# REIKI VIDYA NIKETAN

VOLUME

ISSUE

January 2017



Poem by Telangan

The arrival of 2017

by Kaushiki Swaroopa

Ashram Events

Reiki Experience

by Pratibha Choksi

**Ashram Wisdom** 

10

11

12

13

14

Brahma is reality,
the world is an illusion...

I just finished reading a wonderful book titled as The Future of the Mind written by an established Japanese scientist Dr Michio Kaku. Dr Kaku is extremely knowledgeable when it comes to subjects of human brain and human mind. In this book he has gone much deeper into these subjects and that too in a very simplistic way that common readers like me can easily understand and relate to. He has covered everything like the design of human brain, its components, the various tests conducted on brain for understanding its functioning and the equipments like MRI, E-Scan, PET Scan etc. and how they work in very lucid manner. I have not read about these in such a simplified manner till I read this book.

In this book what attracted me most is a chapter tited "Is reality really real?" He has given some common examples about human life to drive his point home. E.g. he says the human eyes can hardly see the realities. What we feel we see is only an illusion which we take as a reality. While explaining the structure of human eye Dr Kaku says that where actually a retina meets the optical nerves coming from the brain, the actual seeing happens. But at this meeting point all that exists is a small black dot. That is all that one truly see as an image, But the human starts papering this dot in such way that we start seeing some different images. Human eyes in the real sense are capable of seeing that black dot without the intervention of



human brain. The brain plays trick on our eyes to make them feel that they are seeing something. Remember this comment is coming from one of the top scientists of the world today. You are seeing something which your eyes have not actually seen. In the same chapter he further continues to say that our eyes can only see the colours like Red, Blue and Green. Every other colour that we feel we are seeing are only imaginary. Human eyes have truly never seen yellow or orange. These are only illusions created by your own brain. The revealing knowledge by a well established scientist has really brought the modern science very close to Indian Vedic understanding. The modern science has started merging with the ancient science as Swami Vivekanand had predicted century ago.

Now you will know how our understanding changes with the levels of human Consciousness. Every time we reach different heights of consciousness we have different experience welcoming us. That is what happens with all of us after second level Reiki initiation. The cause of experiencing something so different beyond the realms of our normal experiences when we sit in meditation is that our limited understanding of the universe starts moving towards the unlimited-ness and infiniteness due to higher levels of consciousness we attain. I have a feeling that even in cases of Schizophrenia and Autism the same must be happening. But unfortunately our arrogance about ignorance put brackets to our judgments and we start seeing the unlimited phenomenon through the limited windows of ignorance and miss he truth. We believe illusions as realities and get entangled into the same.

I take this opportunity to wish all our sadhaks a very Happy New Year. Let this year bring you more opportunities to break through the barriers of ignorance and arrogance to merge with the supreme truth. May God bless you forever.

Ajit Sir Dec 27th, 2016



It was 2nd to 3rd October 2015 we were fortunate to have a reiki intensive program at Thiruvannamalai. It was first time for many of us from Bangalore, Chennai and Hyderabad. It was in Siva sakthi Kakkum karangal at Thiruvannamalai. It is a home for mentally challenged children run by Ms. Vijayakumari and supported by my Uncle Mr. P N Devarajan. They were kind enough to share the space free of cost. It was 9 kms away from the main town. From every room we were able to see the mountain. Here it is believed that Shiva is there in the form of a mountain. It was an experience by itself.

When we wanted to have a program at Thirvannamalai, I got just caterer's phone number from my mother. We had a nice place to stay. We were around 38 participants, 9 masters and four or five volunteers. My husband and I visited the place the previous month to make prior arrangements. That time we came to know that there is a "Gyani" staying in that home. He was staying in Trishur, Kerala before coming here. He was only on water. They believed that he may be 150 years old. He hardly spoke to anyone. But if you stay in that same room, one feels very happy for no reason. Viji Akka told us that he is planning to take Samadhi soon. Me and my husband took his blessings and went ahead with the preparations for the intensive.

We realized we need a few things for our comfortable stay for the event. That time I didn't realize that when swami Samarth is coming along with our Guruji, he will take care of every arrangement. Slowly the miracles unfolded. Whatever we needed like pillows, mats, mugs etc., came from donations of Chennai sadhaks. My father volunteered to buy them. There was a good discount, later he called me to tell me that the 50% discount became almost 25% while billing it. He was elated that he bought bucket for mug cost.

Then how to transport it from Chennai to Thiruvannamalai. My mother was confident to just travel in a local bus with the luggage on the roof top of the bus. She said just receive me in the bus stop that's enough she said. Her enthusiasm was amazing. Last few days left my uncle and aunty decided to join the intensive. She got a lift in a "Fortuner" car with all her luggage. She was dropped at the door step comfortably. Swami took care of her when she was selflessly ready to help out.

The one contact Mr Ganesan caterer turned out to be very helpful too. He gave us contact travels, who picked up Guruji and masters from the Chennai airport. He helped in picking up the Bangalore Sadhaks in the early hours, but also Renuji's pick up who was all alone. All relished the food the caterer provided. Since my husband initially was not planning to join he helped me in every way so that during the program we are free to attend it. Last minute he actually joined us, but the initial work helped us to go about the program systematically. Again I realized how swami took care of every small deed towards the program.

Every Sadhak took blessings from the "Gyani" as when they reached the venue for the intensive. The three days were filled with activities. I would like to thank the volunteers my mother, father, aunt, brother, Komal and Amol

helped us to go through the event very smoothly. The first day Guruji proudly introduced his Masters as his gems to all of us. Truly the more we know them and the more we interact with them the more I am reminded of Guruji's words. The activities kept us busy through and through the first day.

The second day of the program started with Prananayam lessons. End of the day we had Study Circle on Yoga Nidra, Group Agnihotra. As many Sadhaks showed interest to visit the "Arunachala temple", we visited the temple, again the bus driver helped us to reach the temple. In the temple one of our Sadhak Gayathri's contact was a guide there. This also helped us to get darshan and go around the temple very easily. Guruji was even able to get into the Garbahgriha of "Arunachala". At the end all of them chanted rudram in the temple premises. There was a heavy downpour and water running all over Guruji and the other sadhaks, but not one person moved an inch. It was a sight for a lifetime for all of us. What dedication and commitment, inspiration to all of us to learn from our beloved Guruji. We wanted to go for Girivalam the same night? Due to rain we had to cancel it.

Another attitude of gratitude was shown by our masters when they offered reiki to my brother Rajesh for his hard work that day. Third day started with a meeting of Guruji and my Uncle Mr. P N Devarajan. Both of them were very happy to have met each other after a very long time. After this we started our Girivalam. It was again a beautiful experience. We never thought we would be able to do it as it was 18 kms. As and when we were reaching Ramanashram... our feet were getting burnt due to afternoon sun. But to our surprise due to Guruji's grace not even one person got a blister in their feet. Guruji's Sankalpa was so powerful.

As we reached the venue we knew swami took Samadhi. We were all fortunate enough to see the process. Swami "Nityananda Giri" guided the process. Later I came to know that he only consecrated our Swami Samarth at Devrukh also. At the end of the day all of them blessed us by chanting rudram. The light meditation was a beautiful experience.

Guruji said that "None of us know the name of the Gyani, but his Samadhi ceremony was conducted by so many people. All of us are neither detached nor attached to the whole event. This is the biggest lesson of life and death one can learn". How true, sadhus from different centres visiting this place and being part of the Samadhi is a proof to all of us that life just unfolds by itself.

It was again time to say bye to everyone. Now When I look back I realize that we were an instrument in Swami's hands and he took care of smallest of things for the event to go smoothly. Our Pranams to Swami Samarth. It is going to be one year and still when many Sadhaks talk about their experience and how they feel truly blessed it is so nostalgic. We all Sadhaks thank Guruji and other Masters who took time out and gave all of us this life time experience.



In my work experience in IT Services and infrastructure management, I have seen some really good talent. Some have stood so tall and apart from the mediocre crowd. Attitude towards life and to explore the unknown and invisible was the common quality among the tallest.

While interacting with a young colleague in my office I found out, he had taken the most challenging task of presenting the Analytic Capacity Review of Global links to a very tough manager. In the past the best in our team had been butchered by this highly analytic manager. Good technical and balanced engineers dreaded attending this review meeting every 2nd Thursday. Many engineers who did prepare had nightmares after facing the onslaught of this chinese master, who was always one step ahead with his logical questions.

Every 2nd Thursday we presented a new engineer who turned out to be a sacrificial goat, sacrificed on the altars of ruthless network altars....Managers would do a post mortem of the meetings, and would prepare a question sets of most likely possible onslaughts for the next meeting This continued for almost 2 yrs, and a young engineer was prepared for the next onslaught. The team had almost wicked smiles, for the new engineer who was being nicely puffed with great spices, for the next grilling.

So as customary preparation I did my pre-review session with this engineer, and explained to him, about the history...and how ruthless the Chinese Manager was in his questions and drilling. He prepared, and then came the day of presentation. He barely survived, he fumbled, we helped him answering his questions with mute on the conference call.

He was relieved...but he did not miss the exhilarating feeling of meeting a tough opponent, a competitor whom nobody could meet....leave alone matching his onslaught. He liked the challenge offered from the voice from a distant call from Singapore. He took upon himself to get prepared for the onslaught.

He prepared the presentation material with his best judgments. He did everything in numbers, figures and presentations with previous comparisons...which the manager savored. And then came the 2nd presentation...he was just able to deliver what was required. All questions answered, and met with meticulous analytic and data. The Chinese Emperor was impressed. For the first time in history, he had applause for this engineer. The whole Operations team was ecstatic. The enemy had been tamed. The unknown was known; the invisible had come into light.

Three months this phenomenon happened, with every review he got better, and suddenly he was complacent, he was bored of his success. Then it occurred to me... and I said "The Strength of the Chain is its Weakest Link." It is not our best qualities that decide our results or success. It is our greatest weakness, self pity, self sabotage and sometimes sheer arrogance of not meeting a worthy warrior outside that we feel meek in our life.

The greatest challenge is to meet the Warrior within... to face life when we are most vulnerable. Cover for the most vulnerable within...and the Chain is unbreakable from onslaughts from the unknown. "The Strength of the Chain is its Weakest Link."

### The Extinct Pedigree...by Telangan

One of the largest firms spent million dollars on researching a drug. In clinical research it failed. To recover the losses, the firm still launched the drug in the market. They gave expensive gifts to doctors, just for prescribing it. This drug was a massive disaster. Today around the world millions of women are suffering by cancer but doctors ignored those facts and the same treatment is still being prescribed.

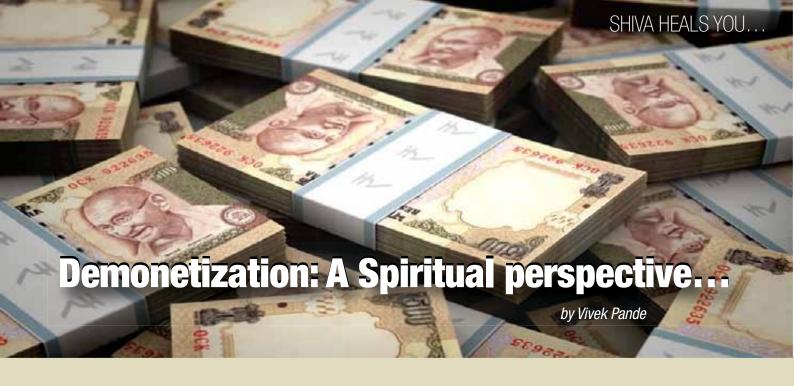
Today, We trust every word from doctor. Any doctor today is always busiest and hardly has time to listen to our problems. We are merely given two minutes and charged fat fees and prescribed number of unwanted tests. After few days we either get well by our good fortune or we change the doctor. The health insurance is most important part of our lives. Most doctors plant large amount of scare under the label of knowledge in patient's mind.

I remember when I was child. My family doctor Ms Pradhan was a part of our family. She was an aunt, sister, granny or friend for all her patients. She was a great listener. Her small, dim lit dispensary was not well furnished. Everyone did not even pay her fees on time but her smile never fed away. The dispensary was always crowded with people but she would listen every patient carefully. She would inquire about everyone from that patient's family. She did not have computers to store information but she knew entire history of every patient. She knew them all as well as her own family members. Patients would never crib and waited tolerantly for their turn to tell her about themselves. She was actually treating everyone by her gentle and compassionate approach. She

never created fear in mind of even very serious patient. In fact the patient felt most secured just being with her. Many times patients shared even very personal delicate information with her with full confidence. Most would feel recovered only by visiting her and remaining would get better by her accurate diagnosis. She would refuse to give medicines to any healthy person. She would visit every wedding and ceremony of her patients. They would treat her next to the god. Her opinion was so valued and honored by everyone that she acted as a mediator in disagreements in many family disputes and the ending would be always pleasant. Parents would request her to speak to their children for her guidance in their career. She was a multitasking woman. While treating the patient, she would also act like a mentor or even like an elder sister at times. She could catch hold of the patient by neck and ask him/her with anger that why he/she is not looking after their old parents and most of the times it would work. Nobody ever turned back and asked to mind her own business. She worshiped her work very seriously and she never failed in it.

In her old age, she worked for few hours daily because her patients insisted. When she passed away most of her patients felt a great personal loss. Some of them still miss her even after twenty years. She may not have made millions but she would be remembered for years for her kindness.

Where is this unique pedigree disappeared today?



Overnight, Honorable Prime Minister of India, Shri Narendra Modi declared emphatically that Rs.500 and Rs.1000 currency notes will cease to be a legal tender past midnight. It was indeed a massive and a bold step, impacting a population of 1.3 billion simultaneously. The intent was good but it could have been executed a lot better was the general opinion amongst the masses. To kill 90% of the currency in one go was never really going to be easy, especially the Herculean task of replacing the same in a huge country like India. Reports about deaths of people standing in a gueue, Maoists surrendering in large numbers (due to the money held by them becoming valueless), instances of stone pelting on the army in the Jammu and Kashmir region and many such bits of media bytes started taking rounds in both the print and the electronic media. Money hoarders were almost instantly ruined and the common-honest man, especially the Jan-Dhan account holders rejoiced to a huge extent. Bankers were made to do overtime and so did the Income-Tax department trying to catch hold of "Hawala" traders and money launderers. thereby making an attempt to prevent the generation of fresh black money. Digital payment solution providers benefited to a huge extent and also the idea of cashless economy was fed into the brains of masses. And lastly, it paralyzed many political parties (some went into comma) looking forward to contest elections in the upcoming polls.

However, there is a spiritual side to this whole hard-core materialistic story, to which we all would more or less agree. Firstly, a leader is one who has the vision encompassing the benefit of all without being ambitious or wanting for more. Any politician would not be able to take such a huge step, putting aside his vote bank and his own political future. Only a Statesman can take a leap beyond what is called 'normal' in the political scenario. A man who has risen above himself can only take charge of welfare of the people. He has initiated a churning of the whole nation for which the future generations will surely bless us. The time has come for us to look within and become honest to the core, not just in terms of money but every aspect of our lives. Be it our honorable P.M or someone else to carry out the task, the divine is working seriously towards the betterment of India and the world in

general. Somewhere we all know the game is much bigger than the act of a few political parties.

Not all, but many of us complained about the inconvenience faced while standing in long queues and waiting for hours to get the limited amount of our own money. It should make us ponder why just a month back people were joyfully standing in queues to get the JIO sim and none of them died. The same process with a different result speaks a lot about the mindset of the masses. We could have easily enjoyed the game of life in both the situations and behaved indifferently. By the way, waiting without getting fidgety is the sign of an evolved mind. We all needed to overlook the small inconvenience and have a larger vision about life. But looking at the brighter side, the Indians did well as there were no reports of rioting and destruction of property compelling the government to roll back the decision unlike Venezuela.

Demonetization also reminded us to understand that money is just a medium and not the source of life. There were many reports of people allowing credit for days without demanding cash. The Sabjiwala's and the Doodhwala's became the torch bearers to lead the spirit of humanity during crisis. Humanity overflowed in many cases. Somewhere deep within us we all realized that money was not the source and life does not rely on any medium of exchange for too long, it just goes on.

Lastly, we all are aware of the benefits of cashless economy and everything being dealt with, in an accountable way. We the people of India, who have spirituality embedded in our daily chores need to look at the positives and swallow the bitter pill for a while. All we need is to educate people about the digital economy and make it a way of life. It is far better and cleaner way of going about the transactions of our daily business of life. Not only should we educate the masses, but also patiently penetrate their mindset in order to bring about the requisite amount of change. While teaching digitalization we also must enthuse the faith among the masses the fact that, "Change is always good and for the better". Jai Gurudev and have a great "New year" ahead with your loved ones. Keep smiling always.



# Why so many rules and regulations for Ladies?

by Krupa Choksi

Ladies are given due importance in our society. In our scriptures also it is written "Yatra naryastu pujyante ramante tatra Devata, yatraitaastu na pujyante sarvaastatrafalaahkriyaah" is an often-quoted Manu's saying. Manusmriti (3.56)-which translated reads, 'wherever women are given their due respect, even the deities like to reside there and where they are not respected, all actions remain unfruitful'. Right from ancient times Ladies are considered very pious but at the same time, ladies are bound by so many do's and don'ts which many times Ladies feel that injustice is done to them.

Ladies are not allowed to perform spiritual practices, Ladies are not supposed to go to sacred Sanctorum of traditional Shiva Temple, Ladies are not allowed to go to crematory ground, Ladies should not chant Gayatri Mantra, Ladies are not allowed to go to temples during menses cycle. Ladies are supposed to put Kum-kum, Sandal wood paste or bhasma on their forehead, Ladies should wear mangal sutra,etc. etc. But all these do's and don'ts are necessary looking at the chakra system of males and females.

#### What is chakra?

As we know by now, we as humans have 72000 energy channels (called as Nadis) which are situated on our etheric body (annmaya kosh) i.e. 1st energy body. According to the tantric treatise Shiva Samhita, there are fourteen principal nadis. Of these, Ida, Pingala and Sushumna are considered to be the most important nadis. Nadi is truly a flow. No wonder even a river is called as Nadi in Indian languages.

Where Ida and Pingala cross each other, an energy vortex is created, which is known as Chakra or energy center. Again just as when two rivers converge together it is called Sangam and has a tremendous power. A power of vortex. There are total seven chakras out of which six chakras are in our body and one above our head. They are Sahasrhar (Crown) Chakra, Ajna (third-eye) Chakra, Vishuddhi (Throat) chakra, Anahat (Heart) Chakra, Manipur (Solar plexus) chakra, Swadhisthan (Hara/ Sacral) chakra and Muladhar (root) chakra Out of six chakras in body, three chakras are powerful in Gents and three are powerful in Ladies. Chakras which rotate Anti clockwise are powerful chakras as they are rotating in the direction of Universe. Ajna chakra, Anahat chakra and Swadhisthan chakra are powerful in ladies. Vishuddhi chakra, Manipur chakra and Muladhar chakra are powerful in Gents.

Our Ancestors were more intelligent and visionary. They have created do's and don'ts because they knoew energy science which is lost today. They made a ritual that Ladies should put bindi on forehead with lot of science behind it. Ajna Chakra of Ladies is very strong as it rotates anti-clockwise. Ajna chakra is very high frequency chakra and it rotates at a great speed and because of speed friction is created which generates lot of heat. So keep this chakra cool, Ladies are asked to put pure vanaspati kum-kum or sandalwood paste or bhasma. Today only Indian married ladies are puttingbindi and that too with sticker which generates more heat because the chemical used in the glue makes this chakra more hot. So this chakra

is not kept cool, there is lot of restlessness in ladies all over the world. The due to heat in Ajna chakra, it creates more irritation among the ladies.

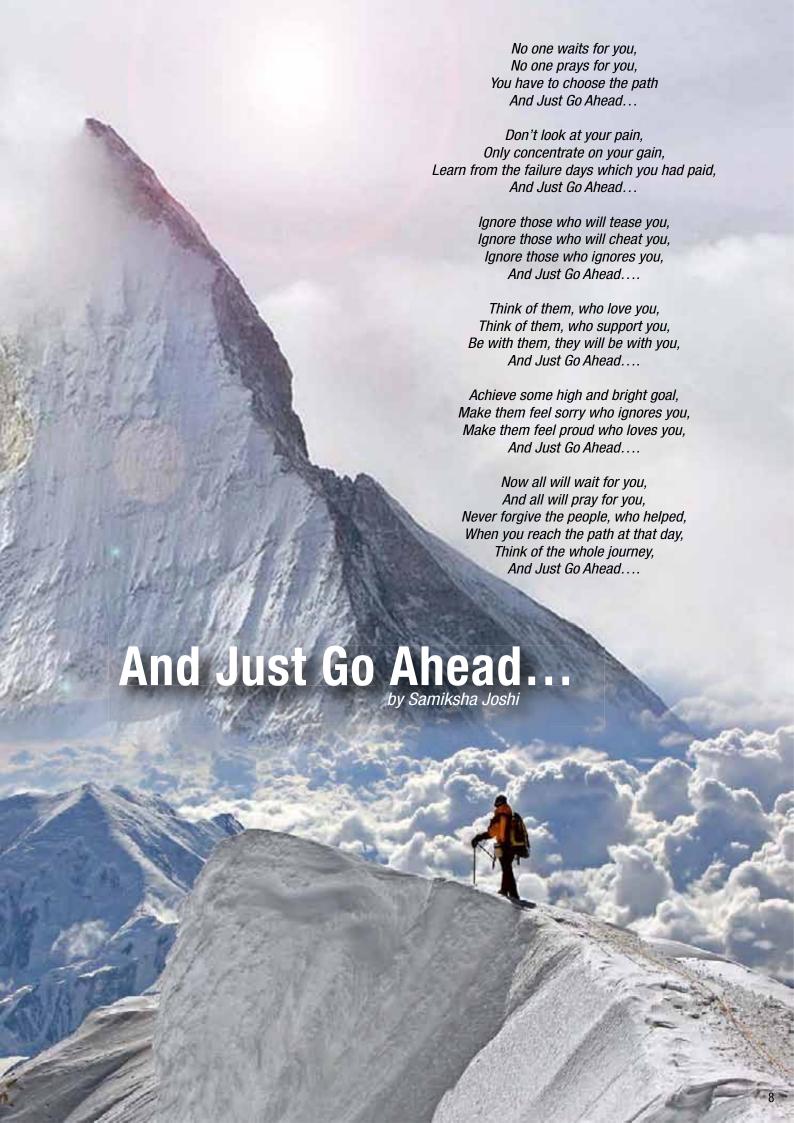
Ladies were also asked not to perform spiritual practice because as such Ajna chakra of ladies is strong and if they start doing spiritual practices, they will lose interest in the family and worldly affair and the family system will collapse. So to save the society, this rule was made by our ancestors.

Besides this, they asked Ladies not to go to Crematory ground or in the garbh gruh (sanctum sanatorium) of traditional Shiva temple and not to read Guru-charitra. There is scientific reason behind this also. The vishuddhi chakra of Ladies is rotating clock-wise, hence it is not powerful. So the mind of Ladies is weak and so it their mental aura. Now in the crematory ground and in grabh gruh of traditional shiva temple and a place where Gurucharitra is read, all the incomplete energies (ghosts) roam around and come for their completion. Just like all the wild animals come to drink water in the river/ lake in the forest. These incomplete energies seek body to complete themselves and they can enter into anyone's existence through mind. They catch a person with a weak mind. Now normal ladies who are not doing any spiritual practice will have weak mind. So to protect them from such incomplete energies, these rules were made for ladies. It is just like we do not take small children to the hospital as their immunity is very low.

Another thing which pinches most of the Ladies was that Ladies were not allowed to chant Gayatri mantra during ancient times. Here also there is a scientific reason. All mantras affect mind. When we chant mantra, there is one sound wave which goes out and one sound wave comes in the body. Normally in all mantras, the length of sound wave going out is long and that which goes into the body is small. But Gayatri mantra, though a very pious and powerful mantra has this characteristic that its sound wave going inside the body is long and that which goes out is small. Now this sound wave converges in the body is the place of uterus in Ladies. So this rules was particularly for pregnant ladies because Gayatri mantra generates lot of heat. If a pregnant lady chants it, then there are chances that amniotic fluid in the ladies gets dried up and child may get some kind of disability.

In ancient times, there were no pregnancy tests so whether a lady is pregnant or not, took some time when the lady missed her menses cycle. The girls used to get married at very early age. After The fertility period was from 14-49 years. So it was difficult to identify which lady is pregnant and which is not. Hence, it was made a universal law that none of the ladies should chant Gayatri Mantra. This is backed by our research also where in today's world we have seen that pregnant lady who have chanted Gayatri mantra during pregnancy invariably got their amniotic fluid dried up which is very fatal to the babies.

All the rules made by our ancestors are very scientific and we should abide by them as it is for the benefit of all the ladies individually and for the benefit of our society and world at large.



## Ultimate Goal by Telangan

I have been here before, When...I don't know!

I know the grass outside Its cool and fresh scent

I recall the beauty of the sky
The Sun and the moon

The songs of the birds, Lightening and the rain

You have been mine before And you will be mine again

I was here birth after birth To solve the puzzles you set

I want to break all patterns And learn all the lessons fast

> Solve every mystery As soon as possible

I don't want to come back Helpless and feeble...

I want to be shining and unite with you forever...

### A Feedback on seminar teachings...

From: sejal jamsandekar

Date: Mon, Nov 28, 2016 at 11:30 AM

Subject: Just for Today, I will Live the Attitude of Gratitude

To: rakeshvkumar@gmail.com

Hi Sir,

It was indeed a pleasure for all of us to have got an opportunity to hear from you for the past 2 days. All of your teachings backed with unbelievable experiences, have blessed us with a different perspective towards life & have stretched our goals from merely material to spiritual fulfillment.

I am completely overjoyed by the transformation & clarity I received after completing this course & we all will make sure that we implement these life's greatest untold lessons in every possible way.

Do let me know if I could be of any help anytime. Looking forward to hear from you soon :-)

Regards, Sejal Jamsandekar (1st Level Degree - Dadar)

## Another interesting feedback from Nilesh Shinde, Thane on Rakesh's seminar in Dadar.



Please find attached reports from Nilesh Shinde, who attended Dadar Seminar on 26th 27th Nov. He reported that he has kidney malfunction, which gives him some unusual reading of "pus cells" around 95-100 units before reiki seminar.

After the attunement he had pus cells of around 40-75 units. And after 21 days the reading of pus cells is within 25-30 units. He was ecstatic and he has conveyed his gratitude to the guru parampara and specially you.

Another great healing was done by Rashmi and Sharada our sadhaks from dadar. They got a call from Jalgaon from Ayush who had been in coma for almost a year, and has just bounced back. The family was ecstatic about divine reiki!

#### Ashram Events

#### ISRO Award to our sadhak from Thane, India



One of our Reiki sadhaks Dr Mrs Geeta Vichare from Thane was recently awarded an award by ISRO Chairman. Dr. Geeta Vichare received a prestigious PRL Award-2015 from the hands of Mr. Kiran Kumar, Chairman of ISRO (Indian Space Research Organization), who is also secretary of Department of Space, Government of India, on 11th November 2016, in Ahmedabad, PRL award is given once in two years to outstanding scientist for innovative theoretical and or experimental studies in earth and planetary systems. The award consists of a cash prize of Rs. 50,000/-, a medal and citation.

Dr. Geeta Vichare completed B.Sc in Physics and then M.Sc in Physics with 'Space Physics' as a specialization. She obtained Ph. D degree in Physics from Mumbai University. She did Post-doctorate from 'High Altitude Observatory', Boulder, CO, USA Dr. Geeta obtained International URSI Young Scientist Award, 2005. Honourable President of India,

Dr. A.P.J. Kalam invited her to Rastrapati Bhavan for the felicitation. She worked as a 'Visiting Research Scientist' at Center for Space Environment Modeling, University of Michigan, Ann Arbor, MI, USA, during 2009-2011. Currently she is working as 'Associate Professor' at Indian Institute of Geomagnetism, Navi Mumbai. She is working on many national and international (USA, Europe, Russia, Japan) scientific collaboration projects. She has published about 40 research papers in reputed international and national scientific journals.

Geeta, you have made all of us in RVN family proud by your achievement.

We wish you all the best in future too.

#### Guruji's lecture at National HR Seminar at Mumbai

Guruji was invited to deliver a lecture in National Seminar on HR convened by Nagindas Khandwala College in Mumbai. The seminar on Emerging Trends in Human Capital Development — Perspectives & Practices, was held on 9th and 10th December which was attended by Corporate HR Professionals as well as students of Psychology from various colleges from all over India. Guruji delivered a lecture on Human Values and its importance in Human Capital development on 9th December. Guruji talked about the radical changes happening all around us in corporate world due to the emergence of new generations with totally different personality traits and the challenges and opportunities it has created in front of society at large. The lecture was well received by participants.



#### Ashram Events

#### **Datta Jayanti Celebrations at Devrukh ashram**

Datta Jayanti is the apex of all festivals celebrated at Devrukh ashram every year. This year's Datta Jayanti celebrated between 11th and 13th November was no exception to this. The teams of sadhaks started flocking around the ashram right from the night of 10th December. Suddenly the ashram became vibrant with energies of sadhaks coming from all over. The night of 11th was lightened by a divine voice of Shri Atul Khandekar – a well known and popular classical singer. His singing of Swami Krupa Teerth in a different tune was enthralling to say the list. The whole environment around the ashram got charged. The day had started with a pooja of Satya Dutt and ended with these divine prayers to Swami.

Datta Yaga (Homa) for which sadhaks wait for the whole year began right









at the Sunrise of 12th December. Sadhaks who had registered their names for chanting and offering oblations on the divine mantra "Hari Om Tat Sat Jai Guru Dutta" came in a disciplined manner rotating themselves to give every body a chance to participate as it happens every year and within no time the sound of the mantra started reverberating in every brick of the ashram in every nook and corner of the complex. That evening was special as one of our sadhaks and an established singer Mr Jitendra Mestry performed by rendering his hit songs under the title "Jhali Swami Krupa Jhali" (Swami has blessed me now). The whole ashram started swinging on his divine notes especially on his popular song "Jhulta Hai Yetiraj" (The Sage is swinging) right till the wee hours of 13th December – the Datta Jayanti day.

13th December was a Dutta Jayanti day! When the sadhaks in ashram woke up on the morning of 13th December they were surprised with the surroundings created by our sadhak artist Avdhut Potphode and his team. The Banyan tree behind Swami looked so real that devotees had difficulties moving away from the temple. The idol of Lord Dattatreya was placed just under his favopurite Audumbar tree in the backyard of the ashram and the whole environment looked like the time machine had gone few centuries behind.

The evening Aarti, the procession of Palanquin and the musical programme "Dattaraj Mauli" conducted by Trimukh Music Academy started by our sadhak singer Manisha Gore kep on raising the benchmarks of happiness and devotion. Manisha and her troupe's invoking the goddess Ambabai is still heard In every inch of math premises as well as in the hearts of those who witnessed this divine moment.





#### Jai gurudev!

I live in Rajkot. I learnt Reiki in 1998. I came to learn Reiki because of my severe knee pain. I used to pray God "Either you take me or take my pain. I can't bear this pain" and used to cry. I used to take pain killer every day and sometimes 3 tablets in a day. At that time, I was serving in a school as a teacher. Initially, I was not regular in practicing Reiki. I had many other problems too. I had many different kind of allergies viz. allergy of certain fruits, dust, artificial food colours, dairy products, perfumes, etc. Whole monsoon I used to cough. Sometimes these allergies led to Asthma and many a times I was treated with steroids.

Wherever I used to go, people would ask me about my health. I used to carry 4-5 handkerchiefs and that had become my identity. When I started practicing reiki regularly, my health started improving. All allergies have gone. I do not carry any handkerchiefs now. In monsoon also I am very comfortable and healthy. No asthma, no allergy, no sinus, no cough and congestion.

Recently before two years, I got hypo-thyroid. So doctor advised me to take thyroid hormone tablet. It was on border line only. Thereafter, in December, 2014 Guruji came to Rajkot. He told me not to take any medicine and suggested that 'I should chant omkar in the morning for 20 minutes between 8 to 8.30am. I left medicine form the next day and started doing omkar regularly. After a month or so, I did my blood check-up. My TSH value increased initially. I was bit disturbed and told Guruji about this. He said do not worry, you continue doing Omkar. So I continued but at the same time, I started enjoying it. I was feeling very positive and energetic. After one and half year, again I went to doctor for my body checkup. He asked me, "Are you taking Thyroid medicine?" I said "No." Then I said that my Guruji has told me to treat Thyroid by chanting Omkar so I am trying that.

He was very sure that my TSH count will be very high so he asked me to get my blood checkup. I went for checkup and to everyone's surprise, my TSH value and secretion of other Thyroid hormone was between normal limits. He could not believe this. Looking at the report he told me that you do not require medicine now. I was thrilled to know this. When I came home, I immediately called Guruji to inform about this news. He was also very happy to know this.

After I came on this wonderful path and got blessings of Guruji and Swamiji, many miracles have happened in my life. Some are subtle which I feel and some are on physical level. Reiki spreads health, happiness and harmony. It is very true. I am healthy, happy and blissful with the blessings of Mother Reiki, Guruji and Swamiji.

#### **Ashram Wisdom**



#### Religion and Spirituality

Generally Religion and Spirituality are considered to be synonymous words. Western culture can not even discriminate between these two terms. Indian culture however from the ancient times is very clear in its understanding in the right perspectives. In western countries if someone goes to church or a mosque he/she is considered to be spiritual. They feel being spiritual means being ritualistic. Truly speaking religion is a creation of the humans while spirituality is a divine creation. Spirituality is a vast sky while religion is only a window in your house from where you see the glimpses of that vastness of sky. Naturally the religions have different brackets to look at the universe. It is a finite idea. Naturally there are hues and colours to religions. The likes and dislikes. Some windows small and some windows big! Some made from steel and some from wood. There are variations in religions. On the other hand spirituality is universal just like a sky. We all have a common sky which binds us all with that vastness of love and compassion. The sky can't be divided unless you see them through the windows. Spirituality unites humans while religion divides. Hence the religions can fights wars within themselves, to prove one is better than the others. Spirituality says that we are all the same divine soul connected together. Earlier the world realizes that better it is. The world will not only understand that great Indian ethos but will experience a much better environment free from stress, hatred, violence and crimes.

#### **Program Schedule for January 2017**

Dates	Reiki Teacher	Centre	Degree
31st Dec & 1st Jan 2017	Ajit Sir/Krupa	Nashik	2nd
7th & 8th January 2017	Bhartiben	Ahmedabad	1st
7th & 8th January 2017	Seemaben	Jamnagar	1st
14th & 15th January 2017	Kalpita Keer	Devrukh	1st
14th & 15th January 2017	Ajit Sir/ Rakesh	Airoli	2nd
14th & 15th January 2017	Vishal	Pune	1st
14th & 15th January 2017	Renu/ Khushal Solanki	Bengaluru	1st
21st & 22nd January 2017	Kalpita	Nashik	1st
21st & 22nd January 2017	Ajit Sir/Rakesh/Sangita	Baroda	2nd
21st & 22nd January 2017	Krupa/Seema	Rajkot	1st
21st & 22nd January 2017	Khushal Solanki	Cennai	1st
28th & 29th January 2017	Ajit Sir/ Vishal	Parvorim Goa	1st
28th & 29th January 2017	Ajit Sir/ Vishal	Parvorim Goa	2nd
28th & 29th January 2017	Krupa/ Sangeeta	Surat	1st

#### **Other Programs**

Date: 8th January 2017
Topic: Swachetana Shibir
Venue: Airoli Navi Mumbai
Coordinator: Mandar Kopare

**Date:** 26th January 2017 **Topic:** One Day Chintan Shibir

**Venue:** Ratnagiri

**Coordinator:** Makarand Karandikar

**Date:** 28th January 2017 (Eve) **Topic:** Reiki for Old Age Workshop

Venue: Mashel Goa

Coordinator: Siddharth Palang

Date: 10th, 11th & 12th February

Topic: Swachetana Shibir

**Venue:** Mrutyunjay Ashram, Baroda **Coordinator:** Chandresh Parmar