

# REIKI VIDYA NIKETAN

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## EDITORIAL

15th August has always been a day close to our hearts being India's Independence Day. Many of us in Reiki family also know that it happens to be a birthday of Dr Mikao Usui- the father of Reiki Healing System. Only few of us know that it also happened to be my mother's birthday. No wonder this day has very special significance and importance in my life. A birthday of my Mother, my Motherland and my Spiritual Mother!

### Understanding Freedom in a right way...

This year our Reiki group in Baroda, celebrated in a unique way by organising one day retreat in a farm house closer to Baroda. The young brigade of Vivek, Shruti and Riddhi managed it so well. Many dimensions of Freedom were discussed.

The question that has always bothered me is why the Government of India decided to call it an Independence Day rather than a Freedom Day while the whole struggle for freeing ourselves from the Britishers was called as Freedom struggle? Can any country really become independent in the truer sense? It is not about nations alone but even for individual person. Is Independence really possible? I always have been feeling that a chosen dependence actually is the other name of relationship.

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Someone needs to be dependent on the other for relation to exist. But all that one has to ensure is that the dependence is chosen and not forced. Then it becomes a freedom. Even after independence India as a nation depends on so many countries all over the world. And believe me there is nothing wrong about it. Every country has to be dependent on other countries. That is an idea of co-existence.

I have a feeling that the moment we understand this, we may be freed from many problems in our life. If you look around every relationship has gone into some turmoil as nobody wants to be dependent on any one. Dependence has become a mark of weakness especially in the world which is driven by Ego. The modern world is already showing signs of human social structure cracking due to this huge blunder in understanding. Human civilisation came into existence on the same basic idea of being together so that one can experience the wholeness of his existence. The alarming rate of break up in marriages is a strong pointer towards the emerging chaos.

While writing this, what I am realising is that just 2 days before our Independence Day comes the friendship day. Many came and bound me with a friendship band on my wrist. The bondage that got created on that day was to be removed on 15th August, a day of freedom. Today on 18th August came Rakshabandhan day – where a sister ties a sacred thread on the wrist of the brother with a vow to protect her from all evils and difficult times. So by the time you felt you are free, you are bonded again. But nothing wrong once you realise that freedom has nothing to do with independence. The chosen dependence is a freedom. The key word here is “Chosen”. We as humans can’t stay without relationships, the other name of dependency.

**Ajit Sir**



# BhajaGovindam (Verse 31)



## Meaning:

**Oh, the one who is devoted to the lotus feet of your Master, you will now be freed from the vicious cycle of birth & death. You will soon experience the divine power dwelling in your pure heart through your controlled senses and pure chitta.**

Truly speaking, this is the last of the verses of Bhaja Govindam. Some books on the divine poem (of Sri Shankaracharya) end here itself. In some there is another verse added which summarises the entire essence of the poem. That is considered to be a part of this poem in that case. We are going to understand the verse 31 here.

In the last verse, we had seen the seven steps of Yama, Niyama, Aasan, Pranayam, Pratyahar, Dharana, and Dhyana which is the back bone of Patanjali's Yogasutras. Samadhi is the last stage after one climbs the first seven steps. Maharshi Patanjali says that there are three vital ingredients of reaching the ultimate. They are Abhyas (Self Study), Vairagya (Dispassion) and Ishwari Pranidhana (the Grace of the Ishwara/God). No matter how intense your spiritual practices (abhyasa) are or what summit of Vairagya (Dispassion) you have reached, one cannot reach the ultimate peak without the grace of the God. That is just indispensable. The first two stages of studies and the dispassion are truly the preparations for obtaining that divine grace. They only create the purity and piousness which are the qualifications required for that divine grace to descend. But then one has to drop the ego and all its manifestations.

There is a wonderful story in Mahabharata. King Arjuna won the last battle with King Karna and that is where the Mahabharata war was all over. Pandavas won. Arjuna returned to his camp in the chariot rode by Lord Krishna as usual. Now the time came for him to get down from that divine chariot. But Arjuna held back himself

गुरुचरणाम्बुज निर्भर भक्तः संसारादचिराद्भव मुक्तः ।  
सेन्द्रियमानस नियमादेवं द्रक्ष्यसि निज हृदयस्थं देवम् ॥३१॥

and said something to Krishna which he had never said before. He said that as he had become an emperor now, as per the protocol, Krishna, the driver of the chariot may have to step down from the chariot before Arjuna. Lord Krishna for a moment realised what had happened. He realised that Arjuna's ego which was so far suppressed, has now bounced back. He realised that this is the language in which the ego expresses. He did not react there and then. He kept his cool and convinced Arjuna using all his convincing powers that Arjuna had only won the battle and possibly a war. But one needs to be coronated to be the emperor. One cannot become that just by winning a war. Arjuna got a point in what Krishna had said. He stepped out of the chariot and then came down Lord Krishna. The moment the lord stepped out, the chariot burnt itself as it was designed such that, after the last battle of the war it would have charred itself. Lord Krishna knew about this but not Arjuna. King Arjuna was saved that day.

The Lord now created a situation as he normally does, after about 3 months from that event. He sent a message to Arjuna to come and visit him at Dwarka on a pretext that Lord was not well and had a wound which possibly may be healed only with Arjuna's nearness. Once Arjuna came there, Lord removed his hand of grace from Arjuna's head which Arjuna could not even realize. While going back to his own abode in Indraprastha, Arjuna encountered the aborigines with their primitive weapons who challenged Arjuna. That day nothing worked for Arjuna. His bows and arrows were destroyed, his mace was shred to pieces, his chariots were taken away along with the horses and the elephants at his commands. Poor Arjuna could not understand how the same weapons which had defeated the big warriors like Bheeshma, Karna, Duryodhana, Krupacharya etc just about 3 months ago could not counter the attack of ordinary aborigines. He kept on asking this question to himself sitting on one boulder of the field and suddenly realised that Lord Krishna had removed his grace from his head. It is the grace that had given the powers to those weapons. They were useless without that touch of divinity. Everything else is zero without that divine grace.

Poet is sending the same message to his readers (sadhaks) in this last verse. All that you can do now is to wait for that divine blessing and grace to descend. Once the three chakras- the third eye chakra ( the seat of intellect), the throat chakra (the seat of mind) and the heart chakra (the seat of divine love) lying between the sahasrar chakra ( the seat of soul) and solar plexus (the seat of body) are cleansed and become transparent, then the body realizes its divine nature as a reflection of the soul. **That is an enlightenment.**

# Values and Ethics

by P N Devarajan

In the designing of vision and mission, we need to also outline the values for the organisation. Vision and mission becomes insipid without values governing it. Vision is long term and mission is short-term with defined results.

In order to get vision and mission in place and make them sustainable, we require values. It is a back bone. Unless the giver and taker have mutually accepted values, sustainability of the vision or mission will not be effective. Vision or mission is always guided by values and derived in consultation with stake holders. They should continuously keep in mind and follow it on whatever activity they perform in the field. Therefore, the impact will not only be for namesake, but it will be permanent for the beneficiaries. It will stand off very clearly as somebody who has been impacted by a role model. Not only NGOs, but beneficiaries can also become role models.

Values can be listed as 100 or more. But, it is not possible for an NGO to follow all the 100 of them. You will have to select the values that the NGOs and beneficiaries cherish, prioritise and should write down the top 3. This will serve as a guideline for the vision and mission and objectives of the organisation.

Everyone should recognise and identify themselves with the values. For instance, 'transparency' as a value. The NGO should express clearly the work that they are doing with all its stakeholders so that they are all on the same page and will work together. If there is lack of

transparency, then each one will be in a guessing game on what is being told and what they mean. There will be variance.

'Being Ethical' is another value, which means that you should do the right thing. In Sanskrit, truth is known as 'sathyam'. Truth can be bitter and so people will run away from truth. This is a natural phenomenon. 'Priyam' in Sanskrit means 'like'. Therefore, when we tell the truth, we should tell it in a manner which is palatable. To say 'be truthful', people will forget. But to see how people will consider truth as a value that will enhance the impact.

The values should not only govern the organisation or beneficiaries, but the leaders and staff as well.

For example, smoking. We need to correct people who are smoking in public places. We need to tell them that they are affecting the non-smokers. Of course, we are not law and cannot take legal action. Instead, we should be responsible and accountable for their actions. We can say that we are working towards eliminating smoking in the neighbourhood and try to correct their behaviour. The logic is being responsive, responsible and accountable. Being accountable does not mean that you are accountable to any authority; it is being accountable to oneself and to one's own consciousness. The basic principle to bring out these attributes is through attitude and the concept of 'Each One, Reach One'. Each person can reach to one more person and demonstrate responsibility and accountability.

# Celebrating Freedom

*By Telangan*



Freedom is the most important condition for anyone. There are people bonded with wrong beliefs, ideas and practices. They impose these on others also. They have no rights to steal Freedom from anyone... even from animals. Therefore, I hate visiting zoo; these acts are karmically not acceptable either. I don't like cages. People enjoy watching wild animals, helpless and under their control. When we see these animals on Discovery or National Geography they look absolutely free, natural and full of life. No one could dare to throw even popcorn at them.

When we respect independence of others and help them in retaining it, we also get tremendous satisfaction in return. I've learnt it from a friend very well. We were walking around a lake in Bangalore, we saw a female selling ten-fifteen smaller than palm size turtles, in a cane basket and they were trying to come out desperately. The woman was busy with other animals, my friend pushed the basket a bit and it tilted towards the lake... Turtles could manage to reach water and vanished quickly before the woman could realise. The woman looked at the basket in disbelief and aggressively jumped in front of us. My friend calmly told her, look let us not fight, instead we will go to the police station and we will get arrested willingly. The lady knew keeping turtles was a great offence and she gave us all the bad words from her dictionary and we got away. My

friend was feeling so cheerful after this and I agreed with his every word. The inspiration of Freedom engraved permanently inside my heart.

One day, due to long weekend, I was going to Pune to meet my daughter. When I stopped at one of the small restaurant for tea and snacks, I saw a man walking with twenty-thirty small and big cages of birds loaded on the bicycle. They were cute and colourful small birds. I asked him the cost. He said one hundred for small and two hundred for any big cage. I asked what the cost of only the birds was. He was confused; he asked how would you carry them. I said never mind; tell me what would be the cost of only the birds. He calculated something with puzzled face and said only the birds would cost you two thousand rupees. After lot of bargain, he agreed for one thousand five hundred. I paid him in cash and opened the door of every cage. Every bird flew away immediately high in the air. The man was looking at me in disbelief with mouth wide-open. According to him I was totally stupid doing it. I made sure that every bird had gone high.

I met my daughter in Pune, she was so happy to see me. She said papa, after long time you are looking relaxed and happy. I was singing through out the journey. It was a real Independence Day.

# GURU LINK A ROUTER TO INSPIRATION... ASPIRATION.... REALIZATION!

By Aruna M.

Just two days after Guru Poornima in July 2016, we had a seminar at a small village school "Garden of Peace Primary School, Kanniyambadi, near Vellore". When Sir agreed to join us for the seminar it was a pleasant surprise for all of us. This was a golden opportunity for us to spend quality time with Guruji and Ashwini.

The very first event was a guest lecture on our "EPIC programme" in a reputed college. It didn't take off due to malfunctioning of an electronic equipment. We were caught unaware and pretty disappointed. Sir comforted us with a smile and told us "May be my purpose of visit is not this". This was **lesson1 "Take life as it comes, without any expectations"**. Since my husband had to go to Chennai, I had to drive the car to and fro to the venue on both the days. It was a surprise for Sir and he said now he had all the reasons to pray. I still remember the way Sir loudly prayed to Swami as "Ananta koti Brahmanda Nayak, Rajadi Raja Yogiraja Sachidananda, Sadguru Sri Swami Samarth Maharaj Ki Jai". At this time I didn't know this journey is going to be ecstatic, adventurous and a memorable one.

As we had to find out the venue and drop Master Solanki, Amol, Komal and Ishan at the venue, we started towards the school manoeuvring Vellore traffic. As Amolji's phone had 3G, we decided to follow his car. While venturing through the Vellore town, everyone tried to read out the names. We felt like we were dropping pebbles to help us retrace our way back home while travelling in a thick forest. The last stretch was very thrilling. It was pitch dark, now and then villagers appeared from nowhere and also assured that we were on the right path. There were points where we felt the mud road ended. We could only see till the headlights threw light. With all faith again and again, we drove a few more metres hoping to reach the school. Finally the gate appeared and we drove into the school. This was an experience of inward journey to me.

It was pitch dark, we moved about with our mobile torch. We had one participant from "Bangalore", Mr Jithesh who too had reached the venue with the help of Mr Santosh. Though the journey was difficult, the moment we stepped into the space, it felt very warm, welcoming and peaceful. After checking out the venue, all of us had dosas and went tracing our way back to our guest room at Vellore without "3G" but with our "Guruji".

Saturday morning after breakfast we started our fun filled trip to school. There were two instances where an auto driver, on his own, followed us and gave us the correct direction. With Guru is next to us, any miracle is possible. As we were on our way, Sir pointed out that "Whatever names we read out loudly yesterday were there in our memory". Now **Lesson 2 "Our ears are more useful to learning and not our eyes'. Eyes show us a lot of information, but ears don't do so."** May be that's how Gurukula's functioned those days". Finally with a sense of achievement we reached the school. The volunteers and the coordinators were very welcoming. They offered us breakfast in a mud plate. We had breakfast in a mud building. Sir was very happy to eat in a mud plate. **Lesson 3 " Eat like a Bhikshu". He told us the same after his Narmada parikrama**

**"Live life every day like a Bhikshu"**. This also reminded me "Everything simple is closer to God" and that's why we all feel good when we are away from pomp and grandeur.

Seminar had a majority of Tamil speaking teachers, parents and students and a few volunteers and University students who were well versed in English. The school had a picturesque view with mountains making a border line on one side. They had a Bodhisatva tree, sapling of which was brought from Tibet. They had honey bee farming, weaving machine, ghoshala, a swing under a tree, farming, an "Audumbar tree" inside the campus along with a few buildings for class room and a mud building where reiki seminar took place. The students, teachers and the management were very comfortable with each other. They had a sense of belonging to the people and the space. Today that is a rare scene to watch. Sir had taken those six students and the rest twenty were with Solanki sir. His sincerity and commitment as a reiki master is amazing. He had the same zeal and enthusiasm to give all his knowledge to his students. It was a great learning for all of us. They had served us lunch the same way. It was beautiful to see so many crows waiting for us to complete, so that they could have their share. At this point I would like to thank Mr Santosh Nair who coordinated with me, volunteers from Bangalore; Arvind, Akshay, Komal, Amol, the volunteers of the school and the sponsors. Without their help the seminar would not have been possible.

As Vellore is famous for "Sripuram Golden Temple", we all visited the temple. **Lesson 4: Sir said "Remove the L from GOLD to reach GOD"**. I thought may be one has to **lose** oneself to reach God. What a beautiful thought. At the end of darshan, the Golden temple did not touch our hearts the way the simple school touched us and left us fulfilled to this day.

Next day as we had become familiar with the route and our landmarks, we reached the school effortlessly. We got to meet another noble person, Professor Dr Manivannan who had a vision to provide good education to his village children. He is a man of simplicity, without ownership about anything, humility though he is a Doctorate, open to learning and embracing purity. He has closely worked with refugees of Srilanka, Tibet, Nepal etc. He also works closely with the fishermen to empower them.

At the end of the session, the volunteers and the Professor gave all of us a towel weaved at their school. How true it is, "True happiness is in giving". The seminar ended well and now all of us had to drive back to Bangalore. With Sir's moral support, I too started with all enthusiasm, my very first drive on a highway for 210 kms after sunset. Sir's encouragement reminded me about the father training his child to ride a bicycle, and making the child feel that he is riding all by himself though father is holding onto the cycle. Sir and Ashwini trusted my driving and came along with me. How much I should thank Swami for this rare opportunity. Though I was confused like Arjuna, he stood by my side like Lord Krishna. His sense of humour kept us laughing all the way. He also made sure we were well escorted through the drive. We reached Amolji's house that night a little late than expected.

Next day we reached my house and from there to the Airport. That morning I asked Sir "I had a wish to drive you to the airport this time. Is it right or wrong to have a wish? He said with his sense of humour "you didn't ask from where to Airport and that's why you are driving from Friday evening till Monday afternoon."

**Lesson 5 & 6. He also said "Wish is not wrong but Desire is wrong, because Desire is Wish+Ego"** and I realized Desire brings a lot of disappointment when it doesn't happen.

On the same day Ashwini told me **"When you do anything do not give 100%, because with that our Ego is also there"**. If the results are not as we think then our Ego is hurt. Give a little space for the other so that we are open to the outcome. Once you are hurt it is difficult to come out of it. What a deep thought !

At the end of it as I was pondering over the thought that Gurujii had to travel so much for this event to a remote place, **Sir said "Never judge an event standing so close to it". Lesson 7 was undoubtedly an ultimate one.** After bidding goodbye to Sir and Ashwini in the airport, suddenly tears started gushing to my eyes, felt very empty. I reminded myself, Guru's connection is beyond time and space. That's what reiki is all about, staying connected far or near. I thank Swami and Gurujii once again for this opportunity of a life time. This reminds me of Gurujii's words. **"Whenever there is a requirement plunge into spirituality and whenever the role is over bounce back to the world".**

## DROP ASSUMPTIONS

An American man walked into a restaurant in London. As soon as he entered, he noticed an African man sitting in the corner.

So he walked over to the counter, removed his wallet and shouted, "Waiter! I am buying food for everyone in this restaurant, except that black African guy over there!"

So the waiter collected the money from the man and began serving free food to everyone in the restaurant, except the African.

However, instead of becoming upset, the African simply looked up at the American and shouted, "Thank you!" That infuriated the man. So once again, the American took out his wallet and shouted, "Waiter! This time I am buying bottles of wine and additional food for everyone in this bar, except for that African sitting in the corner over there!" So the waiter collected the money from the man and began serving free food and wine to everyone in the bar except the African. When the waiter finished serving the food and drinks, once again, instead of becoming angry, the African simply smiled at the American man and shouted, "Thank you!"

That made the American man furious. So he leaned over on the counter and said to the waiter, "What is wrong with that African man? I have bought food and drinks for everyone in this bar except him, but instead of becoming angry, he just sits there and smiles at me and shouts 'Thank you.' Is he mad?"

The waiter smiled at the American and said, "No, he is not mad. He is the owner of this restaurant.

May your enemies work unknowingly in your favour.

- Stay away from Anger..It hurts ..Only You!
- If you are right then there is no need to get angry,
- And if you are wrong then you don't have any right to get angry.

Speech balloon Patience with family is love,

Speech balloon Patience with others is respect.

Speech balloon Patience with self is confidence and Patience with GOD is faith.

Speech balloon Every problem comes to make us or break us,

Speech balloon The choice is ours whether we become victims or victorious.

Speech balloon Beautiful things are not always good but good things are always beautiful

- Do you know why God created gaps between fingers?
- So that someone who is special to you comes and fills those gaps by holding your hand forever.



# Ashram: Where life rules

*By Vivek Pande*

The word 'Ashram' finds its root from the Sanskrit word "shrama", which means to toil or to make an effort. However by adding a prefix 'a' to it the word means to refrain from making an effort or to simply stop struggling. Yes, this is what exactly a real Ashram does. A place where the purest form of energy; the ultimate truth serves as a guiding principle. We end up doing a lot many things at such places, but the effort part (or the struggle) goes for a toss. Somehow all our faculties which normally and restlessly reverberate at a rate of knots come to a halt. The best of our abilities also get reflected and manifested in such a divine space. An Ashram inevitably brings out the effortless genius within all of us.

Where most of the Ashrams or Monasteries have their own set of rules and regulations, they seldom get abided by or they are followed only for short durations. As ashram is supposed to be a place guided by the ultimate truth, the dynamism and the resultant phenomenon of changing or breaking the established norms should be regarded as something normal. As a matter of fact these so called non-observances of particular code of conducts should be taken as a certificate from the highest, the fact that we are adhering to the truth. If rules and regulations stay for longer durations, it would mean that the mind has set and we are in for some filth thereby not allowing the truth to take its own course. The truth is nothing but the change, which again changes at all times. So all the people, who are regularly offering their services to any ashram should just keep on shifting from one truth to another. This is how we evolve, this is how we learn.

Forget about some rules and regulations, they are bound to be broken, we cannot even allow the vultures of some cultural norms to be permanently placed or asked to be observed in an ashram. An ashram is always a spiritual place and not a religious one and the cultural frills were also created from within the mind, which eventually became a tradition in the timeline of human history. We can only request, we can only harness, we can only care, we can only understand and we should only be humane in terms of our speech and conduct to retain the divinity of such places. The heart never goes wrong and is never in contradiction with the highest, so we need to stay in our hearts at all points of time. And even is something goes awry, don't worry, we can always end up saying, "Whatever happens, happens for the good", and this will not just be a statement of cheap console, it is the ultimate truth which allows

mistakes to spill out as a routine part of our daily human endeavours. An ashram is surely a place which not only allows mistakes to be made, but also is capable of looking at it as a universal parody.

It may be any 'Yuga' on a galactic scale, but for a 'bhakta' it is always a 'satyuga'. An ashram is primarily a place of conglomeration of the 'bhaktas'. The energy beyond the normal realms of the human mind and body descends in such a divine space. The tongue carries a lot of power, the karmic settlement is almost instantaneous, and we also do not cultivate any memories after leaving such a space. Bhaktas come to unite, with the highest present within their own existence, and to treat every fellow human with a huge amount of reverence. Dharma flows through the soul and is not forced upon anyone with conditioned minds and overflowing rituals. The understanding of life and the way she goes becomes the order of the day. The presence of 'God' does not permit us to be on the negative side, even in the name of maintaining sanctity of such a space or in the name of protecting goodwill of the organisation that forms the very basis of an ashram.

Finally, an ashram is a place meant to heal the scars of all suffering and ailing minds. People get a call from the divine before they existentially land up in such a place. We can seldom look at them as characters unfit to visit the ashram. There is always the divine operating in full flow to fulfill them and to heal them. Yes, we start with an outside 'God', but we end up worshipping our own existence. Should we choose to become a blissful presence, we may just end-up doing a lot of healing knowingly/unknowingly. Ashram is a place where one should not proceed with a personal agenda or carrying a wish list. The idea, you see, is to melt and dissolve and not gather or accumulate. Forget about proving, it is about rejoicing in the nothingness. For in the nothingness lies the whole universe. Any sort of exclusivity or the desire to be special, should be naturally dropped. Any ashram which carries a special energy will eventually heal all of us visiting the same, should we choose to allow life to take its own course. Life has its own rules and if we do realise the tiny-temporary existence that we carry, we will experience the ultimate which flows in its full-form in an Ashram.

Thank you.  
Jaigurudev.

# Neighbor of God

*by Telangan*

In the grip of evil desires

Virtue goes missing

Possess all wicked things

To reborn in the hell...

Fools think they won the battle

By damaging and harming others...

Abusing, blaming with cruel deeds

Living with destructive seeds...

One who remains aware & calm

Lovable, compassionate & warm

One who never strikes back

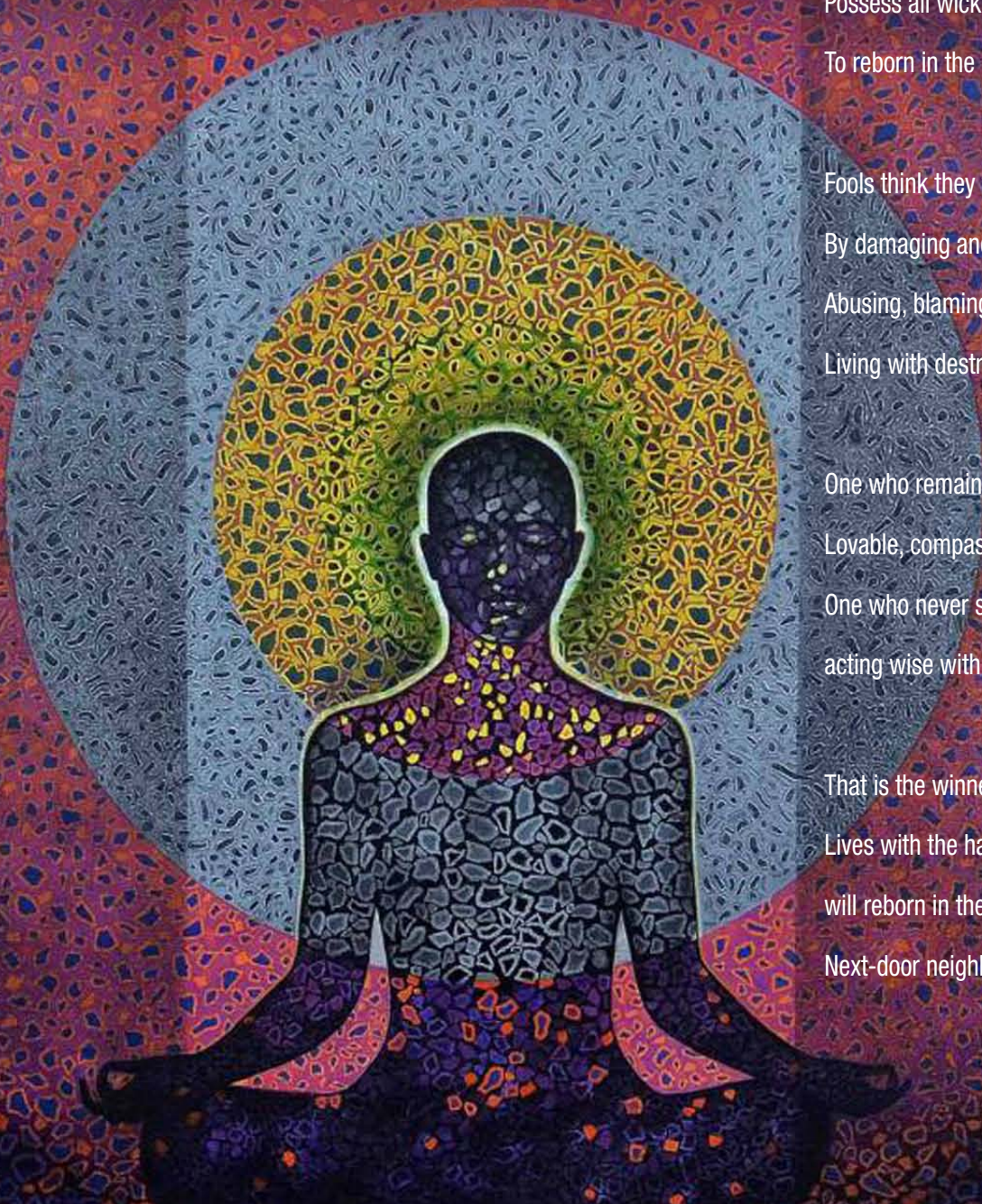
acting wise with selfless knack...

That is the winner and the healer

Lives with the harmony & vision

will reborn in the heaven

Next-door neighbor of the God...



Sharing each and every thought  
And thinking about how we fought  
In our childhood,  
Makes me smile,  
Forgetting everything  
Just for a while...

The happiness that is felt  
Through these memories  
Always gives me a lift,  
That indeed is a very precious gift  
Given through you.

It's very rare to find a true friend,  
Whom you can trust and sometimes depend  
No one in this world  
Knows how it happens,  
Even when our understanding deepens...

I may not be oracle,  
To tell you that;  
Oh! I have just found a miracle,  
That is ever recurring,  
The Miracle called friendship!

# Miracle called Friendship

*By Kaushiki Swaroopa*



## Reiki Seminar at Vellore, Tamil Nadu on 23rd July 2016

A Reiki seminar was organized by Reiki Vidya Niketan in a school called Garden of Peace in Vellore in Tamil Nadu state on 23rd and 24th July. This school is an initiative of Dr Manivannan (Dr Ramu) and Dr Santosh Nair along with some other young people who have devoted their lives for the benefit of the downtrodden and students from lower economic section of the society. There are totally 175 students currently enrolled in the school who are not charged for the education as well as food. 26 of these students and teachers took part in Reiki seminar conducted by Guruji and Mr Khushalbhai Solanki. This seminar was totally funded by the sadhaks of Reiki Vidya Niketan from Bengaluru and Chennai.



## Reiki Seminars at Chicago, USA

Our Reiki Master Ms Krupa Choksi visited Chicago between 5th and 15th August 2016 and conducted number of training programs including three Reiki 1st level sessions, one 2nd level session as well as Yoga Nidra session during her trip. She also guided the sadhaks belonging to Reiki Arogya Mandir (RAM) who have been doing extensive Reiki healing with many successful cases handled so far.



## Spiritual Salute to Indian Freedom on 15th August at Baroda

This year India's Independence day was celebrated by Reiki Vidya Niketan, Baroda Centre in a unique way. A special gathering was organized by the centre on 15th August in a farm house provided by one of our sadhaks, away from Baroda. The whole day ceremony was attended by about 80 sadhaks from Baroda centre. The Indian tricolour was hoisted by young sadhaks, Bhavesh and Harshil atop the terrace of the place. This was followed by a freedom breakfast and meditations on a theme of Freedom. The entire day was enjoyed by participants as it was full of meditations, discussions and question/answer sessions. A Power point presentation on Mrs Takata was also arranged as a part of Freedom from Suffering module.



# Ashram Wisdom



As we were discussing about Freedom in one of our ashram meetings, Guruji said,” Freedom does not mean detachment. In fact there is nothing like detachment. It is a huge myth. Nothing in the world can remain detached as the whole universe has been designed on attachments. The question is attached to whom and what? Moving from attachment to something which is impermanent to the one which is permanent, eternal is what detachment is all about. When any sage talks of detachment, he is talking mainly about a detachment from the mundane world activities. Getting attached to something which is going to get vanished some time or the other is a huge bondage which leads to sorrow and miseries in the long term. But the moment you get attached to eternal you have reached on the path”

## Program Schedule for September 2016

### Reiki Seminars

Dates	Reiki Teacher	Centre	Degree
10th & 11th September	Krupa Choksi	Rajkot	1st
17th & 18th September	Sangita Kulkarni	Devrukh	1st
24th & 25th September	Vishal Shridhankar	Thane	1st
24th & 25th September	Seemaben Trivedi	Nashik	1st
1st & 2nd October	Sangeeta Kulkarni	Ratnagiri	1st
8th & 9th October	Ajit Sir	Pune	2nd
22nd & 23rd October	Ajit Sir	Thane	2nd
22nd & 23rd October	Vishal Shridhankar	Mumbai	1st

### Other Programs

**Date: 10th September**  
**Topic: Spirituality – The need in Life**  
**Venue: Delhi by: Ajit Sir**

**Date: 17th & 18th September**  
**Topic: EPIC Parenting Venue: Vadodara**  
**by: Ajit Sir / Krupa / Ashwini**

**Date: 20th & 21st September**  
**Topic: EPIC Parenting Venue: Ahmedabad**  
**by: Ajit Sir / Krupa / Ashwini**

**Date: 24th & 25th September**  
**Topic: EPIC Parenting Venue: Rajkot**  
**by: Ajit Sir / Krupa / Ashwini**

**Date: 1st & 2nd October**  
**Topic: EPIC Parenting Venue: Borivali**  
**by: Ajit Sir / Krupa / Ashwini**