

REIKI VIDYA

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EDITORIAL

Eyes are the windows of the soul and doors of the mind...

I just love to say this during the Yognidra session which opens the first degree Reiki seminar session, "Your eyes are so beautiful. Beautiful, because they are windows of the soul. They can't be otherwise. Through them only the divine soul can experience or witness the game of life." Truly our eyes are the windows of the soul. No wonder we can judge people by their eyes. It is said that we judge the personality of a person through his or her eyes. One can easily find out whether the person is kind or selfish, cooperative or manipulative. They never cheat. That is the reason that the one who has committed crime cannot face eye to eye.

In the same sessions we say on numerous times that you should close your eyes. Take your whole attention on your breath and so on. Keeping eyes closed is very essential for any meditation especially in the primary stage of a sadhana. Once a sadhak reaches a particular level of his sadhana, he can of course meditate with open eyes. That is why every moment of life becomes a meditation itself.

Why do we have to close our eyes during meditations or even taking Reiki? Because the mind wanders through these instruments of vision! The mind is a monkey jumping all over through the windows of the soul, going out and coming in, creating a chaos. It looks at something and rushes in the past or keep on elbowing many things in present or hold to the blue sky to swing into the uncertain future creating fears and anxieties or creating wonderful dreams and a hope in its life. Crisscrossing here and there all the time! Most of the time an aimless exercise, to say the least

In reality the God has provided nine gates to human body for the mind to experiences of life. If Mind uses these doors to come in and go out, at least there will be some semblance of discipline. It should leave the beautiful eyes for the divine soul to peaceful witness the game of life. The soul is like a really retired person watching things around and just expecting the life to give some peace and happiness at the end of life. A retired grandfather looking at the wonderful blue sky and talking to it or having some chit chat with the greenery around or even getting hooked to that beautiful v-shaped rows of the storks flying in that vast sky wondering where they are going.. And that is the time the grand -children jostle among themselves making a lot of noise and jumping through the window to come back through the same window without bothering that a grandpa is getting scared and losing his peace. By that time a tired and fatigued grandpa coolly gets up and closes the window to stop this menace. He is deprived of his own plans of enjoyment. How insensitive this mind is.. The mind and the soul are moving in different directions as they have different traits altogether. Soul is quiet and the mind is excited. Soul is fulfilled and complete while the mind always desirous of getting something. Soul is the face of spirituality while the mind is the face of materialism.

But those who have crossed the barriers in sadhana and have reached the siddhahood do not bother about the monkey called mind. They are so much in Samadhi that the chaotic environment does not bother them at all. They have already reached beyond the framework of windows. They have a relation with a vast sky and the green mountains around. But those who have not reached that state can atleast see that that mind does not jump through the window and discipline it to use the doors instead.

With love, light & Reiki

Ajit Siv

September 15th, 2020





Managing Imperfections within us

by Vivek Pandey

Somehow we all are trained to be perfect in every task that we do. Not just in terms of action, but also the way we are. Perfection or attaining the same has become an objective of most humans on earth. We seek perfection in writing exam papers, earning or spending money, performing any task at hand, and even handling relationships. The logical thought process makes us think that everything can be set in order and to our perfection if we apply the necessary force. The nature of life and its ability to take over any of our plans is highly underestimated by many of us. Most creative people do not seek to attain perfection, yet they follow a thought process where even imperfection becomes a part of their creation.

This whole concept of attaining perfection emanates from the so-called competitive world around us. Competition leads to a feeling of doing better than others, which eventually results in an attempt to attain perfection. We, of course, do not wish to be casual in our approach towards handling things, but the attachment towards getting a perfect result in everything seems to have dragged humanity to a crazy level. A newly appointed person in an office cannot be expected to get along with things right away. The expectation would be highly unreasonable on the ground that most people take time to acclimatize to any new space. Getting familiar and working hard with an easy state of mind is the way ordinary people approach their work and performance.

Scientists have been working on making clones for many years. However, the one great difficulty they face is, the moment space or the environment changes, a clone cannot be produced. It is almost impossible to keep the environment constrained throughout in order to make a clone. The moment the space changes, almost all activities, undergo a change at the molecular level. Space becomes one major constraint in the attainment of a perfect action-oriented result. People who appear to be perfect carry a strict aura within them, and hence they are able to manage space around them. However, even such people cannot

manage the space in its entirety as some third or fourth factor may influence the same. Management of space needs a whole lot of Sadhana and, more importantly, the attitude of being inclusive and accepting one and all. The higher the intensity of our Sadhana, the more the awareness and the lesser the chances of any kind of lacunas in the performance.

People have the habit of staying dissatisfied with even their bodies. They keep a strict vigil on the way they look and the weight their body carries. Some are even anxious about the grey hair being developed in the process of life, which was natural. This whole idea of not being able to accept imperfections and the way we look at life itself should amuse us. First, why look at things or actions as perfect or imperfect? Whether God created the world or not, the fundamental fact remains that we need to accept and move on. Any person can change to the extent of his ability to grasp and execute things. Expecting beyond someone's natural abilities is highly unjust. Second, people have a doubt about their existence, and by pinpointing their imperfections, we are just adding up to the problem. We all need to learn to create spaces that can embrace people with their so-called imperfections and also allocate tasks that suit their persona. To present things with absolute finesse should be a collective effort of a team emanating from a harmonious space.

The more we think about imperfections, the more rigid and insensitive we become towards our lives. If we are sensitive towards life itself, we develop that subtle awareness that prevents any mishaps or disasters from happening. One leader, be it in family, office, or any institution, can easily find ways through difficult or seemingly impossible situations. The leader always embraces imperfections. The imperfections are often capitalized and put to use to suit everyone's needs. In life, nothing is imperfect. It is just that people are wrongly placed. A change of space is the only thing needed to make an imperfect thing look perfect.

“Our faith is our Kavach (Armour)”

by Krupa Choksi



Our whole life is based on faith. We are born with faith. Faith is our basic nature and that's why we are always happy being in faith. When a small child is born, is totally in surrender. The child accepts whatever mother does for him/ her. And that's why the child is very happy. We all were like that but what happened thereafter? When we grew up and our intellect and ego developed, we lost our faith thinking that we have to design our destiny and gradually we started experiencing unhappiness in our life.

Our whole life is moving from faith to faith. It is only with faith our ego gets dissolved and we realise ourselves. We were in faith in the childhood and then when we grew up and became confident because of our ego. We started achieving our goals of life and after accomplishing everything, one feels that real happiness is not in material pleasure, nor in recognition but it is in realising our true nature i.e. bliss. We feel like experiencing our inner bliss and peace within and then our spiritual quest starts. When we start our quest we try reading books and acquire knowledge but all that do not lead us anywhere as by mere knowledge we cannot experience anything. We feel like we are sailing in the vast ocean of knowledge without any direction. After having tried everything, we desperately feel a need of guidance and at that time, the master arrives in our life to guide and make us realise our true nature. Here, if we follow his design, in our spiritual journey we can reach faster. But many times our ego does not allow us as we feel the advice of Guru little bit impractical or out of context. Why this happens because Guru sees future and acts in present but we cannot foresee future and feel the act of Guru illogical and resist or reject. This is play of our ego and it takes a longer time. And Guru has to create a situation so that our ego is broken. Our faith in him makes things easier. And if we leave everything on him, like a child, he carries us in his hands and makes us reach. But this is possible only if we have absolute faith. And once that unflinching faith is developed, we again become childlike and are able to realise our own inner bliss and inner peace. Our Guru (Master) takes care of every minute thing just like a mother of a little child.

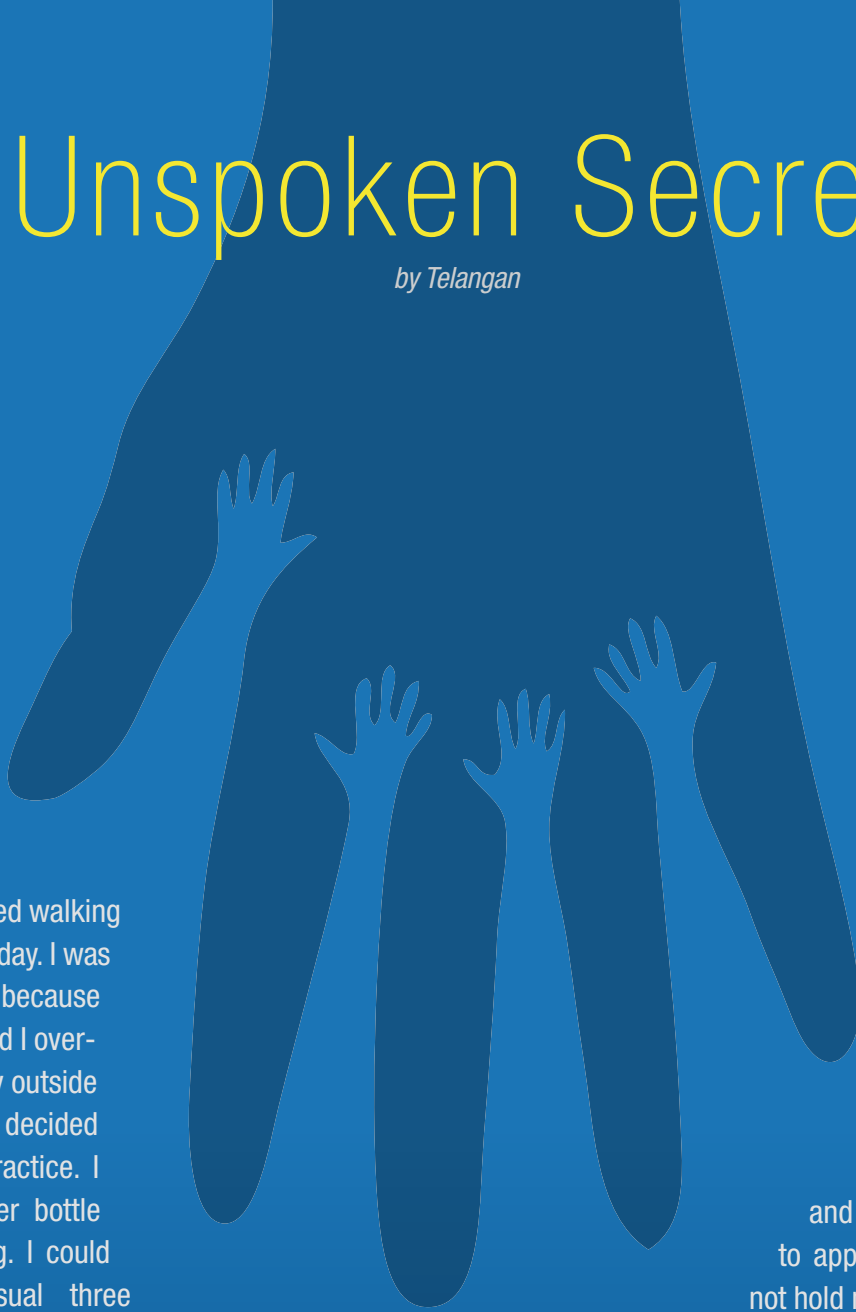
It is said that “Faith can move mountains”. This sentence is very true. We have seen in the biographies of many saints who have experienced this. In spite of so many evil attacks, all the saints are saved from the mishaps. Take an example of Meerabai. She was given poison by her brother-in-law which she drank in faith and Lord Krishna protected her. Another example of Prahlad. He sat in the lap of Holika (his aunt who had a boon that fire cannot burn her) in the fire and nothing happened to him but Holika got burnt. Take an example of Saint Gyaneshwar who made a buffalo speak Veda. Even Swami Vivekananda drank the fluid which was taken out from Paramhansa Ramkrishna's throat which was considered very contagious, and nothing happened to him. How did this happen? It is due to their immense faith in the divine.

In the recent situation, where the COVID - 19 pandemic has spread its jaws worldwide and everyone is really scared, what can save us is the faith. Our research says that if we get tremendously irritated, disturbed or annoyed, or a person is under stress, then our energy level drops and at certain frequency level COVID – 19 catches the person.

Life is a game of energy. If your energy levels are high, we are happy, cheerful, forgiving, compassionate, enthusiastic, have a positive attitude and optimistic. And if our energy level is down, we are depressed, complaining, unhappy, irritated, Pessimistic and do lot of criticism. Faith makes us positive and stress free. In life, we have to choose between fear and faith. Reiki, Agnihotra, TM, Yog Nidra and all the lectures of Guruji helps to maintain our energy levels and keeps us mentally and emotional balanced but at the same time, we have to have faith that nothing can happen to us. This mindset will create miracles. It always makes us feel positive and maintains our energy level. Hence, I would say our faith in Guru/ God is our biggest Kavach (Armour/ Shield). Remember “Ashakya hi shakya karti Swami (With the grace of Swami impossible can become possible).”

Unspoken Secret

by Telangan



In Bangalore I enjoyed walking around a lake every day. I was late one of the days because it was a week off and I overslept. It was a sunny outside and very warm but I decided not to break my practice. I picked up my water bottle and started walking. I could not finish my usual three rounds because I was tired and felt dehydrated. I sat on a bench under dense shade of a large tree and I was enjoying the relaxation. I was just watching people around.

The road widening work was on and there were few workers working hard. Their dark bare bodies were shining with perspiration. Two-three infants were wrapped in a thin cloth under the shade. One of the women feeding a baby and the supervisor was screaming his lungs out. Suddenly a car came and stopped. An old South Indian man wearing clean super white traditional cloths, Chandan on forehead got down. He was around seventy, seventy-five. His skin was glowing. Only by looking at him, you would know he was a rich and kind person. He called those workers with lot of love and handed each of them a packet of food, container of buttermilk. He gave two large bottles of milk for the babies also. He waited patiently till they finish the food, then he pulled a large bag from the car and collected all

the garbage in it properly. He noticed skin infection in one of the workers and he took out a tube from his bag and explained him how to apply also. Now I could not hold my curiosity anymore and I went to him. I introduced

myself and asked him if he was a caretaker of the workers? He sweetly smiled and said, No Sir, my name is Mutthuswami and I'm a retired doctor. I was quite touched. I asked him since when was he doing this work? He sweetly smiled again and said **Compassion and service should never be discussed. They are building roads for us in this blazing sun and I felt my duty to show my gratitude and thankfulness for them, that's all.** Next moment he disappeared in the car. I stood there speechless for a while.

I have seen people using such events for their own advantages, taking photographs and getting long write-ups with their pictures in media. He was the first person who was not interested in even discussing about his compassion and service. Now when I learnt about the law of Karma, I realized how important and rare quality he was possessing. He was far ahead on the path of Spirituality...



Thanking you is Thanking the Universe

by Aruna Margam

Guruji insists on this First Reiki Principle **“Attitude of Gratitude”**. He had written about it in the last newsletter also that it is the foundation of our human life. I was introspecting specially during this COVID time, Are we in Gratitude? We are grateful to others, to the universe to our parents may be we are all as reiki sadhaks able to appreciate and be thankful always. Are we thanking our body? This Guruji is saying time and again that this body is so intelligent and can handle itself in every situation. Body is directly controlled by the soul, if only the mind is under our control. With Kinesiology lectures too Guruji gave all of us this message. Be tuned to your body. Be aware. Be alert. Be thankful.

First learning strongly imprinted during this time “To Love ourselves”. We all know that we have to love ourselves. Again Guruji’s lecture on the ancient Hawaiian technique “Ho-opponono”. We have to say this to our own cells in the body. Is it a ritual or are we feeling deep love for ourselves. This understanding will help us to love ourself deeply. Not to be too critical with ourselves. As I happened to read “Deepak Chopra’s book on Quantum Healing” it was written that every micro second the cells and the whole body in unity works so hard to protect us in every way. Are we aware of the hard work of our own cells? So we have every reason to love ourselves. This is also an act of gratitude. This is saying thank you to the almighty for giving us this body. We can learn how to love ourselves from babies pure existence. We also started our life as a baby. Let’s get back there be child- like and “Love ourselves all the time”.

Second learning is that Acceptance is the tenet we all should develop. Guruji how beautifully explains the more acceptance then no rejection and no memories. So we all can feel light, happy and be in the present as there are no unwanted memories stored in our Aura body. Most of our reactions, worries or fears are because of non - acceptance. Even allergies and addictions are also due to the same reason. We all know that the Universal Mother is taking care of us every minute, but can we be in

acceptance? This also has made a deep impression that as per our karmas we go through all the ups and downs of our lives. It’s like in the sea sailing in a small boat and we are tossed by those huge unending waves hitting the boat on all sides. When we have Swami alongside as a big ship guiding us and protecting us why reject anything or anybody. The very reason we exchange “Jai Gurudev” is accepting the divinity in each other. So when we deeply practice this it has gives us solace in all trials and tribulations. We experience “Swami’s hands are holding us all the time”.

Third lesson is that the Universe is registering everything we say or think or wish for. Are we ready for it when it happens? Recently we had a marriage of our son at home. It was a simple gathering at home due to Covid. After the event, me and my daughter in law realized many of our wishes have come true. Nothing was planned and everything happened. Of course this was possible due to reiki family and Guruji. We all by now know that every small thought gets registered in the universe and it comes back to us at appropriate times. Every Action has equal and opposite reaction, Newton’s law we have heard it time and again from masters in reiki seminars. When we become aware now moment to moment we have to make sure our actions are filled with love and compassion and in turn the Universe will do the needful. It has happened many times in our lives but we have to increase our awareness to understand it and be thankful to the universe.

Finally we are all waves of consciousness. We are all connected. There is only we all are collectively known as Universe. We have the “Anathakoti Brahmanda Nayak” with us all the time. Thanking Swami, Guruji, Mayi and all other reiki sadhaks for touching our lives so that we could experience the real happiness even in these Covid like difficult times.

Thank you Guruji once again for everything.

Life of senior citizens during lockdown

by S Ramakrishnan, Thane



Exactly six months back on March 22, when citizens of the country observed the Janata Curfew, and later in the night lit the “Diya” and took to the beating of Thali, blowing of Horn etc., etc. little did they realize as to what was in store for them in the coming months. Everyone in the country spontaneously took the words of Prime Minister Narendra Modi and took to the activity with much of enthusiasm and right from kids to over 80 years as part of it.

Then came the real scene when the total and strict lockdown in the entire country was announced first asking all citizens to remain indoors and not to stir out at all.

A special warning was also issued to those above sixty and below ten not to venture out as they may get infected with the virus and we were repeatedly warned about the same.

Now, the real problem starts. All these years we senior citizens were carefree spending the entire day in the company of our friends, almost all retired and moving from one place to another sharing our daily experience.

The day used to begin by going to the Yoga Class, then laughter club, an exercise in the open gym, visit to temple regularly, and of course a visit to the post office and banks too. A visit to Bank and Post office keeps us going as we felt happy when the staff there used to talk to us with concern. Later after the lunch and a nap the evening sessions once again used to start with the friends where we discussed many things, including the ones of the recent victims to the pandemic.

Then coming home we would take the dinner and the usual tablets prescribed by the doctor for the BP, Diabetics

etc., etc., and after spending some time in front of the TV retire for the day at about 10.30 pm sharp.

But as we are nearing 200 days of lockdown where the entire world is changed due to the Pandemic and the beating by the Corona the entire schedule of the seniors are changed for better as I would say.

If we look back the past six months, in the initial period it was very scary and everyone was shell shocked and afraid as to who is the next victim in the pandemic as the news of growing cases poured in. Day in and day out we sitting at home used to get the news of the cases multiplying and people being shifted to the hospital and the manner in which they are treated.

Frankly speaking since the last week of March when we completed 180 days now, we have never seen the sun or opened the main door, of course we were allowed to do so.

Remaining at home what we got is good health and improved thinking.

We are not sorry for remaining at home, thanks to the newest apps including Zoom, Webex meet, Google meet, and of course Whatsapp video call, we were connected to the outside world.

The day begins with the religious chanting on the TV channels and after that is the time for Yoga on Zoom, which we did regularly. What we miss out is the routine newspapers. We also attended Zoom and other sessions with our old school friends whom we located some of whom got disconnected 50 years back and of course our office groups.

After about 4.00 p.m. the real activity starts when we have several zoom meetings lined up. The one was taken by Ajit Sir, in which he gave lectures on various topics, including keeping us busy most of the time in the last six months.

And the RAY of Hope and Essence of Guru Charitra keeps us busy for one hour on Wednesday and Thursday. In fact, we eagerly wait for the next week to come soon so that we enjoy both the sessions and add to our knowledge.

The International Seminar on Agnihotra and Home Therapy which went on for four full days kept us tied to the computer and we never felt like leaving it.

In fact, as I was telling my friends till now, we were listening to Guruji referring to these researches from abroad who were part of the promotion of Reiki, Agnihotra etc. all but thanks to Guruji's kindness we could hear them speak to us the value of these in our life. This can be considered to be a once in a lifetime opportunity for which we are very much thankful to Swami and of course Guruji who held our hand and brought us here.

As the saying goes, we can take the horse to the steam and it has to drink the water. Guruji has taken us till here and we are expected to grab the opportunity and make the most use of it in our lives.

The other programs especially the one for the senior citizens, the Healing and Mind, Chakras – the Wheels of

Life, Agnihotra, Kinesiology and of course, the meditations were simply superb.

Intermittently our routine of Agnihotra in the morning and evening, Trimbak Havan, Yoga Nidra, Reiki were not missed out. Some made use of the opportunity to render their seven-day Gurucharitra Parayan. We also enjoyed being in the midst of the family members and doing everything together which never happened. Also, our better half was really delighted when we helped her in the daily work including the cutting of vegetables and cleaning the house at times.

Even in the midst of all these, we took time to interact with our grandchildren at times and also teach them Hindi and Marathi which they needed the most.

No doubt we missed some of the outside activities and could not be in the company of our friends. We are happy that during these six months we did not go to the doctor even once which otherwise we used to visit at least three to four times in a month due to headaches and other complications. The home food and total rest and not being in the midst of pollution is the result of the same.

Meanwhile, our service (Seva) at Devrukh was during this June which we missed very badly, but will compensate for the same in the coming days. All said and done Swami and GURUJI showed us the right path during this lockdown and one should not be cribbing over the lockdown.

Don't educate your children to be rich.

Educate them to be happy.

So when they grow up they will know the value of things not the price.

Educate them the difference between human being and **being human.**



I've learnt it hard way

Never blame anyone

For your tough times

Friends' give us Joy while

Enemies' give us Experience

Best give us great Memories

While worst give us Lessons

We must let go things

Those hurt us but never forget

What they've taught us...

Deeper Dot

by Telangan





Dear Sir,

How incredibly lucky we all are, how blessed!

I can't contain within this overpowering gratitude that I've been increasingly feeling for the past weeks. Today it is just erupting, spilling over, overflowing and I am to share it with you!

That uplifting spirit, that FLOW that you've been so tireless to talk about and teach us how to get in touch with through all the means in your expansive arsenal, that flow I felt a few hrs ago while leading YN today and although being far from the perfect delivery you do while conducting YN, it felt so uplifting, so anchoring in the present, so wholesome as an experience... just no words. And then, what a blessing it must be to be able to share it with people, to make someone get in touch with that flow in the same space, at the same point in time! What a blessing for someone like you to serve as a medium for people - tens of thousands of people, so that they can experience that touch to their spirit!! What a blessing!

What I'd like to say is THANK YOU, no matter how many words for being immensely grateful I string together here, none of them can encompass the feeling inside!

You have designed a marvelous 1st degree seminar - every little piece of it, every detail in the sequence, every word is just masterful, an arrow in the target! I've known that ever since I took my 1st seminar and thereafter, every time I've listened to you, now however, I get a sense of the inner wheels of the perfect design you've put in place: all the little pieces that fit together to complete an entire puzzle, all these little parts that click in place to make-up a key, an opener to someone's health, to someone's joy in life, to someone's aspirations to reach.

THANK YOU for making this training possible! What a gift from you and God!

With GRATITUDE, always-

Nadia

A photograph of two women in a close embrace. The woman on the right is crying, with her face buried in the other woman's shoulder. The woman on the left is looking down at her friend with a supportive expression. The background is a softly blurred indoor setting, possibly a living room with a bookshelf.

You are not the only One...

by Riddhi Patel

We are surrounded with lots of people having varied qualities such as flexible, stubborn, sensitive, bold etc that's how behavioral point of view, it is categorized.

Some people are very flexible to accept the changes whereas some take time. I have few friends around me who find it very difficult to accept the changes, due to which I have to put extreme efforts so that transition happens and they are able to move ahead in the relationship.

One day, I was sharing with my friend, who is Reiki Sadhak also, that I have to be extremely careful before speaking something in front of my childhood friend as she is very sensitive. **Very spontaneously she replied that you are still not learning, maybe that is why she is not changing.**

For instance, I don't get it...!!! I gave her long-lengthy explanation stating that I am the only friend in her Life, I don't want to hurt her, I value our relationship more than anything etc, etc....

Next day, in Office during lunch time, we office colleagues were talking where one of the colleagues shared about how her family member is repeatedly crying on family issues in spite of making her under-

stand thousand times, she concluded by saying that **"anyways, I am the only one with whom she is sharing her heart"** and I immediately replied, **"No, you are not the only one with whom she is sharing her heart, in fact you are the only one who pay attention and bears all her tantrums, if tomorrow, you will not entertain her that doesn't mean she will accept the life the way it is. In fact, she will find some another ear for her complains"**.

After saying this, I realized that Swamiji showed me Mirror by saying that "you are not the only one" what I said to my colleague in case of her family member, same is applicable to me in case of my friend.

In all of our lives, we have many people around us for whom we think "we are the only one..!!!" and thus put extraordinary efforts and take unnecessary pain. We think that it is all for our relationship but actually we are satisfying our ego.

Since then, I changed my perspective in terms of relationship and understood that Relationship should be defined in one Word i.e. "Effortless", I have stopped being Slave of my emotions. Though still learning but in the process of making Deep Connections rather than Deep Attachments.

IMPORTANCE OF COW IN OUR LIFE



In one of the Session, we got a question that when all the animals have divine consciousness, why Cow is given utmost importance?

Cow is given utmost importance by our society since Vedic time. It has been treated as auspicious and also a symbol of compassion and piety. Cow is not a mere animal because it is an adobe of all 33 frequencies of deities. In the Vedas, the oldest of the Hindu scriptures, the cow is associated with Aditi, the mother of all the gods.

Divine resides in every animal but there is a difference regarding the innate power of the cow. For example, if you kick a beggar, you will have one impression (sanskara) but there would be no immediate repercussions. But if you kick Donald Trump, immediately you will be shot at sight. Why? Because Trump is President and he is given protection. Though all human beings are same, some are given added powers.

Cow is important from biological and spiritual aspect as well as for maintaining environment. Here are some of the points which will help us to understand it better.

- Ancient scripture state that “Suryaketu” nerve on cow’s back absorbs harmful radiations and cleanses atmosphere. Mere presence of cows is a great contribution to environment.
- India has approximately 30 crore cattle. Using their dung to produce bio gas, we can save 6.0 crore ton of firewood every year. This would arrest deforestation to that extent.
- Cow dung has important role in preserving environment.
- When we burn cow dung, it balances atmospheric

temperature and kills germs in the air.

Cow dung has antiseptic, anti radioactive and anti thermal properties. When we coat the walls and clean the floors of house with cow dung, it protects the dwellers. In 1984, gas leak in Bhopal killed more than 20,000 people. Those living in houses with cow dung coated walls were not affected. Atomic power centres in India and Russia even today use cow dung to shield radiation.

- African deserts were made fertile using cow dung.
- We can reduce acid content in water by treating it with cow dung.
- When we offer ghee in fire as part of ritualistic sacrifices, it strengthens the ozone layer and shields the earth from harmful radiations from Sun.
- Cow dung has menthol, when burnt it cleanses infection in the lungs.
- It is also believed that Cow when looks at you, has a capacity to identify your physical problem.
- Urine of a pregnant cow is considered special; it is claimed to contain special hormones and minerals. According to Ayurveda, Gomutra (cow urine) can cure leprosy, fever, peptic ulcer, liver ailments, kidney disorders, Asthma, certain allergies, skin problems like Psoriasis, Anaemia and even cancer.

The above mentioned are very few benefits which I have narrated. Looking at all these benefits, we have no doubts why Vedas have narrated cow as mother of all the Gods and human beings.

Reiki Seminar in Siddhachal Complex, Thane for Security and Conservancy Staff

Reiki Vidya Niketan took a unique initiative under the leadership of Mr Girish Karnik, our Thane coordinator by conducting 1st degree Reiki seminar for 12 members of the security and conservancy staff in the society. The seminar was conducted in the lobby of the society's building no. 24 on four mornings and evening with each session being of duration of three and a half hours between 21st and 24th September 2020. These seminars were conducted by our Reiki Masters Mr Rakesh Kumar and Mr Jairam Athalekar. This is a unique way to create a team of watchmen keeping diseases and pandemics away from the gates itself. Many societies in this country can repeat this if they wish.



Agnihotra session conducted in Bangalore

On 13th September, 2020 our Sadhak Ms. Komal Pukale took a session on Agnihotra. The session was attended by 77 people. The session was well received and everyone appreciated the session. Ms. Komal Pukale explained them about how important it is to perform Agnihotra to maintain immunity level and to heal the environment. Looking at the benefits of Agnihotra, they all showed their readiness to start Agnihotra

Seminars are revived in Chicago

It is good news for all the sadhaks in Chicago that we have revived Reiki seminars in Chicago after a long time. Reiki 1st Degree seminar was held in Naperville in the state of Illinois on 26th and 27th September, 2020. The seminar was taken by Ms. Nadia Led who has been recently trained by Guruji Shri Ajit Telang. Nadia has been a senior sadhak of RVN since past many years and she has wonderful experience about Reiki.





UNVEILING OF OUR IMPRESSIONS

In one of the discussions with Guruji about sanskaras (impressions and implants), he informed that there are three types of sanskaras i.e. Mala, Vikshepa and Aavarana. Mala is like Mud which is easy to remove; Vikshepa is ignorance about our true nature which is like a brick. And Aavarana is total ignorance which is like a rock which is difficult to break. These three layers gets enwrapped around our Soul because of which soul cannot go to its original source. And we have to take rebirth. And this cycle of rebirth goes on and on till we remove all the layers of Sanskaras.

The toughest to remove or manage is the Aavarana which is nothing but our core trait. This is our tendency. Though there are three layers mentioned above all these layers ultimately are connected to the Aavarana- a dark space or a black hole. The whole idea is to go for deeper purifications to reach the core layer of Aavarana. Once the sadhak reached this layer then the return journey towards liberation has really begun. Once in Aavarana, one is not even aware about the next layer of Vikshepa or Ignorance. Ignorance does not mean knowing nothing. It is something like not experiencing what exists. You can't ignore something which does not exist. In Aavarana however, one is not even aware about something that exists. The whole idea of existence as a soul is lost. It is like a total absence of light. It is purely a darkness with not even a glimpse of light. When there is total darkness you do not have the duality. The whole idea of light is lost.

He also mentioned that when sanskaras gets removed, the first layer goes out is Aavarana. When Aavarana is there, one does not get a thought of our divine nature. Total ignorance prevails and one does whatever one feels good and makes him/her happy. One is not aware about its consequences. According to David Hawkins (Book- Power V/s. Force), the people whose consciousness is below 200, are covered with Aavarana. These people do not experience their goodness and are full of hatred, vengeance, guilt, pride, shame, fear, anger and apathy. It is very difficult to break this layer. For people whose Aavarana is removed, their consciousness goes above 200 and they experience their divine nature but again clouds of sanskaras come back and they forget their nature. This process goes on off and on. These people are open minded, peaceful, merciful, wise, inspiring, loving, joyful, calm, composed and have willingness to learn new things. They are positive minded people but at times they become unhappy and irritated. Sadhaks who have gone beyond Vikshepa, their level of consciousness is beyond 600 are very pure, they are blissful and are very close to enlightenment. They can see the divine light in everyone. Their type of sanskaras are mala like mud which gets removed very fast. They become childlike again innocent and cheerful. So our journey of removing the sanskaras is from Aavarana to Mala and from Mala to Maala (garland) of enlightenment.