techniques like TM, Yoga Nidra, Agnihotra, bring the mind into attunement with this energy field. This energy is then directed towards a physical healing event through clear intention, delivered by means of an internal conversation that evokes spontaneous response and attunes the gross body to the conscious subtle mind. And thus is born the magical creative healing ability generated by a beautiful alliance of the mind and body with this living universal energy field. To quote Deepak Chopra, “The Mind and the Body are like parallel universes. Anything that happens in the Mental Universe must leave tracks in the Physical one.”



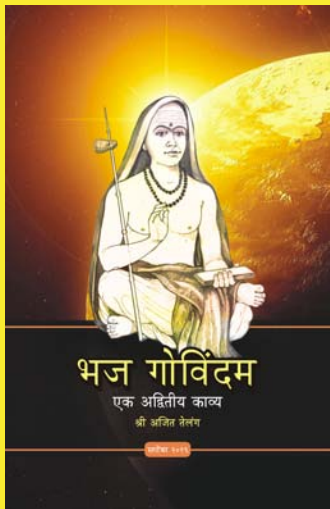
There are yogis doing spiritual practices over 10,000 feet high in Himalaya where it’s covered by snow all the year. Most of them wear nothing. They have no belongings and they eat once in a while. Most of the time they are meditating. The oxygen level is also very low. There are constant avalanches happening around them but they are not disturbed. One of the seekers asked a yogi... *‘How do you survive in such cold weather with bare body?’* Yogi smiled and said ***‘external happening does not disturb me because I’m calm and stable inside. I don’t experience outside conditions by using my sense organs and therefore they are not troubling me at all...’***





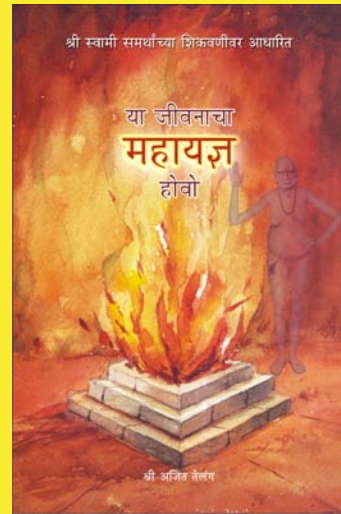
## Ganesh Festival at Devrukh Ashram

Ganesh festival was celebrated with a lot of pomp as usual at Devrukh ashram on 5th and 6th September this year. This time the idol was sculpted by our sadhak and a proficient artist Avdhut Potphode. Lord Ganesh was displayed as playing Tablas (The India instrument like drums) Lord Ganesha looked extremely cute and with a recorded tabla playing in the background all the time and the unique decoration of musical notes hanging all around, it created very divine atmosphere for devotees to experience bliss.



## New Books released

After a grand success of Essence of Spirituality, two more books- this time in Marathi language have been published on the Ganesh Chaturthi day. They are Bhaja Govindam and Hya Jeevanacha Mahayagnya Hovo. Bhaja Govindam is Gururaj's commentary on an epic poem by Adi Shankaracharya written about 1500 years ago with an idea to take a divine message to the masses in the current situation. Gururaj had already given lectures on this topic in Midland Texas in USA and in Baroda and Rajkot in India. The other book Hya Jeevanacha... is written by Gururaj based on seven teachings of Shri Swami Samarth and how these teachings can be imbibed by sadhaks in their own lives. These books are now available for sale at Rs 100/- and Rs 75/- per copy respectively.



## Gururaj's lecture at Ganapati Mahotsav in New Delhi

Maitri Education Society – a social organization in Delhi has been organizing Ganapati Mahotsav in the heart of capital for the past 23 years. They arrange many programs to elevate the social and spiritual consciousness among those who believe in Lord Ganesha. This year they had organized a seminar on the subject of Adhyatma (Spiritualism), Yoga and Jyotish (Astrology) on 10th September and had invited the experts from these fields. They had invited Gururaj to speak on Spiritualism and its various dimensions along with Acharya Shuklaji, Dr Narendra Kumar and Pandit Rajeevji, the renowned names in their respective fields. Gururaj created ripples in the hearts of those who attended in a packed pandal erected for the purpose.

## Matushree Vairbaima Art and Science College Rajkot Lecture of Krupa Choksi

A lecture on the topic "Preparing oneself for managing transitions of Life" was organised in Rajkot in Matushree Vairbaima Art and Science College jointly. RVN's Reiki Master Krupa Choksi was invited to address the event on 14th September 2016. Around 400 students participated in that. It was arranged by Madhurima Club of Divya Bhaskar Newspaper. The lecture mainly pointed out the changes which one undergoes during transitions of life especially marriage and what are the major factors which cause conflicts in marital life. What is the purpose of marriage and how vedas have defined marriage was also explained with the help of chakras.

## Felicitation



One of our Reiki Parivar members Dr Nirav Thakkar, Principal, AEG High School in Ahmedabad has been awarded The Best Teacher honour in

Principals Category by the Government of Gujarat. The award was handed to him in a ceremony held at Town Hall, Gandhinagar on 5th September 2016 (Teachers' Day). Hon'ble Governor Shri O. P. Kohliji, Hon'ble Chief Minister of Gujarat Shree Vijay Rupani, Hon'ble Speaker Shree Ramanlal Vora and Hon'ble Education Minister Shree Bhupendsinh Chdasmaa have graced the function held at Town Hall Gandhinagar. We at RVN are all proud and happy on this wonderful achievement by one of us. May God bless him all the time.

# Ashram Wisdom

When we talk about Karmas and Sanskaras or their imprints, not everyone understands about that as one can't understand the basic principle. The universe decided to teach it more effectively in the past few days. It so happened that one of the Indian wrestlers Mr Yogeshwar Dutt participated in 2016 Rio Olympics and lost in the first round. The same wrestler had participated in 2012 Olympics and had won a Bronze medal in the same category. Obviously this time the country expected him to do better but he failed our expectations. He must have got very disappointed. If at all any astrologer had predicted that he would be winning a Gold this year (in 2016) Yogeshwar would have not only made a fun of him but possibly would have cursed him too for going so off target. But destiny had some twists and turns on the way. It so happened that the agency of Olympics Committee which looks into the unfair practices happened to review the 2012 performances and found that the two Russian wrestlers who had won the Gold and Silver medals in the same category as Yogeshwar in 2012 had actually been found guilty of doping charges. They were stripped off their medals making Yogeshwar the proud recipient of Gold medal for 2012 Olympics. What a fate! Someone who failed in 2016 is getting Gold medal in the same year for something that he had done four years ago. What may be the thoughts in the mind of Yogeshwar about the prophet (!) who might have predicted his Gold in 2016. I think understanding the cause and effect or Karma and sanskara was never so easier.



## Program Schedule for March 2016

Dates	Reiki Teacher	Centre	Degree
8th & 9th October	Ajit Sir	Pune	1st
8th & 9th October	Rakesh Kumar	Vadodara	1st
22nd & 23rd October	Rakesh Kumar	Thane	1st
22nd & 23rd October	Vishal Shridhankar	Mumbai	1st

## Other Programs

Dates	Topic	Venue	Faculty
1st & 2nd October	EPIC parenting	Borivali Mumbai	Ajit Sir/ Krupa/Ashwini
15th & 16th October	EPIC parenting	New Delhi	Ajit Sir/ Krupa/Ashwini
22nd & 23rd October	Teaching the Teachers	Devrukh	Ajit Sir/ Krupa/Ashwini