

# REIKI VIDYA NIKETAN

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## The Challenges of Second Degree...

I have been seeing that sadhaks have started turning up for second degree of Reiki in bigger numbers than at any point in the past. It's no doubt, a good sign. But at the same we need to understand the real nature of second degree before one embraces that.

As I have been saying in my second degree seminars for the past two decades, graduating from first degree to second degree is not similar to going from 1st grade of school to second grade. Neither it is, moving from a school to college. It is not even moving from graduation to post-graduation. It is more like transiting from one dimension to another, moving from duality to union-ness. It is a transition from limited nature to unlimited state of consciousness. What are the real qualifications? Look at the sky and if that blue sky does not make your heart beat faster, you are not qualified. If you look at the beautiful flower and if your eyes do not inflate, you are not qualified. It is everything about purity, joy, happiness, bliss. If one does not get enchanted by that infinite world within and without, why learn

*The challenges of  
second degree... Continue*



second degree at all. If one still defines the home as a structure within four walls, and family related with streams of blood then one should forget doing second level of Reiki. If you look at an ailing patient and do not have a tear in your eyes, you better look for learning something else. Learning second degree will be a waste of time.

Second degree is much deeper than what one thinks. It is a relation with the sky. You are like an airplane more than a car. You need to fly with your wings. The wings on the Earth will be very uncomfortable proposition to go on the road. Your design has changed after second degree. I just came across a wonderful interview one had with a pilot. A pilot was asked by an interviewer whether the airplane does not have a risk in the sky. The pilot was astonished to hear that. He said that the airplane faces more risks on the ground than air. If it is not flown for few days or weeks, it can't be flown without repairs and corrections. It gets

rusty and jammed on the ground as it is not designed for the ground. It needs to fly. So is the second degree sadhak. If he does not connect to that infinite and gets stuck with finite and mundane things here, he has a problem. He will be junked and lose all his values. He or she will be most uncomfortable in that case. Go out and fly because you can. Don't get involved with those on the ground as you are not designed for that. Go and merge in the sky. Go and plunge in blue waters. Telang Swami once said, be cold in cold and heat in hot and you will have no problems in spiritual life. Take a cue here. Soak yourself in that divine so that you just melt in that. As St Augustine said, "If you can fill the sea in a mug, throw a mug in a sea. It is the same."

**Ajit Sir**

*Jan 27th, 2017*



# Naivedyam

## Will God Eat Our Offerings?

by Aruna M.

Here is a very good explanation about Naivedyam to God. Will God come and eat our offerings? Many of us could not get proper explanation from our elders. An attempt is made here.

A Guru-Shishya conversation:

The shishya who doesn't believe in God, asked his Guru thus:

"Does God accept our 'naivedhyam' (offerings)? If God eats away the 'prasadam' then from where can we distribute it to others? Does God really consume the 'prasadam', Guruji?"

The Guru did not say anything. Instead, asked the student to prepare for classes.

That day, the Guru was teaching his class about the 'upani-shads'. He taught them the 'mantra': "poornamadam, poornamidham, ....poornasya poornaadaaya...." and explained that: 'everything came out from "Poorna or Totality." (of ishvasya upanishad).

Later, everyone was instructed to practice the mantra by-heart. So all the boys started practising. After a while, the Guru came back and asked that very student who had raised his doubt about Naivedyam to recite the mantra without seeing the book, which he did.

Now the Guru gave a smile and asked this particular shishya who didn't believe in God: 'Did you really memorize everything as it is in the book? The shishya said: "Yes Guruji, I've recited whatever is written as in the book.

The Guru asked: "If you have taken every word into your mind then how come the words are still there in the book? He then explained:

"The words in your mind are in the SOOKSHMA STHITI (unseen form). The words in the book are there in the STHOOLA STHITI (seen form).

God too is in the 'sookshma sthiti'. The offering made to Him is done in 'sthoola sthiti'. Thus, God takes the food in 'sook-

shmam', in sookshma sthiti. Hence the food doesn't become any less in quantity.

While GOD takes it in the "sookshma sthiti", we take it as 'prasadam' in 'sthoola sthiti'.

Hearing this, the shishya felt guilty for his disbelief in God and surrendered himself to his GURU.

When Bhakti enters Food,  
Food becomes \*Prasad...\*

When Bhakti enters Hunger,  
Hunger becomes a \*Fast...\*

When Bhakti enters Water,  
Water becomes \*Charanamrit...\*

When Bhakti enters Travel,  
Travel becomes a \*Pilgrimage...\*

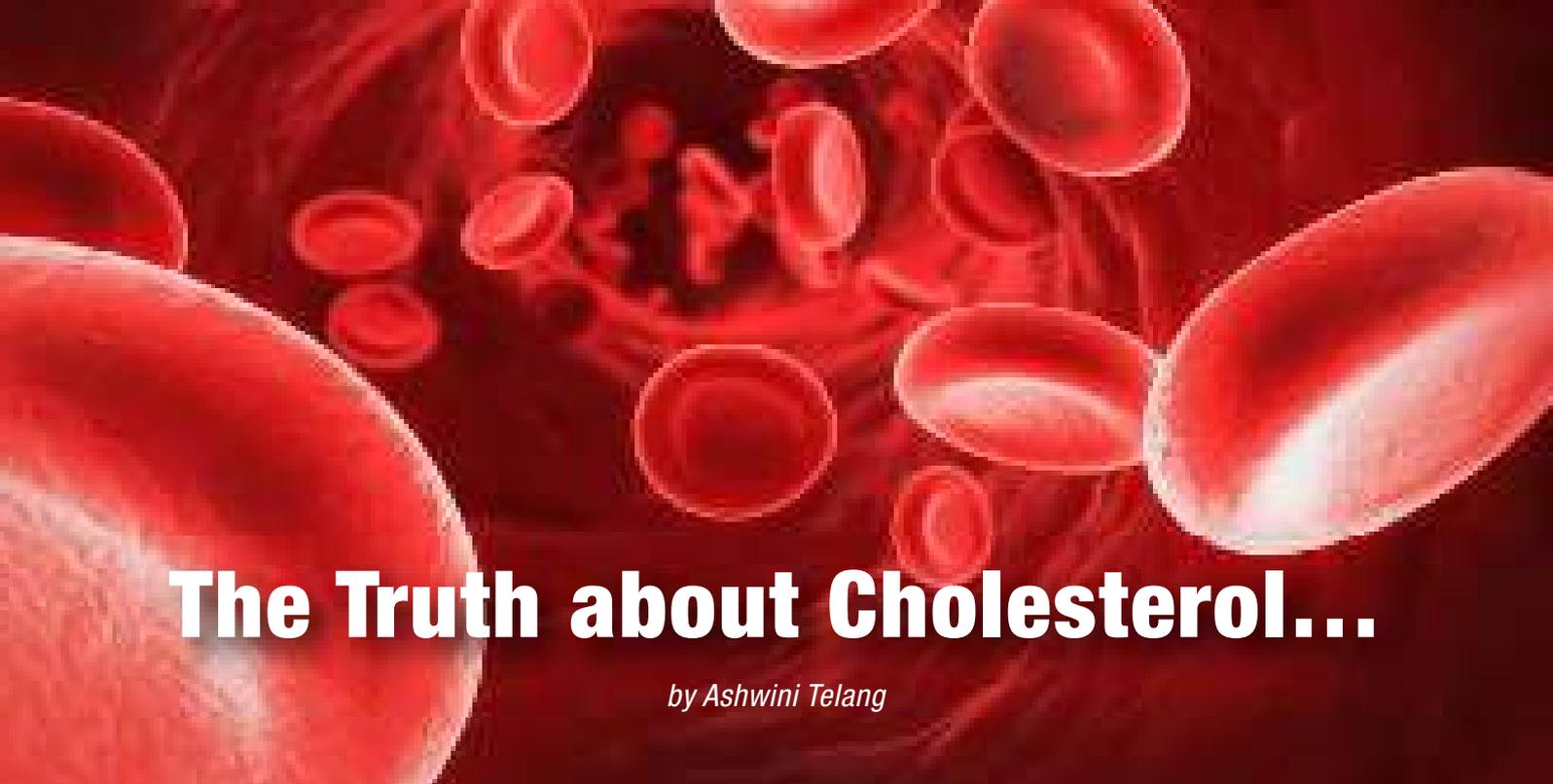
When Bhakti enters Music,  
Music becomes \*Kirtan...\*

When Bhakti enters a House,  
House becomes a \*Temple...\*

When Bhakti enters Actions,  
Actions become \*Services...\*

When Bhakti enters in Work,  
Work becomes \*Karma...\*

When Bhakti enters a Man,  
Man becomes \*Human...\*

A microscopic view of red blood cells, showing their characteristic biconcave disc shape. The cells are densely packed and appear to be moving through a network of blood vessels. The overall color is a deep, vibrant red.

# The Truth about Cholesterol...

*by Ashwini Telang*

I happened to receive an article from Dr. Matt Roberson, (M.D.; Lead Medical Advisor, BioTrust Nutrition) about Cholesterol necessity in our body. I remember you mentioning the same few months ago so thought to share the same.

"For years, we have been told that cholesterol intake should be kept to a bare minimum as doing so will help to decrease blood cholesterol levels and promote overall health, and although the theory of lowering dietary cholesterol intake to lower internal cholesterol makes logical sense, the theory doesn't quite pan out, as our bodies are, generally, more complex creatures than our logical minds give them credit for.

Fact is, when dietary intake of cholesterol is decreased, the liver compensates by producing more cholesterol, leaving total cholesterol levels relatively unchanged. In the same way, if cholesterol consumption is increased, the liver produces less cholesterol, and again, total cholesterol values will not be substantially altered.

Now that's not to say that we should go hog wild with our intake of cholesterol, but it does mean that one can expect cholesterol levels to remain relatively stable over a wide range of dietary intakes.

Given this information, you may be wondering why the body would ever produce more cholesterol if cholesterol is so "bad", and that's a good question.

The truth is, cholesterol actually acts as an antioxidant against dangerous free radicals within the blood and is also necessary for the production of certain hormones that help to fight against heart disease.

When there are high levels of undesirable substances in the blood (caused by the dietary intake of damaged fats, highly processed "unhealthy" foods, and large quantities of sugars), cholesterol levels rise in order to combat these substances.

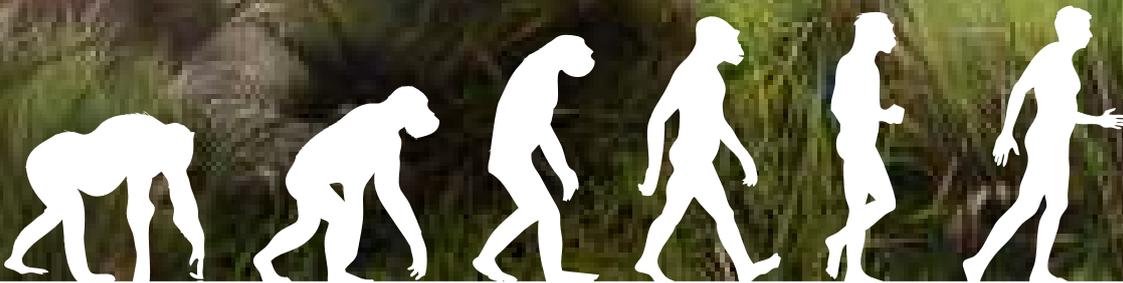
Blaming heart disease on high cholesterol is like blaming infection on high levels of antibodies (special proteins produced by the body in order to defend against foreign bacteria and infectious agents). If the body allowed cholesterol to fall in the presence of large amounts of free radicals, our risk for heart disease would increase, not decrease, and fortunately our bodies won't let that happen.

So, the answer to decreasing blood cholesterol levels is not avoiding omelets and not necessarily decreasing dietary cholesterol intake, but rather improving ones diet overall by eating healthier in general and avoiding the other harmful types of foods mentioned.

Combine that with increased physical activity and both you and your cholesterol levels will be in even better shape."

# Darwin and Evolution

By Telangan



I overheard a wonderful conversation between a grandfather and grandson in a waiting area. Probably the grandfather had the responsibility of looking after the grandson. He was enjoying being with this young fellow. They were talking about new school, teachers, sports and the kid was so excited about everything. He said 'Nana' *do you know Charles Darwin and his Theory of Evolution? He is the first one to discover about life on earth...* Grandfather smiled and said, *"I didn't go beyond primary school but I'm sure that Darwin was not the first one to discover this. Do you know 'Dashavatars of Vishnu'? Our holy puranas had written about it thousands of years back. I will tell you about that tonight before going to bed."* The kid was not convinced but surprised by this new information and it made me thinking as well. Until someone from western countries endorse, we don't feel the value of any truth... There are thousands of people until date who believe that Darwin was the first one to discover this. I also read about Darwin and Dashavatars again and again in the same context and got totally surprised like that kid and also felt ashamed about ignoring our ancient knowledge. Obviously Darwin had no idea about ancient Puranas and he had to rediscover all this but what about all of us?

Darwin said life began in water on the earth and Purana mentions about **Matsyavatar** as the first. Then comes **Kurmavatar**, the life had to move from water to land. Third is **Varahavatar**, that's about wild animals and Dinosaurs by Darwin. Fourth is **Narasimhavatar**, which is half animal and half man... evolution of wild animal to

intelligent beings. Fifth is **Wamanavatar**, dwarf growing into taller human being. The sixth is **Parshurama**. According to Darwin the angry man who lived in the forest and caves with axe. Seventh avatara was **Sri Ram**, the first intelligent complete being who created happy society with proper relationships and lawful environment on the earth. Eighth is **Balarama**, the true farmer who taught value of agriculture on the earth. Ninth is **Sri Krishna**, the first statesman and politician who taught, shared the complete knowledge of existence to the entire world. The tenth is **Kalki** according to puranas and the man who will be genetically trying to be supreme according to Darwin... The modern science feels they are the first one to know this and we have kept our ancient knowledge hidden. We get excited about new missile discoveries but if we go back and consider stories of Puranas... one arrow from Arjuna or Karna could destroy millions on the battleground, one arrow could create rain or fire. What were those if not missiles?

***Most of the times I feel this is not an evolution. We have forgotten all our treasured ancient knowledge so easily. Our forefathers had gifted us total knowledge in every area of life, just for our wellbeing and we have wasted by sheer ignorance. This knowledge does not create fear in mind but it removes the darkness if we are open to accept it and the most important is that it works in every context even after thousands of years. We need not have to do any R&D to improve it. It is complete on its own.***



# AGNIHOTRA FOR STUDENTS...

by Vivek Pande

You may find one archaic when he or she envisages the importance of education as a compelling tool to make one enlightened. A student is fundamentally a human being, someone who is adorned with the faculty of mind that makes him separate and distinct from other animals on the planet Earth. It is interesting to note here that the words, “Manushya”, “Human” and “Manav” all have the word “mann” i.e., mind in them. The rest of the creatures on planet are not bestowed with this wealth of “Mind”. It is this discriminating faculty that teaches us to bifurcate between the appropriate and the inappropriate. Of course, the other forms of animals have intellect and emotions to carry out the needs of sustaining and going about smoothly with their daily chores, but this faculty of “mind” has been granted to us only as we are capable of doing much more to ourselves than just taking care of the earthly matters. This faculty called ‘Mind’ when dealt with correctly, gives the mother Earth a beautiful being called a “Student”. Words are not enough to describe how beautiful the life of a student can be with the right approach. However, having said all this, the recent times have noticed a lot of unnecessary stress being embedded into this process of education, thereby making a simple, beautiful and natural process look apathetic and unexcited.

For any student to be successful, the faculties of mind, intellect and emotions need to be in coherence and operate in an orderly manner. Any student would agree to the fact that he/she should have a focused mind, a keen intellect and needless to say emotionally poised. Without these one can imagine how excruciating a student life can be. Therefore a pristine set of these subtle/metaphysical faculties become a pre-requisite in any student’s life. The world has, with the avalanche of so many technological products, been successful in making things easy for a student from outside. However, it has completely failed in providing a solution to the inner vulnerabilities of mankind. The turmoil within an individual remains unaddressed and unresolved.

The “Sanatan dharma” (Vedic tradition of more than 5000 years) has a basic, pertinent and a compelling way to address the issue. Agnihotra coming straight from the Vedas, seems to be the last chance for the human race. But then, what is “Agnihotra”? “Agnihotra” is a healing fire from the ancient science of

“Ayurveda”. It is a process of purifying the atmosphere through a specially prepared fire performed at sunrise and sunset daily. “Agnihotra” is an ancient science given in Sanskrit language at the time of creation. Sanskrit was never anyone’s mother tongue; it is a language of vibration. We can make changes in the atmosphere with Sanskrit mantras and fire prepared with specific organic substances, timed to the sunrise/sunset biorhythm. The fire is prepared in a small copper pyramid of specific size and shape with the help of cow dung cakes and cow ghee. A spoonful of unpolished rice along with couple of mantras is put into the fire as an offering. The combined effect the pyramid shape made of copper, the organic substances used for preparing the fire and the time of sunrise and sunset, result into a whole lot of positive energy being thrown into the atmosphere.

\*To understand the whole process of doing “Agnihotra” in detail, log onto [www.homatherapyindia.com](http://www.homatherapyindia.com).

Let me reveal some of the direct and immediate benefits of Agnihotra produced as below:

- Agnihotra releases tremendous energy, cleanses negative vibes and harmonizes the atmosphere.(approx=0.5 km).
- Your subtle bodies responsible for a diligent execution of studies are the ones which get the direct benefit (They get streamlined).
- Intellect becomes sharper as the days go by.
- Mind remains steady and focused.
- Emotionally we become more and more poised.

Also, it has a huge impact on the surroundings, which is enumerated as below:

- Agnihotra’s impact encompasses the entire surrounding and its benefits accrue to the whole of ecology.
- When Agnihotra is performed, a magnetic field is created to neutralize negative energy and influence positive energy.
- The surroundings become congenial for studying- people start appreciating quiet environment.
- When the entire space is harmonized , family and friends fall in

the loop of positivity and become supportive.

The list does not end here. Recent scientific discoveries have found out that water has memory. It is common knowledge that 70% of your body is water i.e., basically we are water bodies. Agnihotra has a positive influence on water. It cleanses all the water bodies in its surroundings. Agnihotra thereby helps students in the memorizing aspect of education by cleansing the water element in our body. And none would disagree that a student needs as much a powerful memory as an elephant.

The residue of the experiment, which is in the form of an ash also has some tremendous attributes attached to it. The healing effects of Agnihotra are locked in the resultant ash. Thousands of people in different parts of the world have experienced wonderful healing of all types of ailments by using Agnihotra ash. It is recommended to take Agnihotra ash orally three times a day to counteract atmospheric pollution, environmental toxicity, and to protect oneself from disturbing frequencies that may exist from microwaves, cell phones, computers, etc. You may want to put a tablespoon full of Agnihotra ash powder into the bath for a special energy bath. Agnihotra Ash is a stress-buster and contains more than 90 elements from the periodic table i.e. very high in nutritional value. There are 100's of documented reports from medical doctors in South America regarding the healing of all sorts of problems including the so-called incurable diseases. See [Homatherapy.org](http://Homatherapy.org)

## General Benefits:

1. Self-Disciplined Person Who Pursues a Healthy Lifestyle.
  - Demonstrates self-control
  - Pursues physical, emotional, and mental health
  - Makes responsible personal choices that contribute to ongoing self-development, a healthy lifestyle, and a positive future.
2. Contributing Community Member and Democratic Citizen.
  - Contributes to family, classroom, school, and community
  - Demonstrates civic virtues needed for participation in democratic processes
  - Demonstrates awareness of interdependence and a sense of responsibility to all humanity.

Lastly, with “Agnihotra” an individual becomes (over a period of time) a Spiritual, engaged in crafting a Life of Noble Purpose. Considers existential questions (e.g., “What is happiness?”, “What is the meaning of life?”). Starts appreciating transcendent values like truth, beauty, goodness etc. Discipline gets inculcated gradually and naturally. Seeks a life of noble purpose and formulates life goals and ways to pursue them. And a word of caution to end an ever continual process: With “Agnihotra” changes can be seen immediately, however, one needs to be patient for “Transformation”. Jai gurudev.



Buddha says... *shallow waters running as streams through the mountains create lot of noise but the deep sea is always calm and silent as its depth... Similarly the true learned person is always calm and silent but the person with half-baked knowledge would debate with everyone to show off his newly acquired knowledge constantly without getting tired.* Buddha says... *empty things make noise and full things are calm and noiseless. **Fools are empty and wise are full...***

# When you will smile...

By Samiksha Joshi

*The cloud will thunder,  
The rain will fall happily,  
And Peacock will dance,  
When you will smile...*

*The river water will flow,  
The flowers will flutter,  
The wind will sing,  
When you will smile....*

*The moon will appear bright,  
The stars will shine,  
The Sun will be waiting for you,  
When you will smile...*

*Everyone is waiting for you  
And for your one smile,  
Now give the smile  
And look at the nature,  
They will be dancing, raining, fluttering and singing  
Only after you smile...*

I moved on the voyage  
On the barren land  
Suffering in the blazing sun  
Hoping for shadow and some fun

Tripped over a drying plant ...  
That cried I want to be in this world ...  
Heart filled with empathy and care  
And I let my tears showered over ...

The wetness absorbed right away  
And the plant lived yet again ...  
Cheerfully I raised my arms to hug  
And its thorns pierced in my heart

Very quietly I just moved on  
Leaving the plant behind the fog  
Without blaming for bitter stab  
Just whispered goodbye to end the tie ...

Soon the darkness is going to fade ...  
And the divine light will spread ...  
With fresh ideas and energy of hope  
The Rainbow will emerge yet again ...

# My Voyage

● ● ●  
By Telangan



# VALUE THE VALUE

by Chandresh Parmar

A little boy went to his old grandpa and asked, "What's the value of life?"

The grandpa gave him one stone and said, "Find out the value of this stone, but don't sell it."

The boy took the stone to an Orange Seller and asked him what its cost would be.

The Orange Seller saw the shiny stone and said, "You can take 12 oranges and give me the stone."

The boy apologized and said that grandpa has asked him not to sell it.

He went ahead and found a vegetable seller.

"What could be the value of this stone?" he asked the vegetable seller.

The seller saw the shiny stone and said, "Take one sack of potatoes and give me the stone."

The boy again apologized and said he can't sell it.

Further ahead, he went into a jewellery shop and asked the value of the stone.

The jeweller saw the stone under a lens and said, "I'll give you 1 million for this stone."

When the boy shook his head, the jeweller said, "Alright, alright, take two 24karat gold necklaces, but give me the stone."

The boy explained that he couldn't sell the stone.

Further ahead, the boy saw a precious stone's shop and asked the seller the value of this stone.

When the precious stone's seller saw the big ruby, he lay down a red cloth and put the ruby on it.

Then he walked in circles around the ruby and bent down and touched his head in front of the ruby. "From where did you bring this priceless ruby from?" he asked.

"Even if I sell the whole world, and my life, I won't be able to purchase this priceless stone."

Stunned and confused, the boy returned to the grandpa and told him what had happened.

"Now tell me what is the value of life, grandpa?"

Grandpa said,

"The answers you got from the Orange Seller, the Vegetable Seller, the Jeweller & the Precious Stone's seller explain the value of our life..."

You may be a precious stone, even priceless but people will value you based on their financial status, their level of information, their belief in you, and their motive behind entertaining you, their ambition, and their risk taking ability.

But don't fear, you will surely find someone who will discern your true value."

Respect yourself.

Don't sell yourself cheap.

You are Unique.

No one can replace you.

Value the value...

# GOD HAS PLANS AND JUSTICE FOR EVERYONE

by Khushal Solanki

Once there was a sweeper in a well known temple and he was very sincere and devoted. Every time he saw thousands of devotees coming to take darshan of the Lord, he thought that the Lord is standing all the time and giving darshan and He must be feeling very tired. So one day very innocently he asked the Lord whether he can take the place of the Lord for a day so that the Lord can have some relief and rest. The Deity of Temple replied, "I do not mind taking a break. I will transform you like myself, but you must do one thing. You must just stand here like me, smile at everyone and just give benedictions. Do not interfere with anything and do not say anything. Remember you are the deity and you just have faith that I have a master plan for everything." The sweeper agreed to this. The next day the sweeper took the position of the deity and a rich man came and prayed to the Lord. He offered a nice donation and prayed that his business should be prosperous. While going, the rich man inadvertently left his wallet full of money right there. Now the sweeper in the form of deity could not call him and so he decided to control himself and keep quiet. Just then a poor man came and he put one coin in the Hundi and said that it was all he could afford and he prayed to the Lord that he should continue to be engaged in the Lord's service. He also said that his family was in dire need of some basic needs but he left it to the good hands of the Lord to give some solution. When he opened his eyes, he saw the wallet left by the rich man. The poor man thanked the Lord for His kindness and took the wallet very innocently. The sweeper in the form of the Deity could not say anything and he had to just keep smiling. At that point a sailor walked in. He prayed for his safe journey as he was going on a long trip. Just then the rich man came with the police and said that somebody has stolen his wallet and seeing the sailor there, he asked the police to arrest him thinking that he might have taken it. Now the sweeper in the form of Deity wanted to say that the sailor is not the thief but he could not say so and he

became greatly frustrated. The sailor looked at the Lord and asked why he, an innocent person, is being punished. The rich man looked at the Lord and thanked Him for finding the thief. The sweeper in the deity form could no more tolerate and he thought that even if the real Lord had been here, he would have definitely interfered and hence he started speaking and said that the sailor is not the thief but it was the poor man who took away the wallet. The rich man was very thankful as also the sailor. In the night, the real Lord came and He asked the sweeper how the day was. The sweeper said, "I thought it would be easy, but now I know that your days are not easy, but I did one good thing." Then he explained the whole episode to the Lord. The Lord became very upset on hearing this whereas the sweeper thought the Lord would appreciate him for the good deed done. The Lord asked, "Why did you not just stick to the plan? You had no faith in Me? Do you think that I do not

understand the hearts of all those who come here? All the donation which the rich man gave was all stolen money and it was only a fraction of what he really has and he wanted me to reciprocate unlimitedly. The single coin offered by the poor man was the last coin he was having and he gave it to me out of faith. The sailor might not have done anything wrong, but if the sailor were to go in the ship that night he was about to die because of bad weather and instead if he was arrested, he would be in the jail and thus would have been saved from a greater calamity. The wallet would go to the poor man because he would then use it in my service. I was going to reduce the rich man's karma also by doing this and save the sailor also. But you cancelled everything because you thought you knew my plan and you made your own plans."

***Moral: God has plans and justice for everyone...We just have to have patience!***



# Ombar Project...

Every nation has its own flag to be proud about. Every nation also has its own anthem which reflects the personality of that nation. Every nation also has many other things to identify with like a national flower, a national bird, a national animal and so on. I have been wondering for the past many years about why every nation cannot have its own musical note- a swara or a soor?

For the past one decade I have been struggling with the effort to promote OM as a single syllable which can connect all the residents of India with a divine purpose. And believe me the idea is not to bring a particular religion together. Because I have always believed that OM is more a primordial sound beyond any religion, caste and creed. I had a simple idea which I have been trying to spread around. Let this nation has one sound. Can you imagine what effect it will generate when 1.25 billion people chant OM at the same time? It will obviously make the universe dance.

But wherever I have tried to moot this idea, people feel that it may hurt the sentiments of the other people believing in other faiths (as if OM is only Hindu chant). I did not want even the rituals to be followed. One can just get up in the morning and at sharp 6.00 am Indian time, one can just chant OM 3 times and go back to any activity that you were doing including enjoying a slumber. One does not have to even take bath or brush the teeth. No rituals absolutely. It is so simple but the result would phenomenal. Again one does not have to force others to do that. You do what you need to do. It is all voluntary. We started this in Devrukh ashram and expected people to follow if they like.

I just happened to read a news article in local English paper a couple of weeks ago. It is about a leading museum in New York organizing a unique exhibition, focused on Indian Chant OM that will educate people about the syllable's importance and invite them to contribute their voices to the largest collective chant of the sacred symbol ever generated.

The Rubin Museum of Art will run the 'Om Lab' exhibition for a month from February next year focusing on educating people about the importance of the 'sacred sound of the universe'.

In a unique experiment, it will also invite people to record their rendition of the sound that will be used to come up with the largest collective chant of 'Om' ever generated. The collective chant will be featured in a forthcoming exhibition. "The World is Sound" opening in June.

"The sound of 'Om' has been called elemental and universal, serving as a preface to prayers and chants. 'Om' is believed to contain the power of all other mantras and the elemental sound of creation." the Museum said, adding the 'Om' is considered the embodiment of the ultimate, omnipotent, and all pervading essence of existence.

The museum, founded in 2004, is arts and cultural hub that seeks to connect contemporary life and the art, cultures, and ideas of the Himalayas and neighbouring regions including India.

Now that America has started this OM moment, will Indian intellectual and pseudo secular segment accept this? Would it still be stamped as Hindu philosophy being imposed on Indians?

# Three Golden Rules for leading a happy life

by Krupa Choksi

Our New Year started with great lessons of life. Fortunately on New Year Eve, we were with Guruji in Nashik. At that time he gave us three golden rules of life. He promised that if we follow these rules, we will never be unhappy in our life.

I feel they are gems of wisdom given by Guruji. You all know that all of us are looking for happiness in life. And for that we try to adopt some or the other means. In this process, we do become happy but our happiness does not last long. And again our journey begins to seek happiness. These golden rules given by Guruji will definitely keep our happiness intact. So I thought I should share with you all.

## **(a) Rule 1 # Never hurt anyone:**

Unawareness plays big role in our communication. Many times we hurt people unknowingly because we do not think before we speak so the first thing we have to do is to think. We should always step in other person's shoes and see whether our words will hurt them or not.

Many times we hurt people because of our higher position/ authority when others do not have any authority. Apart from this, we hurt people because of our ego which is the biggest culprit. As a sadhak (seeker) we should have lot of compassion in our heart when we communicate. If we hurt someone, it is going to add sanskaras (impressions) in our existence. Such hurt thus created will act like a boom-rang and come back again to us. It may not be from the same person but from any other person. And at that time we will become unhappy so we are buying tomorrow's unhappiness by hurting someone. Temporarily we feel good when we hurt someone because our ego boosts up but in long run we will have to repay for it. There are possibilities that we may lose that person forever. Hence, we should always think before we speak/ act.

## **(b) Rule 2 #In every situation we have a role to play. Always play a positive role:**

Any event happening in front of us demands some kind of contribution from our side. In every situation we have a role to play. Guruji always says, play a positive role. Make situation better by your presence and positive contribution. If the atmosphere is happy, try to make it happier. But if the situation is sad, and you cannot improve the situation, do not spoil it. We are there for a reason. It is not just a co-incidence that we are there. We are sent by the divine to contribute positively.

At this moment, I am reminded of our 2nd degree seminar wherein we always say that if an accident happens in front of you, you are supposed to send reiki as the situation demands

that. On the similar lines, wherever we find argument, irritation or depressive atmosphere, we are supposed to contribute positively as we are puppets of the divine. We should always keep this awareness that divine is acting through us. But at the same time when there are arguments going on in a home, we should not interrupt if we do not have an authority to correct them or if our interruption will worsen the situation. At that time, be silent, be a witness and send reiki. Remember the slogan "Manage the manageable" and in the entire situation manageable is only you. So first we should manage ourselves and then see if we can contribute positively.

## **(c) Rule 3 # Accept everything in life:**

Guruji always says decide once and for all whether Swami (God) is there with you or not. If you believe so, then accept everything in your life. Do not complain about anything because God knows what is happening our life. If you have complaints that means he is making you stronger and some sanskaras (impression) are there to be removed. In short, he is purifying us. He may grant your wishes when there is a right time. So wait. Wait patiently with a lot of trust. He is very kind.

If life is very harsh on you. Nothing is happening as per your expectations, believe me, he is elevating you spiritually and one day you will realize his grace. We always cite an example in our seminar that if a mother is working in a kitchen and her kid comes to help her, she will give all kind of utensils viz. spoons, bowls, etc. But will she ever give knife to her? The answer is NO. Why? Because she loves her a lot. The kid may feel bad thinking that Mom does not love me. But when she will grow up, she will realize that Mom loved her so much and so she did not give her knife. She will be grateful to Mom. Similarly, if our wishes are not granted by God, do not get panic. Some years later we will thank him for not granting our wishes. God has vision of 360 degrees of our life. He foresees many things which our mind with limited understanding cannot see. So just be in surrender and accept everything in life.

If we follow these three rules, I believe we will reach to great heights spiritually and all our relationships will also become healthy. Because when we follow these rules, our ego gets smashed. And most of the time our ego plays big role in making us miserable. Besides this, it also increases awareness. If awareness increases to such an extent that we are all the time aware, every moment will then lead to realization. And small realizations in life, lead to big realization and that leads to enlightenment. I know it is not that easy and it will not happen so fast but let us start our journey by following these rules.

Jai gurudev.

# *Amazing Experience*

By Vaishali Trivedi

*Dear respected Ajit sir,*

*First of all let me introduce myself and you would not mind to read the mail further down. I am Vaishali Trivedi from Chicago's Dutta kutir . I was initiated by Krupaben for 1st degree Reiki in Aug and a big fan and devotee of Dutta Kutir and Heena and Nilesbhahi and of course all the sadhaks here who are serving selflessly for no self motive of theirs and looking only for moral, physical and spiritual gain of other and needy people like me. To begin with -- after receiving Diksa from Krupaben i have been trying to be helpful to myself by staying connected to the RVN in Chicago and help out as little as I can with providing reiki whenever the team is doing so. My fortune to do so absolutely.*

*But my life took a horrible turn in Oct 2016 and I was broke mentally, physically, morally and in almost all possible ways we can think of. Almost after 5 weeks of terrible suffering I had to ask Heena Pandya to help me out in this torment state of mine and requested if she could set up a Reiki service for me. Without any delay and with your consent my Reiki started and what to say... I was swaying with good and bad outcomes almost upto 19 days of Reiki until the Dutta Jayanti arrived. There comes my one and only miraculous experience in my entire life span of 45 years. I was not able to sit in a place for more than one hour and that too with lots of restlessness inside me and that was obvious on my face. With Heena's humble insistence and love caring request I reached Dutta Kutir at 12.30 and to a great surprise did so well and there was no fatigue, fear and restlessness and pain etc. I managed to be on my own till 8 pm that day and without even a single time getting up could recite the loving Dutta bavani non stop with all the fellow sadhaks. My overwhelming experience is not over yet, all the other sadhaks also offered reiki that evening and ever since i have been progressing in health so better day by day. All mercy of Datta bhagwaan, the healing of Reiki, and not to mention your effort and mercy and reiki that you personally provided to me during those last few days.*

*No words or thousand thank you would suffice my gratitude and the feeling i have to express for thanking not one but all at RVN... Please accept my humble salutations Sir. I may sound weird but that's how I am, I am still not tired of thanking all and cant forget the benevolence i saw and experienced at Dutta kutir and its all under your guidance and sannidhya.*

*Respecting your due time and efforts of running RVN, i will cut short here and apologies to make you read all that above lines. This was the least i could write.*

*Looking forward to welcome you here in Chicago soon Sir along with all the sadhaks of Dutta kutir and awaiting to learn more Reiki sessions and everything you will be offering during your trip here in March. It would be our good fortune to get your darshan and guidance further.*

*Any spelling error or any language error above is totally unintentional and due to my limited vocabulary knowledge. I am not at all good at expressing when it comes to penning down in letters and words. At times the message conveyed may be futile due to the written message. Please pardon if so.*

*Thanking a lot with pranam and regards,*

*Vaishali.*

*P.s. - Heena and Nilesbhahi are mere names I mentioned , but I am thankful to all those 16 sadhaks who have helped me in providing Reiki as and when they could . Couldn't be anymore grateful.*

**Deepa Dave, Des Plaines, IL, USA**

Jai Gurudev!

My mother-in-law had a stomachache level 10. Due to the pain she had restlessness, agitation and irritation. She could not sit or walk or even sleep due to the pain. The other day I learnt Reiki and came home to realize that my mother-in-law was in hospital. I immediately rushed to the hospital and gave her Reiki. Surprisingly within no time her pain had gone and had come down from the level of 10 to level of 0. She slept peacefully. When she woke up she realized that she was totally free from the pain. Her anxiety was all gone. My mother in law was so happy. I realized how wonderful and effective Reiki is. The faith started getting stronger and stronger with time. I thank my teacher who taught me Reiki and gave me this wonderful gift.

**Heena Pandya and her team at Reiki Arogya Mandir, Datta Kutir, Chicago, USA.**

Kashmiraben had a cancer of colon and it started spreading in her ovaries. A year ago she had hysterectomy and dissection of her bowels. Then she started having a problem of fluid buildup in lungs. She had a hard time to breathe and eat. She had nausea and did not like to eat food. On top of that she had a lot of pain in the body and weakness.

We started giving Reiki to her and after a couple of days she not only started taking food but also started liking what she ate. She no longer experienced nausea and vomiting. She started feeling a lot of hope for her life and started saying "I am feeling so happy and light". She used to wait for us to come and give her Reiki every day. She started feeling very positive about everything in life. She developed good strength in her legs and was getting freed from her body pains.

After few days (once Reiki treatment was stopped) she had pneumonia again and had fluid in her lungs. She could barely breathe. Her lungs were cluttered with fluid. After 2 days of Reiki itself she started feeling better and even X-rays showed lesser cluttering in her lungs. After 4 days of Reiki her lungs were totally cleared.

## Anger and Karma

*Anger karmically binds us with others. We should not create negative energy while showing our feelings. It is very important to determine when, how and where to use the knowledge. It is necessary to disagree with wrongdoing and we must do it by showing anger without really getting angry. Especially when we are dealing with children... our patience should not be taken as our weakness because it might be harmful for them in developing a wrong belief. Anger provokes us to choose wrong options and we regret for long time later. We create enemies and tougher situations for future by getting angry. We get entangled in situations.*

*There is a beautiful story... People in a village were tired of a deadly snake. He use to chase them, bite them when they went to collect firewood. Once a saint who was passing through the village noticed this. He requested the snake not to harm people and the snake instantly agreed and promised. Few months later when the saint was passing from the same place again he saw the snake badly wounded. When he asked the reason, the snake said, 'Oh Master, I followed as promised you but since then people realized that I'm harmless and they started harassing me. Even young children throw stones at me without fear. The saint said, I asked you not to harm anyone. But I didn't ask you not to hiss!*

**Meditation and daily Reiki improves the energy flow of our body. We become master of our mind and not a slave. We learn to create only beneficial Karma.**

# Ashram Events

## Swachetana Shibir at Navi Mumbai

Swachetana Shibir of one day was conducted by Reiki Vidya Niketan's Navi Mumbai centre on 8th January 2017. Almost 70 sadhaks attended the sessions. It was packed with meditations, awareness games, discussions on various topics with Guruji. Reiki Master Vishal Shridhankar made a presentation on Bilateral Body and Reiki Master Rakesh Kumar presented a deeper knowledge on Flower of Life. Agnihotra for Students presentation was done by Ms Aditi Pusegaonkar after which a community Agnihotra was performed before the sessions ended with divine Candle Light meditation. It was a great event to say the least.

## Candle Making training by DACC in Devrukh

Devrukh Arts Creative Community an initiative of our sadhaks to create opportunities for Devrukh artists organised four days training in Candle making for local sadhaks, mainly ladies in Devrukh starting from 12th January. The training was held in the ashram as well as at Modak Academy in Devrukh. It was

further expanded to accommodate even the school and college youth on request of the college management. Mrs Sushma Jithesh our sadhak from Bengaluru conducted these training sessions. This will create many opportunities of self employment for the developed skills in this field. DACC Director Mr Aalhad Purohit took a lot of efforts to make this event successful.



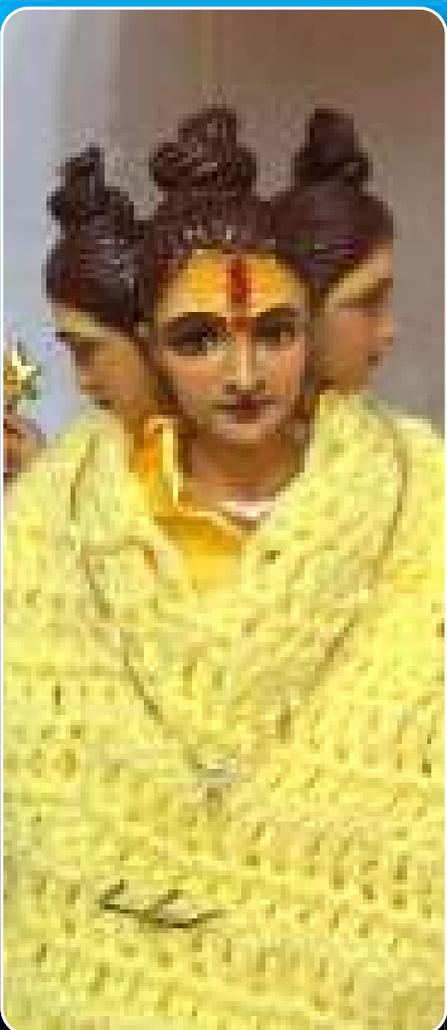
## Swachetana Shibir at Ratnagiri, India

Ratnagiri, a wonderful town on the shores of the Arabian ocean and just about 48 kms from our Devrukh ashram has a good strength of Reiki students. The centre there decided to have a one day Shibir on 26th January 2017 (India's Republic Day) and the same was conducted with a great zeal and enthusiasm. About 120 participants attended the one day Shibir conducted by Guruji. This was first such event in Ratnagiri and everyone enjoyed the day packed with Guru Pujan, Questions and answers, Spiritual games of awareness, Omkar Circles and discussions on healing experiences documented by Mrs Hawayo Takata.



## Trimbakam Homa in USA (Chicago)

Our Chicago students celebrated the Makar Sankranti ( a transition day) on 14th January by performing Trimbakam Homa at the house of Ms Varsha Delwadia. The students in Chicago centre have started organizing such collective events in a big way. Another event of Trimbakam Homa was also performed at Datta Kutir on initiative taken by Ms Heena Pandya in Mount Prospect.





## Your involvement with relationship is an obstacle, not the relationship.

Many have learnt Geeta, listened to that, studied that. But not many could grasp the essence of the same. The basic learning is that Geeta is not about the war outside. Rather it is not about a war at all. It is about the conflicting situations which every sadhak goes through while he/she is traversing the path of spirituality. As you can see, the major issue and the centre point of Geeta is that King Arjun after seeing surrounded by his own relatives lost the urge to proceed further towards his ultimate goal of salvation. It is all about a conflict created by relationship. It is not the relationship which works as an obstacle on the path but the involvement in relationship. Guruji was once intrigued with some Masters leaving their seminars and sadhak gatherings and going to attend somebody's cousin's and aunt's birthdays. He said, "Can't my masters understand the sense of priorities? Master is born for a different reason and has a mission which a common person possibly does not have. One should realize that we need to do justice to our own purpose given to us by divine rather than getting involved in birthdays and marriages of distant relatives. And never at a cost of your seminars and spiritual meetings! One has to set the priorities. We are all responsible to our cause and all those who are walking with us on this path. The relatives may not understand the importance of what you are doing. But you should. If they do not value what you are doing, why waste time with them. That is going to sap your energies and finally take you away from your ultimate goal. And only you may have to blame yourself. You need to redefine your relationships. Look at many who love you selflessly. They may not be your blood relations (at least in this life) but have total faith in them. They have disentangled themselves from their relationships not because they loved it that way, but because they want to walk with you on this path. They will be disappointed with your fall. So be aware, the first obstacle on this divine path is your involvement with your distant relationship"

## Program Schedule for February 2017

Dates	Reiki Teacher	Centre	Degree
4th & 5th Feb	Krupa	Kota	1st
4th & 5th Feb	Bhartiben	Ahmedabad	1st
4th & 5th Feb	Renu	Hyderabad	1st
4th & 5th Feb	Ajit Sir	Sanpada, Navi Mumbai	2nd
4th & 5th Feb	Rakesh Kumar	Sanpada, Navi Mumbai	1st
11th & 12th Feb	Vishal	Thane	1st
18th & 19th Feb	Solanki	Chennai	1st
18th & 19th Feb	Ajit Sir / Renu	Bengaluru	2nd
18th & 19th Feb	Rakesh	Airoli, Navi Mumbai	1st
25th & 26th Feb	Kalpita	Devrukh	1st
25th & 26th Feb	Rakesh	Mumbai	1st

## Other Programs

**Date:** 9th February  
**Topic:** Study Circle Head Training  
**Venue:** Baroda  
**Coordinator:** Chandresh Parmar

**Date:** 10th, 11th & 12th February  
**Topic:** Swachetana Shibir  
**Venue:** Mrutyunjay Ashram, Baroda  
**Coordinator:** Chandresh Parmar

**Date:** 18th February  
**Topic:** EPIC One day Program  
**Venue:** DRDO School, Bengaluru  
**Coordinator:** Aruna M.

**Date:** 22nd to 24th February  
**Topic:** Mahashivratri Festival  
**Venue:** Devrukh Ashram  
**Coordinator:** Krupa Choksi/  
 Kalpita Keer