

# REIKI VIDYA NIKETAN

VOLUME 9

ISSUE 3

MARCH 2017

## The Triangle of Human Existence...

Editorial

The importance of three in human life has already been emphasized enough in these newsletters before. Here is another addition to that. Do you know that every time you are dealing with a person, you are not dealing with one but with three different personalities? Many a times we get foxed with the human nature when we can't fathom why people who promise something do not deliver that promise.

Long ago I had read one story about great Madhavrao Peshwa, a Prime Minister in Maratha regime. On one morning he was taking a bath in Shaniwar Wada, his residence in Pune. The bath room was facing the roadside as it was a tradition in those days. While taking a bath he heard someone singing melodious song in classical way. Madhavrao was impressed so much that he thought that he would reward him with may be some jewellery. But he was in bath room that moment and could not do much spontaneously though there was an urge. He had to wait till he went into his court and summoned that singer with an idea to honour him. But when the artist came in the court all that Madhvarao could give him is only five moharas (gold coins). When he went to retire to his bed at the end of the day, he kept on wondering what happened? Why did he give the singer only 5 moharas while he had decided to give him a jewellery? Suddenly he realized that when he was impressed with the song of a singer he was in a different state of mind, while when he was in his court he was in a different state. The one who had heard a song and decided to reward was a different person than the one who actually rewarded him.

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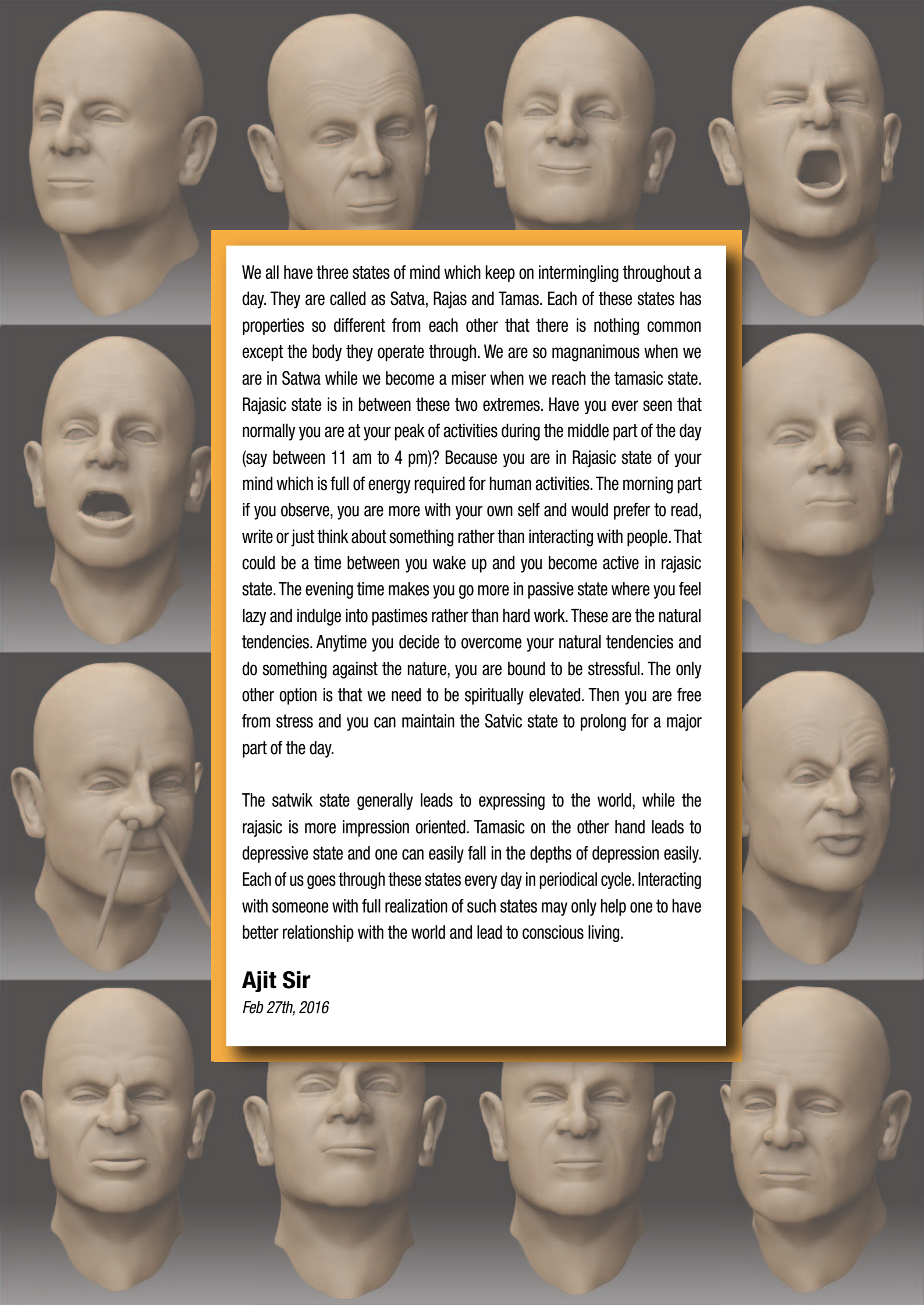
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We all have three states of mind which keep on intermingling throughout a day. They are called as Satva, Rajas and Tamas. Each of these states has properties so different from each other that there is nothing common except the body they operate through. We are so magnanimous when we are in Satwa while we become a miser when we reach the tamasic state. Rajasic state is in between these two extremes. Have you ever seen that normally you are at your peak of activities during the middle part of the day (say between 11 am to 4 pm)? Because you are in Rajasic state of your mind which is full of energy required for human activities. The morning part if you observe, you are more with your own self and would prefer to read, write or just think about something rather than interacting with people. That could be a time between you wake up and you become active in rajasic state. The evening time makes you go more in passive state where you feel lazy and indulge into pastimes rather than hard work. These are the natural tendencies. Anytime you decide to overcome your natural tendencies and do something against the nature, you are bound to be stressful. The only other option is that we need to be spiritually elevated. Then you are free from stress and you can maintain the Satvic state to prolong for a major part of the day.

The satwik state generally leads to expressing to the world, while the rajasic is more impression oriented. Tamasic on the other hand leads to depressive state and one can easily fall in the depths of depression easily. Each of us goes through these states every day in periodical cycle. Interacting with someone with full realization of such states may only help one to have better relationship with the world and lead to conscious living.

**Ajit Sir**

*Feb 27th, 2016*



Poetries from  
**“Adiyogi”**

# The Known Stranger

by Vivek Pande



Reverberating sound of rattle drum,  
Adorned with garlands of snakes around,  
Enthralling the hearts of devotees who come,  
Spreading fragrance with his presence unbound.

A few thousand years from now, the ultimate destroyer,  
To live a life aloof; so to speak,  
In some hills of a world prior,  
Seemingly stalling the sun and moon; meditating on a peak.

The first ever yogi he was;  
Who discovered the oneness of the “Universe”.  
“Adiyogi” we refer to him because,  
He moved beyond the normal terse.

Curiosity was the only thing he carried as a wretch,  
Questions boiling to the surface;  
No Guru around he had to quench;  
The thirst of his soul to enlightened finesse.

Cutting the cord of attachment about his kith and kin;  
Sat and meditated to find ways out of pain;  
In a dual world of Holy and Sin,  
Transgressing boundaries; belittle loss or gain.

Grew in stature with passing time unwind,  
The pleasure, the pain; they all exist,  
Within the realms of the human mind,  
As he persevered to move on with practice; and persist.

Throughout his journey he figured;  
The world a mirage; though real yet existentially none,  
Consciousness constantly lost and rediscovered,  
He followed his heart to strike a union.



# My Mother

*By Samiksha Joshi*

A great bright woman  
I found in my life,  
She is my mother  
Who teach to leave in life.

She taught me to follow truth,  
and tells to be a strong.  
To face many situations,  
Which comes in the path along.

She has many good things,  
That she tells me.  
I live in her heart  
by which she can understand me.

She teach me the all good things,  
and gave lots of love to me.  
But now it's her turn  
To get back that love from me.

**M** – Modest / Mild

**O** – Ordinary

**T** – Tough

**H** – Humble

**E** – Energetic / Enthusiastic

**R** – Respectful



## Rajeev Dixit

By Telangan

This article is my tribute to a lone fighter. Once I heard an audio of Rajeev Dixit speech and got amazed by his thoughts. He was talking about how Pressure Cooker is bad for our health. His thoughts were very clear, supported by ancient knowledge and also modern science at the same time, they were very pointed and honest. They were similar to Gururji's thoughts as well. He was an engineer of Electronics, Telecommunications and Satellite communication. But he had powerful faith in Indian ancient Vedic knowledge. He used modern science only to support his thoughts. He started '**Swadesi**' moment and created many enemies in his life. Many Multinational companies suffered by his thoughts. He started proving just right by simple, cheap yet effective Aurvedic treatment from ancient books in place of expensive allopathic treatment. People started creating an opinion against drug lobby.

In one of the Supreme Court case even judges appreciated Rajeev Dixit's opinion. He was against one of the very big Slaughterhouses who were largest exporters of meat to Europe and America. Team of top lawyers like Soli Sorabjee, Mahesh Jethamalani and Kapil Sibble were fighting against him and Rajeev Dixit had no money to pay any lawyer. They said... *we kill only old cows and keeping them alive is a burden for the nation because we don't have enough food or shelter for cows, so we are actually helping country by killing old cows and generating foreign exchange.* Rajeev Dixit explained by simple mathematics to the panel of judges. He said *a healthy cow could give maximum of 70Kg flesh, which will get 50\$ = 3500 Rs. Blood 25 lt. = 1000 Rs. Bones and other things together will not give more than 7000 Rs. per cow. But even an old cow gives 10 KG cow dung. 1KG cow dung could create 33 KG natural fertilizer, that was checked in the lab and the finding was, it had 18 types of very useful micronutrients, which were six times better for the soil than artificially created chemical fertilizer which could even ruin the healthy soil and the health of people. 1 KG natural fertilizer is 6Rs per KG, 33KG fertilizer*

*by daily 10 KG cow dung... means monthly over 1 ton=70,000Rs income. **If a cow's life span is 20 years it will give one and half Cr income only by the cow dung.** Cow dung could create Methane Gas, which is used in LPG cylinders. If we create our own gas and use it for our cars in India we do not need to export fuel from other countries. It cost 60 paise per Km while diesel cost was 4Rs. that is seven times higher. There is zero sound or smoke (pollution free) as well. Every cow gives around 2-3 lt 'Gomutra' per day. It is useful to make medicine for 48 types of diseases. America exports it from India by paying 1200 per lt to create medicine on diabetes. That means **yearly 11 lakhs and in a lifespan over two Cr income from 'Gomutra' easily.***

The panel of Judges was astonished by these facts because that time India had 15-20 crore cows and we were not using them totally. Different scholars checked these facts again and they found nothing wrong. The lawyers were speechless and as a last attempt they said in Muslim religion it is advised to kill the cow. They were asked to show supporting documents from Shariat, Koran or any other ancient scripture and they could not produce it. This Judgment is stored on [www.supremecourtcase.com](http://www.supremecourtcase.com).

The best part was that **Supreme Court has created the law against killing of cow. Supreme Court further said it is as important to save cow and respect it as much as respecting the dignity of our country and Indian flag.**

Indian Scriptures says there are 33 kinds of god are living in one cow. Isn't it true? Ancient India was flourished,



prosperous and healthy because we were closer to the nature and respecting and practicing ancient knowledge. Today we are unhappy and unhealthy because we have gone far away from the nature and living 99% wrong life style.

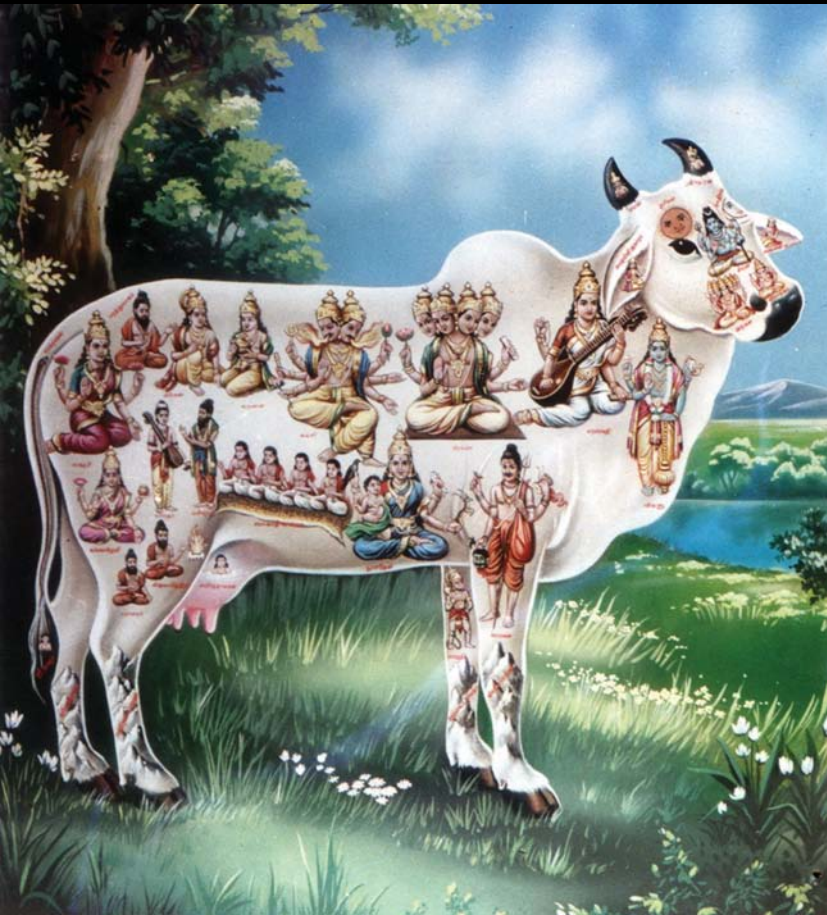


# Vibhuti or Sacred White Ash

by Aruna M.



You may have heard of the incident of Saint Manickavachagar making the dumb daughter of the Buddhist King of Ceylon respond in verses to his philosophic questions, before Sri Nataraja of Chidambaram. This Saint was able to convince the Buddhist King that the ultimate end was not nirvana or state of nothingness. Sri Manickavachagar illustrated this with the help of vibhuti or sacred ash. When any object is consumed by fire, it becomes charred. If that black residue is burnt again, it becomes white ash. White ash continues to remain white even when burnt again. This shows that white is the ultimate and black is proximate to it. Science tells us that diamond and coal are basically one. White and black are not mentioned in the seven primary colours. So white and black are not colours. The primary colours get separated from the objects to which they are attached when subjected to the test of fire and the objects themselves turn black first and ultimately white. Similarly, in the mental and spiritual plane, the Ultimate Reality is Siva, who is white, and proximate to Him is Parvati who is dark. When we test everything in the fire of jnana, or true knowledge, the residue is white is Siva. Ash in the material plane corresponds to Siva in the spiritual plane. We smear our bodies with the sacred ash to remind ourselves of Siva and the fact that the ultimate goal of life is Siva.




Indian scriptures say that there are 33 'Koti' Gods are living inside a cow and therefore we worship her the most. Since childhood I was thinking it's 33 Crore gods and had no idea which are they... One day I read an article written by a very learned person and I understood it clearly.

Word 'Koti' in Sanskrit means 'kind'. Parmeshwar the god of gods appointed 33 kinds of god to take care of the entire nature. They are eight Vasus, eleven Rudras, Twelve Aadityas, one Indra and one Prajapati. They do work in a different way from each other and therefore they are considered as an unique type. ***The Ashtavasus are... Aap, Dhruv, Som, Dhar, Anil, Anal, Pratush, and Prabhas. Eleven Rudras are Manu, Mannue, Mahat, Shiv, Rutudhawaj, Mahinas, Umrateras, Kal, Wamdev, Bhav, and Dhрутdhawaj. Twelve Aadityas are Anshuman, Aaryaman, Indra, Twashta, Dhanu, Parjayanya, Pushan, Bhag, Mitra, Varun, Vaivaswat, and Vishnu.***

$$8 + 11 + 12 + 1 + 1 = 33$$

# The invisible 'He'

by Preeti Khanna



A grayling tosses up and down  
Beneath the seas, above the waves,  
Flows it to shore to which it is bound.  
Hue and cry it never makes,  
Of the obstacles that falls its way.  
What makes it so, I marvel though!

A cuckoo flutters with the break of the day.  
Beneath the bough above the grove  
To fill its belly with a living prey,  
Thorns do prick, flowers do kiss  
What makes it so, I marvel it though!

The Sun does shine while the dark clouds whine  
The moon does show its valiant glow through silvery pines  
Despite the thundering ghostly sky  
Stars don't fail their twinkling glow  
Through the mist and fog that shrouds it though.  
What makes it so, I wonder though!

I break, I fret, I fume, I dread  
The obstacles that engulf and make me dead  
Wonder why can't I be like this divine nature?  
What drowns me to the depths of failure?  
What uproots from my own garden of life?  
What makes me so, I wonder though!

Faith, trust, belief in the invisible I think, I lack.  
"Come up young lad! "says He  
"You are Arjun, where Krishna I am  
To pull you out with all my might, from the quicksand  
Shatter not your trust in Invisible me."  
I bow my head before the Invisible 'HE'...  
For He knows the plans better than you and me!



# Just keep walking

by Telangan

What's up will be down...

What's far will be near...

What's hot will be cold...

What's heavy will be light...

What's foggy will be clear...

What's dry will be wet...

What's gathered will be over...

What's seen will be vanish...

What's new will be old...

What's born will die...

What's in will be out...

What's bad will be good...

Nothing last forever...

Just keep walking patiently...





## Mahashivaratri Celebrations

### At Devrukh Ashram



Mahashivaratri is one of the prime festivals at Devrukh ashram. Even this year was not an exception. The festival was celebrated over three days as usual, between 22nd February and 24th February. Almost 65 sadhaks came to ashram from outside Devrukh to join another group of sadhaks with almost the same size from Devrukh. Three groups titled as Ganga, Damroo and Trishul chanted, did abhishekam and Homa with Rudradhyay mantras. Totally 2 Maharudras and 5 laghurudras were completed within 3 days. Idol of Shree Swami Samarth was dressed up like Lord Shiva to create a right ambience by Avdhut and his team as usual.

### At Other Centres

Mahashivaratri festival was also celebrated at RVN's Chicago centre on 24th February at Datt Kutir as well as in the residence of Rituben. Many sadhaks joined in chanting the Mahamrutyunjay Mantra and offered havans. In India the festival was celebrated at Ahmedabad centre in Gujarat. Chanting of Rudradhyay and Trimbakam Homa ritual was performed at this centre in the evening of 24th February.



### Swachetana Shibir at Baroda

Three day Swachetana Shibir was conducted at Mrutyunjay Ashram on the banks of Narmada between 10th and 12th February 2017. Around 80 sadhaks took part in the event which was packed with self study, meditations, discussion of Reiki dimensions etc.

### Guruji's lectures on Parenting in Goa

Guruji was invited to offer two lectures- one each for students and for teachers- in an esteemed Mushtifund School in Goa on 27th and 30th January 2017. Guruji spoke to about 200 students from classes 9th and 10th in this school and explained to them the radical changes happening in human relationships. He advised students to understand their parents and create harmony in every home. He also delivered a lecture to a group of around 70 teachers in the same school and elaborated on the transformation happening in educational field and discussed some of the measures which need to be taken at the level of teachers to make the transition a pleasant experience for the world around.





# Ashram Events



## Guruji's lectures on Parenting in Bengaluru

Guruji was invited to deliver lectures at DRDO Kindergarten school, Vibgyor School and DRDO community between 18th and 20th February in Bengaluru. Day long EPIC Program at DRDO Kindergarten was attended by over 40 participants comprising of mainly parents and teachers of the school. One hour lectures at Vibgyor School and DRDO community were also attended by a large crowd. Guruji spoke about the new initiatives required to meet the challenges of a wave of new generation. The message was well received by the audience.



Shri Ajit Telang



### Feedback from participants in Bengaluru...

Good morning Sir, it was a nice workshop yesterday, I just felt it should go on. Guruji explains everything in a logical and scientific manner. How was Guruji feeling about yesterday's event? By the way I wanted to ask where is the ashram?

Susanna, parent DRDO Bangalore

The class was excellent being a mother of two grown up daughter's I learnt how I can help them when they wanted to become mother who they can bring up their children . At the same time being a teacher I wanted to know how I can help the children when they need the help next time Guruji can take the class only on how to handle the children we are great full to him personally I felt very happy that I got a chance to attend the class thanks to my mam and your team.

This is kavitha DRDO KG school teacher here

Buddha says shallow waters running as streams through the mountains create lot of noise but the deep sea is always calm and silent as its depth...

Similarly the true learned person is always calm and silent but the person with half-baked knowledge would debate with everyone to show off his newly acquired knowledge constantly without getting tired. Buddha says empty things make noise and full things are calm and noiseless. Fools are empty and wise are full...



# कला प्रदर्शन

दिनांक: ४ ते १० मार्च, २०१७

वेळ: सकाळी १० ते संध्या ७

स्थळ: साधना कलादालन

शर्मा मंगल कार्यालयाजवळ, दिपाली नगर,  
मुंबई आग्रा रोड, नाशिक

दिनांक: ११ व १२ मार्च, २०१७

वेळ: सकाळी १० ते संध्या ७

स्थळ: कुसुमाग्रज स्मारक

विद्याविकास चौक, गंगापूर रोड,  
नाशिक - ४२२००१३



## श्रीरंगोत्सव

स्वर-चित्र संध्या

दिनांक: १० मार्च, २०१७  
वेळ: संध्या. ६ ते ८  
स्थळ: साधना कलादालन  
शर्मा मंगल कार्यालयाजवळ, दिपाली नगर,  
मुंबई आग्रा रोड, नाशिक



## द मूडस् ऑफ द मून

स्वर-चित्र संध्या

दिनांक: ११ मार्च, २०१७ । वेळ: संध्या. ६ ते ८

स्थळ: कुसुमाग्रज स्मारक  
विद्याविकास चौक, गंगापूर रोड, नाशिक - ४२२००१३

### कलाकार



प्रख्यात तबला वादक : मंदार मुराणिक, मुंबई



आघाडीचे चित्रकार : अवधूत पोटफोडे, देवरुख



सुप्रसिद्ध गायिका : मनिषा गोरे, मुंबई



## Process is important for human life...



The other day Guruji was asked by one sadhak, why should one be involved in routine world when one has to give that up at one point of time? What is the whole idea behind that? Guruji told a story instead of answering that. He said, "Once there was a King who had gone for hunting in a forest. He had taken his new cook with him. Before moving over to his hunting episode, he instructed his cook about a food to be cooked. He told him that the first step is lighting fire and then cook on that. He was also elaborate on what to do after the cooking is done. He told the cook to extinguish the fire as it was the forest and the fire should not be kept unattended. The king having said that proceeded to his hunting spree. When he came back tired in the evening, he was shocked to see that the cook had not even cooked anything. He was obviously angry and shouted at cook. The cook was cool. He said, Lord, you ultimately asked me to switch the fire off. I was wondering if the fire is to be switched off at the end, why should I start it at all? Anything that needs to be ended, why begin?" The cook must have meted his fate. But the learning is that even if one has to end up an activity has to be lived fully till it achieves the objective. The process is always surrounded by a beginning and the end on either side. But the activity has to be there. That is what life is all about."

## Program Schedule for March 2017

### Reiki Seminars

Dates	Reiki Teacher	Centre	Degree
4th & 5th March 2017	Seemaben Trivedi	Rajkot	1st
4th & 5th March 2017	Vishal Shridhankar	Pune	1st
11th & 12th March 2017	Krupa Choksi	Nashik	1st
11th & 12th March 2017	Kalpita Keer	Vadodara	1st
11th & 12th March 2017	Rakesh Kumar	Thane	1st
11th & 12th March 2017	Khushal Solanki	Bengaluru	1st
11th & 12th March 2017	Renu Chaudhry	Hyderabad	2nd
18th & 19th March 2017	Kalpita Keer	Devrukh	1st
25th & 26th March 2017	Vishal/Rakesh/Kalpita	Mumbai	1st
25th & 26th March 2017	Bhartiben Zinzuwadia	Ahmedabad	1st

### Other Programs

Date: **4th to 10th March 2017** Topic: **Painting Exhibition**  
 Venue: **Sadhana Art Centre, Nashik**  
 Coordinator: **Devrukh Arts Creative Comm.**

Date: **10th March 2017** Topic: **Shrirangotsav**  
 Venue: **Sadhana Art Centre, Nashik**  
 Coordinator: **Devrukh Arts Creative Comm.**

Date: **11th March 2017** Topic: **Moods of the Moon**  
 Venue: **Kusumagraj Foundation, Nashik**  
 Coordinator: **Devrukh Arts Creative Comm.**

Date: **11th & 12th March 2017** Topic: **Painting Exhibition**  
 Venue: **Kusumagraj Foundation, Nashik**  
 Coordinator: **Devrukh Arts Creative Comm.**

Date: **12th March 2017** Topic: **World Agnihotra Day**  
 Venue: **Devrukh Ashram**  
 Coordinator: **Charuta Khanvilkar**

Date: **12th March 2017** Topic: **World Agnihotra Day**  
 Venue: **GNC School, Ahmedabad**  
 Coordinator: **Kalpita Kumar**