



# REIKI VIDYA

## NIKETAN

VOLUME 9

ISSUE 5


MAY 2017

EDITORIAL

### Is School culture to go on long vacation?

Just the other day, I met one of our sadhaks who told me that he has decided to pull off his child daughter from the school in the 4th standard. I was little taken aback. I could not figure out exactly what he said. He then clarified that he has decided that his daughter will no longer go to school and he and his wife has decided to teach this girl at home only. And all this has happened on the request of his own daughter. Not only that, he said that many of his friends have also pulled out their wards out of school and have decided to go for home schooling instead. I had heard about this even earlier in USA just during my last trip a few weeks ago.

The whole idea seems to be that the schools have ceased to be what they were, the home for knowledge. Suddenly parents seem to have lost their faith in school education system. The whole idea seems mind boggling. I have always been suspecting such thing happening in the near future, but honestly I never thought that the time has already come for that to happen. Those schools of the past, those black boards and dusty chinks, those wonderful smells of the newly printed books and stationery, those kind & compassionate teachers who were extension of family outfit, those punishments and rewards, those sports more than the competitive games.. Everything was waning with time over a period, but more so in the past 2 to 3 decades, the signs of deterioration were there in the atmosphere for everyone to see and feel. The triangle of education comprising of Teachers, Students and Parents was slowly getting dismantled. Parents ceased to be parents and teachers ceased to be teachers. The problem was without ideal parents and ideal teachers we were expecting the students to be ideal students. That was ironical.



For the teachers of the old times, teaching was their passion not the profession as it is today. There were something like family teachers more like family doctors of yore. Each of them looked after the health of mind and the body respectively. When the child failed the teachers used to fill the wound. It was their failure as much as that of a student if a student failed in exam. And there were those parents who would go all the way to help the child by giving quality time as partners in progress of the child. Today they have no time offer to the child but will only offer him money and other comforts like Laptops, AC and other comforts instead. The education field has forgotten that Curiosity and idol worships were the two major tools of learning for students for many ages. They have both been dismantled. The curiosity is killed by electronic gadgets who provide information even without asking and idol worship is just not acceptable to modern life style. The education system has also forgotten that child born with ignorance (with respect to this world) also has innocence as his major trait. The modern education has started killing his/her innocence while trying to remove his ignorance without realizing that knowledge without innocence leads to demonic tendencies. We have forgotten the wise words of William Butler Yeats "Education is not filling of a pail but lighting a fire" We are filling the children's minds with the information without realizing their potential to digest that. It is the digestion that leads the information to knowledge. Students have forgotten that Google gives them information, not the knowledge. Only a skilled and dedicated teacher can convert that information in to knowledge. Where are those teachers?

Everybody who is a part of Education field has to understand the massive radical changes in the DNA structure of the new generations, never seen and heard before. This is a challenging situation and one needs to rise oneself beyond their normal, routine limitations. Else the institutions like schools and colleges will be the things of the past. No one seems to be happy with the education system of today except all those who are minting money in the name of education as a business. If one does not change with time, the parents and students will revolt against the education system and find their own ways to educate themselves. Getting the golden eggs is better than killing the hen. Earlier one realizes better it is.

**Ajit Sir**

April 28th, 2017





*The following articles have been shared by Dr Nipan Shroff, our senior sadhak from Dallas, USA.*

## Huffington Post Blog

# THE SCIENCE OF DISTANT HEALING

*By Srinivasan Pillay*

There is much written about how our good intentions help others. But can your good intentions really reach someone who is not physically present, and how do we know this? In this column, I will present the current evidence that discusses this phenomenon and provide some explanations as to why distant healing has a place in modern scientific thinking.

A well-designed study done in 2008 examined 36 couples. In 22 of these couples, one of the two people was a cancer patient. Three groups were created: In the first group consisting of twelve couples, the healthy person was trained to direct intention toward the patient and was asked to practice this for three months prior to the experiment. This was referred to as the “trained” group. In the other 10 couples where one partner had cancer, the pair was tested before the partner was trained. They were called the “wait” group. Fourteen healthy couples received no training at all. They were called the “control” group. But what was the training?

Skin conductance was measured in both members of the couple, both of whom were asked to feel the presence of the other. Skin conductance is a measure of the ability of sweat to conduct electricity. It indicates that the autonomic nervous system has been activated. The autonomic nervous system is a part of your nervous system that maintains balance of the body and controls heart rate, respiration and many other vital functions. This is done unconsciously. So, when skin conductance was measured, the researchers were measuring whether this important part of our bodies was activated. However, rather than being next to each other while they were sending intentions, partners were relaxed in a distant shielded room for 30 minutes. The sender of intention sent intention for 10-second periods followed by breaks. Skin conductance was then measured during the periods when partners sent their intentions and during the breaks. The researchers believed that if there were a different skin conductance when partners sent their intentions, then this would prove that intention was actually impacting the nervous system.

In research, if there is a less than a 5% probability that something is due to chance, it is regarded as being probably true and not due to chance. Even a 10% probability that something is due to chance is a trend toward the fact that chance is probably not a factor. In this experiment, when people used intention to reach their partners who were in a shielded room, every time intention was sent, it created changes in the skin conductance that were very significant compared to the breaks, when these changes would not be present. The probability that these findings were due to chance was 0.09%, well below 5%. This occurred in all three groups. However, the peak changes were greatest in the

trained group, intermediate in the wait group and least in the control group.

This experiment showed that intention can affect a partner's body across distance outside of consciousness and that if one is trained in compassionate intention, the effect is greatest. In fact, other studies have also shown that distant healing can heal small sized tumors.

However, the effects of distant healing have not been uniform. Studies have failed to show that distant healing can improve chronic fatigue syndrome or clinical outcome in HIV positive patients. In fact, two studies have also shown that distant healing can have adverse effects.

Within the scientific community, there are a group of people who believe in distant healing and a group of people who do not. Those who believe in distant healing do not believe that it is just some “spooky” phenomenon. There are four principles of physics underlying intention that have been described in the literature: (1) that intention is transmitted by an as yet unknown energy signal; (2) that intention warps space-time much like gravity, creating pathways for connection; (3) that people, like particles are described in quantum physics, have instantaneous correlations across distance; (4) that intention is much like measurement in quantum physics. It organizes random possibilities much like how wave functions can be collapsed into a single function.

So, as of now, it appears that distant healing works in some situations but not in others. But what does this mean? I believe that the healing is not always effective for several reasons: (1) the quality of the intention is not high enough; (2) different intenders have different capacities; (3) different illnesses may require higher levels of intention; (4) there may be other intentions coming from elsewhere that disrupt the intention being measured. I am less inclined to believe that “distant healing” is all nonsense, because the data we have so far illustrates that there is definitely the possibility that the effect can be felt. It is just not ubiquitous or uniform.

I would caution against believing that all people are equally able to perform distant healing, but where there is expectation and faith, the chances of success are higher. In fact, in the study that showed that distant healing had no effect on chronic fatigue, the expectation that one would get better did have an effect. I wonder if this implies that intention works best when we believe in our own capacities to get better.

**Srinivasan Pillay**

*CEO of NeuroBusiness Group and award-winning author*

# The efficacy of "distant healing": a systematic review of randomized trials.

Astin JA1, Harkness E, Ernst E.

## PURPOSE:

To conduct a systematic review of the available data on the efficacy of any form of "distant healing" (prayer, mental healing, Therapeutic Touch, or spiritual healing) as treatment for any medical condition.

## DATA SOURCES:

Studies were identified by an electronic search of the MEDLINE, PsychLIT, EMBASE, CISCOR, and Cochrane Library databases from their inception to the end of 1999 and by contact with researchers in the field.

## STUDY SELECTION:

Studies with the following features were included: random assignment, placebo or other adequate control, publication in peer-reviewed journals, clinical (rather than experimental) investigations, and use of human participants.

## DATA EXTRACTION:

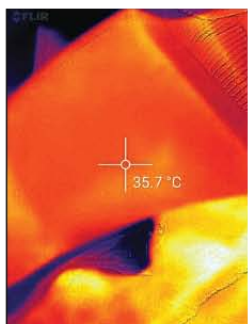
Two investigators independently extracted data on study design, sample size, type of intervention, type of control, direction of effect (supporting or refuting the hypothesis), and nature of the outcomes.

## DATA SYNTHESIS:

A total of 23 trials involving 2774 patients met the inclusion criteria and were analyzed. Heterogeneity of the studies precluded a formal meta-analysis. Of the trials, 5 examined prayer as the distant healing intervention, 11 assessed noncontact Therapeutic Touch, and 7 examined other forms of distant healing. Of the 23 studies, 13 (57%) yielded statistically significant treatment effects, 9 showed no effect over control interventions, and 1 showed a negative effect.

## CONCLUSIONS:

The methodologic limitations of several studies make it difficult to draw definitive conclusions about the efficacy of distant healing. However, given that approximately 57% of trials showed a positive treatment effect, the evidence thus far merits further study.



These are what the conclusions of the scientific community. Here are some more results based on our own sadhaks from Ratnagiri – Mr Makarand Karandikar and Mr Pushkaraj Ingavale. An experiment using the Thermal Vision camera was made by taking a photograph of the process of second degree healing.

Pushkaraj was having a problem with his upper arm which used to pain and affect his professional career. Makarand started sending Reiki to Pushkaraj's hand while his son photographed using a thermal camera. What was seen as a result was something extraordinary. The color of that part of the skin where Reiki was sent distantly started changing as can be seen in the photo attached and the temperature started moving upto 35.7 degree Celsius. The pain of Pushkaraj's hand vanished within 2 days,



The temperature of Makarand's hands (who was sending Reiki) started changing and reached to 37.4 degree Celsius. The hands started looking as we can see in the attached photo.

The experiment were also performed in Devrukh ashram by Makarand. The figure (3) shows the hand of a sadhak which showed a temperature of 33 degree Celsius. Gurujī drew symbols of 2nd degree and immediately the temperature of the hand (palm) increased to 37.3 degree Celsius as can be seen in figure 4 below.



Figure 3: Hands before symbols

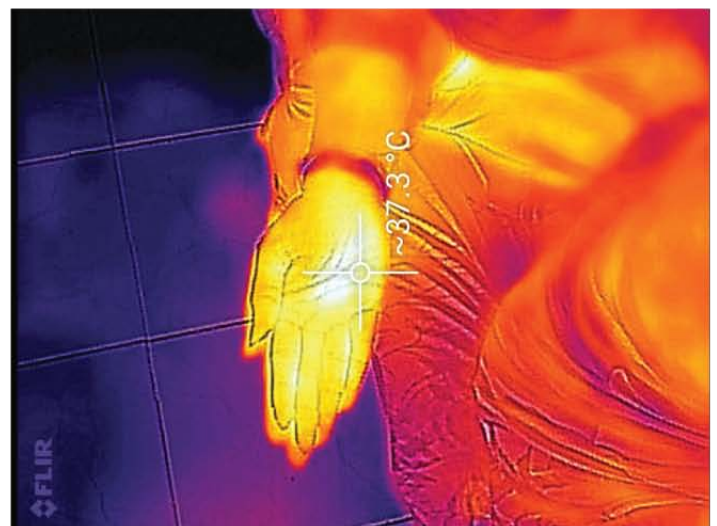


Figure 4: Hand after symbols

These experiments may possibly open the doors of new vistas in the field of energy healing in times to come.





## “Forest Man of India”

by Telangan

*The world will agree that the Earth is experiencing terrible disasters. More droughts and heat waves are predicted. Hurricanes will become stronger and intense. Arctic likely to become ice-free soon. Sea level is projected to rise another 1 to 4 feet by 2100. Animals with backbones, like fish, birds, mammals, amphibians, and reptiles - are disappearing 114 times faster than they should be, a phenomenon that has been linked to climate change, pollution, and deforestation. Climate change promises a frightening future, and it's too late to turn back the clock.*

Three decades ago, Brahmaputra river washed away most of Assam in a massive flood. A young fellow called Jadav Molai Payeng witnessed this disaster and was shocked to see the deaths of people, animals and plantation. He noticed that the flow of migratory birds was declining, forest animals and snakes were disappearing in large numbers and that disturbed him. He spoke to elders from his village and they laughed and said ‘animals lost their home in deforestation. The only solution is to build a new home (forest) for them. He alerted the forest department and they asked him to **plant trees himself...**

Payeng, a poor laborer belongs to a tribe called “Mishing”. He was living in a small hut with his wife and three children. His source of income was selling milk and growing little from a small farm. He had no money for this huge task. But he decided to take up as advised him by the forest department. He located an island, on the banks of

River Brahmaputra, and began to plant the saplings. Payeng visited the island and planted a few saplings every day for three decades. Watering the growing area of plants posed a problem. He could not draw water from the river for all the growing plants, as the area proved to be vast for one man. He built a bamboo platform on the top of each sapling and placed earthen pots with small holes in them. The water would gradually drip on the plants below and water them through the week until the pots were drained of water.

***Today, that same land hosts 1,360 acres of Jungle called Molai Forest, named after Payeng, “Forest Man of India” who made this possible single handedly! That forest is now home to Bengal tigers, rhinoceros, deer and rabbits besides apes and several varieties of birds. There are several thousand trees. Bamboo covers an area of over 300 hectares. A herd of elephants regularly visits the forest every year and stays for around six months.***

Isn't it amazing to see the willpower of this man who fought alone and won the battle single-handedly? Where we don't hesitate to cut trees for our luxuries, he has sacrificed all the worldly pleasures to save the environment and the eco-system. ***Payeng says... “The education system should be such, that every kid should be asked to plant two trees,”.***

# Women Empowerment in true sense of word

by Vinaya Sawant



It is often said “when you teach a woman you teach a family”. She is an architect of the society, as the basic building unit of the society “HOME” is managed by her. The values /



*(Ms. Vinaya Sawant - the speaker and Ms. Meghana at extreme left - organizer of the event)*

It is often said “when you teach a woman you teach a family”. She is an architect of the society, as the basic building unit of the society “HOME” is managed by her. The values / principles of the future citizens (her children) are inculcated by a woman. The best way to bring a positive change in the society is by empowering women with knowledge and support conducive for a better world.

Adopting the above strategy, a group Agnihotra was arranged by Ms. Meghana in South Mumbai on 1st April'17. More than 50 women participated in this event. Mrs. Vinaya Sawant addressed the group emphasizing on how “Agnihotra” is the need of the hour. All the challenges which the modern world faces today (like stress, food adulteration, pollution, health issues, hyperactive children) can be addressed by simple performance of Agnihotra. Ms. Vinaya explained in detail the science behind this ritual, its origin, narrated various healing experiences by Agnihotra and ash, its benefits to humans as well as the environment. The lecture was followed by demonstration



*(Group Agnihotra arranged for the women of Kokanasta Vaishya Samaj during their monthly gathering at South Mumbai, India)*

of Agnihotra so that the group can enjoy being in a calm, energetic and tranquilizing space which is created by performance of Agnihotra. The women were amazed to learn that such a simple daily ritual could have such marvelous benefits for the health and harmony of everyone in their family.

Many of them are keen in initiating Agnihotra at their home for the wellbeing of the family and environment. Perhaps reaching out to women's groups is the best way to grow



*(Evening Agnihotra- Live demonstration)*



# *Shiva : The unidentified one* by Vivek Pande



Born with naivety, innocence and a look bewildered,  
Life confused his mind as he grew big and tall;  
From a clan impoverished and plundered,  
He came from the foothills of a mountain with snowfall.

To look at his own mind with fear,  
Witnessing cloud like thoughts, transparent and puzzled.  
Societal pressure, rules and norms meant to kill his spirit dear;  
Instead of walking out he walked within, leaving all bamboozled.

The perplexed mind resisted quite a lot at start,  
The fear, the anger, the memories all happened before;  
Realized in brief moments of relief and tranquility apart;  
The body executes deeds from all these, to put to the shore.

At times when the inner turbulence took a rehearsal,  
To continue or to quit, the cunning mind asked;  
The tiny yet faithful soul took it over to carousal,  
Ordered persistence with all that makes mind unmasked.

The fruits of your own deeds, the reaction and action,  
Disappearance of ego and desire undone;  
Slowly the mind ripened to a passive junction,  
The journey was not worthy to abandon.

The rules of life only and none of the world to relate,  
Learning the lessons on your own accord;  
Every moment became jovial to live and create,  
Transcending and conquering the world, without a sword.

Walked on the terrains strange, to make a path to follow,  
What he was; where he came from knows none.  
The universe dawned upon him, the world appeared hollow,  
Since then regarded as highest of all lords; the unidentified one.



# Rainbow in the Sky...

*byTelangan*

I saw the gaps between my fingers  
When your hand slept away slowly...

You left through an empty channel  
Towards the light all alone...

Million tears fell and I cried nonstop  
You smiled once and walked in the fog...

I saw you standing and waiting for me  
I got trapped at the point frozen in fear...

I had to learn and walk without you  
On the contrary stuck in the mud helplessly...

I could never gather when I tried to rearrange  
Without you nothing remain ever lasting...

Everything was turbulent after a new fall  
At this stage of life I'm controlling a storm...

How I wish things could be different,  
If I could walk again with you in the past...

Hold my hand yet again and fill all the gaps  
We will catch every moment that is been lost...

Let us giggle in joy and sail like a solid ship  
Together we can paint the rainbow on the sky...







## Reiki Seminars:

Guruji along with RVN Reiki Master Krupa Choksi conducted first and second degree seminars at Chicago, NHew Jersey and Dallas (Texas). Totally four first degree seminars and 3 second degree seminars were held.



## Workshops

Krupa Choksi and Ashwini Telang conducted many workshops on subjects like New Generation Challenges, Emotional Freedom Technique, Three is a Company, Meditations and Yoga Nidra. All these workshops conducted in all the three cities mentioned earlier was a huge success and were well attended and appreciated.



## Reiki Swachetana Shibir

Third Swachetana Shibir organized by Swami Samarth NFP in USA was held this time at The Ganges, Vivekanand Retreat in Michigan state near the village Fennville. It was attended by 36 participants who were all 2nd degree sadhaks. The retreat provided a great opportunity for sadhaks to come together and share a lot of experiences and knowledge about Reiki healing as well as other spiritual practices.

healing therapies. This was organized by two eminent Doctors in Dallas- Dr Nipan Shroff and Dr B K Khandelwal. Another lecture where Guruji could meet the people from different disciplines was in Ganesha Temple at Devon o9rganised by Mr Rohit Joshi and Mrs Gurubachhanji. This was very well attended by media people as well as eminent Indian social leaders. Guruji was also invited for Earth Day celebrations at 150th Methodist Church by senior Native American elders where he performed Yagna in the presence of Combodian Lama as well as Native American elders. Guruji's message that "I am coming from the land of Vedas, which pronounced itself with the first word Agni (Fire) created ripples in the audience.

## Gujarati Reikibrahma to be published from Chicago

All our Gujarati speaking sadhaks will be happy to learn that Reiki-brahma Gujarati magazine will now be published from Chicago itself from the month of May 2017. The sadhaks there can now contribute their articles and experiences on this platform.



## Lectures on various forums

Guruji started his tour with a lecture in Chicago in front of an audience mainly comprising of Doctors and other health related personnel in the Gayatri Mandir. That truly set the ball rolling for the tour. This was followed by his lecture in front of august audience at Dallas in a Physiotherapy Hospital where people were excited to know more about the options in





## Follow the Nature

Someone came to Guruji in ashram and started asking why he gets only the negative thoughts in his mind, no matter how much he tries to think positively. Guruji coolly asked him what he does when he wakes up in the morning. The guy said that the first thing he does is to look at his mobile to catch up with his accumulated messages and attending missed calls. Then he reads newspapers and watched TV news. Guruji told him immediately "You are eating a lot of negativities right from the moment you wake up. That already enters his system by the time he is ready to face a new day. The day is new but he is stale. Where will he get the positive thoughts? You should know that thoughts are nothing but the information that you process in your intellect. When the information, the raw materials itself is contaminated where will the thought which is the end product be pure? Earlier people used to look at their own palms in the first glance of the day so that all their accumulated power of sense gets concentrated on the palms which is a map of human body. Today they energize the mobile set and discharge their own energies. How can one generate the positive energy and thoughts?

## Program Schedule for May 2017

Dates	Reiki Teacher	Centre	Degree
10th & 11th May 2017	Kalpita Keer	Devghadh	1st
13th & 14th May 2017	Renu Chaudhry	Pune	1st
20th & 21st May 2017	Rakesh Kumar	Sanpada, Navi Mumbai	1st
20th & 21st May 2017	Ajit Sir/Kalpita	Derukh	2nd
20th & 21st May 2017	Ajit Sir/Kalpita	Derukh	1st
27th & 28th May 2017	Kalpita Keer	Mumbai	1st
27th & 28th May 2017	Rakesh Kumar	Nashik	1st
27th & 28th May 2017	Vishal	Thane	1st
27th & 28th May 2017	Krupa	Vadodara	1st

## Other Programs

Dates	Topic	Venue	Coordinator
1st to 10th May 2017	Children's Summer Retreat	Devrukh Ashram	Jairam/Krupa
13th to 17th May 2017	Youth Empowerment Program	Devrukh Ashram	Krupa/Ashwini