

REIKI VIDYA NIKETAN

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EDITORIAL

Individual versus Community... a new conflict

Human being was an animal till civilization made him human. In fact that is what separates a human from the animals. The moment the framework of civilization is broken there would neither be the code of conduct, the rules and regulations and the law and order. That is for sure. While blowing trumpet of his technological advanced and the progressive development of the modern times, we are all causing a huge damage to our human existence. This is to be seen all around us today. By the time I am writing this the year 2017 has already gone beyond curtains making way to another fresh year to begin. While the measurement of time was transforming itself, we had some serious accident in Mumbai city.





Individual versus Community...

a new conflict

On the night of 28th December and in the wee hours of 29th, one of the commercial complexes in the city had a fire where pub was operating. 14 girls in the age group around 20 and 29 got burnt due to accidental fire in the pub including a 29 year old girl who was celebrating her 29th birthday. Media created a huge noise. They demanded resignations from every politician and the government personnel involved in the remotest way with the pub administration. The photos of all those young lovely ladies who succumbed to the injuries and asphyxiations occupied the major space in press papers. The law was discussed threadbare. Some people who wanted to nudge the politicians in their ribs used this opportunity in the name of social interest. Everyone who discussed the legalities of the event missed out on the moralities of life, which play the same or rather even bigger role in human society. The root of the incident was the girls in their twenties celebrating in a pub at those odd hours of the day. The law may not object those young girls going to the pub at those late hours but does it fit in any cultural frameworks? Do you really think that parents would appreciate their wards going to pub and hookah parlour at those times? When will we realize that this problem does not fall necessarily within the framework of legalities but in the norms of moralities? Here one pub got burnt and 14 wonderful, young girls. But if the culture dies it will be a catastrophe for the whole society, the whole humanity. Then there will be no media and politicians to beat their chest and wail. Can you imagine the same girls who visit the night pubs at this age are going to get married at one point in their lives and give birth to children? What will they teach their children? How will they bring them up? What kind of cultural profile would the new generation carry? And what will these girls get by creating a world full of disorder and crimes? One has to find out the answers to all these questions. The time has come to do that leaving all your politics and commercializing the life aside before it is too late.

With love, light & Reiki

Ajit Siv

January 1st 2018



A journey from Zero to Infinity

By Siddhi Joglekar

Lord Shiva described importance of “Guru” to goddess Parvati



In the entire universe there is no knowledge more subtle and elusive. The truth, which he revealed, was. “Apart from the Guru, there is no other Universe”.



The Guru is not different from pure, unbounded consciousness, the Self.



One can attain all benefits of taking bath in all places of pilgrimages, just by sprinkling pure water on head with mind focused on the “Guru’s lotus feet”

Guruji your presence in our lives, gave us new outlook and vision. “GURU” in the life acts like a mirror at every moment of the life, will show your deeds, good and bad actions at that particular moment or later.

Guru is the only one who can raise the level of his disciple from zero to infinity and also keeping intact the importance of zero in the life of disciple.

Through Reiki, you have raised our levels to serve ourselves and others from zero to infinity.

Through Meditation, you make us travel in trans from Zero to infinity.

Through agnihotra, you have enlightened us with a light which has ability to clean acres of area from just a inch of flame.

Through Rudra, you connected us with infinite divine power by chanting finite anuvaks.

Guru is a life force energy who transformed us from child to parent by moulding us with a platform of "parenting (programme) keeping intact the innocence of child inside us.

Guru make us aware about our “Indigo child characteristics” in order to use the characteristics in right directions and overcome the weakness by translating ourselves into reform status.

Spiritual practices and guidance will open a direct way towards self realization and infinity for all of us who strive to enter in the space of spiritual consciousness.

Thank you for choosing us as your Shishyas



Challenges of teaching the new generation...

By Ashwini Telang

I have been observing that many teachers today are facing a daunting task of teaching the young generation. Even in reiki seminars, we have been noticing that the teacher who is used to teaching the earlier generation effectively, some or other doesn't deliver the similar kind of performance when it comes to younger generation audience. In one of the seminars, one particular student asked the teacher to wait during the training so that he could verify what the teacher just said is true or false by googling the information on internet. Fortunately, Google confirmed what the teacher said. I have never seen it happening before, as most of the time, the audience respects the teachers and does not challenge every small thing though there have been healthy debates even in the past.

Recently, a reiki teacher had a tough time explaining the five principles of Reiki which truly teaches the natural ways of life so that one can be happy, healthy and harmonious. The teacher got rattled when a young participant didn't agree to one of the beliefs that working late in the night or in the wee hours is not good for the body. He kept on arguing that this is a false belief. The problem is, the teacher was possibly projecting the fact as a belief by taking positions. When psychologically analyzed what was actually happening at the teaching place was that the teacher had already taken a position of a Parent Ego state which Transactional Analysis considers to be a dominant position. Probably, she was presuming that the audience was in the Child Ego state. We all notice that a parent at home always tries to imbibe his

beliefs and values to a child in the family. This has been okay for all these years when the children used to have the open structure of adaptation. The teacher could very well take a position of a parent who instills the knowledge within his student. Obviously, after some time of teaching a true teacher would move to Adult Ego state and also shift the student to the adult state of consciousness. The learning would happen. It is a mind which teaches and it is a mind which learns. That mind consciousness is nothing but the adult ego state perceived by Dr. Eric Berne founder of Transactional Analysis (TA).

One has to remember the difference between the Parent and the teacher, to understand the whole learning process. The parent teaches belief systems and values while the teacher presents the facts. Beliefs and values are in the domain of Parent Ego State while presentation of facts falls into the teacher domain. Beliefs are imbibed in the heart consciousness while the facts are absorbed by mind consciousness. Both have different destinations. And as Gururji says, if the source and destination are in the same level of consciousness the learning is effortless and pleasant experience. The teacher needs to be where he wants his student to be. That possibly would demand the flexibility of a teacher's consciousness. On the spiritual path, teacher may have to swing between the 3 ego states from time to time so that a student can't escape learning. He is like radar in the spiritual skies.



Give-and-Take

By Telangana

*Our lives are planned of destined events, beginning with our birth. A soul is born into a family where all the conditions are favourable and where it has good substantial **give-and-take** account with each family member. We have little or more give and take share with everyone we come across throughout our lives.*

According to the law of karma, every positive deed generates “JOY” while every negative deed generates “PAIN”. Subsequently we have to reap the results of our actions sooner or later. Whenever we do a good deed for someone, it results in a positive return in the form of happiness. Whenever we causes harm to others, the result is in the form of pain. It cannot be undone by a word **“Sorry”! And therefore God never punishes even sinful people. They get punishment by their own deeds.**

Throughout our lives we are either settling an old account or creating a new. If the account can't be settled in this birth it's carried over to the next. However, **spiritual practices and Guru's guidance can help us to identify and complete very important Karmic accounts and rewrite better destiny for ourselves.**

We can't control our past and therefore we could not change present unpleasant problems of life. But if we seriously feel that we should not have to face those issues again even in the future then we need to complete those Karmic accounts very carefully TODAY. **One of the two people needs to change the response in present situation to change the consequences of future.** For example 'B' had cheated 'A' for money. 'A' s response could be to fight back to acquire the lost wealth. By using power 'A' can make it even happen. But what if 'A' could see the past birth and learns that he was the first one, who started this Karmic account, which is going on birth after birth. 'A' doesn't want this situation to appear again in life and decides to complete it and changes his response. He accepts this loss once and for all and forgives 'B' for it. He works harder to recover from it. As a result, this Karmic account gets successfully completed and 'B' will not even come back in 'A' s life again for it.

Forgiving someone who gives us pain in present life is a best Karmic solution to settle that account. Or we will have to go on lives after lives creating similar situations and similar suffering...

Dissolve into Divinity

By Aruna M.



I remember Guruji's words **"Words have limitations"**. Due to my limitations I fully did not grasp the essence of the message. Today when I want to share my seva experience I truly understand the limitations of my words.

Last May when I visited Devrukh during Children Retreat, Guruji told us that one must register for seva for one's own purification and growth in the spiritual path. As December was allotted to Pune, Delhi and other south Indian cities, I registered my name for seva in December for 10 days. I travelled along with a Sadhak 'Sathya' from a town Banrutti near Pondicherry.

From the time we reached till we left Devrukh there were so many magical moments, joyful experiences culminating to a fruitful sadhana. We got to learn a lot from Mukhya Sewakari Madhavi Thayi. I admired her speed, focus and commitment in doing any seva in the ashram. I thank swami for giving me an opportunity to learn finer things in seva under her guidance. Along with her we had such good love and care from Usha thayi and her husband for the next two days.

The second day was a Thursday and my fellow sadhak 'Sathya' was asked to cook Tamil cuisine sambar, sabji etc., and I had to help her in the kitchen. I once again remembered Guruji's words (may be the essence of his message) **"Whether you are Master or a Sadhak, play the role to your best of your capacity"**. This itself crushes your ego big time. As most women are queens of their own kitchen, it's a great way to learn when you have to follow the Master. Meanwhile 'Sathya' made sabudhana keer along with the other items.

During Arthi we saw some more than 100+ students along with 10+ teachers joining the Arthi. First thing it gave us all a lot of joy to have so many young children. Secondly, Do we have enough Prasad for everyone? Krupaji and Madhavi thayi managed the Prasad after Arthi, but how to give them something special after their lunch time? Then we remembered our Keer and thanks to Kalindi we had sufficient milk. So we were able to distribute Prasad to all of them. It was like an Akshaya Patra and all of us at the Ashram were satisfied.

Now we understood that swami gave the thought to make keer and we could manage the whole thing without a problem. On a Thursday we all felt that Dattatreya came to us in their form and blessed us. We were all feeling blessed.

The next few days were Under M S Krupaji. Two boys Mayur and Gaurav joined us for seva from Pune. Most of us were new and I

admired the way Krupaji guided us through and through. We all felt like one big family. The boys were unassuming and very helpful to all of us. 'Sathya' was determined to teach Tamil to Krupaji. Our meal time was filled with funny memories of Krupaji communicating in Tamil with both of us. Right from morning Arthi till the night chanting of swami nama 108 times **"Sri Swami Samartha"** every moment and every day was different and memorable.

Then one more family from Pune "Pranjal", Arthi and their friend joined us for seva. Slowly our number grew and we had more hands to help. Slowly and steadily we learnt to prepare the thali's for swami (It's a big learning for me). Feeding the cows is a great blessing for me. In cities it is so difficult to do so. Being part of rudra swahakar, doing Abhishek, performing Agnihotra, shiva poojan, cleaning the sanctum, preparing swami, preparations for Nada Brahma, Arthi time is a life time experience.

There no words for the invaluable time spent in silent room with all the dieties, specially Dattatreya. Those were palpable moments. While I am writing my heart is beating with joy. How can I miss the Palkhi on Thursdays. Swami coming around and the soulful singing of the devotees. It used be like "Heaven on Earth". I really admired the families of Devrukh dedicatedly doing their seva, whether it is the "laddu seva", Palkhi seva" or cooking seva on Thursdays. I am reminded of the quote "simplicity is next to Godliness".

One more family from Pune joined us. Revathi aunty was such an expert cook and we all got to learn a lot from her too. I enjoyed working with Arthi and Praanjal. Praanjal Tamil greetings "Kalai Vanakkam" and "Nalliravu" meaning "good morning" and "good night" respectively still lingering in my years. Most of us are meeting for the first time but slowly we all became one big family and our seva was the only string connecting us. This is how I think we break our old patterns and moulds and cleanse ourselves.

Gurucharitra parayan , to stay in "Moun" for seven days and be secluded from the mundane activities itself is a great experience. We met two people who had come for parayan during our stay. 'Rakesh Bhai' and 'Vibha Pandya' from Ahmedabad. Right now it is equivalent to reaching the stars for me. I pray that I too get a chance to do parayan of Gurucharitra. During this time Pranjaal shared a golden piece of Guruji's message. To be in 'Moun" just follow these two

1. "Never talk about yourself"

2. "Never talk about the person who is not present there".

What a beautiful message to carry back home, isn't it?

Mean time Alhad had shown us the paintings of students done during Ganesha festival exhibited in art gallery of Devrukh. This event was coordinated by DACC. The eyes of Ganesha had so much life in it that I was mesmerised to carry a few with me to Bangalore. Such talented students in Devrukh. We can feel the divinity and purity in their paintings. May Swami bless them more and more.

Way back in 2012 when I met “Dhaksha behn”, when we asked her Why are you in Devrukh? She replied **“Swami ko Kilana hai”**. This time I understood the essence of it. I too started enjoying to serve Prasad to swami and wait to see him after the Prasad. There are no words to explain. Swami’s divine presence and the way he touches

us is a riddle so easy to crack, too easy to understand but with a simple key **“Purity of heart filled with love and compassion”**

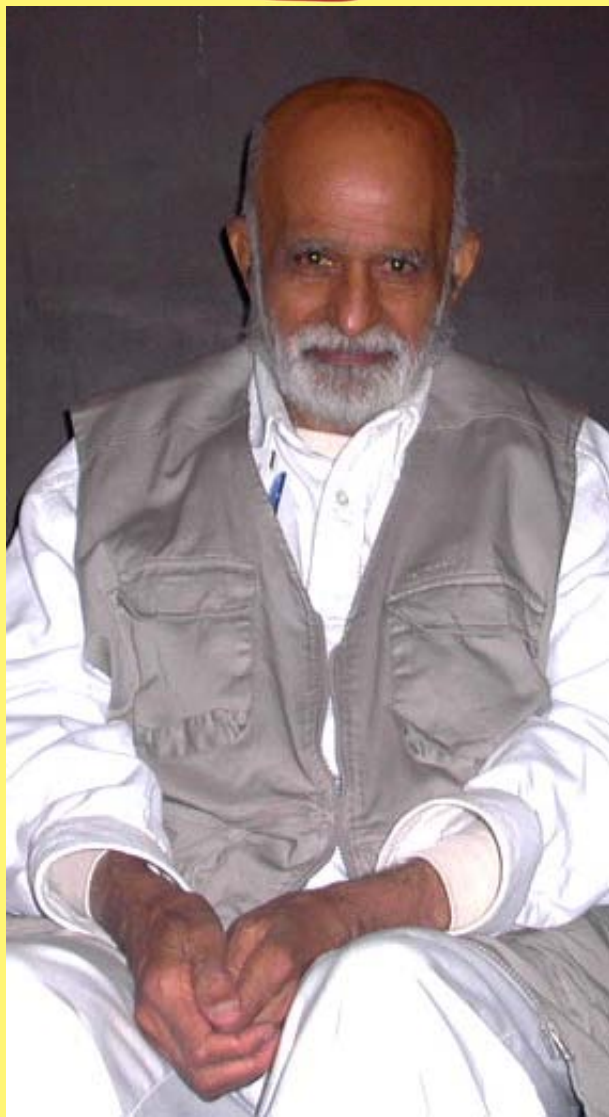
When we used to tell Guruji it is not easy to reach Devrukh from Bangalore, he asked us one question **“If you are getting a lottery of 10 lakhs or one crore, won’t you reach Devrukh?”** Now I truly understand what did he mean by asking us that question. How can one give excuses to reach Devrukh, as it is going to be a showering of love light and reiki.

Truly a humbling experience for me and so much to imbibe in my life.



Dear Readers Jai Gurudev!

We have received this wonderful message from Shree Vasant the founder of Agnihotra movement worldwide on this New Year, courtesy Homa Newsletter (January 2018)



January 1, 2018 Shree

These are the times foretold in Bible, in ancient holy texts from all religions.

These are times of great darkness and times of great illuminating Light.

Keep your focus on the Light.

Be aware of the darkness, vigilant in face of danger.

But always focus on the Light.

The greatest tool has been given you, the FIRE.

The power to heal, to cleanse and purify air, water, soil- all this in simple Agnihotra.

Now more than ever, refuse to be drawn into conflict, fear or anxiety.

Always, in light of the fire, solutions will be found.

Every thought is known, expressed or not expressed.

Every call is heard.

Never at any time are you to feel alone.

Once the hand is held, it is always so.

Walk in Light.

Be unburdened.

All Our love and blessings always be with you.

OM TAT SAT.



AGNIHOTRA

The most powerful technology of the world...

The increasing chemical pollution in the environment, the unexplainable growth in climatic temperature, the cyclones of gigantic proportions, the flowing rivers of mud even in the large cities in advanced countries, the increasing events of wild fires in the forests damaging properties and killing in the proportion never heard before and over all these, the horrendous impact of growing radioactive rays in the atmosphere have all created a massive challenge in front of the modern science and the proponent scientists. Recently 17500 scientists from 158 countries worldwide have issued a second warning to human society predicting a massive catastrophe on the scale never heard before. The first such warning was issued by 1500 scientists in 1992. The new warning says that the drinking water resources have already shrunk by 26% since the last warning which was never taken seriously by community. With the darkness setting all around, a ray of hope is emerging in the form of Agnihotra- an ancient Indian technology which can offer a new hope to human beings on this planet.



Agnihotra if you look at it closely has been there from the ancient times of Vedas. The word AGNIHOTRA is made from two words: Agni and Hotra which means a Healing fire when put together. This technology if one may call it got lost in the flow of time and also in the new life style initiated by the modern outlook towards life for many centuries. The new wave of science most ruthlessly discarded every ancient tradition and ancient wisdom only because it was old in age without getting into merits and demerits. This finally got rejuvenated by the grace of Lord Parshuram who initiated Shri Gajanan Maharaj from Akkalkot on this path in 1942 and ordered him to revive the technology for the sake of the world. The common man and the scientists never took up the note of such an important event taking place and could wake up only when they faced the repercussions of Bhopal Gas tragedy in India in 1983 and the Chernobyl radioactive fallout on the border of Russia and Poland a year later. What really made the scientists sit and take note of Agnihotra was that all those performing Agnihotra practice were saved of the holocaust while there was a dance of death all around. For the first time the world realized that Agnihotra could possibly be the only answer to such a massive threat of getting uprooted as a human race. What was seen and experienced by the scientists could not be fitted into any framework that the science would think of. It was quiet unexplainable. The one who always believed that Indian culture is based on the ritualistic blind faiths suddenly realized that a small copper pyramid of the measure 5.75" X 5.75" in combination with a few cow dung cakes, a spoonful of ghee and few potions of 5-10 unpolished rice grains can create such a massive impact on restoring the imbalanced environment to such a huge difference. The science which believed in spending trillions of dollars to conquer the nature got a severe slap on the face by this tiny effort.



Agnihotra works on the circadian cycle of the universe and attunes human life to the whole universal rhythm. The process is simple and does not demand major resources. Exactly on the time of sunset and sunrise – the twilight zones – when millions of energy bands beyond the human knowledge descend on the planet which are captured in the copper pyramid of the prescribed size using the fire created by burning few cow dung cakes and the cow's ghee and the rice grains. The small action of human wisdom creates a column of energy 12 km above the surface of the earth and taps the nutritious forces to bring them on the earth and spread around. This truly made the modern scientists to put all their finger in their mouth making them speechless.



To be continued...

Let go is not Regretting the past
Let go is not Controlling others
Let go is not Adjustment or Fear
Let go is not stop Caring either...

It's about Learning big insight
'Manage the Manageable'...
It's about Accepting others...
It's about Fearless & Love more...

Let go is not Change or Blame
It's about Transformation of self...
Its not Judging or Criticizing...
It's about spiritual progress...

Let go is not being Powerlessness
It's about Strength and Stability
Let go is not Deny and Reject
It's about Believing the Truth...

Let go is to take each day sincerely
And treasure the life endlessly...
Let go is boundless pleasure
Making the world joyful place...

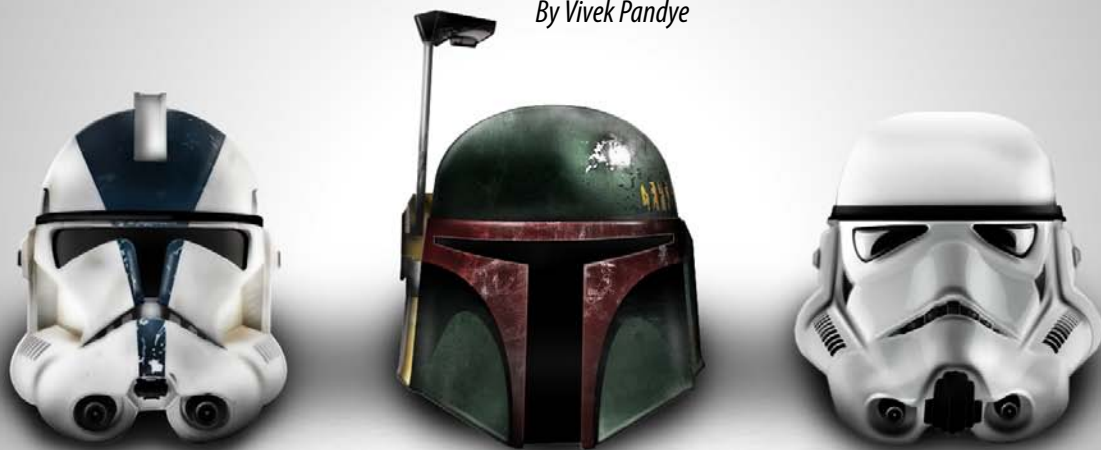
Let Go...

by Telangan



HERO REINVENTED...

By Vivek Pandye



Bat-man, super-man, Spider-man or even Hanu-man, have been the childhood heroes for many of us. We have all grown up listening or watching stories of their heroic deeds. Physicality and masculinity backed with some seemingly impossible stunts excite us and guide us for a while before the hardships of reality hit each one of us in a hard manner. Basically we all look up to some or the other person serving us as a guide or role model. Since we identify only with the physical aspect of life, we unknowingly mistake it and assume all the impractical things to be made possible by these heroes. Let us go through the journey of reinventing heroism in this article.

The moment we arrive on this planet, our mother inevitably becomes our first hero. For the initial years of our lives, we remain protected on the divine lap of our mothers. The aura of our mother allows us to grow physically well, strong and blossom like a flower. With the odd occasion of our fathers, siblings, neighbors and some relatives, seldom do we cross the threshold of our mother's presence. We identify, relate and learn only through our mothers.

Next comes at the age of above 5 that we start perceiving some other relations in detail. Siblings are meant to have fun and fights with, but the father inadvertently adorns the role of the master of the house. His solid presence scares us, but also makes us follow them without much questioning. In most cases, the father's presence is felt like that of a ring master who is up to the task of making you learn about yours to be journey on earth. We all feel both safe and behave in an utterly conscious manner in the presence of our fathers. The act of staying disciplined happens with utmost ease in their presence.

Next comes upon attaining the age of 10 or 12 that we start looking outwards. The television or the internet draws us towards the external world and also makes us hallucinate with utmost innocence as to how wonderful things are with people appearing on it. We dance, sing, act and cry based on the reactions consumed from the idiot box. Depending on our ability to choose, we identify with some celebrity or stars and make them our idols. So much so that in many cases we lose track of our own lives and start to assume their personalities within us. In some cases even the professional lives are unknowingly chosen based upon the image of the idol that people carry within themselves. Sounds childish!! But yes, even after attaining adulthood and the so called mature age, do we really drop choosing individuals as our heroes? Once we become mature, we unconsciously follow the path of TATA, AMBANI or some other rich person just to satisfy our survival instincts. Even with the art of maintaining and managing our lively hood we look up to help from outside

world. Nothing wrong in taking help at all, but the fundamental habit of following someone else's footsteps remains predominant in most cases. To make matters worse, after having and leading a busy life guided by some personality, we eventually at the closing juncture choose to follow some saint and become guided for and by the unknown. This whole process of choosing and making heroes, continues, in most cases throughout our lives. Nothing wrong once again in having an idol or a hero, but the fact that we lose sight of our own existence (depends on to what extent have you been idolizing) may lead to jeopardy.

Off late, with the help of internet, many new trends have begun. The act of taking "selfies" and posing as a star on social media has become the order of the day. Writing your own blogs and expressing yourself blatantly is not reserved to the elite ones only. The good thing about this trend is, the fact that people are getting closer to their own being. They have started identifying or at least attempting to realize and make sense out of their own existence. With the help of technology every common man is a star these days and every event of most lives gets captured and published in the virtual world.

To sum up the things, we have (the entire human race) begun to pay more detailed attention to what we actually are. Unlike the previous generations, the people of recent era are much more capable in terms of understanding their own emotions, minds and the intellects. The only thing remaining with us to slowly shift the focus inwards, in order to create lives worth living. We all need to make heroes out of ourselves. We all need to shift to the path of faith and test the strength of our existence. We need to come out of the patterns that life thrusts upon each one of us. We need to see that our lives are guided by the light of our own soul to fulfill the aspirations of the subconscious mind. The Atharva Veda quote sums it up beautifully in the following verse.

"Do not be led by others, awaken your own mind, amass your own experience and decide for yourself your own path...On this Earth, do I stand, unvanquished, unslain, unhurt."

We all need to be our own heroes. That is all one needs and that is we all need.

Jaigurudev



Swami Kavach- *amazing realization*

By Komal Pukale

Was doing Swami-Kavach today evening and had a gush of thoughts flowing within; thought of sharing them with you. Felt that by giving us Swami Kavach you have actually helped us understand the real meaning of life and spirituality.

I have been seeking to understand the meaning of Moksha - liberation.

Today I feel that you are giving us actual experience of Moksha every day.

Whenever we do Swami Kavach each time we experience liberation in Swami's warm presence. The meaning of Kavach as it occurred to my mind is the following –

- With the chanting of 3 Omkar's, there is a feeling as though a small child lost in the illusionary material world is disconnected from it and gets reconnected and united with his mother-The Divine Mother.
- Anulom-Vilom gives a feeling that the Inner Self is harmonizing with the Universal Self making us stable and peaceful.
- Doing Moolbandh and Kapalbhati - I could relate this with the following : If we have to fill clean water in a glass already filled with muddy water we need to empty it first and get rid of the muddy water and then fill it with clean water.
- While doing Bhastrika we exhale forcefully.

Similarly in the real life we cleanse ourself with Sadhana and various spiritual practices, preparing ourselves for the journey ahead.

- Then we steadily increase the power of the Self. The way with every recitation of Shree Swami Samarth energy rises from each Chakra and finally reaches the crown chakra, like that You Swami and Reiki help us purify our lives.
- When the EGO breaks we understand that we have become a very small molecule:). Then Swami comes and keeps us safe in his kamandalu made with the walls of white light. Instantly one realizes that this is the same Kamandalu that is present in Swami's hands and the handle that Swami is holding begins and ends with our root chakra.
- Innumerable Swami devotees enter the Kamandalu after becoming tiny molecules in the form of ash. With the aid of Mudras they try to unite with the energies present there.
- And then Shavaasan - Once Swami embraces you, that is the real Moksha - The ultimate Peace and Bliss.

May I breath "Shree Swami Samarth" in every breath - I offer this prayer at your and Swami's lotus feet.

With Love and Gratitude,
Your Komal

Magnificent performance by our sadhak Mrs. Mugdha Dhokale



The university under the name of Swami Vivekanand Anusandhan Sanshodhan Sansthan, Bangalore conducted the 22nd Himalaya Yoga Olympiad 2018 on national level between 1st and 3rd January 2018.

Totally 650 participants representing 25 states participated in this tournament. Mr. Amol Thakur and our sadhak Mrs. Mugdha Dhokale both who had passed out the first batch of Yoga Instructor course conducted by Balasaheb Pitre Yoga Academy, Devrukh also participated in this event representing the state of Maharashtra.

The team of Maharashtra Men got the top award and so was the female team which represented the same state. Mrs. Mudha Dhokale (Our Reiki sadhak) won the Gold Medal, Trophy and certificate of excellence. Mugdha is also proficient in Karate with

black belt in that art. The gold in Yoga has added a feather in her cap. Mugdha who is a regular volunteer in Devrukh ashram activities and also a faculty for Martial Arts in our Childrens' retreat has made all of us proud by her achievement. Well done Mugdha!

The Maharashtra team was coached by Mr. Rajesh Ahire from Ratnagiri. Yoga Acharya Dr Nagendra honored all successful awardees by distributing the prizes.

Ashram with a new look

Devrukh ashram is wearing new look now with a newly led Pradakshina path around the sanctum sanctorum thanks to the untiring efforts of our sadhak from Chicago Shri Janardanbhai Engreji and his team members. The ashram also has now committed to Gosewa by building a newly designed cowshed (Goshala) more comfortable to those 20 odd cows in the shed. Developing the grass and the special fodder in the ashram premises as well as a pathway for the calves to roam around are going to add a new dimension to the ashram energy. A statue of a sage bang in front of Dnyansabha (a learning centre) at the centre of ashram place has added the glory to already wonderful ashram premises.



Agnihotra event in Bengaluru



An event to promote Agnihotra was held at Shree Rama Temple, Chintamani (~60 kilometers from Bangalore) on 21st January 2018 between 5pm to 6.30pm by our sadhak Mrs Komal Pukale. The aim of the session was on spreading awareness about Agnihotra and how it has become the need of the time today!! Around 25 people attended the session. Dr. Neelkant helped with the translation to Kannada language. Agnihotra Process was introduced through a slide show presentation on the subject. This was followed by a actual demo of Sunset Agnihotra. One person learnt and started doing Agnihotra at his home regularly.

IS BEING EMOTIONAL A SYMPTOM OF SPIRITUALITY?



One of the sadhaks lately asked Guruji in the Shibir whether one's being emotional indicate that the person is spiritual? Guruji answered, "Being emotional is not an issue at all. Being driven by emotions is a problem. As a human being we all need to be emotional. There are eight total emotions that one experiences in life. Two of them are called positive emotions like Love and Compassion while the balance 6 viz Anger, Lust, Greed, Arrogance, Jealousy and Hypocrisy are considered to be called negative or aggressive emotions not socially acceptable. Spirituality is basically managing the emotions or driving emotions instead of allowing the emotions to be driving us. The reins of emotions should be resting in the hands of a sadhaks and not the other way. That is what is mastering one's life as life is nothing but feelings or emotions. That way one has to become the King of our own kingdom or Swami of your own existence (and not conquering the world)"

Program Schedule for February 18

Reiki Seminars

Dates	Reiki Teacher	Centre	Degree	For registration
3rd & 4th February	Ajit Sir	Nashik	2nd	Shubhada Garge (9623547827)
3rd & 4th February	Seema Trivedi	Baroda	1st	Chandresh Parmar(9974701200)
3rd & 4th February	Krupa Choksi	Kota	1st	Dr Neeta Parekh (9413886755)
17th & 18th February	Seema Trivedi	Ahmedabad	1st	Bhartiben (09925722456)
17th & 18th February	Kalpita Keer	Devrukh	1st	Devrukh Math (2354261322)
17th & 18th February	Vishal Shridhankar	Navi Mumbai	1st	Mandar Kopare (9867155399)
17th & 18th February	Sangita Kulkarni	Pune	1st	Amrut Kirpekar(9960101018)
24th & 25th February	Bharatiben	Rajkot	1st	Jyoti Saraiyya(9824299153)
24th & 25th February	Kalpita Keer	Mumbai	1st	Vinaya Sawant (9004328016)
24th & 25th February	Ajit Sir/ Rakesh Kumar	Thane	2nd	Jayshree Desai (9324089656)