



# REIKI VIDYA NIKETAN

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**EDITORIAL**

## The Blind Faith in Ignorance...



Our sadhaks who are involved in holistic healing may be pleased to learn about some very interesting steps the Government of India has taken with respect to holistic life. We have been promoting the concept of holistic living through every opportunity of teaching that we all get. A few days ago, AYUSH ministry of Indian Government (the government's healing arm) has come out with advisory for all pregnant women in India. They have pronounced an idea of healthy living for pregnant ladies to create a better generation through their own babies. They have suggested some healthy practices, not only from the viewpoint of physical body but also the metaphysical aspects like emotions, thoughts and ideas. This is what exactly our Vedic Garbha-sanskaras profoundly said from the time immemorial. The world which has created a huge noise of modern living practices never allowed the holistic approach to be heard due to various reasons- the commercial angle being the largest among them. This is for the first time, a government is showing concern about the health of a new generation and creation of a better, more peaceful and loving world of future. We all know that since past 2 decades we have been promulgating the idea of Reiki healing to pregnant mothers based on a large number of experiences we have collected over past many years. All that AYUSH has recommended is that pregnant ladies should stay away from non-vegetarian food, alcohol and smoking and should also adopt the idea of stress-free living so that the child is delivered in the world as an asset to the society.

## The blind faith in ignorance...

*continued...*



The wonder of wonders is that some people have reacted very harshly on these recommendations sensing the cultural past of this great country being imposed on them. They have reacted adversely feeling that the Government is trying to mingle into people's freedom to live. One does not understand that especially when the government has not even imposed anything on anybody but has recommended a particular approach towards pregnancy in the interest of the nation. Remember this great country is going to be the largest population of youth/ new generation between 2020 and 2050. The country has to take this fact seriously. If we do not have the holistic approach towards life, we can not boast of healthy generations and instead of leading the world by riding the wave of new world may plunge to the bottom of the ocean. All those so called people with modern outlook and blind faith in the modern science do not possibly know or do not want to know that in spite all those great claims of health care development the revered country for those ignorant, America (USA) stands on 29th rank in the world when it comes to new born babies. Every year an estimated 7.9 million children—6 percent of total births worldwide—are born with a serious birth defect of genetic or partially genetic origin. Additional hundreds of thousands more are born with serious birth defects of post-conception origin, including maternal exposure to environmental agents (teratogens) such as alcohol, rubella, syphilis and iodine deficiency that can harm a developing fetus.

Pregnancy period plays a large role in deciding about the holistic personality of a child. Dr Verney a pioneer in the field of pre-natal and prenatal psychiatry has established beyond any doubts that **parents have the overwhelming influence on the mental and physical attributes of the children they raise...** Influence starts not after the children are born but BEFORE these children are born. Fetal and Infant nervous system has vast sensory and learning capabilities and the kind of memory that neuroscientists call Implicit Memory. Those who are rolling in the blindness of ignorance better not react to such noble initiatives and better get educated about the matter in totality than passing judgments based on half baked knowledge and their false pride of being scientific and modern. That may not be in the interest of the world to unfold.

*Ajit siv*

*June 21<sup>st</sup>, 2017*



# Messages from Master Shree Vasant

*(From Homa Newsletter June 2017)*

strengths or weaknesses.  
It all lies in His power.  
It is His will.

Do not allow fear to root  
itself in your heart. Attachment is the blockage.  
Use your newfound strength wisely.  
The strength does not come from sitting with Vasant.  
The strength comes from disciplines and  
doing what is given to you to do.

Never be too tired to become  
an instrument. It doesn't  
depend on your own

Fortunate are those who walk in the Light  
for they will be released. Come forward all in unity.

All of you must even out  
your differences.  
Come together in unity as the  
brothers and sisters that you all are.

When there is more trouble  
oftentimes there is more opportunity  
to teach the fire. Suffering prepares  
a person for God. Now all of man is  
suffering the effects of pollution.

So Agnihotra  
can go  
all over the  
world now.

No time, no toleration  
for dissension.

Why find fault  
with others?

Shree has chosen you  
as instruments to do  
the work on the planet.

There should be no  
judgment passed from  
one to the other. Let it  
be up to the Divine who  
is considered worthy  
and able for service.  
Let us not think that we  
have either the right or the  
power to make such determinations.

Many times  
the disciple goes to the Guru and  
says, "Master I have this problem. What is  
the solution?" Well, the Master may or may not  
reveal a solution. Still the person has to first have a full  
understanding of the problem. In many cases the disciple  
does not want to take the time to understand the problem. He is  
in too big a hurry to solve the problem. If he looked at the  
problem, say from several different angles or points of view, the  
solution would—in most cases—become quite clear to him.  
But instead he seeks the Guru and says, 'What is my solution?'  
Now, if the disciple is devoted, he will truly wish to apply at once  
this solution but if he has no understanding of the problem, this  
will have only a limited effect. Because ultimately, the lesson  
is to be learnt. The problem will arise over and over again  
until the person confronts the problem head on and  
truly begins to understand it. This is also  
not an intellectual exercise.

# Modern gadgets: Evolution or conspiracy?

by Vivek Pande

Without a doubt, we are living in one of the most technologically advanced civilizations of all time on earth. We have everything for our comforts these days. The AC's for hot summers, the geezers for cold winters, the television for the eyes, I-pods for the ears and cell-phones for the hearts. Wake up world!! Technology has taken over us. The essence of being human needs to be defined once again on an urgent basis. One of my friends called me up early in the morning and asked, "Hey brother, what do you pick up the first thing in the morning? Tooth brush or the phone. My answer was pretty simple and I responded with a big "Of course, a tooth brush". He further went ahead and told me that I was backward and needed to catch up with the current generation which religiously follows the internet first thing in the morning. He emphatically made it very clear to me that for a person to be able to survive in the contemporary world needs to behave like a slave of the machine, otherwise you'll be labeled as outdated and backward.

Back in the 1980's life was much simpler. The lanes were quite muddy making the raw part of mother earth quite evident to us. The concrete jungles were yet to be erected and the grass was not insulted by placing it in the societal gardens, in an uncommon and organized way [Please allow the grass to grow anywhere, its meant to be disorganized]. The only two sources of recreation were outdoor games and a couple of shows on "Doordarshan" being telecasted for the upkeep of our minds. The sparrow was the most common bird for the visual retreat and to catch a parrot was a privilege back then. Typewriter and radios were the only two machines for the smooth running of government offices and households respectively. The water from the taps was not regarded as unchaste and a glass of "Rasna" was enough to cool our minds and hearts during the summer. "Akhadas" for wrestlers were talk of the town for men (before we adorned the drama of gyms) and the ladies were quite happy to take a shot of badminton. Pan shops were the older version of GPS, in case you were unable to find a place and interestingly these very Pan shops also served as a place where love affairs were struck. Mothers had only one job, that of being mothers and fathers were awaited by their children for a major portion of the day. Street fights were conducted with

traditional-manual weapons and the distinction of "Good" and "Bad" was very clear and distinct.

Things have changed now. With the avalanche of so many gadgets being introduced into our lives, life is surely not the same. The good part is it has definitely simplified the outside world, especially related with work. The bad part is, the relationships are a big mess. Love letters being written in blood is a story of a distant past now. Sincere emotions have completely been replaced by "Just having fun" via "WhatsApp". The mingling of human bodies can be seen only in children till the age of five, otherwise the human touch is completely gone. The Selfie culture has over taken the human minds in a selfish way. Almost everyone feels like a celebrity these days, harboring their emotional needs of attaining fame via virtual recognition. Hiding the original and real face, people take shelter to fake about themselves on the Facebook. The wars are no longer fought on streets and the platform has shifted to Twitter for people to vent out their rage.

On a positive note, it's a mix of both good and bad, the resultant repercussion of technology taking over. However it's a change nonetheless we must embrace. To say the least people are becoming more and more conscious about their own lives. It may appear self centered but it seems to me a part of a universal conspiracy whereby every individual is slowly and gradually shifting towards their own self rather than outside. The world has surely become one family connected via the internet. Sooner in the words of Guruji, we may see a time that the cell phone will get dropped off and people will sit and meditate with their eyes closed. On a higher level, the universe was always at a vibrational level and the world has pretty much started experiencing now. May be from this side or that side the humanity is reaching its desired objective. May be the induction of vibes of internet are there for the world to be able to shift from gross to subtle. May be we are evolving in a fantastic manner or May be someone up there is conspiring to make us shift and realize the ultimate goal of human life. May be just May be.



# Harkhchand Sawala

## The Rare Painkiller

By Telangan



*Mumbai is a dream for millions. People arrive with different fantasies. Some get success and some suffer. There is one place called TATA Cancer Hospital. People come here to get a new life. It is always over crowded. The relatives of the patients live there for weeks sometime for months. Most of the poor community lives on the footpath waiting for miracle. Every face is depressed and under lot of pain and the constant fear of dying. Relatives experience death every moment and they have no idea where to go? Whom to meet? What to do? How to get medicines? Millions of obstacles are there. They don't have even money for food. A sensitive human being can't bear this pain. There was one young man everyday watching this. He was running a very successful restaurant. He had no idea how to reduce this pain and that was more disheartening for him. One day he met a very poor family; they didn't have food for couple of days and waiting for their patients turn for treatment. He gave them food and saw the rare gratitude in their eyes. He found his path.*

Finally Harkhchand Sawala started this Yagna on the Hospital footpath. He gave his Restaurant on rent and utilized the money for manufacturing free food for patients and relatives. He had no idea how long this capital would last or this model could go on but it didn't stop

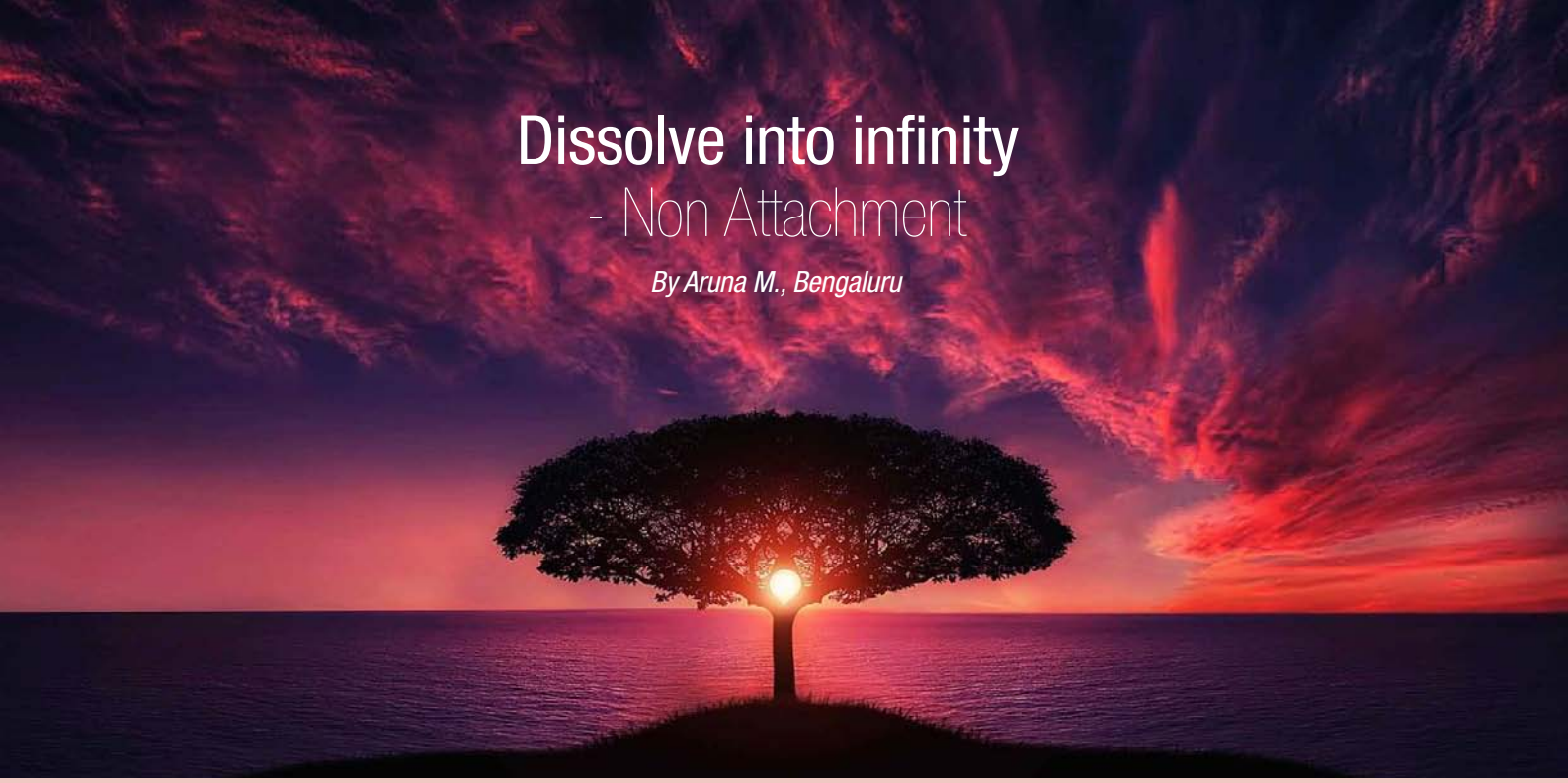
him. **It started with fifty people meal and now it reached up to 700 people everyday.** The Mumbai summer or monsoon could not stop this Yagna. **It's going on for past 27 years.** The fire is on endlessly. Some helping hands came forward. **Now Harkhchand didn't stop at only free food. He opened a Medicine Bank and started providing free medicines to the deprived patients. He appointed team of three Pharmacists and three doctors. He has a toy bank for junior patients. The trust was formed called 'Jivan Jyot'.** Today this trust has taken over 60 projects in hand and successfully supporting needy. 60-year-old Harkhchand is working with unchanged energy and pledge for past 27 years.

Sadly, today, Cricketers, Film stars become gods but in last 27 years someone helped over 10-15 lack Cancer Patients nonstop, as a Maseeha is unheard of most. People go visiting temples for god and never find. Suffering People go to Baba, Bapu or different Maharaj for years and pain remains intact. We pay no attention to god helping needy people in form of Harkhchand Sawala. He silently worked as a painkiller for the million Cancer patients and their relatives for years neither for awards nor for building his own temple.

# Dissolve into infinity

## - Non Attachment

By Aruna M., Bengaluru



Enlightened souls, sage Ashtavakra having a dialogue with king Janaka. This was taught by Ramakrishna to only Vivekananda. Reading the book itself is like intense meditation. It's the most profound truth put into words. It is like looking at the sun directly. Other holy scriptures are like looking at the moon. This book speaks to you beyond the mind. One of the verses from the above chapter means the following

**You are never attached to anything in the universe. O pure one, what are you trying to give up. Merging the body and mind complex this way thus dissolve into the infinity.**

Everything comes and goes. Everything changes. We are attached to the wealth, body, position etc. The greatest attachment is between the Mother and child. Even she sleeps in a day for a few hours forgetting everything. Even the mind disappears in deep sleep.

Ramakrishna always narrates this story to his disciples. There is a monk who is looking at a rug being washed away by overflowing Ganga decides to pull it to the shore. But after he gets into the river, he realizes that it is not a rug but a bear. The people on the shore are shouting to the monk, don't hold on to the rug, leave the rug and save yourself, but the monk replies that "I am not holding it, it is holding on to me". Attachments and addictions are like the bear holding on to the monk.

Asangatvam in Sanskrit means non attachment or detachment. Attachment is only for the mind. Dream state proves to us that we can stay without the body. When we sleep like a log we experience the absence of the mind.

Then do we need spiritual practices ?

Spiritual practices are required though we know our body is going to die one day. Ramakrishna asks his guru "Tottapuri", you are enlightened why are you meditating all the time? His Guru says the pot has to be polished to keep it good. Meditation

does that to us. Vivekananda says all what you can do is polish the mirror. When we polish enough we can see God.

**Asangatvam means The truth that I am unattached to anything. Entire universe arises in you like bubbles arise in the ocean. Thousands of waves and billions of bubbles are same as the ocean. Every experience arises in your consciousness, exists and then disappears in itself. Entire universe is one.**

Maa Sharadha says the world is your own. Embrace the world. You are tasting yourself. You are the one universal consciousness. The waves arise in the ocean, play with each other, fight with each other and merge back in the ocean. The great saints are always ready to embrace the world.

This reminds me of all the five principles and specifically this one. **"Love and respect all living and non-living things"** which is nothing but loving and respecting yourself as there is one universal consciousness. Practicing reiki has helped all sadhaks to feel and live this profound truth that we are all one. This in turn indicates the Mahavakyas of Advaita Vedanta

1. Prajnanam Brahma – Brahman is Prajnanam
2. Ayam Atma Brahma – This Self is Brahman
3. Tat Tvam Asi – Thou art that
4. Aham Brahmasmi – I am the Infinite Reality

Such profound knowledge of Vedas is reaching all of us through Guruji and his teachings in a simple and concise way. Truly blessed are we who are connected to reiki through RVN and to a Guru who is so selfless and simple in imparting spiritual knowledge. Our Pranams to you Guruji. On Guru Purnima Day we assure you to live life in gratitude, respect everyone, live in peace, with honesty as a value and love in our heart. Jai Gurudev

**Ashtavakra Samhita - Excerpts from Ashtavakra Samhita by Swami Sarvapriyananda**





# The Six Building Blocks of Learning

By Dr Neeta Parekh



## Dr Neeta Parekh:

*We are glad to inform that co ordinator of Reiki Vidya Niketan Kota Chapter Mrs. Neeta Parekh has been awarded Ph. d in English from University of Rajasthan, Jaipur. Her research work is entitled as "A Comparative Evaluation of Methodology for teaching English" which is a case study based on the views of 280 students and 20 lecturers teaching English in the colleges affiliated to University of Kota. Our Reiki master Krupa Choksi has helped in the statistical analysis of the data.*

Being a teacher how to enhance the learning and teaching process has always been my concern. On my way to improve my efficiency as a learner and teacher I was finding out something significant and meaningful so that I can improve the output of whatever I am imparting to the students.. It was then that I came across Ajit sir's view related to learning and teaching activity. (Mr. Ajit Telang is a spiritual scientist and internationally acclaimed Reiki Master. He conducts seminars on Reiki, Parenting, Youth Empowerment etc.) It helped me to understand that simply use of different methods, approaches and techniques will not serve the purpose of teaching language or languages. As a teacher of English language and literature my concern has been chiefly pertaining to the subject. But the theory explained by Guruji has broadened my view regarding the whole process of education.

While teaching any subject we have been employing different methods, approaches and techniques without probably understanding the crux of the whole activity of education. Most of the educational institutions have become the medium to earn rather than to learn. Those who are working in well granted institutions are sometimes bothered to show the amount of workload or the other times teachers are really burdened to fulfill administrative activities. I am reminded of the article on GURUKUL written by Ajitsir. Anyhow, in the midst of these situations how can a teacher come across the real essence of learning and teaching activity?

I was lucky enough to add Sir's views on learning and teaching at the end of my research work. It helped me to nurture and foster the raw idea of imparting education through Vedic Teaching Methodology. Initially, I could make out that education should be imparted in well oxygenated area where students are suppose to follow a disciplined life and to cultivate a proper listening habit but still so many things were missing here. Ajit sir has explained the whole process in a very simple six steps. It is pleasure to share these six steps of learning with all of you.

1. The first step to learn is to cultivate a habit of proper listening and reading 'SHRAVANA'. Training a student to listen and read intensively becomes the first duty of the teacher as well as parents. As it is said that to sing well a good musician needs a trained ear in the same way a qualitative and decent speaker or writer too needs a good listening habit. Here, I would not restrict listening with only one organ i.e. ear. I remember that during the music training we were given the advice to listen with eyes and see with the help of ears. I think listening has such broad meaning. The Vedic way of teaching which was a kind of firsthand experience, can be justified here. During those days education was imparted after rigorous disciplined life so that the patience to listen can be easily cultivated. It will help to create a strong foundation to build a grand edifice. The importance of reading cannot be denied as it too supports the listening activity. Whatever the student has listened should then be solidified with the help of reading.

2. Merely listening and reading will not serve the purpose of education. The educators need to check whether the student has stored whatever s/he has listened or read. Reviewing this second step will help us to understand that the student was not involved in some other useless thought, worry, and anxiety or daydreaming. A sincere teacher needs to assure this. Proper storage of ideas and concepts aids in moving further in the whole enterprise of education.

3. The third step is assimilating. This step is important because whatever we learn today is not only related to the experience of the present day. Our learning is like gradually building blocks and creating a strong structure. Hence it depends on our previous experiences too. To make it simple, let us take Newton's example. Newton explained the law of gravitation but it was possible only with the help of assimilating the past experiences he had undergone. It would not have been possible for him to give this theory after watching the fall of apple for a day or so. He would have definitely assimilated the chain of past observations which were stored in his conscious mind. All inventions take place in such manner. The history of scientific inventions is full of such examples where the scientists have experimented on a particular thing hundreds and thousands of times.

4. The proper assimilation of observations, ideas, feelings and thoughts help the person to understand and digest the thought in the context of its pros and cons. In Vedic tradition it is called 'MANAN' / 'CHINTAN'. In the present scenario we generally see

that rote learning is adopted by the students. They learn by heart every detail without understanding it does not help the student to understand the topic. The educators today have so much commercialized the whole education activity that they sometimes motivate the students for rote learning and thus they fulfill their own interests.

5. The fifth step is retrieval of ideas and experiences from the subconscious mind. It helps in the completion of knowledge. Even the medical dictionary defines the term retrieval as bringing back to consciousness. The retrieval deals with short term and long term memory. There are three different ways in which we usually store information either for short or long term— visualization, acoustics and semantic. If the information is stored through proper channel it can be retrieved easily otherwise it cannot be.

6. The last step which completes the cycle of knowledge/ education is speaking or writing. Whatever raw material, thought or idea which has undergone the human brain is manifested effectively only after passing the above five steps or else the communication is hindered. Today we observe that a good number of students are unable to speak or write properly. The reason behind such failure becomes very clear after understanding these six steps.

After this explanation the question which arises in the mind of the person that how to remove the hurdles which come along this way. The answer suggested by Guruji and to be strictly followed by the student community is that one needs to adopt some kind of spiritual practice which suits their routine and likings. The first and the last steps are external as it can be physically observed by the person but the four steps in between are internal and can only be individually dealt with by the person concerned. Therefore, practicing meditation or other spiritual practice helps the person to improve the purity and quality of the 'CHITTA' (i.e. mind+ emotions + intellect). The four internal steps deal with the 'CHITTA' of the person. The way to detect blockages of these three areas hasn't been possible so far by educational psychologists. If the CHITTA of the person is pure the internal four steps of learning can be easily managed. There will be free flow of ideas in this condition. Thus the solution can be found here. The whole education system followed in various educational institution can be reframed on the basis of the given points.

## ***How could one like to be remembered?***

About a hundred years ago, a man looked at the morning newspaper and to his surprise and horror, read his name in the obituary column. The news papers had reported the death of the wrong person by mistake. His first response was shock. Am I here or there? When he regained his composure, his second thought was to find out what people had said about him. The obituary read, **"Dynamite King Dies."** And also **"He was the merchant of death."** This man was the inventor of dynamite and when he read the words "merchant of death," he asked himself a question, "Is this how I am going to be remembered?" He got in touch with his feelings and decided that this was not the way he wanted to be remembered. From that day on, he started working toward peace. **His name was Alfred Nobel and he is remembered today by the great Nobel Prize.**



# Teachers from the Hell

ByTelangan

I thank Nature for kindness  
Sending painful people in my life...

When I met a mad person  
I learnt being Balanced...

When I met an abusing creature  
I learnt Respecting every one...

When I met a furious being  
I learnt the value of Patience...

When I met a worried soul  
I learnt about Harmony...

When I met a corrupt one  
I learnt Honesty is priceless...

When I met thankless being  
I learnt Attitude of Gratitude...

When I met a sleepless person  
I learnt the value of Sound Sleep...

When I met a sick person  
I learnt Health is Wealth...

When I met a dying person  
I learnt the value of Time...

They gave me priceless knowledge  
Through the Scratches and Wounds...

I must thank them forever for  
Creating the values in me...







# Oh Guruji Mother of All

*By Aruna M.*

As we see your eyes full of compassion  
Our hearts too melt and join the ocean  
One moment we feel we know you,  
The other moment we feel  
there is so much to know about you

Abundance is synonymous to your presence  
Love, Knowledge, Happiness, Bliss  
Abundance every where  
Is this is known as Heaven on Earth?

Oh, you are a mother of ten thousands  
You protect us, guide us always  
With your thoughts and emotions  
Shield us from all vices of mind

Staying far we feel your presence  
When we are near, you teach us Life lessons  
in your own unique ways  
Which sinks into us to be carried along

As waves or as tides we touch the island that's you  
As we recede we swell in joy and happiness  
To be part of the ocean, dissolving the "I"  
Once again merging with the "thee" that's you

If at all we drift away like small little children  
We know you are always there greeting us  
With big open arms and a very big heart  
To take us on your side and shower us with love



# “Ladies are Stress Absorbents”

-Krupa Choksi



Few days back I was talking to my friends regarding their relationships at home. They started complaining that their husbands are mostly on whatsapp and other social media and hardly give time to them. And I could see a strain in their relationship because of that. I plainly asked them, “Have you found out why they are into it?” And they had no answer. It is very easy to blame someone and complain about someone but difficult to take responsibility on our own. I agreed to what they had to say about husband not fulfilling the duties and need to give the family some time. But then I explained to them in detail what improves the relationship and what spoils the relationship.

Firstly, what we say in our relationship program is that each one has his/her own identity and should be given individual space. As before marriage they had friends, family members and had their hobbies. So if they are giving some time pursuing them then one should not object. Secondly, what we say is that possessiveness spoils the best of the relationship. So, one should not be so possessive that other person feels suffocated. Possessiveness is the direct derivative of ego. And ego makes our existence rigid. Rigid existence makes our relationship strained. Flexibility is the back bone of healthy relationship. Be flexible, be adjustable and do not feel insecure. You are special for your spouse. Try to find out the reason why they stay away from you.

Many times ladies forget their role. They should always appreciate the cardinal principles of family life. One, lady is the central pillar for every home irrespective of whether she has the earning abilities or whether she is educated. No one can deny her position of being a central pillar. It is the design of God which prevails and rules over all human logic. Obviously being a central pillar the onus is always on

the lady to manage herself and the house around. Second principle is that a lady by design of the God again is different than a gent. Her whole existence including her physical, mental, emotional structure is such that she absorbs every thing. She is not a good giver but a receiver by structure. No one can change it either. She has the properties like a sponge. She soaks in the situation and absorbs everything that comes in the family environment. She is an accumulator. She has such intensity. The gent on the other hand is not designed for absorption. He is more of a giver and can not accumulate or absorb. He does not have that inherent capacity.

God has given Ajna (third eye) chakra, Anahata (Heart) chakra and Swadisthan (Hara) Chakra strong in ladies. Ladies are emotionally very strong. They are stress absorbents. All the ladies have got this capability of absorbing all the negativities thrown out in the house by other people. But, unfortunately, we have forgotten about this capability. In earlier times, Ladies used to be homemaker and their task was to absorb the stress which husband would bring from the world. Ladies used to act like a doctor who would heal the wounds of the husband. So the relationships were very healthy as compared to current days. Today the divorce rates world over are increasing because ladies have forgotten their role. Besides this, most of the ladies are now working women.

And hence, they also bring home the stress. Today in every home husband is oozing out stress on family and wife is also oozing out in the same space. And If husband is reacting and wife also reacts in the same way, then there is a conflict. This conflict, will lead to stoppage of communication at all. Because a frustrated person

becomes all the more frustrated when his wounds are not healed. And gradually, the sharing reduces and takes a form where in there is no communication between husband and wife. Everyone has become patient and there is no one to heal the wound. I remember Guruji explaining me once a sentence from famous Marathi drama "Natasamrat" which says that *"When the vessel named a gent comes from his voyage of the ocean of the life laden with wounds of defeats and the flags of victories a wife should be like a port waiting for him to come and get healed."* Many wives argue that even we are stressed out, we are frustrated then why we should give up. I would like to explain that gents cannot heal. They do not have that innate ability to absorb the stress and frustration. So a lady being strong in this front has to accept the truth and help her family members to create healthy atmosphere at home.

Apart from this, I have observed that communication is the biggest problem in every home. Many times we use our words without thinking how much hurt it causes to the other person. We speak those words in anger but those wounds remain life long as that hurt settles in our ego. Guruji always says that gents have got their ego in activity and ladies have got their ego in nature. So if you comment anything about their activity, which hurts gent's ego, he will never forgive you. And if you comment on lady's nature, she will never forgive you. So one has to be very

careful while talking to the spouse. And most of the time we goof up with this. We are not aware and this hurt remains life-long in the existence.

Further to this, I would like to add that we carry things happened in the past and relive it again and again. If our past is bad, we should leave it. But we do the other way. We cling to it and in all our communication we bring that bitterness. We never forgive others.

I would suggest all the couples to kindly consider and accept that whatever has happened in their relationship good or bad is due to their impressions/sanskaras. So forgive your spouse. He/she was just a medium. Secondly, understand that every event in life is given to us for learning. So witness the event neutrally and try to find out what was the learning for you and leave the rest. Thirdly, understand your role in life. All the ladies should understand you have a very important role to play in your husband's life so play it nicely as a stress absorbent rather than being stress creators because we are empowered by God with this quality. Besides this, their entire childhood whether good/bad which they have experienced have formed them today as they are, so we cannot do much about it. But what we can do is to accept them as they are. And be happy. Situations will remain same but whether to be happy or not is our choice. So choose to be happy in life.

**"People are often unreasonable and self-centered. Forgive them anyway.**

**If you are kind, people may accuse you of ulterior motives. Be kind anyway. If you are honest, people may cheat you. Be honest anyway.**

**If you find happiness, people may be jealous. Be happy anyway.**

**The good you do today may be forgotten tomorrow.**

**Do good. Give the world the best you have and it may never be enough. Give your best anyway.**

**For you see, in the end, it is between you and God. It was never between you and them anyway."**

**- Mother Teresa of Calcutta**

*Rhema*  
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## Have a mission in your life...

A sadhak came to ashram and started telling Gururji that he was feeling little bored with life and asked what can be done about it. Gururji said, "That is the problem with most of the people today. They are all getting bored with life. Look, you only get bored when you have no direction to life. No purpose. So the first thing one should do is to create a purpose. Create a mission. Any mission is alright. Take a subject and believe strongly that you are born only to do that. Follow that. Chase that. People may or may not agree. But that does not and should not matter to you. Create your own goal and chase that relentlessly. Never give up. Have a passion for that. But that should only be on peripheral level. Never take it to your core. The core should be still, watching, witnessing. Every one can create his/ her own mission and draw happiness out of that. If you do that suddenly the boredom vanishes. The biggest entertainment for you is your own self. Be with that. When you focus on your task you actually put your soul in the task and thrive to reach that. Most of the time, we feel that we are here to prove to people around. Don't nurse that thought. Because you can't do that you feel bored. So just believe that you are here to prove to your self. Just forget boredom."

### Program Schedule for July 2017

| Dates            | Reiki Teacher   | Centre    | Degree |
|------------------|-----------------|-----------|--------|
| 1st & 2nd July   | Rakesh Kumar    | Nashik    | 1st    |
| 1st & 2nd July   | Vishal          | Thane     | 1st    |
| 1st & 2nd July   | Kalpita         | Pune      | 1st    |
| 8th & 9th July   | Khushal Solanki | Bengaluru | 1st    |
| 22nd & 23rd July | Ajit Sir        | Thane     | 2nd    |
| 22nd & 23rd July | Kalpita         | Devrukh   | 1st    |
| 22nd & 23rd July | Rakesh Kumar    | Baroda    | 1st    |
| 22nd & 23rd July | Krupa           | Rajkot    | 1st    |
| 22nd & 23rd July | Bhartiben       | Ahmedabad | 1st    |
| 29th & 30th July | Vishal          | Mumbai    | 1st    |

### Other Programs

|   |
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| <b>Dates:</b> 1st July<br><b>Topic:</b> Spiritual Dimensions of Marriage<br><b>Venue:</b> Single 2 Mingle, Brahma Samaj, Chicago<br><b>Coordinator:</b> To be decided...      |
| <b>Dates:</b> 2nd July<br><b>Topic:</b> Manage the Manageable<br><b>Venue:</b> To be decided...<br><b>Coordinator:</b> To be decided...                                       |
| <b>Dates:</b> 5th & 6th July<br><b>Topic:</b> Reiki 1st Degree<br><b>Venue:</b> Datta Kutir, Chicago<br><b>Coordinator:</b> Heena Pandya                                      |
| <b>Dates:</b> 7th July<br><b>Topic:</b> Reiki for Happiness, Health and Healing<br><b>Venue:</b> Naperville, Chicago<br><b>Coordinator:</b> Vaishali Lale                     |
| <b>Dates:</b> 8th & 9th July<br><b>Topic:</b> Reiki 1st & 2nd Degree<br><b>Venue:</b> Moline, Illinois<br><b>Coordinator:</b> Dr Ilesh Kurani                                 |
| <b>Dates:</b> 10th July<br><b>Topic:</b> Guru Purnima celebrations<br><b>Venue:</b> 454, Gilbert St Wood Dale Chicago<br><b>Coordinator:</b> Janardan Engreji & Kalpana Patel |