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## Teacher's Day....

*editorial*

As you may all know that 5th September is celebrated as a Teacher's day in India every year. This year, however, Indian Prime Minister Mr Narendra Modi created a new precedent by holding a nationwide talk to the school children in their classes through video conferencing. This was revolutionary as since the days of independence struggle, no politician had ever talked to school children, barring some few such efforts by Dr A P J Abdul Kalam, the ex-President of this country few years ago. But this time it was on a gigantic scale.

The beloved Prime Minister stated some important facts about studentship, very close to what we at RVN are trying to do for the past many years. He said that it is not only the books which empower the student but the teacher who can get the essence of the contents of the book and deliver to the student for his empowerment. So well said. If you look at the social dimensions of life, you may find that there is something like an Educational Triangle which provides the support for any social uplifting. The triangle consists of Teachers, Parents and the Students. This triangle in getting distorted day by day as Teachers (most of them) have taken up these jobs as a means of earning more than a mission and have lost their basic essence of teaching. The Parents are no longer Parents, as they themselves have been driven by the economic aspects of life proceeding over the interest of the children. When these two vital angles have lost their balance, how can one expect the students to be ideal students?

The students a few generations ago (one does not have to go far, may be 2 to 3 decades ago) were lucky to have 3 parents attending them- a father, a mother and a teacher. Today none of them attend to them. They have become orphans, though not in the physical sense, but definitely in terms of emotional sense. Earlier we used to get a parental support throughout a day, at home by our biological parents and at school by our educational parent – a teacher. I remember when I lost my mother while I was only around 7 or 8 years of age, my teachers attended me so well in school that I was always comfortable at school. I remember now having sobbed and wiped my tears by the Pallus of my teachers.. where are those pallus now? One of my teacher Ms Sunanda Torgal, was so kind and compassionate to me during those testing times, that she put me on her lap and made me write the whole exam paper as I used to become uncontrollable with emotions then. Can we expect any teacher to do this today? Teachers and Doctors were not only professions but were institutions in their own way, supporting the social fabric to be intact and shining. With the commercialization of life process, both have crumbled now leaving the social fabric torn and shabby. Where does one look to?

Our sadhaks on this year's teachers' day went to schools and kindled the flames of Agnihotra. The light of Peace and Harmony! This is the hope to new world that light will return to teaching again.

Ajit Sir October 2014



# Bhaja Govindam... (Verse 9)

सत्संगत्वे निस्संगत्वं, निस्संगत्वे निर्मोहत्वं ।  
निर्मोहत्वे निश्चलतत्त्वं निश्चलतत्त्वे जीवनमुक्तीः ॥ ९॥



Through the company of the wise or the good, there arises non-attachment; from non-attachment comes freedom from delusion; where there is freedom from delusion, there is abundance in self-knowledge, which leads to freedom while alive.

Adi Shankaracharya here impresses upon the readers the importance

of a stable Chitta or a stable mind. Only a stable mind can help us reach the ultimate goal of Jeevan Mukti- liberation from the cycle of birth and death. A million dollar question here is how to achieve the state of still and stable mind? The author gives an answer to that emphasizing on the importance of Satsanga. Satsanga is one of the important ingredients of 5 S in the path of spiritual practices. The others are Sewa (Service), Samarpan (Surrender), Shraddha (Faith) and Samadhi (Meditation).

Satsanga literally means being with the good (people, things etc) Sat here is good or divine or eternal. Many sadhaks who come to visit Devrukh ashram tell me that we feel so good here that we do not think of anything negative in this environment. When they stay in ashram they are at bliss. But most of them complain that once they go back to the outer world, slowly they start getting the same dizziness and gloom which they had felt before coming to the ashram. They do not know what to do with this.


The environment of the ashram is Sat, the divine. The whole space has such energy that one goes beyond the parameters of time and even space. One forgets about all his worries and problems of the mundane nature. The author is saying the same here. One has to imbibe this satsang so much within one self that ultimately it leads to detachment from all desires of material nature. Attachment to mundane things is as we all know the cause of all worries. In second degree normally when we ask the participants to ask for anything that they want, they can not ask for anything in a minute given to them. Why does it

happen? What is strange here is that the same people who have come there were full of desires when they had entered the divine space of Reiki seminar. But the moment they become a part of the space they really do not know what to ask? The desires get dropped in that space and at that time. That is a Satsang. With all those divine energies in purest forms descended there in that space, one feels that non-attachment with mundane things. One possibly starts feeling the meaninglessness of getting all those things for which we crave for.

In fact some days back I was talking to all my sadhaks who stay for longer times in the Devrukh ashram to work on themselves to such an extent that they become compassionate and pure. It is very essential that we maintain ourselves full of love and compassion. That helps the environment to be divine as it is nothing but we that make an environment. We all have been provided with a divine space. All that we need is not to spoil the same. That would be our biggest contribution to the universe.

Satsanga leads to Nissanga (means non-attachment). Though one talks of detachment or non-attachment, honestly there is nothing like detachment. Non-attachment is a nature of the soul alright however attachment is the nature of the universe. The moment one gets detached from one entity, one gets detached from something else. That is precisely a Satsang does. When a divine space of satsang attracts one, there are chances that one gets detached from all desires. There are chances that people do get stuck with desires as possibly they have no other option to hold to. Satsang provides that kind of anchor.

Once the person gets detached from desires, one reaches the stage of stable mind. As long as the mind is attached with mundane things the chances are that one cannot reach the state of stillness of mind. One has to free oneself from the influence of greed and temptations. The mind freed that way is capable of becoming Jeevan Mukta (the one who reaches the state of liberation even when one is live in this life itself). Jeevan Mukti is not the state of Moksha or liberation after death. It is the liberation even while one is alive and hence is very interesting. That is the power of Satsanga done in the right earnest.



# “Simplicity a way to reach God”

Neeta Parekh, Kota, India

I pondered over numerous topics and scribbled down few lines on ‘Reiki: as a total transformation programme’, ‘Reiki as a gateway to heart’ and along with that I also noted some of my healing experiences. Then once again I felt that all such issues are already discussed in the seminar so I questioned myself that on which topic should I write?

Yesterday when Krupa was delivering a lecture in Government College, Kota on “How Reiki helps in learning” suddenly a thought struck in my mind related to ‘simplicity in life’ and the same thing applies everywhere. I have been teaching English in Kota since 1998 and during these years I tend to visit number of educational institutes where I have observed that day by day the education system is moving far away from the simple lifestyle. Where would students learn the importance of simplicity in life? While teaching English to the students in college I have observed that many students coming from

either rural or urban area fail to learn English simply because teachers lack simplicity in their behavior, accent of language (esp. English) and their lifestyle.

In continuation of last editorial issue of RVN newsletter “Guru Purnima Musings : The importance of Gurukul Concept” I also thought of simplicity in lifestyle. In earlier years when Gurukul concept was prevalent in the society, it was seen that Gurus of those days practiced simple lifestyle. It is only with such situations, behavioral patterns and in such space a student could be prepared for true learning. Whatever we have acquired from the outside makes us complicated and we move away from simplicity which is our basic nature. Even in our relationships if we behave with simplicity of heart, tension and stress would be erased completely as simplicity disarms the person. Consequently, we would be naturally connected to God.

Dear Krupa,

I am Sumathi Chandrashekhar from Bangalore and I recently completed the Level1 course taken by you (Aug 23-24th). I have been practicing Reiki everyday. I am doing this at a single stretch since I find it truly meditative. I am also performing the exercise of looking into the mirror for 5 mins to observe myself. Gradually, the fear of watching myself started vanishing and yesterday a strange thing happened. When I saw myself in the mirror, suddenly I noticed that my eyes started vanishing and slowly the nose, lips and the whole face ...Initially a fear passed through me and this glimpse was lost. I continued the same and again the same process repeated...this time face, my upper body vanished and I was still looking at myself...the blank...the true "self"... "I am nothing" was shown to me for few more seconds....It did not continue further the moment the attachment to the body brought me back to the normal appearance.

I was so thankful to the Divine energy which enabled me to get a glimpse of my real self!

Want to express my gratitude to you and Guruji to have given me the drop of nectar in the form of Reiki which I believe is taking me to a higher plane.

Thanks for everything!

With love  
Sumathi

Jai Gurudev,

In continuation with my earlier experience sharing where I could see my true "blank" self in the mirror, which was unbelievable, I am experiencing more wonders happening in my life. Now I am in a position to give Reiki to others who are in pain and its just working instantly!!

Few instances which I want to share

1. My husband had a severe cough and fever for 3 days and then I decided and he too accepted to take Reiki. I gave a full body Reiki and the cough, fever just vanished within 2 hrs! He could travel very next day.

2. I had a neck severe catch. This is usual affair for me, which normally used to take 3 days of hot pack and volini. But this time, I just had give more reiki to that region and it just worked immediately! Catch released immediately!

3. My sister who is under depression medication refuses to take Reiki. But I happened to give her once when she had severe palpitations and she immediately went to sleep and then she acknowledged that she felt lighter and good. Sometimes she refuses to accept Reiki and then I try to give her during her sleep. I believe Reiki would help her out of depression.

Once again thank you so much for giving me this wonderful lifetime gift.

Thanks,  
Gratitude and Love  
**Sumathi**



## Be the Change You want to See in the World! *Telangan*

1. A Car in front of me brushed another. An old man and a boy stepped out furious. They shouted loudly at each other to prove that they were not guilty. They looked at the scratches sadly. The old man was still could not come over his emotions. He kicked on the other car bumper and turned. The young boy got wild by this. He slapped the old man and pushed back so hard that the old man was unconscious. The young boy was happy with the outcome and left with a smile.

2. An unhappy mother disconnected the Internet access because her son was spending entire day on Face book without study and the son reacted furiously by stabbing her to death.

This list is endless. There is no different news either in newspapers or TV. It is frightening situation in the entire world. Most people are unhappy for something and reactions are very pointed. There is a common thread in all these reactions and that is a lack of spirituality, proper guidance, awareness and family bonding. I was also in the same league few years' back. When I met Gururji his guidance helped me to calm down and think. His guidance helped me to be balanced. I realized there is always a different point of view to look at any situation (and may be better). There is no solution for anything by Anger and violence but balanced mind and clear thinking could give us lots of benefits. Jesus Christ, Mahatma Gandhi, Vinoba Bhave stood by non-violence behavior all the while.

It is true that we carry some Samskras from our past birth but we keep creating new everyday. It is very interesting if we think, why some people (by default) speak negative for self or for others, angrily or against the world? While reacting in any situation, it comes on our mind first and our intellect supports our mind by our past experiences. The reaction is been created and sent

through an action (karma). Now whenever similar situation occurs, the brain refers this reaction first. **When we do similar action several times, it becomes a Samskara and then every time similar situation occurs we surpass the brain completely and filters the situation through created Samskara and the our reaction is identical by default. Once pattern is created then there is no escape.**

It is important to be aware of Samskras created by us everyday. The Spiritual Samskras could create a saintly person (Walya to Walmiki), so there is no harm in creating divine patterns but we must be very careful for every other Samskras than those. As Gururji says '**Chitta Shuddhi**' is key of everything. Having a heart with love and compassion is treasure.

In fact as a wise parent today we should think a bit creative while reacting in all situations with our children. Thinking creative will help us breaking any old pattern and Samskra. Most parents respond irritated while waking up their children every morning. They could change their way by creative thinking and break the old ineffective pattern easily. The children and parents could resolve most other conflicts today just by breaking these patterns. Any most difficult relationship in our lives could be changed to better by creative thinking.

The funny part is 'we always have plans for others to change and we can talk endlessly on their faults and misbehaviors but when it comes to ourselves we are completely shut. We do not believe that we need to change and the real key is here... **Let us change ourselves first and the world will have no option but change!**



The darkness had entered  
as my eyes were shut.  
The storms and thunder  
It hurt me much

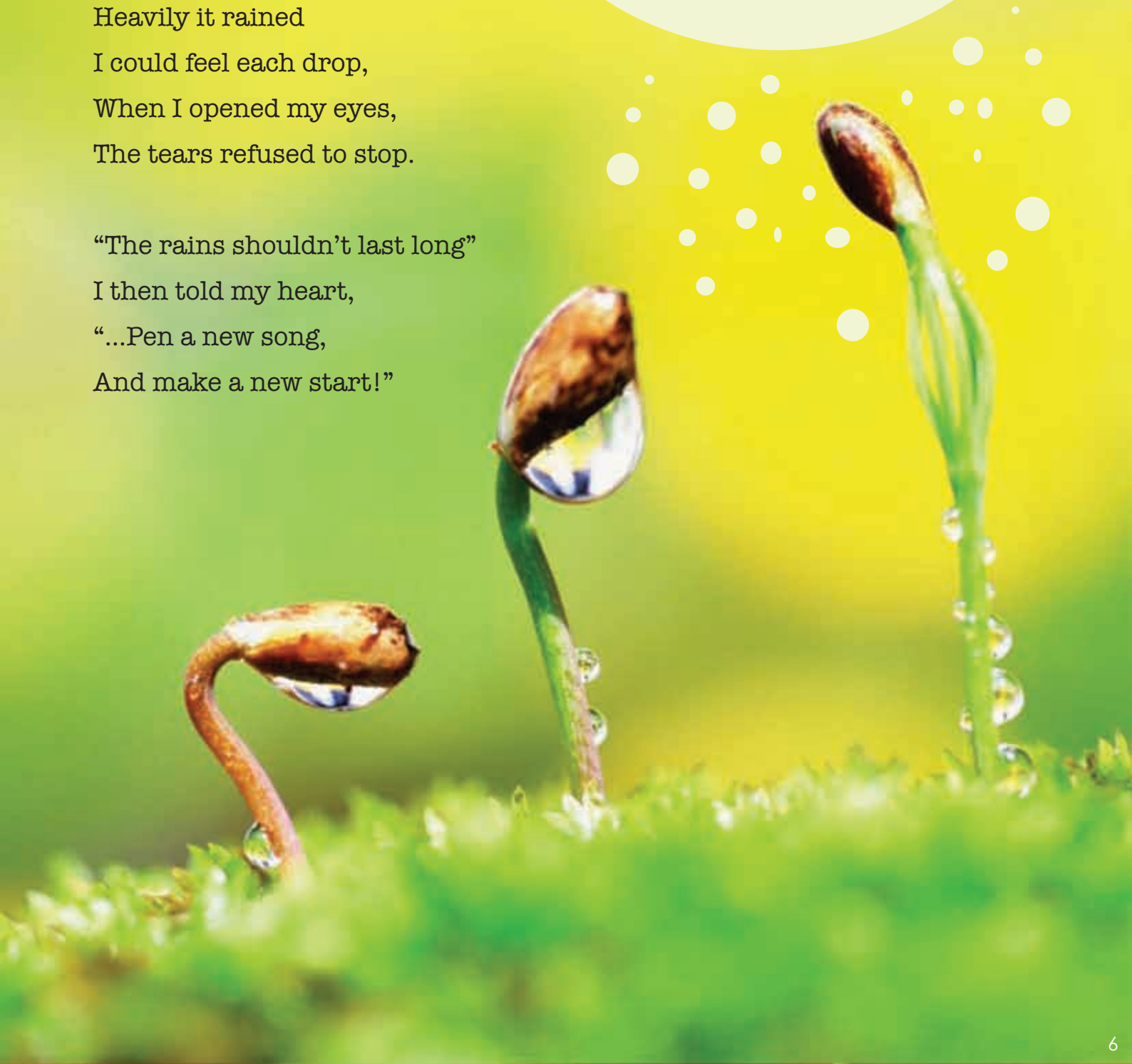
As I laid on the couch  
I couldn't just resist  
A rainfall of tears  
had paid me a visit

Heavily it rained  
I could feel each drop,  
When I opened my eyes,  
The tears refused to stop.

"The rains shouldn't last long"  
I then told my heart,  
"...Pen a new song,  
And make a new start!"

# Begin a New

Shivani Karnataki



# Slow Motion

Dr Bharat Thakkar, Chicago, USA

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Let everything happen  
in slow motion in my hither thither life.  
I want to breathe easy without any strife.

I want to enjoy every moment  
While seeping lemonade  
in the afternoon under the lemon tree.  
Let me pass this afternoon leisurely.

Keep it slow motion, with intense emotion,  
no need for grandiose action and reaction.  
Enough motion to memorize, highlight everything.

Keep it slow motion, real slow,  
before it becomes motionless.



*This seems to be the prayer of a common people today who has already started feeling dizzy with a speed of life. The things are moving so fast that humans do not have a time to pause and ponder at his/her life. Somewhere we have lost the direction though we are moving at a ferocious velocity. The poet here feels like enjoying every moment of his life, fearing that the next step to fast speed is no speed. The whole world is moving today, riddled with so many activities that we are likely to meet an accident which happens whenever one loses the awareness about the break. The idea of seeping lemonade under a lemon tree is just divine, more so on a lazy afternoon. Every moment will just seep through the pores of human existence. In Reiki we believe in allowing the happenings to happen. We are all just witnesses. Once you know this, even witnessing becomes more entertaining than playing the game.*

# Shiva Heals You

## A TALE OF TWO PIGEONS...

By Vivek Pandey, Baroda, India



It's a regular feature in my neighborhood and of course many other places in the world, that the pigeons, the so-called naïve looking bluish reptilian animals, which just recently became a cause of nuisance for everyone around me and especially, for my neighbor staying right across my house. These tiny and light feathered birds could not do any physical harm to any of us, but their eternal association with the balconies (or the small space in the ventilators) and their old-age habit of spoiling the whole place by their excreta, became an annoying thing for our hygienic, eco-friendly (but not animal friendly) society.

I am sure you all must be aware that it stinks pretty badly (especially if it has been lying for longer durations) when they leave their droppings all over the place. In the mean time, cleaning up became a regular feature with me and my, "Samne-wale uncle". Every third or fourth day with the regularity of a devotee, we used to get engaged in the ritual of cleaning up the left-over in a rather unceremonious fashion. He used to do it irritatingly, and I in a somewhat hurried and hesitant way. Somehow I used to retain my calmness (thanks to Reiki and Meditation), while my neighbor on the other hand used to scream and abuse the poor ignorant creatures. His reaction was simply and almost all the times a little over the board. Initially we both tried to shoo them away by a real or in my case a dramatic shout in order to make them fly away, but somehow we could not prevent our balconies from getting spoiled every single day.

Then eventually on one pleasant morning an idea clicked in my head. In a glance that swept across my entire balcony, I observed and realized that there was only one place where the pigeons placed their tiny little feet and obliged me every single day with their offerings. That place was the bulb and the holder. At last, the problem was seemingly coming to an end. Without wasting any time, I requested one of my students (who was an expert in the electricity department) to come-up and remove the entire set-up of the bulb and the holder. I thanked him for his courtesy and patiently waited for the next morning.

Days passed by, the pigeons still pay a flying visit to my balcony, but are unable to spoil it (although, my neighbor is still busy with his old exercise of shouting and screaming all-day long). Finally, after a long time I had the privilege of enjoying a balcony as clean as a whistle, and a morning cup of tea with the newspaper in my hand. Short, weird, but a true incident in my life, perhaps not even eligible for finding a place in the newsletter as an article. However, two big insights (learnings) came-up because of this whole episode of two pigeons. One, the bulb-holder signifies our ego and the impurities (like shit) stick to our existence only because of the ego. Just like the pigeons, who in the absence of the bulb-holder were unable to place their feet and shit around. If the ego is not there, the impurities cannot stick. The ego is the base where the impurities get stuck and pile up. We also tend to invite impurities because of the ego. If the base itself is removed or dropped, we need not bother about impurities. We become the sky and the shit cannot pile-up in the sky as it is made up of empty space. The advantage of being nothing.

Secondly, any problem which may appear to be annoying and big, always has a simple solution. We have forgotten to focus on the solution and developed a habit of complaining and brooding all the time. If we manage to keep our minds calm and composed all the time, the energy shifts to the intellect automatically. The various options to any problem become open and available to us. We all just need to learn how to wait and become patience. Solutions are always ready and lined-up after the problems, if only we are ready to allow things to happen in our life. Lastly, the lesser the reaction, the calmer the mind and the better options available for any solution. With a calm-mind there are only solutions and no problems.





## Why are our heads bowed?

Someone told Guruji while he was at ashram that now a days I see a lot of sadhaks in ashram moving with bowed heads most of the times. Guruji said, "Not only in our ashram but I see this, what you are saying, in the other parts of world too. Traditionally there are only two reasons for bowing one's head and that too consistently. One obviously is when one is in total surrender. The other is when one has done something seriously shameful. Honestly I do not see the possibility that all our sadhaks will be in such a state of surrender. I can say that as I know all of them thoroughly. Even the other reason can be easily discounted as I do not think that any of my sadhaks can really anything that he/she or others would feel shameful about any of their actions. I can say this as I know them thoroughly again. Then what could be the reason? I have seen many of them engrossed totally while playing those mobile games like Candy Floss and many others. What I do not understand is that what does this lead to all those sadhaks who are generally busy with their work schedule and many of them do not have any time to take their Reiki regularly or doing their meditations regularly? I believe they are motivated getting more and more scores. I have heard them discussing such issues that if you have touched 15000 I will have to break your record. What are we all trying to prove? Why are we creating a Maya (illusion) within this big Maya called Life? Why do we not understand that time is running out for all of us and we hardly have a time left to finish the task for what we have all come on this planet? Why can't we understand that any score that you achieve is only setting limits and not breaking them? And that too virtually? As Jonathan's Master would have said in Jonthan Livingstone Seagull book, No matter how fast you fly, as long as you measure you are setting limits while you were suppose to break them on this (spiritual) path? May our sadhaks not lose their path. What matters to others is their problem.

# EPIC Parenting Programs going stronger

EPIC – the responsible Parenting Training program launched by Shri Swami Samarth Sevak Pratisthan under its Social Education Projects is moving from strength to strength. After the successful launch in Devrukh ashram in June 2014, the programs have been popular in other centres too. EPIC sessions were held on 16th and 17th August in Borivali, Mumbai which created a lot of ripples in the minds of parents. This was followed by a program in Delhi on 6th and 7th September. The program covers various aspects of Parenting including Parent-Child Relationships, the Marital relationships, the relationship with the environment and with the self and also covers the realistic overview of changes in new generations. The program endeavors to make Parents empowered in terms of understanding and initiated to meet the future challenges.



## Teacher's Day with Agnihotra



The Agnihotra Study Group of Reiki Vidya Niketan celebrated the Teacher's day in unique way. The group under the leadership of Mrs Kalpita Vazail, conceived an idea to spread Agnihotra message through various schools in different centres on this teacher's day (5th September). The process of Agnihotra was demonstrated and the information on how Agnihotra helps the younger generation to focus their minds on the studies to excel in chosen areas, in front of teachers and students. The initiative was taken by Mrs Alpaben Mehta in Ahmedabad, Mrs Charuta Khanvilkar in Devrukh and Mr Chandresh Parmar in Baroda. The event was attended in large numbers in all these centres.

### Programmes Schedule for October 2014

Dates	Reiki Teacher	Location/Centre	Degree
4th & 5th October	Kalpita	Kalyan	1st
4th & 5th October	Rakesh	Mumbai	1st
4th & 5th October	Bhartiben. Krupa	Ahmedabad	2nd
11th & 12th October	Kalpita	Devrukh	1st
11th & 12th October	Vishal	Thane	1st
11th & 12th October	Sangeetaben	Baroda	1st
11th & 12th October	Seemaben	Surat	1st
18th & 19th October	Vishal	Pune	1st
18th & 19th October	Seemaben	Rajkot	2nd
1st & 2nd November	Krupa	Nashik	1st
15th & 16th November	Ajit Sir/Vishal	Mapusa (Goa)	1st

### Other Forthcoming events

#### EPIC Parenting Programme : Ahmedabad :

11th and 12th October 2014

For registration contact, Mrs Bhartiben Zinzuwadia, (9925722456) or 079-26851600/2600

#### EPIC Parenting Programme : Rajkot :

8th and 9th November 2014

For registration contact, Mr. Kamlesh Bhansali - 9426907485

#### EPIC Parenting Programme : Vadodara

27th & 28th December 2014

For Registration contact, Mr Chandreshbhai Parmar (9974701200)