



# REIKI VIDYA NIKETAN


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EDITORIAL

## *A message on Guru Purnima... 5th July*



Guru Purnima is very important event in the lives of all seekers walking on the spiritual path. It comes typically on the Full moon night of Ashadha (as per Hindu Calendar- equivalent to say July in Gregorian). In this month generally the rains are incessant and unregulated. In most parts of India there would be a downpour with rains stretching over many days at a stretch. The clouds are dark and thick. The Sun is hardly seen for most of the days. And the moon? Even on the full moon day, the moon is difficult to be seen. It is shrouded in the mysteries of dark grey clouds ready to burst open. That becomes a challenge then to look at the moon which we all know is there, but difficult to see due to heavy cover of clouds.



Life is just like that, more so, on the spiritual path. The soul is there, the God is there but one needs to make a lot of efforts. The clouds of sanskaras are thickest and blocking all efforts to look at that beauty of the full moon. No wonder one needs the special help of the Master to find the way to see what we know exists but the five senses can't experience. Only the Master can break through that shroud of mysteries and miseries to help his disciple experience the supreme truth.

This Guru Purnima would possibly be even more challenging. The phenomenon called Corona Virus has already created serious doubts about everything that we thought strongly exist and suddenly gone into the oblivions beyond all senses. The science, the technology, the economy, the warfare the knowledge and information everything seems to have taken a huge tumble on their heads. The clouds have thickened and a fear of thunderbolts and lightening has started creeping in chilling the spine with the stare of the unknown. How will the life be now? That seems to be the question.

Only a Master of supreme purity and high level of consciousness can show the path to reach beyond the unseen and unheard. The Sun is there, the moon is there alright. But if we do not experience those in the veil of ignorance the life may not be a pleasant phenomenon, This Guru Purnima may be crucial to decide the fate of human community. Let us all pray and invoke that divine principle of Gurutatva with all earnestness, love and compassion at our hearts. Call out and you will reach.

With lots of love on this Guru Purnima

*Ajit Siv*

*JUNE 26<sup>th</sup>, 2020*



## CAN WE GO BACK TO THE OLD?

*By Mr Vivek Pandey*

The entire world is in turmoil and none seems to have a solution. All of a sudden in an unprecedented manner the world has turned upside down because of an invisible enemy. Just before they entered a lockdown, the roads were buzzing with vehicles, the industries smoking some money and pollution out. The schools were popping out children and happiness together. The hospitals were the most serene of all places where the treatment to patients was carried out in the most patient manner. Even the Gods were not spared from the wretched havoc of a pandemic. The restaurants were a comfortable place where people could spend comfortable and most retrieving evenings with their loved ones. All of these have not just come to a halt, but also the last place to be visited by anyone. A question arises as to the continuation of almost all of our old systems which were prevalent and running since eons. This Pandemic is a message to all, we need to change and perhaps completely.

First, schooling has gone for a toss as if it never existed. The olden days had the look of schools that gave an impression as if the entire population came out of it when the closing bell rang. Now the benches are empty with only a few teachers conducting online sessions which again are dependent on technology. The parents are complaining about the online forum for the simple reason they don't trust this newly found idea of technology and also the fact that they can't afford the fees with their financial situation in jeopardy. We need to have smaller schools with actual classrooms maintaining social distancing and other norms. Along with this the modus operandi and perhaps the curriculum also needs a revamp. This year is a year not to remember for the student fraternity.

Second, the food and restaurant business which was once proclaimed to be never-failing or going down is the largest to suffer. People would always prefer eating at home rather than risking their lives going out or even ordering food from outside for that matter. Some smart restaurant owners have managed to put plastic sheets within the sitting arrangements to avoid contact between people. But even that does not suffice to fill the pockets of the owners. If this continues for long, the dreaded situation of

many small vendors and hawkers losing their lives due to unemployment may just be slapping us in time sooner, rather than later.

The salaried people are facing pay-cuts and also loss of jobs due to the strict regulation of the government about reduced staff policy. All of a sudden, the world is left stranded even without the earth being pulled from underneath them. The economy of the entire world is managed on some stock of the past and the production has begun which just cannot match with demands all over the world. The predictions of almost all economics have failed to suggest methods of a revival of the economy world over. The economics that we knew earlier has come to an end with this pandemic. The idea of honourable P.M. Narendra Modi seems to be the last resort. We need to manufacture everything we need in our land. Time to uplift small and cottage industries which are also capable of employing few. Such industries are labor-intensive and do not need much finance. Time for all of us to be vocal for local

The entertainment industry which was earlier minting money in crores has suffered the most. Theatres and multiplexes will remain empty at least until a vaccine is found. Entertainment does not come under the purview of essentials for both the government and people at large. Online available sites with a dozen films and net series are the only mode of entertainment for the public in general.

Nature is powerful and it can find so many ways to eliminate just about anything that goes against it for too long. The human race even though we love them, has indeed crossed many lines for centuries now. Occasionally even though we made a whole lot of blunders, for the sake of humanity we all feel the need to see the world the way it was before. But, CAN WE?

With all the sad stories doing rounds about the deaths and also the persistent threat of one being infected with corona, the world with all its past glory and power is facing extinction. For those who know how to remain positive and pious are the ones who would eventually come out of this. Till then, we all can only hope and pray for our well-being and the loved ones around us. OM Shanti!!



# REIKI IS THE ESSENCE OF VEDAS AND UPANISHADS

BY ARUNA MARGAM

As a sadhak in the spiritual path my mind was inclined to reading the commentaries of Adi Sankaracharya's Upanishads, Bhagavat Geeta and Vedas. During one of our trips I heard our Guruji sharing his experience with all of us about some learned people who were chanting and learning these Upanishads and Vedas for more than two decades. When they met Guruji and learnt about reiki they felt very bad that they wasted their time in just reciting. They were unaware till that time that reiki is the essence of everything even Vedas and Upanishads. They were very disappointed to have known about reiki and its essence so late. From the time I heard this I dropped the idea of reading more about these and started pondering over this.

All of us have heard Guruji saying that after 24 or 25 years of practicing reiki, he says how reiki surprises him every time exceeding each one's expectations. Reiki has no limits or boundaries. Limits and boundaries are only for a human mind. So this kept me interested in experiencing reiki more and more. We are also aware of Guruji's famous quote **"Experiment, Experience and Elevate"**.

We are all in this path in search of our ultimate goal that is "Moksha". And from ancient times there are four paths which lead us to Moksha or Liberation. **Bhakti Yoga – Path of Devotion**, which was very popular in state of Maharashtra. We had great saints like "Dnyaneshwar, Eknath, Tukaram, Janabai, Namdev...". They spread their love for God and showed us how to reach liberation through unconditional love towards God. Reiki is being the heart energy, we were taught from day one that hands are the extension of our heart and this universal energy flowing through our hands is nothing but love energy. We all have tasted that love for all beings in this universe. We learn that one has to Love oneself first. Every cell in the body needs to be loved and thanked. This helps our Aura body which has direct impact on our chakras and in turn our physical body. In my perspective by giving reiki to one another, to all animate and inanimate beings, loving oneself is nothing but Bhakti yoga.

The next path is **Karma Yoga – Path of Action**. Karma Yoga is doing your duty with divinity and not expecting any fruit out of it. We were all taught this from the first session in reiki seminar. Lord Krishna explaining his friend and devotee Arjuna about his Karma as a Kshatriya, **"Karmanye Vadhikaraste Ma Phaleshu Kadachana"** meaning - Your right is to perform your work, but never to the results. When we are taught about Karma in the very first session we are taught about this shloka from Bhagavat Geeta that we have right only to the action and not for the fruits of our action. Again from day one we are encouraged and inspired by our Guruji and reiki masters to give reiki to family, friends, pets, things, food, water, gadgets, vehicles etc.

When we expand our heart energy and find hands are not able to reach the world we were given the distance healing Deeksha called as Reiki second degree also. Many missions like Ramakrishna Mission, Sathya Sai organization give importance to **Service to Mankind**. The distance healing helps each one of us all the more to follow the Karma Yoga path. Reiki helps us in this path also.

Then there is a **Raja Yoga – Path of Discipline** which guides us into meditation. This path is more so followed by Swami Vivekananda. Reiki practice at one stretch gives us the meditative experience. Guruji says a full cycle of reiki practice covering 26 points is equivalent to one Narmada Parikrama. Patanjali Yoga says eight steps to Samadhi. To

reach liberation one has to follow the eight steps. Yam, Niyam, Asan, Pranayam, Pratyahar, Dharana, Dhyana and Samadhi. Reiki takes us to the meditative state.

Patanjali's definition of yoga is **"Yoga Chitta Vritti Nirodha"**. We keep our chitta clean with reiki. We learn if our chitta is pure then our actions are also pure. Slowly our vritti's also dissolve and makes us purer than before. We are already in step seven with regular reiki practice. So eighth step is very close and we can reach it with regular practice of reiki. Reiki helps a sadhak to be in Raja Yoga too.

Then we come to the **Jnana Yoga – Path of Knowledge**! Jnana yoga believes in We are all Brahman. From the first yoganidra session we are taken closer to the experience of "Aham Brahmasmi", "tat twam asi". We become one with the universe. As we practice reiki we experience the oneness during healing or other times too. We feel the whole universe is talking to us. We have understood we are part of the wave. This world is our mirror. We need to correct us at every opportunity to improve ourselves. **"We are here in this world to improve and not to prove"** Yet another quote of Guruji.

We learnt to thank people or situations which help or which trouble also. This gives us equanimity. This way we are made to understand that we need to take responsibility for our actions. Through Five Principles of Reiki we manage our everyday action and reaction. We learn to respond and Live by this famous quote of Guruji **"Manage the manageable the Unmanageable gets managed"**. This helps us all to live in harmony with the people around us. This leads to introspection and we finally are drawn towards Advaita philosophy "You are Brahman". When you love or hate someone it's nothing but you love or hate your self.

Every path is a combination of the other paths. It is very difficult to demarcate one from the other. We sadhaks are indeed very fortunate. Reiki knowledge is so profound which has touched our lives and helped us to stay in this spiritual path. I am very grateful to our lineage of masters starting from Mikao Usui, Dinesh Bhai and our Guruji and many other masters for their relentless hard work which is still touching innumerable lives. **"Simple things are closer to God"** is a quote and it is really true with reiki. It is so simple yet so unfathomable.

Just reminded of this little nursery rhyme

God's Love is so wonderful

Oh wonderful Love

So high you can't get over it

So deep you can't get under it

So wide you can't get around it

Oh wonderful Love Reiki is God, Almighty, Love, breath of all our lives. Like God, Reiki is anywhere and everywhere. Reiki is omniscient and omnipotent. Reiki you are a true Mother of all.

With love light and reiki

# THE TEST

By Telangan



We should never regret anything that has happened in our lives only because it can't be changed. It can't be undone. All we have to do is learn the lesson and move on. There are many disgraceful people come in our lives and we don't have any control. Possible that is even a mistake by you but do not carry guilt in life and forget to enjoy better moments. We have to fight our own battle. Nobody is supposed to fight it for us. We have to practice the wisdom and learnings constantly until we have perfected them. Nothing remains unchanged... even bad time... I wish some one had given this wisdom, courage to live and enjoy every moment of life to Sushant Singh Rajput. He focused on the half empty glass while wasted the half full. I don't want to discuss here what went wrong in his life.

Past four months we all are locked up at home. Even though government revoked the lockdown, most of us or may be all of us are still at home with self-imposed discipline. There are elders, ill or prone to infections people at home, we don't want to take chances and put others' lives in danger, so we have not stepped out unless it is really must. Corona had impacted the world very badly, financially and emotionally but it has tested everybody so well and only tough guys will survive. We have seen workers walking 1000 miles to reach their village with young kids and wives even without money or food, a young age girl took her ill father 1200 KMs on her bicycle. I'm not discussing right or wrong here. Everyone is fighting against this pandemic in their own way and in the bargain learning great lessons also.

Most of us were depending on the house help all our lives. At time it felt impossible without them. Last four months everybody at home is contributing and very successfully managing cooking, cleaning, washing, mopping... every damn thing is being

addressed without depending on anyone. Celebrities too are not spared. While doing it many of us are also working nine hours of the day for office. I read lots of books on Indian history. When I read something on Swatantrya veer Savarkar, it gave me immense strength. Locking down yourself for few months is absolutely not as bad as living in the cell of Andaman. From that day I'm not complaining about not stepping out. I've planned my day perfectly. I'm getting lot of time for myself and my family, might as well use it well. Now I don't have any useless moment. I've learnt so much in last four months that gives me lot of happiness while practicing. I realized how important it is to be independent and do everything yourself at home. Now I value laborers more than before. I learnt how important time management is. How important it is to align with nature while moving forward in life. Good and bad are part of life and one has to accept both. Everyone wants happiness, no one wants pain but you can't have rainbow without little rain. We have to value for our body and mind. We have to constantly work for its strength. This strength is not about how we can handle before we break but it's about how much we can tolerate even after we have been broken. Life is simple and we must keep it simple too. Now the best part is we don't have to take efforts to stay away from the trap of gossips. We can't complain that we have not done many things in the past because we had no time. Time is like a moving river. You can't touch same water twice, what moved passed you is gone...

*This is a time where we can do so many things that we should forget to check our phone also. This is immense learning opportunity for us by the nature. Every time we find some learning in a difficult situation, we definitely win the battle.*





## *Lockdown Diaries with Ray of Hope*

*By Ms Gaurangi Nakashe*

A small note to All,

Its been almost 68 days of being home quarantine/lockdown, some have already resumed their offices while some have Work from home, or no work at all.. while some are away from their family or with family..

I am sure u all can relate to some part and parcel of this note..

I just want to THANK and Cherish the memories we all have shared with each other so far..

- To all those who had started cooking since lockdown and now r busy cooking daily and pleasing us with all those delicious recipes in post..

- To all those beautiful woman's who r taking challenges throughout and posting gorgeous pictures on WhatsApp, they all looked fabulous .please continue..

- To all those buddies sharing memes and entertaining everyone, making us feel all is fine in this anxiety n stressful times..

- To all those who keep us updated with latest news reports, sharing news feed, so all could b aware of things around and stay safe..

- To all those dearest friends sharing Ludo codes and turning the best friends into rivals!

- To all those parents and children who always strive their best to make their families feel happy and safe..

- To all those naughty buddies who pranked with funny ideas and also nominated in post of their favorites!

- To all those people who either shared their passwords or not or gave suggestions of watching Netflix/Prime/ Hotstar, etc. channels eventually made all sit at one place watching web-series and movies day and night though doing home chores..

- To all those who, somehow try and maintain peace and motivated their dear ones to stay calm and safe..

- To all those who have check on their near n dear ones wishing them all best in their lives, caring, loving and being supportive always..

Finally a BIG GRATITUDE to all our Super Heroes who r working throughout...being Police Officers, Doctors, Nurse's, Grocer's, Sweepers, Security's, Social Workers and all those Angels who r serving humanism in all possible way they can in everyone's life..

No matter what, we all will continue our good deeds, follow all rules for safety for ourselves andour circle of living beings..and YES indeed with due patience and care we will overcome all these obstacles..

STAY SAFE, STAY RESPONSIBLE!



# Understanding Priorities for Better Relationships

*By Ms. Krupa Choksi*

In the current situation of lockdown everyone has started realizing the importance of relationship. Lock down has done that thing which has never happened in everyone's life all these years. Suddenly husband has ample time for his wife parents have ample time for children and also all the family members have enough time for the elderly people. It seems God has listened to everyone's prayers. Though COVID-19 has proved to be fatal and grave situation has arisen in the entire world, for family life it is blessing in disguise. You all know husband and children have started helping housewife and everyone though working online, works for 8 hours only. There are no overtime, no travelling hassles which saps the energy. A person, in pre COVID days when used to reach home after travelling or doing overtime, was so much drained that he does not have enough energy to have quality time with family.

Children are happy as parents have started spending more with them and their busy schedule has reduced to a great extent. All the relationships have got a new meaning. People have also started getting mingled with their neighbours and everyone has started developing a feeling of community.

However, I see that even when we care for our near and dear ones, there are some conflicts happening. Its not because we do not love each other, we do not care for each other but because our life's priorities are different. And many times these priorities are not explained or it is understood by the other person in proper sense. For example, if a wife is cooking lunch and it has got delayed due to some reason and she asks husband to help her in Kitchen, husband denies. It is because husband is busy with some urgent work given by his Boss and he is on call, he will say right now I am busy and won't help. Now the conflict starts. Wife thinks husband is ignoring her or not ready to help her. Here husband is busy with his urgent work so may not be able to explain and the conflict begins.

Here, if we analyze the situation, its not that husband does not want to help but since he is busy with urgent work, he cannot so if wife does not understand here, the conflict begins. In normal conditions, probably wife could have taken it coolly but here both are in difficult situation which creates conflict.

Another example could be, suppose in a house there is a father who is retired. His son is CA and works in some MNC. Father

wants to repair his watch which has stopped working. He told his son to get it repaired. Son is really busy in finalizing accounts as Board meeting and Annual General Meeting is approaching and he needs to meet the deadlines. Father has reminded him number of times but son keeps on forgetting and finally father gets upset and conflict begins. Why? Father thinks that for my son, I am not important. And for son, the priorities are different. It's not that he does not want to repair his father's watch but it is because his mind is preoccupied with his work, he keeps on forgetting.

I am sure you all might be facing such conflicts in life and it happens on many of the relationship. Even between two friends such things happens. Suppose I give a call to a friend and she does not pick up as she is driving. Now I wait for her but do not get it. Next time when I call, she is busy with another phone call. Then some emergency comes at her home and she is not able to call back. Now I will think that my friend no more cares for me. She does not value our friendship and I break the relationship. Next time my friend calls me I may not pick up the phone or I may just take message and do not talk properly. My friend probably may not have idea what is going on in my mind and will keep on wondering why she talked to me like this. On asking, I may not reveal anything and discourage her to call.

Here, what the issue? It is the issue of priority and misunderstanding due to lack of knowledge of actual reality. There is always gap between actual reality and our perception. And it will remain till the time we get realized and know the absolute reality. Here our job is to minimize this gap. How we can do? **By better communication, understanding people's priority, trusting our relationship and forgiveness/ let go attitude.** If somebody does not respond to our request for help, we may not like it but at that time if we think that there might be some genuine reason and trust our relationship, probably we will remain happy. Otherwise our life will be full of complain. Everyone is blessed with wonderful people in our life but how to retain them is our job. So always try to understand other person, be forgiving and always positive. This will help us to manage our energy and keep everyone happy. If we keep our ego intact, it will cause more conflicts in life. Remember the quote: **"When a storm attacks, all big trees get uprooted, but simple grass always survives, so being simple and egoless makes us more powerful and stable."**



# Reiki Experience



I was introduced to Reiki initially by one of our close family friends. At that point in time I didn't have much clarity on its purpose and why I was learning it. I went with the flow and learnt it. Session was refreshing and I started using reiki for instances like minor headaches and health issues. But my deeper journey with reiki began for my brother's healing. My brother's issues dealt with a lot of uncertainty which made my family feel helpless and negative. But that's when Reiki seeped into my life again. I took to it with a lot of faith and patience and it helped regaining my confidence about handling the situation. It helped my family feel positive and hopeful about the situation again. Could see the power of Reiki slowly and magically working it's healing power for my brother. Thankful for having been introduced to Reiki and having it in my life.

*Dharini B*

Jai Gurudev Guruji,

Guruji as you know after my second Reiki Diksha within four days I came to Canada. I live in a house, when I came here it was winter. In my lounge I saw one tree and Guruji everyday or whenever I see that tree I use to give him Reiki, I am attached to that tree. Many time I share my feelings to that tree. Guruji there is all over cactus but now a days lovely flowers are blooming here. It's a power of Reiki and love. Guruji I fall in love with this flowers. Reiki can do anything. Thank you for such a divine experience of Reiki.

Jai Gurudev

Your student

*Mamta Padia*, Canada







# Keep Striving

By Telangan

If climbing a mountain is difficult

Then we should try for a hill...

If Swimming through the sea is hard

Then we can try swimming in a lake...

If rolling over the rainbow is tough

Then we can try rolling over the grass...

It's always fine when we struggle

But it's not fine to stop striving...

It's perfectly fine if we lose

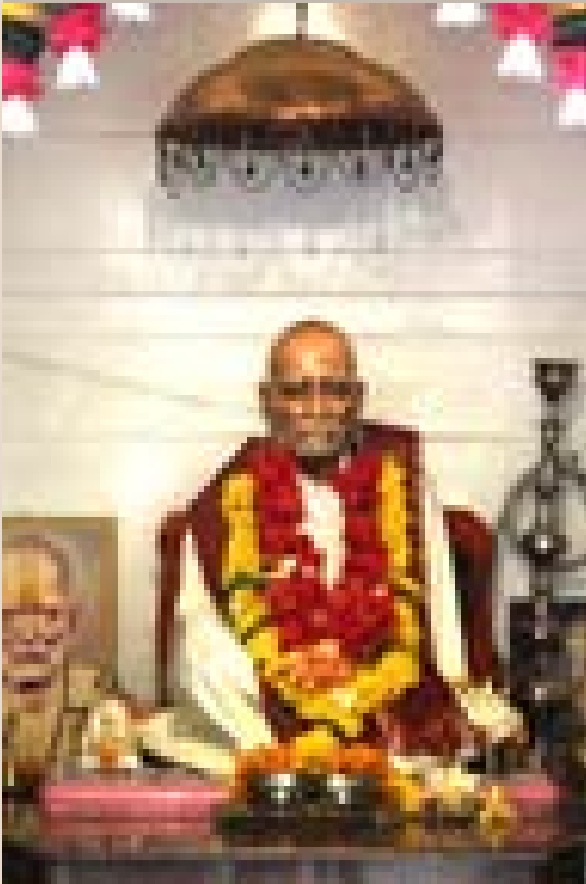
But it's not fine if we stop fighting...

What if we fall, we have to keep climbing

The only failure in life is not trying...

# ASHRAM AT HOMES

by Ms Preeti Khanna



Swami Samarth Math in the lap of nature at Devrukh,  
Flocked oft by sadhaks to serve Him and heal ones bruise.

A pain for them, for now they are refrained,  
As Covid 19 descended and lockdown ascended,  
"If only we could get its insight sitting at home ",we prayed!

Barring in the confines of four walls,  
Even a single day would create havoc.  
We dreaded and fretted under the lock.  
What would happen "Oh my Lord!"

To our surprise, it has has been ninety days behind the bars  
But wonder why there hadn't been any cold homely wars?

Compassion abounds at every sadhak's home,  
Where every chore is taken by each one without a groan.  
What makes young and old ,like never before work in perfect tandem ?  
Our houses look as harmonious as our Ashram!

As I peep for the answer within my heart,  
It whispers ,"It's our Guruji's divine craft."  
With the pulling down of shutters all around  
Guruji's thoughtful spiritual design to fight Covid rolled down.  
Agnihotra weaved with Pranayam and Yognidra,  
Embroidered with Reiki ,TM and Rudra,  
Such perfect looms could frill nothing, but bring Ashram to Home.

How naturally tranquility reigns  
With no fear of corona or blame game,  
No more malls, no more Dominos  
With healthy food with just right flavors,  
Outfits so simple as if in ashram no shoes , no heels ,just bare feet,  
Accomplishing each work with so much ease,  
Gives a pleasant tinge of Ashram's gentle breeze.

To top it up, Guruji's godly presence  
Gives his Sadhaks the glory of his pearls of wisdom.  
Corona chained us with social distancing ,  
While Guruji freed us by emotional stringing .

Our hearts sing on these tumultuous times, a tune not of agony ,  
But dance the fountain of bliss with Swami's blessings.

From far away ashram to our abodes,  
How kind He is to bestow us with his divine resource  
Making us "Nishank" and "Nirbhay" with His blessed path shown  
And the divine presence with which He brings Ashram to our homes.



# On the eve of 22nd anniversary of Reiki Vidya Niketan

*By Shashi S*



Jai Gurudev!

Dear Guruji,

On this happy occasion of RVN, I am sending my best wishes to you and the other pillars that hold the organisation together. My gratitude and appreciation for all your efforts to spread the power of reiki amongst people, infuse everyone with hope, positive thoughts and a turning around within to focus on inner growth and understanding. Indeed a spiritual renaissance is the need of the hour to combat the adverse situations that beset us today and you have provided us with the strong spiritual foundation. Ever since the lockdown period began, we have had the novel way of interacting with you online. The sessions are a welcome change from the day long run up of chores.

Praying to Swami that the Tree of RVN stands tall and strong, it's branches of sadhaks spreading far and wide, its roots of sadhana going deep, it's sweet fruits of wisdom abundantly available to all, and the seeds of which hold a promise of spiritual evolution for future generations to come.

Happy 22nd Anniversary....22 ~such a Powerful master number !

Thank you so much, for everything that you do

With Love, Light and Reiki,

# A Festival of Lights

## Agnihotra & Homa Therapy On-line Seminar

*Dear Readers,*

*I know that many of you might have taken the opportunities to attend the Agnihotra & Homa therapy On-line Seminar organised by Reiki Vidya Niketan, India between 12th and 15th June 2020. It was no doubt a historic event for all those connected to Agnihotra movement.*

*This was a first seminar of such a kind where all big wigs of Agnihotra and Homa Therapy international teachers came on a single platform in the span of four scintillating days. It was like a Deepavali – a festival of lights – a mother of all festivals in India, which also runs over four wonderful and joyous days. It was a feast of wisdom for all those students of this great vedic technology. It was a wonderful platform for Reiki Vidya Niketan and Homa Therapy community to have come together in the interest of human health, happiness and harmony.*

*The faculties on the program delivered wonderfully and brought a lot of clarity to the practitioners of Agnihotra and HT. Here are their feelings expressed to Guruji after the event.*

### Feelings received from Homa Therapy facilitators:

Dear Ajit Sir,

You have made me cry. Such a Heart-felt response. Thank you and I look forward to other opportunities to share Agnihotra and Homa Therapy through digital media.

You asked about how we can reach the young, the highly intellectual generation where they worship as heroes such people with speedy brilliant computer-like minds, like

Benedict Cumberbatch and the character he plays in the BBC series Sherlock Holmes. Even though their intellect is highly developed I am sure their sensitivity and awareness of other realities is there also even if they cover it up in order to receive acceptance from the mainstream.

I remember Shree Vasant saying we must flood the internet with Homa Therapy so that it becomes familiar and more acceptable. And to perform Agnihotra everywhere as He said it is through experiencing the immediate effect of Agnihotra that convinces people to take it seriously.

So thank you for initiating this Seminar as it has broken the ice for many of us to share on line. It has for me at any rate. Thank you once again and also for extending your help as a worldwide Reiki group. And thank you so much for embracing Agnihotra and sharing it with your people. God bless you and may we meet again.

Love, peace and healthy environments for all,

Lee and Frits Ringma,  
Australia

Dear Ajit Sir,

I am deeply honored to receive your email, and am thankful that our program has helped to spread Agnihotra and Homa Therapy. It was a great joy to be a part of this online workshop. My colleagues and I are profoundly grateful to you and your team for this opportunity.

I would be very interested in Agnihotra events in Chicago, and would greatly appreciate it if you would help me to get in contact with this group.

I would be very happy to give talks or classes on the basics of Agnihotra, similar to what was presented in the workshop. Even for people who have practiced Agnihotra for many years, it is good from time to time to recap. We senior Homa Therapy teachers had a meeting some years ago for this purpose.

I am sure my colleagues would also like to present programs on their various fields of expertise.

We look forward to future collaborations with you and your students.

OM SHREE!

With Light, Love and respect,

Lisa Powers, USA

Dear Mr. Ajit Sir,

Om Shree!

What a joy to receive your wonderful mail and what an honour to be part of your Zoom-workshop!

I remember very well the time when together with Shree Vasant I was allowed to be with you and all there, and still now this great experience is very present in me!

So I'm very happy to look forward to some cooperation in future whatever possible, and still now I feel in an energetic way very connected to your wonderful work!

With all love and thank

Monika Koch, Germany



## Activities of Reiki Vidya Niketan during Lock down

*In the midst of COVID 19, where the entire world was/is under lock down, Gururji decided to arrange programs which will benefit the humanity and help people to fight against the pandemic. During the month of June, 2020, Reiki Vidya Niketan arranged following program:*

### Reiki Refresher Course:



From 5th June to 11th June, 2020, Reiki Vidya Niketan arranged 1st Degree Reiki Refresher course for the sadhaks of Reiki Vidya Niketan. These programs were held in Hindi and English languages. We got overwhelming response from the sadhaks. Each course was attended by 100 sadhaks as that was the maximum capacity of the class. It was like a mad rush to get a entry in the class. Different sessions were taken by the masters of Reiki Vidya Niketan in a very apt manner which brushed up the knowledge of Reiki and clear doubts of many sadhaks.

### International Seminar on Agnihotra: Homa therapy:

Reiki Vidya Niketan became pioneer in arranging an International Seminar on Agnihotra – Homa therapy under the title “Healing atmosphere, Body & Mind in uncertain times” in association with Homa Therapy organization from 12th to 15th June, 2020. All the stalwarts in the field of Agnihotra from World over were invited as speakers. Speakers like Dr. Ulrich Berk, Lisa Powers, Parvati – Rosen Brizberg and Jaroslaw Bizberg, Dr. Barry Rathner, Monika Koch, Lee Ringma, Bruce Johnson, Abel Hernandez and Thomas Couto spoke about various aspects of Agnihtora and its healing effects on atmosphere and our body.



### RAY OF HOPE Program continues:

The program RAY OF HOPE program which started on 26th May, 2020 has got overwhelming response. Nearly 250 participants attend the same. On the demand of the participants, we have extended this program. Every Monday, we have - Dr Ulrich Berk – President of Homa Therapy, Germany, on Wednesday we have – Mr. Raj Sinnarkar, a very renowned Yoga teacher from Yogdham and on Friday we have either Gururji or Masters of Reiki Vidya Niketan like Vishal Shridhankar and Rakesh Kumar, as a speaker. Each speaker is expert in their field and have profound knowledge about their subject.

### Follow up program of DSPPL for Children and Youth continues:

As you all know that in the month of April and May, Devrukh Spiritual Prowess Pvt. Ltd., an initiative by sadhaks of Reiki Vidya Niketan had conducted SOFT and Middle Path programs for Children and STRONG program for Youth. In total 6 programs were conducted where in around 80 children and 45 Youth took the benefit of these programs. Varied subjects were taught like Ancient Science, Vedic Maths, Drop it, Astronomy, Stotras, Rudraadhyay, Life program, Value Education, Power of Words, Kabad se Jugad, Music, Arts, etc. to Children. Subjects like Chakra –the wheels of life, Kinesiology – the power of positivity, Molecule of emotions, Emotional Freedom Technique, Value Education, Meditation based on Swami Vivekananda's philosophy, Arts, etc. were taught to Youth which was well appreciated and very well received by the students.



### Our Trust stands up...

Our trust, Shree Swami Samarth Sewak Pratisthan, Devrukh rose to the occasion by helping the government of India as well as the citizens of India in many ways. The food was distributed to Policemen on duty as well as the people stuck on the way to their homes by the trust through Satvik Food Community in Pune for almost a month during critical times. The trust through activities like Rudra teaching raised some funds for PMCare during the month of May.



## NGDI-DSPPL Children Training Camps in USA

New Generation Development Inc, Chicago in collaboration with Devrukh Spiritual Prowess Pvt Ltd, Devrukh is organizing Children training programs for young children in Chicago and New Jersey between 7th July and 16th July 2020. Three classes will be held for Middle Path 1, Middle Path 2 and STRONG 1 for the children in the age group between 9 and 11 years, 12 to 14 years and 15 to 25 years respectively. Even those children from India who could not attend earlier program will be allowed to register for these programs which will involve many faculties from USA.

## Agnihotra Online seminar in Hindi in July 2020

Reiki Vidya Niketan after the successful launching of International seminar on Agnihotra & Homa-therapy between 12th & 15th June is planning for similar seminars in cooperation with Five Fold Path Mission in India in the month of July and the dates for the same are currently being worked out.

## Guru Purnima on 5th July 2020



Lockdowns and after effects would possibly make it difficult to have a Guru Purnima in the usual way. This year the Guru Purnima is being planned online so that sadhaks from India to USA can participate in the grand event. The program will be held between 6 and 8 pm (Indian Time) on 5th July and the link of the program will be sent to all sadhaks registered with Reikibrahma group soon.



## Purity is the biggest virtue



Recently one of our sadhaks asked Guruji whether we can send recording to the sadhaks of the seminars and other programs as due to some reasons they could not attend. On this Guruji explained the sadhak that we have already made lot of compromise when we did Reiki Refresher course as this knowledge is given only in the seminar space. He said we are known for our purity and it's our job to keep our purity intact. We will never compromise as many Ashrams and followers at the cost of purity. At this juncture, he also cited an example of Swami Vivekananda. When Swami Vivekananda gave his famous lecture in Chicago, he won lot of accolades and was very much appreciated by all the religious people. When he returned to India, he was received back with lot of pomp and show. Everywhere his posters were displayed and he was invited for many lectures thereafter in India. Swami Vivekananda was very happy to see all this. But one night Shri Ramkrishna Paramhansa, his Master, came to his dream and told Vivekananda that, "Your one ounce of publicity will eat away pound of your purity, so beware of that!". On getting this message, Swami Vivekananda called all his disciples and asked to stop all the publicity and remove the posters from everywhere.

This message was made clear to all of us by Guruji that we need to maintain our purity as that is a biggest strength of a sadhak and should not be lost at any cost.