

# REIKI VIDYA NIKETAN

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EDITORIAL

## THE PRAYER IN THE RICHEST TRADITION OF EDUCATION...

We are forgetting that Education is like any other human activity comprising of at least two segments – the one who gives and the one who takes. If the student is not willing to learn, no Master in the world can teach him/her. It needs two to make it a meaningful experience of life. If you look at the trends in education for the past many centuries you will realize that in the ancient times the focus was on a student & teacher both. Gradually the student became

prominent and after few decades the focus shifted more on teachers than students. Remember those days when teachers used to hold the education system at ransom by going on strikes for their personal gains. Things have changed from there in the past few decades. The focus of education and hence the importance has shifted to education institutions more than teachers and students. They have become the face of the education today.



*This is not for commercial purpose. Only for sharing spiritual experiences and knowledge in Reiki Brahma Group.*



## THE PRAYER IN THE RICHEST TRADITION OF EDUCATION...



In the ancient time the education literally meant culture and those who were educated were considered to be cultured. These words practically became synonymous. That led to a lot of peace and happiness and obviously a progress. The Gross National Happiness (GNH) to use the phrase popularized now by a Bhutanese culture was more connected to progress than Gross National Product (GNP) the current parameter set by a commercial world. Vedic culture used to have a wonderful philosophy about education. The process of learning used to start with a following prayer:

ॐ सहनावतु, सहनौ भुनक्तु, सह वीर्यं कर्वावहे।  
तेजस्वीनावधी तमस्तु, मा विद्विषावहे।  
ॐ शान्तिः शान्तिः शान्तिः

This means that “O Lord please protect us both (the disciple and the Master), please look after both of us, empower us both for our growth on this path, let the light of knowledge flowing through us spread all around and protect us both from the envy (towards each other) This is a literary meaning. The essence however is that the protection should be from the negative and evil forces which get disturbed whenever the positive things start happening in the environment. Movement towards the right knowledge is one of the most positive developments for human life. These things contaminate the purity of studies the way the electronic games and social sites are distracting the young minds in their studies. It was the same with the earlier students when the masters used to

teach, the rakshasas (demonic forces) would contaminate the environment by throwing blood and flesh/bones. It was not about the outside blood and flesh but it is about the ugly aspect of human nature projecting out. When the student prays for making them grow together it actually means that a master should not compete with his own disciple to score points. They should not feel jealous about each other's prowess on spiritual path. Both the Master and the disciple have to grow parallels else it leads to a lot of contradiction in the minds of disciples who does not shift from his positions in time. There should be a synchronicity between these two entities so that the disciple is in tune with his Master all the time. When a disciple moves with his master the chances of disciple losing the path and direction are eliminated. Direction of the knowledge is very important for the world around. Many a times a master has to hurt a student to smash his/her ego like a Doctor hurting a patient for performing a surgery. A small pain in time saves nine.

Today unfortunately the traditional mutual respect is lost making the education system creating students with aberrations of knowledge and its applications. Institutes have become factories producing students in the process losing that uniqueness of every student. The world is suffering... Let the prayer begin now. The prayer of right learning and teaching! A prayer of peace and happiness!

Ajit Siv

Sept 1st, 2017



# Daughter

The angel of life



Pregnant women to her husband- Dear I am going to have our baby in two months, are u not excited.

Husband- a lot sweetheart, I can't wait for that moment.

Pregnant wife- but still u didn't tell me what u are expecting, it will be a boy or girl.

Husband-(hahaha) does it make a difference.

Pregnant wife- no it doesn't... but still everyone as some things like if it will be a boy I will do this or that or if would be a girl I will do this and so on.

Husband- oh like that, oh yes I have some things in my mind about that.

Pregnant wife-really! Tell me.

Husband- if we had a boy, I will teach him all mischievous things, I will teach him maths, we will go for sports, I will teach him fishing and so on.

Pregnant wife- hahaha... and what about girl.

Husband-if we had a girl... I will not teach her anything.

Pregnant wife-why?

Husband-because she will be the one who will teach me all the things again...like how to dress, how to eat, what to say, what not to say... in short she will be my second mom... and She will consider me as her hero even though if I have not done anything special, she will always understand when I will refuse her for something, she will always compare her husband to be like me, no matter how old she will be but she always want that I should treat her like my baby doll, she will fight with world for me and if someone hurted me she will never forgive that person...

pregnant wife-So you mean to say that your daughter will do all these things but your son will not do.

Husband-No no .. maybe he will do the same but he will learn to do.. but daughters are born with it.. being the father of a daughter is the pride for any man.

Pregnant wife- but darling she will not be with us forever.

Husband- yes but we will be with her in her heart forever, so it doesn't make a difference.. where she goes.



# THE NAKED TRUTH OF LIFE

by Aruna M



There was a man with four wives. He loved his fourth wife the most and took great care of her and gave her the best.

He also loved his third wife and always wanted to show her off to his friends. However, he always had a fear that she might runaway with some other man.

He loved his second wife too. Whenever he faced some problems, he always turned to his second wife and she would always help him out.

He did not love his first wife though she loved him deeply, was very loyal to him and took great care of him.

One day the man fell very ill and knew that he is going to die soon. He told himself, "I have four wives. I will take one of them along with me when I die to keep me company in my death."

Thus, he asked the fourth wife to die along with him and keep him company. "No way!" she replied and walked away without another word.

He asked his third wife. She said "Life is so good over here. I'm going to remarry when you die"

He then asked his second wife. She said "I'm Sorry. I can't help you this time around. At the most I can only

accompany you till your grave."

By now his heart sank and he turned cold. Then a voice called out: "I'll go with you. I'll follow you no matter where you go."

The man looked up and there was his first wife. She was so skinny, almost like she suffered from malnutrition. Greatly grieved, the man said, "I should have taken much better care of you while I could have!"

Actually, we all have four wives in our lives.

a. The fourth wife is our body. No matter how much time and effort we lavish in making it look good, it'll leave us when we die.

b. The third wife is our possession, status and wealth. When we die, they go to others.

c. The second wife is our family and friends. No matter how close they had been there for us when we're alive, the furthest they can stay by us is up to the grave.

d. The first wife is our soul, neglected in our pursuit of material wealth and pleasure. It is actually the only thing that follows us wherever we go.

Always take care of your soul.





## Dr. Rani Abhay Bang OUR 'SEARCH' LIGHT by Telangan



*A gold medalist Physician and a gifted Gynecologist from Johns Hopkins Bloomberg School of Public Health, USA could have worked in any top hospital and earned more wealth than imagination. They could have treated only Celebrities. Instead this couple had out of the ordinary ideas. They choose to work in an area where literacy was the lowest and death rate was the highest. It was a poor tribal area where no one cared for them. Difficulties were endless.*

Abhay was brought up in self-sacrificing background of 'Sevagaram' by following Gandhiji and Vinoba Bhave philosophy but Rani was born in a very wealthy family. This was a very strange and unacceptable dream of serving poor in place of earning million dollars.

They formed '**SEARCH**' (*Society for Education, Action and Research in Community Health*) at Gadchiroli. At the start only they realized that nobody was concerned about hygiene and healthcare. It was a cause of killing people mainly. There were no doctors. Infant mortality rate was the highest. Rani experienced a mother letting her baby died to save other two children by working as a daily wage laborer and that changed her entire approach to life. She realized these women were living with dreadful diseases quietly because there were no lady doctors. Sooner or later infection was killing them. Basic hygiene was unknown. Educating them and earning their trust was a humongous task because the adiwasis thought Bangs had some kind of political interest. They ran away, refused to talk. A lady doctor was not acceptable by them. Medicines were not available, government aids were not available, and they

had no funds to carry free health facility but Bangs didn't give up. They worked as a friend and counselor to teach value of hygiene. Dr Rani Bang has successfully introduced modern medicine practices of hygiene into tribal lifestyle. They used the following methodology... ***Go to the people, Live among them, Love them, Listen to them, Learn from them, Begin with what they know, and Build up on what they have.***

They made the world interested about tribal issues by thirty years of nonstop hard work and enhanced study. **WHO and UNICEF endorsed their approach.** Today many developing countries like **Nepal, Bangladesh, Pakistan, Ethiopia, Kenya, Uganda, Zambia, Malawi, Mozambique and Madagascar** have adopted their practices. It is known as **Gadchiroli Model**. Bangs have saved the lives of **many millions women and children across the world.** Now in other Indian states government is implementing this model. Bang's movement also resulted in the liquor ban in the district. It is being the first example in India of liquor ban due to public demand.

Government has awarded them with an award of '**Maharashtra Bhushan**'. **TIME magazine selected them as 'Global Health Heroes' in 2005.** They have achieved numerous additional awards but they have a very simple selfless viewpoint. They modestly call it '**Team Work**'. Dr Rani Bang says, ***"God creates difficulties for our benefit only."*** And she and her husband have **turned every such difficulty into an Outstanding Success Story.**

# The Anomaly of Patterns

By Vivek Pandye

Most of the beings residing on this planet Earth, lead a life which is driven through their patterns. And interestingly, most of them remain unaware of the very driving forces which run their lives. We live in an outward bound world. Right from the childhood days, we are trained only to look and evolve in terms of our peripheral or survival issues. Seldom do we turn the senses inward and mostly live on the peripheral. We chase mirages constructed or imbibed within our minds due to societal norms. Seldom do we try and figure, why we behave the way we behave. And life becomes a mix of pain and pleasure, not unleashing the real power and beauty already existing and waiting to explore within us. Ignorance within every being leads to a life full of madness. It's like owning a big house and utilizing only a few rooms within that, and later on complaining for the rest of our lives as to how miserable we are. Trust me, looking inwards will solve all your issues and when I say all, I literally mean and endorse the same.



Most people are intelligent enough to work towards happiness at all times (nothing wrong with that). They are concerned about their own well being and give their heart and soul towards the fulfillment of their respective lives. The only problem lies in their narrow perception and a lack of understanding as to what their wholesome existence is all about. The very concept or ignorance towards the vastness of their existence makes us behave the way we behave. If only we could cross the barriers within the mind, we would be able to experience stability and blissfulness throughout our life. So, where does the problem begin? It all begins with the patterns within the mind. But how do they come? Who creates such patterns, which later turn into monstrous habits? Of course the answer is clear and simple. We do it to ourselves.

Take a look, relax, sit back and watch your own mind from a distance. You will come across the ways in which you have been investing your energies in some deeds. Nothing wrong in doing just about anything in this world, but it's the repetitive patterns which spells the trouble for most of us. In this regard it becomes pertinent for me to point out, that all habits

whether with or against the societal norms are bad. In the name of survival or following some societal norms or just in the name of defining ourselves we develop some habits which later on become lifestyles. In fact such repetitive behaviors become so strong that we hardly find anything wrong with them. They may also become a part of our nature that eventually we find it difficult to do away with. We also want to change them but they become so dear to us that we don't want to completely do away with them. We only look forward to change selectively and not completely. Our very existence looks jeopardized by the very thought of getting completely rid with such patterns.

It all begins with some activity which gives us happiness or pleasure based on our likes and dislikes. The moment we get a feel good factor as the end result, we tend to repeat the same over and over again in order to get the same result. Eventually as it happens in case of addictions, whether or not you get something out of it, we still end up doing it. This is what exactly spells the trouble for a lot of us. The perception becomes narrow and we think we get happiness from the same limited resource which comes from our knowledge. We start disrespecting the vastness of the unknown and proceed with only a logical mind. The patterns which were by created by us to about to bring happiness now become a limitation to experience something new and beautiful. The same patterns of giving importance to survival issues, which emanate from fear, eventually make us so fearful that we find it difficult to do away with. No wonder, spirituality is always a passive path. You sit still, meditate, pay attention and you thrive to drop the old so that you can operate through some new energy with some new light. The activity may remain the same, but the modus operandi becomes completely different. You don't proceed through the mind (which is nothing but a matrix of patterns); you proceed through life as source of power. Your own energies do not get drained, but you carry the universal power of life. There is an old saying in the Chinese. "Before enlightenment, carrying water and chopping wood. After Enlightenment, carrying water and chopping wood." You don't drop anything you change your style of executing your tasks.



# God takes care of those who have compassion at Heart...

*by Dr Ramnathan Iyer*



One day Krishna & Arjuna were taking their usual walk, when they came across an old Brahmin begging, taking pity on his condition, Arjuna gave him a bag of gold coins.

The man was overjoyed. On his way to home, he was robbed by a thief in the forest. He cursed his fate and the next day set off to beg again.

Arjuna & Krishna saw him again & got to know his story. Arjuna once again took pity and gave him a large diamond.

The man took it home and kept it in an old pot which had been unused for many years in order to keep it safe and went to sleep.

The next morning before he could wake up, his wife went to fetch water from the river & on her way back, she slipped and her pot broke. She immediately remembered the pot at home which lay unused and brought it to fill it with water. Just as she dipped the pot in to the river the diamond escaped the pot and went in to the river.

When she returned home the Brahmin was desperately searching the house for the pot & when he saw it in his wife's hands, he got to know what had happened. Dejected with what had happened, he once again left to go begging.

Once again Arjuna and Krishna saw him and when Arjuna heard

of the unfortunate incident that had happened, he told Krishna,

" I don't think this man is destined to be blessed at all, I don't think I can help him anymore".

Krishna then gave the man two pennies and the man took them and walked away.

Arjuna then asked Krishna, " My Lord, if gold coins and diamond could not change his condition, what good can two pennies do to him?"

Krishna smiled and replied, "let us see".

As the man walked home he was cursing his fate when he saw a fish that had just been caught by a fisherman and was struggling for its life, he took pity on it and thought to himself, " these two pennies cannot fetch me food anyway, let me at least save the life of this creature" and he purchased the fish and was about to throw it in the river when he saw that the breathlessness of the fish was caused due to some large obstruction in its mouth and when removed it , it was the very diamond he had lost in the river. He was overjoyed and started shouting "Look what I found! Look what I found".

At this very time the thief that had robbed him in the forest was passing by and heard his shouts, he recognized the man and thought that man too recognized him and was thus shouting. Fearing that the Brahmin may take him to be executed, he rushed to him and begged for his forgiveness and returned all the gold coins he had stolen from him. The Brahmin was happy and walked away joyfully with all his wealth.

He went straight to Arjuna to narrate the turn of events and thanked him for all his help and went away.

Arjuna then asked Krishna,

"My Lord, how is it that my gold and diamond could not help him but your meager two pennies did?

Krishna replied," when he had the gold and diamonds he was only thinking of himself and his needs, but when he had the two pennies he put the needs of another creature before his and so I took care of his needs.

The truth is O Arjuna when you think of the pain and needs of others and work to help them, you are doing God's work and hence God Himself takes care of you".

# THE INNER DIALOGUE

By Dr Neeta Parekh

It has been often said that every problem begins with communication and it ends with communication. I wonder at the mystery of this quotation and think that how is this possible. This led me to reflect that when something goes wrong people normally blame the situation but if we change our perception, attitude etc. the same situation tends to get normal. That is what we learn in first degree seminar. Again the question which paused my mind was how to change perception, attitude etc... Isn't it a difficult task? It seems an interesting topic to talk over but when it comes to practice ... Oh! It seems really a tough job. Again I tried to think over the concept on my own. What goes wrong when the whole situation, people around us seem to be adversaries and the person pities himself as a victim of destiny? How to bring change removing these hurdles?

Another perspective can be seen from the point of view of the rapid development in the field of information and communication technology as with the invention of technology, communication has become an important subject being taught in various universities. With the provided facilities in the present times we feel quite easier and faster to communicate with the people. This facility is probably cultivating the habit of dealing with the situation immediately without giving an afterthought to it. A person sometimes rushes into things without properly understanding the other person, the situation or the problem. Always mark, our inner dialogue seems to be topsy - turvy due to the difficult situation. We have ready tools to communicate with the person who is miles away from us but one has hardly the courage to face the inner self. Sometimes this makes communication very low-priced and we lack awareness before communicating. Whenever a person is in such dilemma, it is better to start practicing reiki. I am reminded of our motto – Health, Happiness and Harmony. I think it is not as much important to communicate effectively as it is to communicate in a balanced manner. A balanced mind will always appeal the listener.

I would also like to summarize some ideas which I read in the book "Communication Theory" by Stephen and Foss. They say that communication is central to human life. It is

one of those daily activities that is intertwined with all human life so completely that we sometimes overlook its pervasiveness, importance and complexity. Hence let us understand that it is an organizing element in human life. Through practice of Reiki one can manage this. On my personal basis, I have experienced that Reiki, Meditation etc. sharpens the process of the INNER DIALOGUE and it removes the clutter accumulated in the mind. A person is either obsessed with over thinking like Shakespeare's Hamlet. He always remained in a kind of dilemma – "To be or not to be". In his soliloquy (self Talk) he mentions that such a habit of thinking too much on an issue is not going to make sense still he was unable to control his over thinking.

We need to learn to cultivate the habit of proper inner dialogue. It is only with the help of proper thinking that one develops right attitude and perception. As Guruji often says and we are reminded of the same thing in reiki seminars - Manage the manageable, the unmanageable gets managed itself. The only manageable thing in the world is YOU. The story of Nagarjun Swami which is narrated in the first degree seminar too explains the same process. Practically it again seems difficult to manage one's own self, but walking on the spiritual path makes it easier. That is why we are suggested to attend and revise the contents of the reiki seminars as and when we can manage.



The situation gets harmonized only when a person is harmonized with his own self. Remembering the five principles of Reiki, regular practice of Reiki, Agni-hotra, Meditation etc. surely helps in removal of the inner disharmony. Remember, it is only when our ego gets hurt and one becomes disharmonized.



# It Takes Courage...

By Telangan

It's easy to scream and roar but  
***It takes courage to be Gentle...***

It's easy to be rigid and adamant but  
***It takes courage to Surrender...***

It's easy to hurt and injure but  
***It takes courage to be Caring...***

It's easy to abuse and harm but  
***It takes courage to Love...***

It's easy to betray and cheat but  
***It takes courage to be Honest...***

It's easy to take a lot but  
***It takes courage to Give a small...***

It's easy to forget gratitude but  
***It takes courage to Remember...***

It's easy to obtain knowledge but  
***It takes courage to apply in life...***

It's easy to carry grief but  
***It takes courage to Live happy...***

It's easy to blame everyone but  
***It takes courage to take responsibility...***

It's easy to follow beaten path but  
***It takes courage to walk Alone...***



# Sharing a beautiful explanation about Lord Shiva's vehicle Nandi and meditation.

*Shared by Deena Savgar*

Generally, we see Nandi sitting directly opposite the main door of the temple where Shiva's idol or Shivalingam is located.

He is not waiting for him to come out and say something.

He is in waiting.

Nandi is a symbolism of eternal waiting, because waiting is considered the greatest virtue in Indian culture.

One who knows how to simply sit and wait is naturally meditative.

He is not expecting anything. He will wait forever.

Nandi is Shiva's closest accomplice because he is the essence of receptivity.

Before you go into a temple, you must have the quality of Nandi - to simply sit.

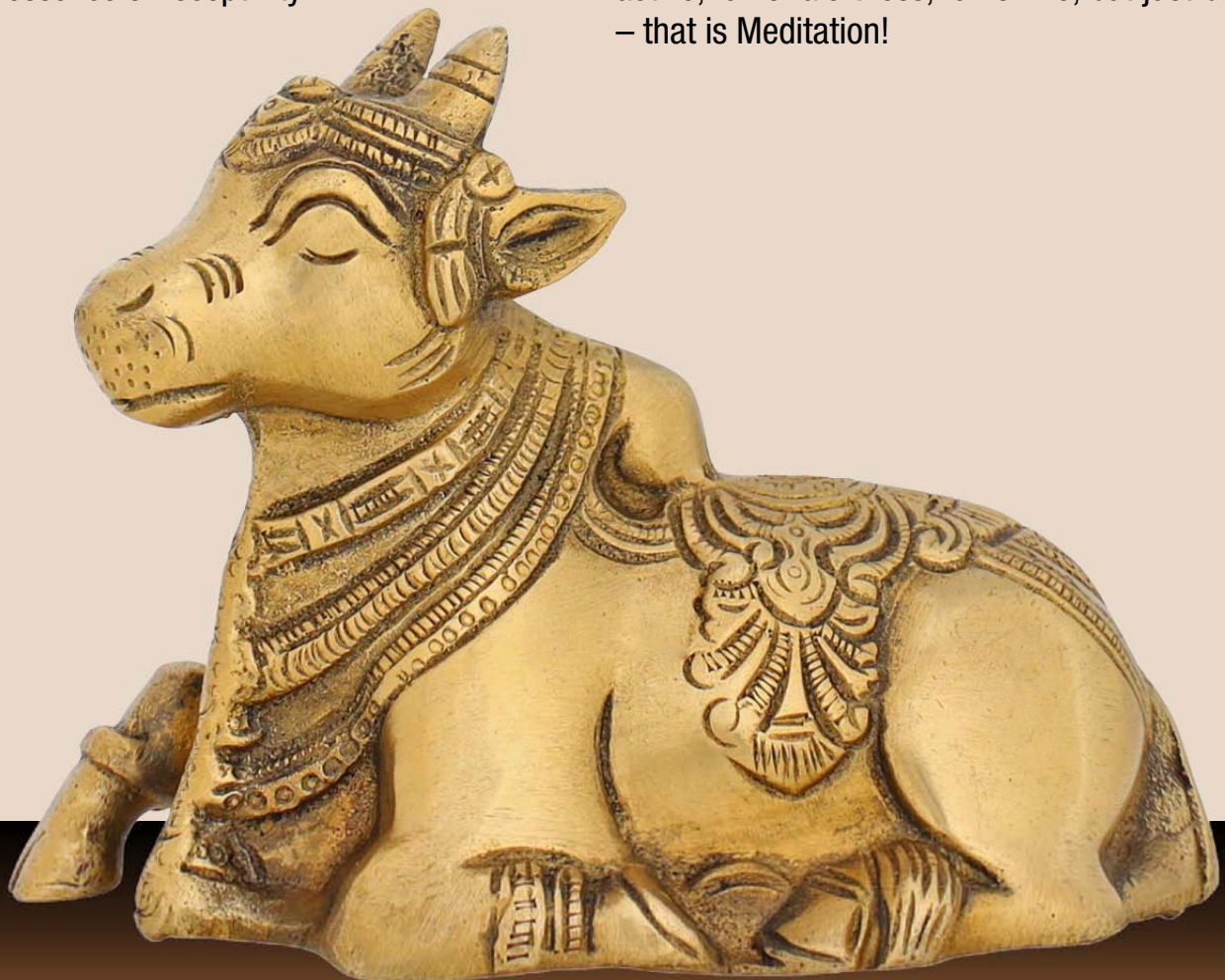
So, just by sitting here, he is telling you, "When you go in, don't do fanciful things. Don't ask for this or that. Just go and sit like me."

The fundamental difference between Prayer & Meditation is that - Prayer means you are trying to talk to God. Meditation means you are willing to listen to God.

You are willing to just listen to existence, to the ultimate nature of creation.

You have nothing to say, you simply listen.

That is the quality of Nandi – he just sits, alert, not sleepy. He is not sitting passively. He is very active, full of alertness, full of life, but just being – that is Meditation!







# This was Bound to Happen

Shared by Dr Ramanathan Iyer

Once a highly successful businessman, running a health insurance company was getting ready to go to his office. When he reached into his car and opened a door, a stray dog sleeping under his car suddenly came out and bit on his leg! The businessman got very angry and quickly picked up a few rocks and threw at the dog but none hit the dog. The dog ran away.

Upon reaching his office, the businessman calls a meeting of his managers and during the meeting he puts the anger of dog on them. The managers also get upset by the anger of their boss and they put their anger to the employees working under them. The chain of this reaction keeps going till the lower level of employees and finally, the anger reaches to the office peon.

Now, there was no one working under the peon! So, after the office time is over, he reaches his home, and wife

opens the door. She asked him, "Why are you so late today?" The peon upset due to anger threw at him by the staff, gives one slap to his wife! And says, "I didn't go to the office to play football, I went to work so don't irritate me with your stupid questions!"

So, now the wife got upset that she got a scolding plus a slap for no reason. She puts her anger on his son who was watching TV and gave him a slap, "This is all you do, you have no interest in studying! Turn off the TV now!"

The son gets upset now! He walks out of his house and sees a dog passing by looking at him. He picks up a rock and hits the dog in his anger and frustration. The dog, getting hit by a rock, runs away barking in pain.

This was the same dog that bit the businessman early morning.

***Moral: This was bound to happen. Reap as one has sown. This is how the life works. While we all worry about hell and heaven based on our deeds, we should concentrate more on how we are living and behaving. Do good, Good will come, Do Wrong, Wrong will come.***



# THE SALES GIRL IN CHENNAI GIRI STORE, THROUGH THE EYES OF “ WASHINGTON POST.”

by Aruna M.

After the Temple Darshan at the Kapaleeswarar Koil at Mylapore, we entered the "Giri Trading stores" and started searching for this Book on "Thatva Bodha".

We found many people buying various Books and CDs and from their smart walks and accumulation of CDs from Abhang to Aruna Sairam and Bhajans to Bombay Jaishree, sent a nice feeling in us, that we have come to the right place indeed.

I was looking for this Book while my wife started collecting Bharathiar's songs and MS's Music. I searched everywhere for this Book.

There was this Girl, standing next to the Cashier, sincerely watching all our movements - a dark complexioned Girl, should be from a nearby Village, might be 17 or 18, should not have crossed 8th Std., might be out of poverty she is here.. All my Journalist's brain unnecessarily calculated about this Gullible Girl... and though she was repeatedly watching me, I ignored her and started searching for "Thathva Bodha".

I saw many books from "Sandhya Vandanam" to Swami Vivekananda's "Chicago Speech" but having spent a good 40 minutes. I looked at her, she also looked at me curiously I did not asked her, knowing fully well that such a girl cannot have any idea of anything, leave alone "Thathva Bodah".

"Sir, may I help you?" (in Tamil)

"Yes. I am looking for 'Thatva Bodha' "

"Sanskrit Text or English/Sanskrit?"

God. she knows. "Sanskrit & English"

"Do you like to have the Publication from Chinmaya Mission or Indu Publications or by Ramakrishna Mutt?"

"I don't know... I just want to only Learn you see.. I don't really know indeed"

"Do you read Tamil Sir?"

"Yes I am a Tamilian" (thinking to myself how most of my life time I like to act in most Other places that I am not)

"Then Sir, you can take this"..she ran to the shelf where I had searched for 30 minutes, removed the books in the front and came out with a Book in Tamil.

"This one in Tamil by N.Sivaraman by Indu Publications in fact is simple and wonderful. You have the Sanskrit Text too inside."

My God! Why did I under estimate such a Genius? Just because of my Arrogance that I am an NRI. Or just because I presumed such a Black, dark complexioned, gullible girl, who would have come for this job out of absolute poverty, wouldn't have any idea of "Thatva Bodha".

I decided to change my attitude and realized that I am absolutely an 'Idiot' at this moment in front of this wonderful girl and submitted myself in all humility. "Madam, I really don't have any idea of even who wrote 'Thatva Bodha' till yesterday. I just attended a lecture on this subject and was fascinated by the lecture and hence....."

"Did you attend Goda Venkateswara Sastri's lecture in Bharathiya Vidya Bhavan?"

"Oh God. How did you know?"

"He regularly takes classes on such subjects. In fact he is one of the best Sir, in the city on such subjects."

"You are interested in such subjects?"

"Yes Sir, I read a lot about Swami Vivekananda and Ramakrishna and Thathva Bodha incidentally is my favourite Subject"

"Do you mean to say you have read Thatva Bodha?"

"I have read this one by Sivaraman. Once you read it you won't feel like keeping that book on the table at all."

"Why what is so great about this Book?"

"Sir,you must be joking that you don't know about 'Thatva Bodha'."

"Really. I accept my ignorance."

My wife was watching from the corner, admiring all her CD collections.

"Sir,according to me, if you read this it gives the entire Vedanthic Saramsam and to say it in-one-word you become a bit more humble in life, leaving Ahamkaram once for all."

"Is it a fact that reading this simple book one would get so humble?"



"Of course one should be involved totally into the text. Needs a lot of conviction and devotion."

My wife joined the conversation and she felt this girl is indeed a very very talented intelligent girl, so she told me, "Why don't you interview her for Washington Post? Why at all you should think of Paris Hilton?"

I also felt that I owe something to her.. So, I asked her whether she can spare sometime for an interview.

She politely refused saying "My boss is to give me permission. Besides, many people are looking for guidance or help, like you and hence I have to go."

"What is your name?"

"Kalaivani."

My wife's admiration for her devotion to duty and her total involvement in her work, made her go direct to the Boss and said, "Sir, that girl Kalaivani."

"Yes very hard working Girl."

"This is my husband Viswanath."

"Nice meeting you Sir"

"He is the Senior Journalist in Washington Post."

The Boss stood up. "Washington Post?"

"Yes Sir. I would like to interview this girl. I am highly impressed with her ethics."

The Boss called her. Time was 5:45 Pm. "Kalaivani, they have come all the way from USA., They would like to spend some time with you. Can you?"

"Sir, there are so many customers waiting for some guidance. as it is a rush time. If they can come again tomorrow."

"OK. I can come again tomorrow."

I came back next day morning leaving all my appointments with 'Times of India 'and "Madras Press Club " just to see this girl. It was no rush hour.

My wife and myself found out. Kalaivani is from a small village near Arcot. She has 5 sisters, she being is the eldest. Her father was a drunkard and he died a few years ago caring for none of them. Her mother used to work as a helper in Masonry and passed away two years back, leaving all the 6 on the streets.

This girl who had completed her 9th std decided to search for a job and 'Giri Trading' came forward to help her out. She brought

up all her 5 sisters with her and with her meagre salary she is taking care of them. All the 5 sisters are going to a nearby Chennai Corporation School.

"Kalaivani. But when did you get this enthusiasm to learn about 'ThatvaBodha'?"

"Sir after joining here, I decided that the best way to be of help to the customers is to know the Subject first.

I took small Books on Ramana, Ramakrishna, Swami Vivekananda and started reading. I found the subject so fascinating.. I decided to read other books in Tamil like Bhagavad Gita, and Viveka Choodamani. Thats how...."

"What is your salary?"

"Rs 2,500/ a month, Sir."

"Are you able to manage all your expenses with the 5 sisters?"

"Not at all Sir, but the Boss helps me a lot."

"What is your aim in Life ?"

"I want all my sisters to get education. Then they would easily get employment. Is it not Sir?"

"If I give you Rs 10,000 per month, for meeting all your expenses, would that suffice?"

"It is indeed too much, but I would accept it only through my Boss."

We took her to the Boss and told him that we would like to send Rs.10,000 every month so that all her sisters' education would be completed.

The Boss said "She deserves it Sir. You can trust me - I will hand over the amount to her every month or alternately you can open an account in her name and start transferring to the account."

My friend John Paul, who is the Regional Manager of 'Times of India' had also come with me. He said, "You have done a good thing."

My wife said, "I pray that 'Karpagambal' helps Kalaivani to become an expert in 'Vedantha' and start giving lectures in USA . We can arrange for her lectures."

We left wonder struck! If we go into the interiors of India, how many more 'Jewels' like Kalaivani can be found!!

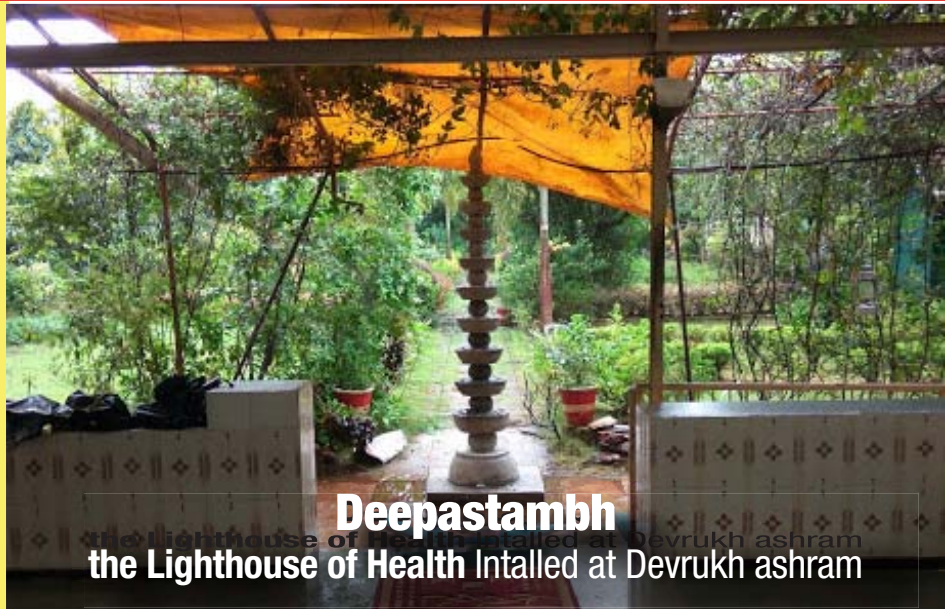
I really became humbled! Really the above incident teaches you an important lesson. Be humble and open always. Never underestimate others without knowing them. It can be misleading.



## Ganesh Festival Celebrations at Devrukh Ashram



Our Devrukh ashram celebrated Ganesh Chaturthi as it has always been doing for the past 12 years. Beautifully created Ganesha idol which was created by our sadhak artist Shri Avdhoot Potphode has always been a point of attraction for many sadhaks. The festival was celebrated for one and half a day after which the idol was immersed in the river nearby leaving many moist eyes behind.



**Deepastambh**  
the Lighthouse of Health Intalled at Devrukh ashram

Devrukh ashram has another monument to talk about since past few days. Our sadhaks Mr Balamuralikrishnan and his wife Mrs Aruna M (Our Reiki Master) had decided to donate this Deepastambha (a Column of Light) and had got it ordered specially from Kerala Temple. The same reached at ashram on the eve of Ganesh festival and was immediately installed by a team of our sadhaks under the leadership of Kuldeep Singh from Nashik. Gurujii installed the Kalash the uppermost part of the column opened to the sky with his own hands and declared this as a Lighthouse of Health with an intention that every time this is lighted all sadhaks who may be ill will get fully healed. Many of our Reiki Masters were present at the occasion and blessed the creation.



**Tamrapatra**  
Monument installed  
at Devrukh ashram

Another wonderful monument got created at Devrukh ashram during August 2017. A beautifully carved Copper Plate inscribed with the Vedic message has been installed just the main entrance of the temple complex within the ashram. The gist of the

Sanskrit message (meaning of which in Marathi has also been a part of the monument) is: "I meditated on this wonderful place and have intended and created the same. This place is a part of my personality or existence and can't be separated from me. Hence Lord, please protect this place from every evil. Protect all those who use this place. Let all those who stay here, use this place and also those who look at this place be blessed and protected by you"



# Fear is the disease and force is the stress...

The other day there was a discussion in the ashram and one of the sadhaks said that so and so in her relation was so particular about his health like eating on time, eating only right things, going to jogging and to gymnasium etc but could not survive and died at relatively early age and wondered how it could happen. Guruji immediately said, "There is nothing like a right activity and a wrong activity. It is the reason behind those activities that matters. If someone is very particular about what one eats and what one does with a fear as a driving force behind then it does not matter what one does and eats. The bodily sufferings will not leave him or her. It is the fear which is a problem. It is the fear which causes diseases. One should look from a point of view of love and from a viewpoint of feeling good by doing all that what one does. Then he/she has nothing to fear. Same is the case with stress. Stress is truly a derivative of resistance to do something. If you do anything with acceptance and love and happy about what one is doing, it will never create a stress. When you hate to do what you do or do it out of compulsions and force you are bound to be stressful. So be careful about these two words – Fear and Force. They create havoc in life"



## Program Schedule for September 2017

Dates	Reiki Teacher	Centre	Degree	For registration contact:
9th & 10th September	Ajit Sir/ Vishal	Mumbai	2nd	Vinaya Sawant (9004328016)
9th & 10th September	Seema Trivedi	Rajkot	1st	Jyoti Saraiyya (9824299153))
9th & 10th September	Sangeeta Kulkarni	Devrukh	1st	Devrukh Math (02354261322)
9th & 10th September	Krupa Choksi	Surat	1st	Kunj Sharma (8141119979)
16th & 17th September	Ajit Sir/Rakesh Kumar	Baroda	2nd	Chandresh Parmar(9974701200)
16th & 17th September	Krupa Choksi	Delhi	1st	Monica Madaan (9560499944)
16th & 17th September	Khushal Solanki	Bengaluru	1st	Aruna M (07259620868)
16th & 17th September	Vishal Shridhankar	Goa	1st	Netra Gauns (9422643106)
16th & 17th September	Bhartiben	Ahmedabad	1st	Bhartiben (9925722456)
23rd & 24th September	Ajit Sir/Krupa	Goa	2nd	Netra Gauns (9422643106)
1st & 2nd October	Ajit Sir	Pune	2nd	Amrut Kirpekar (9175050900)
6th & 7th October	Bhartiben	Ahmedabad	1st	Bhartiben (9925722456)
14th & 15th October	Ajit Sir	Nashik	2nd	Shuibhada Garge (9623547827)

## O T H E R P R O G R A M S

Date	Event	Location	Faculty
7th October	Youth Empowerment Program	Navsari Management Assn	Ajit Sir
8th October	Relationship Management	Navsari Management Assn	Ajit Sir