

# REIKI VIDYA NIKETAN

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**EDITORIAL**



Dear Sadhaks,  
Jai Gurudev!

What is a relationship between the sorrow and one's tolerance? I have been seeing many people saying that only to those who have a great tolerance, the God sends them the sorrow as they can handle. I do not subscribe to this view at all as the basic premise here is that the God is interested in creating sorrow as a reward for those who have a greater tolerance. That just can't be.

The basic mistake these people are making is that they have forgotten that sorrow or happiness are only the result of how you face the situation. There are only situations in life, not the sorrows and joys. These sorrows and joys are created by our reactions to the situations. For a particular situation if you react in a particular way, it gives out a result. This result could be a sorrow or a joy. Earlier one understands this, better. One has to understand that a larger



tolerance creates ability to react to the situation positively. Lower tolerance gives the negative effect. Unfortunately today we see around people with lesser and lesser tolerance. That leads to criminality, suicides, murders and rapes. Tolerance again is a derivative of your attitudes. A positive attitude towards the life leads to a solid and strong tolerance. Are you getting this?

First and foremost, do not attach a label to a situation even before you face it. That may be like a batsman labeling the ball the bowler has delivered even before you face it. If you feel that the ball is fast or swinging and you can't play it, you have already lost a battle. Wait for some time at your disposal; use all your talent and experience to tackle that. Never forget that you are a batsman and have a bat in your hand. Once you have that most probably the ball will clear the fence and you may get a four or even six. The results change when you change your tolerance and attitude. They are the major ingredients of your abilities. In the equation possibly you can't change the situation but you can change an impact of that. The variable is not the situation but your reactions are definitely in your hands. It is like a hard question paper in the exams can be tackled by good and sound studies. It is not the hard paper which brings failures to you but your inability to cope with that paper brings up your failure. Questions were never a part of your jurisdiction, but answers are. The right answers will come with right abilities, right attitudes and a right approach. Otherwise you are bound to create your own failures in your life. Drop the idea of God punishing the efficient people. Let the inefficient people nurse that idea to hide behind it. The winners will never do that. Be a winner.

*Ajit siv*

*May 28th, 2017*

# The Story of my Birth...

*by Vivek Pande*

Thousands are born every day and thousands die. The rate at which the population of the world is increasing is seriously horrifying. In fact by the time I completed the last sentence, the population of the world had already changed (in the upper direction of course). However, once spirituality enters your life we start to recall this time of our birth as something unusually special. The old habit of mankind to proclaim ourselves to be some god or goddesses does not stop. The moment we enter spirituality, the easiest trap for our mind is to hallucinate and believe that we are the only ones who are truly divine and also the only potential “Gurus” to handle and show the right path to the world. God only knows when we will come out of this habit of pampering our tiny egos. God only knows when we will stop separating ourselves from the rest of humanity in the quest to attain Godhood.

Still, after learning second degree Reiki (which is a powerful way to get attuned) it so happens to us that we start attaching too much of an importance to this simple-natural process of the happening of our existence. We don't really care how much benevolent our lives are, but we do pay unnecessary attention to the fidgety process, of our existence coming out on the surface of the planet earth. Gosh!! We all know what that fidgety biological process of birth is. Still we try and prove it to the world that we are the only redeemers of the suffering mankind to whom we have a divine task to redeem and uplift. Somehow we have this habit of proclaiming ourselves to be the “One” who has arrived for your redemption. Somehow our dried emotions get overhauled by identifying with such distinct identities. Needless to say it's the mind playing its old tricks in rather some new ways all the time. The core remains unchanged the mind plays at the peripheral. Believe you me friends, being or not being God will not solve any of our problems. On the contrary this whole drama led by the ego will only add one more to our list of miseries and that is being God.

One of my friends sitting beside me in “Devrukh Ashram” as we were having lunch, compelled me to write this to you. He

started, and in great detail went on to describe how divine the whole process, of his coming on to the planet earth was ie., his birth. He described the date, the time, the skies turning blue (as if it's not blue on most days) the divine indications that his mother received (while he was still an undercover agent), the change in weather and so on. Although worth believing, but not many were impressed with his exasperating farrago of describing his own existence so pompously. Listening to all this, I had to jump in to nullify and render normalcy to the space by posting and answering him, in a way that would serve as an antidote to his already inflated ego. I took charge and went back to the year 1981.

“It was the year 1981, when I was born. Thirtieth of November, Monday was the day. My mother woke up with some minor pain in her tummy and was rushed to the far away hospital of the Railways (which was the only option for us). My father was slightly nervous not due to the fact that a few things could go wrong pertaining to my birth, but primarily because it was the last day of the month and he hadn't received his salary. He was petrified more due to the fear of running out of money and due to the fact that I arrived a day or two too early to his liking. My mother was as relaxed as ever as this was the seventh time she was supposed to go through the labor pain, which she didn't really find that painful as it was to happen for the seventh time. She even cooked heaps of “Parathas” for my three sisters before entering the ambulance (just look at the casual approach). The due process got over in a very smooth manner and without much hue and cry associated with the event. My mother off loaded me happily and my father unloaded his wallet to gift a few bucks to the nurses and ward boys. Parents and family were definitely happy that a son was finally born to pacify the needs of the clan and the larger parts of the community. There was absolutely nothing whatsoever divinely thing about my birth. I was born just like many other members of the human species are born.”

“I took birth (came out) at 10:07 AM to miss out on 10:10 part of

other cleaning material, there was not even a hint of any divine fragrance spread. Neither did my mother receive any divine visions during her nine months nor did my father lose sight of saving every rupee that would be useful once I was born.”

“Friends, Indians and countrymen”, It’s perfectly okay to be born as a normal person without any tags attached to your existence. This whole life is meant to make mistakes and correct it. It’s rather useful to be merged with the ocean, be still, rather than poking out as a wave every now and then. It’s good to be common. It’s good to do small deeds with great passion. It is completely okay if the world does not remember you once you are gone. On the contrary it is perfect when the world enjoys your light hearted persona.

# Potency of Brahmaarpanam Mantra

Shared by Aruna M. Bengaluru, India

"When I was in Brindavan in May this year, I had the opportunity to attend the morning talks at Sai Krishan Kalyana Mandap. On one of the days, Uncle Prahlad Rao gave a talk and he covered the potency of the food mantra stated below.

In the early days (70s if I recall), Swami had asked all the Brindavan campus college boys to join Him for lunch. At that time, only about 100 boys were there. Kirlian photographer Dr Baranowski was also there and was invited for lunch. The sumptuous food was laid out on plates in front of the boys. The boys were waiting for Swami to come and join them. Dr Baranowski then used his Kirlian camera and took photos of the food laid out on the plates. No aura was found around the plates of food.

Later, Swami arrived and joined the boys for lunch. The boys recited the Brahmaarpanam mantra before partaking the food. After the mantra was recited, Dr Baranowski again took pictures of the food. This time, a blue

ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम् ।  
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥



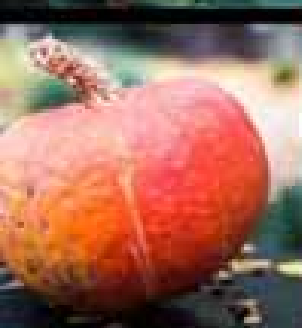
aura was found around the plates of food. He was excited, but, having a scientific mind, asked Swami for the reason for the blue aura around the food. Swami said that the Brahmaarpanam mantra is a very powerful mantra and that after recitation, the food is converted to prasadam, since it has been offered to God. It further purifies the food and all items around it. That is why the blue aura was found around the plates of food after the mantra was recited.





## Zero Budget Inspiration

by Telangan



*In India 100,000 farmers committed suicide in last 10 years. This is an official statistics; the actual number could be higher. Monsoon failure, draught, debt, policies, mental health, personal issues are many reasons. But nobody has convincing solution over it.*

Subhash Palekar from Amravati, Maharashtra refused to get impacted and stood firmly against it. He worked hard for 12 years to invent a new method of farming. After BSC agriculture graduation he became lucrative farmer. He earned high profits by huge production in his farm for next 10 years and suddenly the production dipped radically. When farmers were committing suicide constantly He was worried. He was wondering why forests produce more fruits and richer in nutrients when nobody is sowing, watering or adding fertilizers. Why natural method of protection is superior? There is no extra cost spent on this creation but still it is producing richer output than modern farmers? He realized that the most farmers are ignorant and falling for bogus cruel circle of the modern companies, who are producing artificially, chemically loaded seeds, fertilizers and insect killers for farms. First few years the farmer gets double or triple production than usual and he starts depending more on them. After about eight to ten years the soil becomes completely useless, zero nutrients, hard like concrete. The production goes down and farmers borrow more and ultimately go in depression and commit suicide.

Subhash Palekar had spent lot of time with adivasi friends while studying. He decided to go back to basics and learn. He stayed in forest for 12 years to learn how nature works better than human. Studied carefully and learnt about five layer system. He researched the fallen leaves, wastage, living, non-living elements, fungus in the lab. He applied this learning in his farm. People declared him mad but his wife stood firm behind him. She sold everything to support him. After 12 years of hard work he had invented the **'Zero Budget Farming'**. The production cost is zero. Nothing has to be purchased and used in this farming, so no debt for farmer. Even this system works in draught affected area.

He studied urine and dung of 36 different cows, bulls, buffaloes, ships and goats and learnt that only (desi) Indian cow can produce urine and cow dung that has most superior qualities that can increase richness of soil endlessly. A farmer can achieve great results on 30 acres farm with just one cow. There is no fungus or insect problem in **'Zero Budget Farming'**. It is useful for any kind of crop, land or condition. The quality of crop is nutritionally very rich. It's a perfect way of going closer to the nature. Subhash Palekar visited North to South and East to West mentoring, sharing knowledge, taking seminars for past few years about **'Zero Budget Farming'** and today 40-50 lacks farmers using this method are very happy. He is not satisfied with his Padmashri. *He is looking forward to a day of no suicide and complete bliss in every farmer.*



# WHAT TRULY IS A GOOD NIGHT'S SLEEP?

SLEEP IS ONE OF THE GREAT MYSTERIES OF LIFE. LIKE GRAVITY OR THE QUANTUM FIELD, WE STILL DON'T UNDERSTAND EXACTLY WHY WE SLEEP—ALTHOUGH WE ARE LEARNING MORE ABOUT IT EVERY DAY.

We do know, however, that good sleep is one of the cornerstones of health.

Six to eight hours per night seems to be the optimal amount of sleep for most adults, and too much or too little can have adverse effects on your health.

Sleep deprivation is such a chronic condition these days that you might not even realize you suffer from it. Science has now established that a sleep deficit can have serious, far reaching effects on your health.

## For example, interrupted or impaired sleep can:

- ◆ Dramatically weaken your immune system
- ◆ Accelerate tumor growth—tumors grow two to three times faster in laboratory animals with severe sleep dysfunctions
- ◆ Cause a pre-diabetic state, making you feel hungry even if you've already eaten, which can wreak havoc on your weight
- ◆ Seriously impair your memory; even a single night of poor sleep—meaning sleeping only 4 to 6 hours—can impact your ability to think clearly the next day
- ◆ Impair your performance on physical or mental tasks, and decrease your problem solving ability

When your circadian rhythms are disrupted, your body produces less melatonin (a hormone AND an antioxidant) and has less ability to fight cancer, since melatonin helps suppress free radicals that can lead to cancer. This is why tumors grow faster when you sleep poorly.

Normally, your brain produces melatonin in a daily rhythm that peaks at night, around 9 or 10 p.m. This makes you sleepy, and it is these regularly occurring secretions that help regulate your sleep cycle. If you're not getting enough sleep, there's a good chance your melatonin production is not up to par either, and this could have far-reaching impacts on your health, even accelerating the aging process of your brain.

## This Peptide Stimulates Melatonin and Cortisol

The effect of the peptide, Epitalon, on melatonin and cortisol secretion in female rhesus monkeys of various ages was evaluated by enzyme immunoassay. Epitalon stimulated evening melatonin production and normalized **circadian rhythms** of cortisol production in old monkeys.

Epitalon's benefits go beyond melatonin and cortisol stimulation, such as increasing telomere length and health, and one of the best investments for GOOD HEALTH and LONGEVITY.

Oceans Lab is our favorite source for Epitalon, and you can Read more about Epitalon, [here](#).

## Impaired sleep can also increase stress-related disorders, including:

- **Heart disease**
- **Stomach ulcers**
- **Constipation**
- **Mood disorders like depression**

Sleep deprivation prematurely ages you by interfering with your growth hormone production, normally released by your pituitary gland during deep sleep (and during certain types of exercise, such as Peak Fitness Technique). Growth hormone helps you look and feel younger.

One study has even shown that people with chronic insomnia have a three times greater risk of dying from any cause. Lost sleep is lost forever, and persistent lack of sleep has a cumulative effect when it comes to disrupting your health. Poor sleep can make your life miserable, as most of you probably know. The good news is, there are many natural techniques you can learn to restore your “sleep health.”

Whether you have difficulty falling asleep, waking up too often, or feeling inadequately rested when you wake up in the morning or maybe you simply want to improve the quality of your sleep you are bound to find some relief from my tips and tricks below.

## Optimizing Your Sleep Sanctuary

### 1. Sleep in complete darkness, or as close to it as possible.

Even the tiniest bit of light in the room can disrupt your internal clock and your pineal gland's production of melatonin and serotonin. Even the tiniest glow from your clock radio could be interfering with your sleep. This will help decrease your risk of cancer. Close your bedroom door, and get rid of



night-lights. Refrain from turning on any light at all during the night, even when getting up to go to the bathroom. Cover up your clock radio. Cover your windows—I recommend using blackout shades or drapes.

All life evolved in response to predictable patterns of light and darkness, called circadian rhythms. Modern day electrical lighting has significantly betrayed your inner clock by disrupting your natural rhythms. Little bits of light pass directly through your optic nerve to your hypothalamus, which controls your biological clock. Light signals your brain that it's time to wake up and starts preparing your body for ACTION.

**2. Keep the temperature in your bedroom no higher than 70 degrees F.** Many people keep their homes and particularly their upstairs bedrooms too warm. Studies show that the optimal room temperature for sleep is quite cool, between 60 to 68 degrees. Keeping your room cooler or hotter can lead to restless sleep. When you sleep, your body's internal temperature drops to its lowest level, generally about four hours after you fall asleep. Scientists believe a cooler bedroom may therefore be most conducive to sleep, since it mimics your body's natural temperature drop.

**3. Check your bedroom for electro-magnetic fields (EMFs).** These can disrupt the pineal gland and the production of melatonin and serotonin,

and may have other negative effects as well. To do this, you need a gauss meter. You can find various models online, starting around \$50 to \$200. Some experts even recommend pulling your circuit breaker before bed to kill all power in your house.

### 4. Move alarm clocks and other electrical devices away from your bed.

If these devices must be used, keep them as far away from your bed as possible, preferably at least 3 feet.

Remove the clock from view. It will only add to your worry when you stare at it all night... 2 a.m...3 a.m... 4:30 a.m.



**5. Avoid using loud alarm clocks.** It is very stressful on your body to be suddenly jolted awake. If you are regularly getting enough sleep, an alarm may even be unnecessary. I gave up my alarm clock years ago and now use a sun alarm clock, an alarm that combines the features of a traditional alarm clock (digital display, AM/FM radio, beeper, snooze button, etc.) with a special built-in light that gradually increases in intensity, simulating sunrise.

**6. Reserve your bed for sleeping.** If you are used to watching TV or doing work in bed, you may find it harder to relax and drift off to sleep, so avoid doing these activities in bed.

**7. Consider separate bedrooms.** Recent studies suggest, for many people, sharing a bed with a partner (or pets) can significantly impair sleep, especially if the partner is a restless sleeper or snores. If bedfellows are consistently interfering with your sleep, you may want to consider a separate bedroom.

## 8 tricks for getting better sleep

### WAKE UP AT THE SAME TIME EVERY DAY

If you only want to wake up by about two hours, you can gain weight and feel more stressed.

### LIMIT YOUR ALCOHOL INTAKE

Alcohol can negatively affect your REM cycle, making you feel and have in your deepest stage of sleep.

### HAVE SEX

Make sure you orgasm, though, because climaxing releases the protein prolactin, which makes you feel relaxed and sleepy. Sex also decreases the hormone cortisol, which lowers stress levels.

### DON'T EAT WITHIN 3 HOURS OF BEDTIME

Your body takes longer to digest food than that, and if you do you're likely to have restless sleep.

### EXERCISE IN THE MORNING

If you work out before bed, your body may not have time to cool down (energy and temperature rise) before it's time to go to sleep.

### CONTROL YOUR LIGHT EXPOSURE

Make sure you wake up to natural light and limit light exposure at night. This helps control your levels of melatonin, a hormone that regulates your sleep cycle.

### SKIP THE PICK-ME-UP

Coffee takes five to six hours to wear off, so resist drinking coffee or soda late in the day.

### DECREASE YOUR SCREEN TIME

The blue light emitted by your devices can disrupt your sleep, so try not to watch TV, go on the computer or use your phone within two hours of your bedtime. That light messes with our melatonin production, too.





**8. Get to bed as early as possible.** Your body (particularly your adrenal system) does a majority of its recharging between the hours of 11 p.m. and 1 a.m. In addition, your gallbladder dumps toxins during this same period. If you are awake, the toxins back up into your liver, which can further disrupt your health. Prior to the widespread use of electricity, people would go to bed shortly after sundown, as most animals do, and which nature intended for humans as well.

**9. Don't change your bedtime.** You should go to bed and wake up at the same times each day, even on the weekends. This will help your body to get into a sleep rhythm and make it easier to fall asleep and get up in the morning.

**10. Establish a bedtime routine.** This could include meditation, deep breathing, using aromatherapy or essential oils or indulging in a massage from your partner. The key is to find something that makes you feel relaxed, then repeat it each night to help you release the tensions of the day.

**11. Don't drink any fluids within 2 hours of going to bed.** This will reduce the likelihood of needing to get up and go to the bathroom, or at least minimize the frequency.

**12. Go to the bathroom right before bed.** This will reduce the chances that you'll wake up to go in the middle of the night.

**13. Eat a high-protein snack several hours before bed.** This can provide the L-tryptophan needed for your melatonin and serotonin production.

**14. Also eat a small piece of fruit.** This can help the tryptophan cross your blood-brain barrier.

**15. Avoid before-bed snacks, particularly grains and sugars.** These will raise your blood sugar and delay sleep. Later, when blood sugar drops too low (hypoglycemia), you may wake up and be unable to fall back asleep.

**16. Take a hot bath, shower or sauna before bed.** When your body temperature is raised in the late evening, it will fall at bedtime, facilitating slumber. The temperature drop from getting out of the bath signals your body it's time for bed.

**17. Wear socks to bed.** Feet often feel cold before the rest of the body because they have the poorest circulation. A study has shown that wearing socks to bed reduces night waking. As an alternative, you could place a hot water bottle near your feet at night.

**18. Wear an eye mask to block out light.** As discussed earlier, it is very important to sleep in as close to complete darkness as possible. That said, it's not always easy to block out every stream of light using curtains, blinds or drapes, particularly if you live in an urban area (or if your spouse has a different schedule than you do). In these cases, an eye mask can be helpful.

**19. Put your work away at least one hour before bed** (preferably two hours or more). This will give your mind a chance to unwind so you can go to sleep feeling calm, not hyped up or anxious about tomorrow's deadlines.

**20. No TV right before bed.** Even better, get the TV out of the bedroom or even completely out of the house. It's too stimulating to the brain, preventing you from falling asleep quickly. TV disrupts your pineal gland function.

**21. Listen to relaxation CDs.** Some people find the sound of white noise or nature sounds, such as the ocean or forest, to be soothing for sleep; or those that use a combination of advanced vibrational technology and guided meditation to help you effortlessly fall into deep delta sleep.

**22. Read something spiritual or uplifting.** This may help you relax. Don't read anything stimulating, such as a mystery or suspense novel, which has the opposite effect. In addition, if you are really enjoying a suspenseful book, you might be tempted to go on reading for hours, instead of going to sleep!

**23. Journaling.** If you often lay in bed with your mind racing, it might be helpful to keep a journal and write down your thoughts before bed. Personally, I have been doing this for 15 years, but prefer to do it in the morning when my brain is functioning at its peak and my cortisol levels are high.

## Lifestyle Suggestions That Enhance Sleep

**24. Reduce or avoid as many drugs as possible.** Many drugs, both prescription and over-the-counter, may adversely affect sleep. In most cases, the condition causing the drugs to be taken in the first place can be addressed by following guidelines elsewhere on my web site.

**25. Avoid caffeine.** At least one study has shown that, in some people, caffeine is not metabolized efficiently, leaving you feeling its effects long after consumption. So, an afternoon cup of coffee or tea will keep some people from falling asleep at night. Be aware that some medications contain caffeine (for example, diet pills).

**26. Avoid alcohol.** Although alcohol will make you drowsy, the effect is short lived and you will often wake up several hours later, unable to fall

back asleep. Alcohol will also keep you from entering the deeper stages of sleep, where your body does most of its healing.

**27. Make certain you are exercising regularly.** Exercising for at least 30 minutes per day can improve your sleep. However, don't exercise too close to bedtime or it may keep you awake. Studies show exercising in the morning is the best if you can manage it.

**28. Lose excess weight.** Being overweight can increase your risk of sleep apnea, which can seriously impair your sleep. Please refer to my nutrition plan for recommendations.

**29. Avoid foods you may be sensitive to.** This is particularly true for sugar, grains, and pasteurized dairy. Sensitivity reactions can cause excess congestion, gastrointestinal upset, bloating and gas, and other problems.

**30. Have your adrenals checked by a good natural medicine clinician.** Scientists have found that insomnia may be caused by adrenal stress.

**31. If you are menopausal or perimenopausal, get checked out by a good natural medicine physician.** The hormonal changes at this time may cause sleep problems if not properly addressed.

## If All Else Fails

**32. My current favorite fix for insomnia is Emotional Freedom Technique (EFT).** Most people can learn the basics of this gentle tapping technique in a few minutes. EFT can help balance your body's bioenergy system and resolve some of the emotional stresses that are contributing to your insomnia at a very deep level. The results are typically long lasting and improvement is remarkably rapid.

**33. Increase your melatonin.** Ideally, it is best to increase levels naturally with exposure to bright sunlight in the daytime (along with full spectrum fluorescent bulbs in the winter) and absolute complete darkness at night. If that isn't possible, you may want to consider a melatonin supplement. In scientific studies, melatonin has been shown to increase sleepiness, help you fall asleep more quickly and stay asleep, decrease restlessness, and reverse daytime fatigue. Melatonin is a completely natural substance, made by your body, and has many health benefits in addition to sleep

**Update: Powerful Booster of Melatonin is also age-defying!**

Source(s): [mercola.com](http://mercola.com)



# THE TOUR

by Telangan



I'm on an extensive tour of life  
The tour organizer is very kind  
He could never be seen but  
He is always around protecting me...

The choice is given free to all  
You could travel by every means  
You will be shown everything  
Sunrise or sunset, love or hate...

Rich or poor, weak or tough treated equal  
Choices are open to travel heavy or light  
Happy or sad, swiftly or dragged  
Travel on the rainbow or piercing thorns...

It will be burning or freezing, bright or dark  
Conditions will change for every lesson  
You have to pay every moment but  
You can collect lot of assets that will last...

Everyone gets a very profound guide  
Who trains us for the ups and downs  
One has to follow without any doubts  
Listen carefully and just go after him...

Some refuse the trail and end the trip  
Are sent back again and again to learn  
Some follow with faith and learn a lot  
Are getting a chance to become a star...

# WHERE DIVINITY MERGES WITH INNOCENCE

by Preeti Khanna



Creeping like caterpillars they flock to "Swami's Math",  
Away from their homes,  
With tears and apprehensions.  
With the break of the day,  
Tiny hands adorn the Math ,with agnihotra in gay.



Chirping like birds they perch in the garden,  
Gathering for Karate with full enthusiasm.  
Motherly recipe fill their little bellies,  
With poha, vada pav, samosas and bhel puris.  
Away from the boundaries of bells, uniforms, scoldings and screams,  
The young learners there are, to accomplish their dreams.  
From Reiki to Ancient Wisdom,  
From car modelling to exploring the new horizons of flora and fauna.  
Yet imbibing in them the values of sages and Buddha,  
Marching onwards to the future patriots and computer wizards.



Forget they not Dadi ma's ' kaccha mango' and 'cocum' sips,  
Lemonades, butter milk and squeezey ice creams to beat the summer grip.

Painting the world the young artists do love,  
Till the sumptuous lunch, is spread with mother's touch.

Forget they not the prayers before dinner and lunch,

Merrily goes down morsels of Swami's touch.

Now tapping feet go classical and hip hop,

No whistle, no stick but their own free will,

Pull these tiny sages to the homa drills.

Wait idlis and pav bhajis , spaghetti, dal and rice,

With glee and smiles they dine and rejoice,

Now awaiting the box office for a new release.

The day ends with a gentle breeze.

Ten days roll down as quickly as a wink,

Where apprehensions transform into laughters and grins.

Reluctance to come, rolls down to reluctance to go,

These meramorphised divine butterflies

Now cry to bid goodbye

Parting from the divine Devrukh skies.





# Children's Retreat 2017

By Aruna M.

Sairam

I would like to start with an attitude of gratitude. I thank Swami and Guruji for giving me this opportunity to be part of this Children's Retreat 2017. I had been part of the Children's Retreat from May 1st to May 10th as a class teacher. There were 35 students of age group between 8 to 14 who joined us from Nashik, Mumbai, Thane, Pune, Bangalore, Baroda and Surat and Devrukh. We were four class teachers from Nashik, Bangalore, Mumbai and Delhi. We had assistants from Baroda and internal faculty from other centers who actively contributed in the smooth process of the whole event.

There were different themes for every day. The groups were divided into "Chandrayan", "Tattaghat", "Mercedez" and "Kargil" based on the themes. Each group was allotted a Kutir made with thatched roof like a Rishi's hermitage, birds chirping through and through with green trees all around and serene atmosphere was a life time experience by itself. Five rooms were allotted for students to keep their luggage and rest in the night. They were appreciated and recognized each day for "Best Room".

This year there was a new award constituted by Guruji known as Kaizen star of the day. Kaizen is a Japanese word which means continuous improvement. The children were motivated to show improvement in them selves and also in the environment in the ashram. This was a big learning not only for the children but also for all of us.

Our Guruji believes "Purity of Food leads to purity of mind". True to Guruji's words the kitchen seva given by a team of sadhaks from Thane, Surat, Pune, Devrukh and Bangalore put their heart and soul to give the children and all other sadhaks the best satvik food possible.

Each group had to put up a play by the tenth day. The topics were "Ancient Wisdom", "Tattaghat", Patriotism and Internet. Through the retreat children, teachers and assistants put in their creative side and commitment to put their best foot forward on the final day.

The first day's theme was on "**Patriotism**". The inauguration was done by Guruji, Mai, Mr Pendse, Trustees of Ashram and teachers. The programme started with an Invocation song on Ganesha, Saraswathi and Guru Vandana, followed by Mr Pendse who narrated the story of Maha Rana Pratap and his 9 year old daughter to inspire the students to be patriotic. The final message was that a young student can also contribute to the country. They learned about the freedom struggle, flags of different countries, their National Anthem and the history behind each one of them. Children got to eat, play and have fun through the day during their break time.

The Second day theme was "**Buddha**". Children got to know about Buddha, his teachings, his life story. They got to see an animated movie on his life and how he attains enlightenment by following the eight fold path. This has left an everlasting impression in all of them. We had a demo on Agnihotra in the kutir. The day ended with a candle light story telling session in each kutir. This was a memorable experience to all of us.

**The following days themes were on "Ancient Wisdom", "Astronomy", "Fun day", "Cars", "Internet", "Indian Army", "Environment", "Aviation".** Each day children had to start their day with Agnihotra in the morning and be there at the kutir before 6 pm. Children were taught Reiki and they took one principle for two consecutive days and followed the Reiki principles through the retreat. This helped to keep a check on their anger, not to worry, love and respect all beings, being grateful and the importance of being honest in life. Over and above gained they were tested by Quiz on the covered topics.

They were taught "Prayers" after Agnihotra, "Surya Namaskar", "Karate", "Art", "Bharat Natyam", "Free style and Bhangda Dance", and "Drama Practice". Most of the days ended with a movie based on the theme of the day. So many things within a day's schedule, Unbelievable! I believe its only possible because of the space in the ashram, Swami's blessings and Guruji's unconditional love and commitment to give and give and keep giving. There is abundance in anything and everything in the Ashram.

Children had both practical and theory session on the day of **"Astronomy"**. They learnt about the distance of different planets, how long it takes to rotate around the sun. They learnt about latitudes and longitudes of different places. They got to see a videos on How an Astronaut manages to live in space. Finally we were all grateful to the Gravitational Force that we are not floating all the time.

On the fourth day we were given the theme of **"Ancient Wisdom"**. Each group had a laptop for themselves and we had to share the knowledge with a small group of students. The impact it made on these children is memorable. They not only understood but also carried it along with them. They learnt about the power of water in our life, about its memory and how to use it with love and gratitude. They learnt the science behind the whole knowledge too. The Sages of India and their discoveries in each and every field of today was an eye opener to the present generation to be proud of their heritage. They learnt about sages like "Aryabhatta", "Bhaskaracharya", "Acharya Kanad", "Acharya charak", "Acharya Sushruth", "Acharya Kapil", "Acharya Patanjali", "Nagarjun", "Acharya Varahamir". They were proud to be Indians.

Children got reiki attunement for two days. They had made balls with Jamun seed, mud, cowdung cakes the previous day. On **Fun day** children and teachers got to climb the peak of "Tikleshwar" near Devrukh. The climb was not too easy but children managed it well. They had a good trekking experience and also got first hand experience with snake. Children also learnt how to take self reiki and also give reiki to other friends too. Children gave reiki to the mud balls. They carried the mud balls all the way up to spread it all over the mountains. This was a life time experience for city dwellers to be part of the environment and contribute towards it. They were learning to share and care and people who witnessed it was a treat for their eyes and soul.

The treasure hunt was conducted with a twist. The children had to feel the vibrations of the chocolate pouch kept in swami's room and had to use their vibrations of their hand to find it. Finally one of the groups found it and shared the chocolates with all of them. A big heart isn't it.

On the day of **Cars** Mahindra group had an excellent practical class with the children. They learnt to make cars with their guidance and later they were judged with the utility value and for the creative design. and were awarded prizes too. What a fun way to learn about Physics and automobiles. So satisfying and fulfilling it was.

Children got to attend a study circle on Agnihotra, They learnt about the importance of purity of food. They learnt about GMO and one student with this knowledge pointed out the GMO food being used in the famous biscuit packet and chocolate wafer packet. Its learning for the life time.

**Internet** usage and safety rules to use them efficiently was the best activity which had an excellent reach to each and every child across age groups. This shows the capability of the faculty to make a vast topic so easy, practical and informative. The day

ended with watching "Kungfu Panda". Children were ecstatic the whole day.

Team building activities, What is the role of Defence Services in our day to day life and what to expect during the training at National Defence Academy Khadkwasla, Pune was well explained with fun activities, interactive sessions a videos. **Army day** gave the children more insight about Defence Services, the divisions Army, Navy and Air Force and the services they offer.

Daily prayers like Arti, Trayambak homa, Rudra of the ashram started to interest the children, Many joined the Arti after lunch of dinner. Each group along with their teachers got to do the Arti inside the sanctum. That's a divine experience to all of us. Thank you Guruji for making us feel so connected to swami.

**Environment** day had turned out to be a bigger learning than expected. They had a group activity to teach food chain, learnt to take signatures of trees, use them to read the age of the tree. The nature walk helped us to listen to the little birds, moths and butterflies in our surroundings. Finally the children had to present their observation also. Simple to look but had sowed a seed in each one of us too.

The final day was on **Aviation**. They learnt from a video that how for centuries people faced failures with their design to fly until Wright brother broke that with their invention. Now all of us will respect the Aero planes we fly with. We know the value of it. There was a fun filled activity to learn the parts of the plane and also to make a paper plane. Finally they learnt the importance of traffic control in an airport to have a safe takeoff and landing too.

Ten long days were over and parents had come to take their kids back home. There was a lot of excitement in the ashram. Parents were very happy and surprised that their children could stay without them for such a long time. There was a celebration in the afternoon. Children put up their talents like singing, Karate, Dance, Drama in front of their parents. We could feel the happiness in all their eyes.

Finally the palpable moments of the retreat! There were awards for two categories Senior above 10 years and Junior below 10 years for Dance, Drama, Karate and Art. There were Prizes for Best Student of the Retreat, Turn around award for the student who has shown the maximum improvement, Aryabhatta Award for the student who has shown the focus to possibly become a scientist, an award in respect to Guruji's mama and a legendary painter late Shri Magloankar award for excellence in painting There was Usui Award for excellent character a child who showed the most compassion and imbibed reiki principles during the retreat. There was also a Rising Star Award as well as Mega Quiz Award one winner and one runner's up Award for the whole team

Every student was given two T shirts, One certificate and a mug. Children not only carried lot of gifts and prizes from the retreat, they also carried lots of love, gratitude, and respect for parents and joyful moments for their life time. Oh swami and Guruji what a sincere effort. There are uncountable hands behind this mega event. I am sure everyone felt happy, elated, fulfilled and blissful.



# The Youth Forum...



This issue onwards we are starting this special column for our Youth sadhaks. We just had a first residential youth empowerment program at our Devrukh ashram between 13th and 17th May 2017. This five day program and the opportunity to see the youth from close quarters have really inspired me to create this column.

I, along with my team mates, Krupa and Ashwini have been busy for the past 12 years in researching on the personality traits of new generations – born post 1980s and have been reaching certain conclusions. This culminated into our initiative for this Youth Empowerment program with an idea to find out the key drivers in their lives. This program gave us some moments where we could come closer to the youth participants who surprisingly and unfortunately are driven by their past memories- the memories from their childhood. On listening to all those childhood stories made us feel that they were basically small incidences of their past which they are blowing out of proportion as these instances absolves them of their current behaviour. That we found little strange. Then we realized that it is not the intensities of those incidences but their limited tolerance to face the situations which is a major factor. No matter what the situation is, it is your reactions to those which decide the quality of life. Fortunately, the very next day after we concluded the camp, I received a wonderful story on Karna and Lord Krishna which is very apt and revealing.

Just before the Mahabharat war was to begin, Karna met Lord Krishna basically with an idea to justify his stand in supporting Duryodhana. Karna said, “Krishna, what was my fault when I was disowned by my own mother because I happened to be an illegitimate child? Why did the teacher Dronacharya refused to teach me only because I was not Kshatrya- the warrior tribe? Was that my fault? Though Lord Parshuram taught me the art of fighting he finally cursed me that I will forget my art at the most crucial time of war. Why Krishna? I was insulted in the meeting by lady Draupadi when I had nothing to do in the whole matter. I was hurt, why? All these

things in my past have left their deep marks in my personality. It was King Duryodhana who supported me in my life. Though I know he was unjust with Pandavas and the world around, what is wrong in my supporting him with all my wounds hurting me even now?

Lord Krishna waited patiently till Karna's outburst was over. Then calmly he said to Karna. “Friend, let me tell you my story now. I was born in a prison and was separated from my own biological parents within few minutes after my birth. Why? What was my fault? Even before I started talking or even walking I was attacked by demons multiple times though I could defend myself. Why such tortures for a small child like me then? At least you were in the midst of chariots and horses and weapons clinging, so that you could become a warrior. What about me? I was brought up in the midst of the cows and cow dung and the atmosphere of milk & ghee which was no where around the war environment. I could not go to Sandipani ashram till I was 16 years old while even you started learning your skills at the age of eight. What was my fault? Karna, you could at least get married to a lady you loved. What about me? I could not do that and instead I had to marry many a times with all those ladies whom I freed from the clutches of demons just to keep the social fabric intact. Why? Karna, if Duryodhana's army wins tomorrow you would be treated like a hero. But if Dharma's Pandavas win tomorrow will they give credit to me? In fact they will blame me for not avoiding the war and hold me responsible for all that violence. Why? Look at my life Karna. You are no worse than me. But it is not the events in the past that makes the life better or worse. It is the reactions which decide the quality of life. In spite of all that has happened to me in my earlier life, I still support the Dharma- the virtuousness. You are choosing the wickedness. Remember the bad past does not give you a license to support the bad cause.

I find this story so relevant in current context. I trust our youth leaders will get inspired with this attitude of Lord Krishna and set their life on a divine path.

## Children's Retreat 2017

Children's Summer Retreat program which has been a major initiative by our Devrukh ashram dedicated to the cause of developing a better society for the past 5 years. This summer was no exception. The camp for 35 children was organized between 1st and 10th May 2017. The children from different cities in the country like Devrukh, Ratnagiri, Kolhapur, Pune, Surat, Nashik and even Bangalore participated with great enthusiasm. This time the theme of the program was the development of multidimensional knowledge and skills including the subjects like Patriotism, Buddhism, Ancient Wisdom, Astronomy, Aviation, Internet, Modern Car making and Environment. The efforts were well supported by renown personalities like Mr Balamuralikrishnan (a scientist from Defence Research Development Organisation), Mr Bhingare (Trainer for Indian Army aspirants), Mahindra & Mahindra's team of experts led by Mr Swapnil Narvekar besides the in-house teachers like Krupa Choksi, Ashwini Telang, Aruna M., Deena Savgar, Shubhada Garge, Preeti Khanna, Bhagyashree Purohit and Vivek Pande. The students expressed their knowledge through various art performances like Dance and Dramas. Introduction of Kaizen Quality Management Philosophy to young children was a major initiative to create excellent citizens of the future. Mr Jairam Athalekar coordinated the event efficiently...



## Youth Empowerment Program

The first residential Youth Empowerment Program organized at the ashram between 13th May and 17th May 2017 created a history in Math's training activities. This was the first such initiative taken by math administration. 11 students from different parts of the country participated and were exposed to subjects like Karmik Theory, Effective Communication, Managing Parents, Emotional Freedom Techniques, Transforming Losers to Winners and Managing emotions. The program was coordinated by Krupa Choksi with the help of Ashwini Telang. Here is one interesting feedback from one participant on the program:



The moment I left Devrukh, I was thinking that whatever I have shared with you was not reciprocated by any of your suggestions. I was thinking whether I had over reacted to the situations? But then when I saw this video, I was so surprised that thing which was going in my mind was answered in this way. I have realised that it is very irrational of me to hold on all those things. There are people who have suffered more than I have even thought of. This was very much needed. I used to hold on to bad things that affected me and used to let go off the positive things associated with the incidents.

But now I have understood and promise that I won't be holding up things and won't hold the bad incidences responsible for my behaviour.

Thank you is a very small word for what we have experienced in these 5 days.

We would definitely love to come again participate in these kinds of programs.

## Food is the source of many issues...

Food is the medicine, said Hippocrates, a founder of modern Allopathy medical science. The science itself seems to have gone very far from this basic tenet. Guruji was telling his sadhaks at ashram the other day how important the food is for human life. A wrong food, not necessarily in terms of its physical contents but in terms of energy value can cause havoc in human life. Guruji told us a story of a man whose maid who was cooking at his home suddenly started feeling insecure about his life when everything seemed to be alright in his life. It started affecting his health for some days and Doctors could not find out the reason. One day he went to meet a Saint to find a solution. A saint asked him about who prepares the food at home. The gentleman could not understand the relevance of the question but he answered truthfully. The Saint expressed his desire to see the maid who used to cook. The next day when she came in front of a saint he enquired about her life and she said that lately for the past few days she is feeling insecure due to her landlord giving her a notice to leave the house as he wanted to reconstruct the house and she was concerned about where is she going to live. That settled the issue and the gentleman realized the source of his anxieties. Those deep impressions a food can make on human life.



### Program Schedule for May2017

Dates	Reiki Teacher	Centre	Degree
3rd & 4th June	Solanki	Bengaluru	1st
3rd & 4th June	Rakesh	Sanpada	1st
10th & 11th June	Seema	Jamnagar	1st
10th & 11th June	Krupa/ Bhartiben	Ahmedabad	2nd
10th & 11th June	Kalpita	Pune	1st
17th & 18th June	Seema	Nagpur	1st
17th & 18th June	Ajit Sir	Bengaluru Wendt	1st
17th & 18th June	Krupa	Bengaluru Wendt	2nd
17th & 18th June	Vishal	Airoli	1st
24th & 25th June	Krupa	Rajkot	1st
24th & 25th June	Kalpita	Devrukh	1st
24th & 25th June	Seema	Baroda	1st
24th & 25th June	Rakesh	Mumbai	1st

### Other Programs

**Date:** 26th June 2017 **Topic:** Holistic Parenting  
**Venue:** HELP Library, Mumbai **Faculty:** Ajit Sir

**Date:** 1st July 2017 **Topic:** Premarital  
**Venue:** Chicago USA **Faculty:** Ajit Sir

**Date:** 2nd July 2017 **Topic:** Manage the Manageable  
**Venue:** Chicago USA **Faculty:** Ajit Sir

**Date:** 4th July 2017 **Topic:** Datta Consecration  
**Venue:** Dutt Kutir, Chicago **Faculty:** Ajit Sir

**Date:** 5th & 6th July 2017 **Topic:** Reiki 1st Degree  
**Venue:** Chicago USA **Faculty:** Krupa

**Date:** 7th July 2017 **Topic:** Reiki- for Health, Happiness & Harmony  
**Venue:** Naperville USA **Faculty:** Ajit Sir

**Date:** 8th & 9th July 2017 **Topic:** Reiki 1st Degree  
**Venue:** Maulin, USA **Faculty:** Ajit Sir