

REIKI VIDYA NIKETAN

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The Mission is

Twenty
One



*and still
going strong...*

Our Devrukh ashram completed 21 years since its inception, on 15th March 2021. The time just flew so fast even before one could realize. 21 as a number is very important from the spiritual point of view. In Reiki healing too, 21 days is the healing cycle for a patient to restore his/her health. The patient gets transformed. I really do not have the counts of how many lives of those connected to the ashram are transformed in the past 21 years. But I would not be surprised if the number is large.

On this day, I remembered most of the events which occurred in the past 21 years which have proved to be Chiji (a Chinese word for Turning Point) events. I have a favourite Marathi devotional song which has a wonderful meaning, very deep if one understands. The poet says that not many of your vices and virtues can really be measured if your life flows like those divine and sacred waters of the river Ganges. The waters of Ganges are very pure and soothing. Looking back, I can see the flow of Ganges in the journey of the ashram till now.

Last 21 years have been magical and nostalgic when I look back. That brings the tears of joy in my eyes. I do not know why and where those tears come from. I get stunned to even think of that divine grace of Swami descending on me and my sadhaks consistently. What a wonderful bunch of people God has given me in my life. Each one is like an apple of my eye. Their dedication, their commitment to the cause, their devotion towards Swami and my mission, their love and affection towards me and everything around me, their adoration towards all that has happened through my small hands.

On this occasion, I remember all those who slogged during the embryonic years of the ashram. They never bothered about the discomforts and hardships in those days. There was no electricity, no water pumps, no large

rooms to stay. We used to be all cramped and still were blissful. No one grumbled, no one complained. They worked like the real missionaries of that time. Many have left the planet and must have reached the lotus feet of Swami. Many left the ashram due to their changing priorities of life. Many just vanished the way they came like the clouds in the sky, but the clouds with a silver lining. At this hour I salute them for whatever they did for our mission (which was theirs too) and pray to Swami's feet that let them all be back just to be a part of this heavenly space.

I am full of gratitude towards everyone who contributed to this mission in the past 21 years. Everyone who came in my life for all this time, came with a lot of love and compassion. They all came with a divine purpose. They were all special people chosen by Swami for a particular task. I do not believe that they have gone away from the mission as the mission is their heart and can't be separated from them no matter where they go and what they do. I bow to them once again out of deep gratitude and pray to Swami that all those warriors of light be happy, healthy and harmonious in their lives. May Swami bless everyone on this auspicious occasion! On this day I offer the following prayers:

Oh Swami ! Please grant the world one boon that every living being becomes happy and let the heaven descend on the earth.

Ajit Siv

March 15th, 2021





Crystal Clear Consciousness Creates Colourful Rainbows in everyday Life

by Aruna Margam

Once again I came across a beautiful story about a king of Kashi known as Ripunjay depicted in the serial Devon ka Dev Mahadev. King Ripunjay is an atheist and he doesn't want even the devathas of panchabhuthas. He turns all of them away from Kashi. Mahadev comes to Kashi due to a request from a young girl of Kashi to help the people from the famine. King insults Mahadev and Parvathi and sends them out of Kashi. Parvathi leaves along with Mahadev with a heavy heart.

He does penance to Lord Brahma and gets the boon to be known as Devodass. Due to the boon he is empowered to take care of all the needs of his citizens. He believes in hard work and makes his men work very hard to become wealthy. He believes that is the way. To make him understand the need of divinity, Mahadev sends Lord Ganesha in human form. Lord Ganesha is ready to guide the King if he gets Bhiksha from at least one house. No one is ready to share their wealth even by giving a little Bhiksha. This really shocks the King Devondass. The young girl's family who is a devotee of Mahadev offers the Bhiksha.

Lord Ganesha explains to the King Devondass. You made your citizens wealthy but they have forgotten the generosity. Mahadev's energy in the form of bhakthi helps to remove all the negative habits and helps in spreading the positivity. Since you sent away Mahadev from this pure divine space Kashi all the positivity and divinity has also disappeared. King understands his fault. He prays to Mahadev in the form of shivling and requests him to come back to Kashi.

King Devondass apologises to Mahadev for sending him away. Then Mahadev tells him not to worry. Mahadev said a Mahavakya "He did not send him away from Kashi, since he does not reside in Kashi, but Kashi resides in him". I remembered reiki, the Universal Consciousness as the substratum of everything in this universe. Reiki is the very cause of Life. We all are alive only because of Reiki. I was so grateful to this divine Universal Life Force Energy or shivachetana shakthi.

We all are blessed through Guruji that the divine consciousness is flowing through our hands there everywhere. This is

the canvass on which this universe is sustained beautifully. If we experience reiki with reiki practice we will be chasing away all the negative qualities. Its like chanting "Om Namashivaya" or any God's name, a pilgrimage, a parikama or climbing a divine mountain.

So many questions came across at that moment. Do we really understand the power of Mother Reiki? Are we grateful at this moment for being chosen by reiki mother to flow through us? Aren't we blessed with hands filled with this divine energy? Are we using this divine touch every day with a self-hug nothing but reiki practice? Are we touching many more lives with these divine hands? We listen to so many experiences of Guruji or others. Have we made it our personal experience too? As our Guruji says Negativity is not more but Positive people are not working in unity towards the better world.

This 21st year of Mutt's anniversary, Gurujiproudly shared about a person who in his telephonic conversation compared his purity equivalent to that of Lord Vishnu's stotra in the form of "Hayagrivastotra". The meaning of the stotrais "Meditate upon Lord Hayagrivathe embodiment of knowledge. He is the integrated form of knowledge and bliss. He is with a horse face, who has a radiant, sparkling body like a pure white crystal. He is the first God of Knowledge."

Let us all take responsibility to purify our chitta using reiki every day and shine like a crystal. Let this divinity touching each one of us bounce into a spectrum of light. Let's collectively form a beautiful rainbow on the sky. Its Holi time let us splash all the colours from our hearts. Starting from Red showing safety and security, Orange showing peace and happiness, Yellow showing power and knowledge, Green showing love and compassion, light blue showing our capacity to lean and also communicate, Dark Blue showing intuition and inner wisdom and Finally Violet showing our closeness to divinity. Let us all merge into the divine energy of our Guruji's mission Health, Happiness and Harmony in this Universe with a splash of our positivity and purity like a shining crystal.



HANGOVER

by Vivek Pandye

Hangover, as we usually know, is caused due to alcohol. This article is not meant to discuss hangover caused due to liquor/alcohol or suggested remedies to come out of it. Hangover caused due to alcohol is a basic yet altogether different case. However, most of us must have noticed (if not experienced) that there is some slip or lag in consciousness. In some cases, forgetfulness also sets in for a while. The point to be noted or looked at carefully here is that the same things happen with people even without such substances. This article will appear to the readers as some advocacy or permit to get drunk, but one needs to focus on consciousness and its lack.

A bowler bowling a wide ball in cricket and then bowling another wide ball to compensate for the previous one is a minor case of hangover. World-class bowlers do not err in the first place, and even if rarely a ball goes haywire, they do not carry the same memory for the future. The ability to entirely focus on the next ball and drop the past is not something amateur bowlers can do. To be consistently aware so that one is on top of one's game is the key to perform.

What happens to the person? Same body, same hands, and probably a whole lot of practice to do things correctly. The cause of it lies above the body and not within. When a mistake happens, the mind shifts to the lowest level, the level that is a non-performance zone. One can only fear, panic, and shrink at this level. They all need to train themselves to uplift and shift. Like in cricket, life also gives a chance to pick a wicket after being hit for a six.

In the case of a homemaker, lack of salt in one meal follows extra salt in the next one. This whole game of carrying forward the past events and spoiling the current activities goes on with many people. They operate with a mindset instead of a mind. Seldom

do we look at life with a fresh perspective and proceed from moment to moment.

Take another case of any office employee. They commit some mistake (which is bound to happen in the early part of their career), get reprimanded, and later on, stay suppressed throughout their lives without much progress. More importantly, learning from the past and digesting the ugly part, and still moving ahead with a strong head. Nobody had promised us that life would only offer us the positive. Like humans, they need to be prepared for any negative fallout of events. Be curious to learn and grow at all times. Most importantly, stay positive at all levels of their existence.

The whole game is about a slip of consciousness. Consciousness is the most fundamental to all our activities. It becomes the base for all the activities on the peripheral. However, the only mistake people make is, they do not stick to the base. They keep changing things at the peripheral. In order to strike an A-game at all times, a change at the root level is needed. Digging deep, practicing with their activity, but also training themselves to keep a fresh mind. Slowly, one learns to stay positive after a setback. With experience, one starts looking at a setback as an opportunity for the next victory. Every problem comes with a solution. With experience, they start focusing on the solutions rather than remaining stuck with the problems.

A good episode in life; move on. Take it as a blessing. Bad events happening in life still move on. Please take it as a learning. Nothing is permanent in this world. Death is the ultimate reality. However, possibly the worst thing than death that can happen to a person is remaining stuck. Life is a flow; let it be a flow. Cherish all moments; stay fresh. Learn a bit of management both within and without.



IT WILL COME BACK TO YOU...

by Telangan

I remember a wedding of a rich trusty of my collage. His father was in the education ministry and owned two other collages as well, he had more wealth than many industrialists. A group of students, who were involved in the designing of wedding invitation and some other stuff were also invited. This was the grand wedding I had ever seen. It was held in a majestic location of a racecourse. The car park was full with only BMW and Mercedes Benz of the world. Few of us who were totally unmatched to the entire ambiance sitting in a corner and just witnessing the exhibition of the wealth. There were many celebrities and known faces around. Different food stalls serving delicious food that I had never even heard before, but finally you can't eat more than your stomach permits, right? When I went for the plate disposal counter, I noticed that people were wasting more food without care. Four strong uniformed guys continuously emptying a large bin full with the waste food. They were taking it behind a closed area. I was damn curious about the waste management of the food and therefore I followed them. I was surprised to see hundreds of unlucky kids searching food in the thrown garbage. Dogs and pigs were giving company to them. They were happy after finding something of their choice. Once they finish with it, they would sit and wait for the next batch to arrive. The entire episode was completely depressing, it shook me very badly. I could not enjoy further. It was totally unfair that a part of the society was wasting so much while the other part was struggling for little. How could someone become so ruthless and careless. How could people not appreciate the food they get without demanding? I've never wasted food in my entire life after this episode.

Today, we can see this reality almost everywhere. We find people with lot of education but no emotions, invention of advanced medicines but poor health, prosperity but no peace, they have lot of knowledge but

no wisdom, people have thousands of Facebook friends but none in real, we find millions of people everywhere but absolutely no humanity. People enjoy shooting video of a dying person in an accident than helping. We could see a mother taking care of three kids at a time but those three kids can't take care for their mother in her old age. Is everyone today so busy that S/HE can't see the reality? The actions we produce today are going to have equal reactions. You waste food today and, in this life, or the next you are going to starve definitely. You make fun of someone ugly today and definitely you will have to learn how it feels to be an ugly... may be in next life. Some karmas bare fruits immediately and some take time but nothing goes unnoticed for sure. However, understanding of Karma is not so easy for everyone. In Bhagwat Gita Krishna says '**Gahana Karmana Gati**'. Understanding the Karma is very deep knowledge and there is no $2+2=4$. Many characteristics and different aspects are involved in one Karmic outcome. But why do we really have to get worried for the complexity of Bhagwat Gita. We could simply understand the forbidden actions than the intricacies of Karma. If we follow the basic principles like being honest, be Kind, have gratitude for all that we have, never harm anyone, love all, never involve in traps of gossips and we could see the results definitely. Remember the mill of god is very slow but it grinds very fine. No Karma will go unseen and ignored. We find many unethical and corrupt people flourishing today but that doesn't mean their corruption and the success has connection... their prosperity is a fruit of their good deeds in the past and sooner or later they will enjoy the punishment of their present corruption as well.

We just need to be aware of every action every moment and be ready for the consequences rather than asking a question '**Why Me**' because the simple rule is '**the arrow you have released is going to come back to you.**'

To the Path of Bliss ...

by Amara Vasuntara

Emotions should be like a line drawn on the surface of water

Emotions arise and are conditioned by the sense organs, objects of the sense organs and the sense consciousness.

- Emotions arising from the contact of eye, visible form and eye-consciousness
- Emotions arising from the contact of ear, sound and ear-consciousness
- Emotions arising from the contact of nose, smell and nose-consciousness
- Emotions arising from the contact of tongue, taste and tongue-consciousness
- Emotions arising from the contact of body, touch and body-consciousness
- Emotions arising from the contact of mind, thoughts and mind-consciousness

Buddha states that these eighteen realms - six (sense organs, objects, consciousness) are subjected to birth, death. All these eighteen realms give rise to desire, hatred, illusion, pain, anxiety, frustration, worry, fear and despair, of birth, old age, sickness and death.

Do not allow yourselves to be consumed by the flames of desire, hatred and illusion. See the Impermanent and Interdependent nature and do not get enslaved by the cycle of birth and death created by the sense organs, objects of the senses and sense consciousness

Be aware of each feelings. Recognize your emotions, smile to it, look deeply into it, identify its roots, identify the nourishment that have brought them as being in your body. It may be either your perceptions or your deep consciousness. Embrace it with all your heart. If you continue to look deeply, you can discover the true nature of that emotion, and you are no longer afraid, even of a painful feeling. You know you are more than your feelings. Your feelings are formations, impermanent and without substance

Understanding a feeling is the beginning of its transformation. Learn to embrace your strong emotions with the energy of mindfulness until they are calmed down. Practice mindful breathing,

focusing your attention on the rise and fall of our abdomen, and take good care of your emotions.

According to Mitch Albom "Take any emotions, love, grief, fear, pain, If you hold back on the emotions you will never be detached, you will be afraid of the pain, afraid of the grief. Throw yourselves into these emotions, by allowing yourselves to dive in all the way, then you know what pain is. You know what love is. You know what grief is. And only then can you say, 'All right. I have experienced that emotion. I recognize that emotion. Now I need to detach from that emotion. As stated by William Blake:

"Man was made for joy and woe

And when this we rightly know

Through the world we safely go.

Joy and woe are woven fine -

A clothing for the soul divine;

Under every grief and pine

Runs a joy with silken twine".

One day a student came to Zen Master Bankei and confessed he suffered from an Insufferable temper and do not know the way to deal with it.

Bankei said "Hmnm what you described is very odd. Strange, I would like to see this temper of yours"

"Well, I cannot show it to you right now, I don't have it at the moment. It comes and goes unexpectedly" replied the student.

Well then Bankei said, "This temper must not be of your original nature. If it was part of your true nature, you would be able to produce it anytime you wanted to. When you were born you did not have it, and your parents did not give it to you, So where did you get it?

Why don't you go and think about that?"

Why don't you all think about it?

Let's stroll...

SURVIVING AND THRIVING

By Barry Rathner, Clinical Psychologist



We ended last month's article speaking of Surviving and Thriving.

If, as it is said, human beings use a very small percentage of our brain (and mind) power, might we be setting our standards and goals way too low?

Surviving the physical, emotional and spiritual challenges facing us these days is not a small accomplishment.

Simultaneously, it may not be enough.

It might be compared to asking someone, "What is the spiritual lesson life is trying to teach you behind your broken leg?"

Furthermore, just as false choices emerge—including choosing economic growth vs. Covid safety—so perhaps may be the 'choice' between surviving and thriving.

Notwithstanding the truths that each day is a miracle—each breath, in fact—that we have so much for which to be grateful, and that those of us with measurable amounts of FAITH find ourselves able to manage even dark and murky waters, it is a truism that positivity begets positivity.

To get practical, were humanity to treat physical problems proactively, fairly and comprehensively, then we should be better able to pursue matters of THRIVING.

Shree Vasant wrote that humans act as children of millionaires unaware of their fathers.

Were we to honor the sacredness of life and BEHAVE ACCORDINGLY, surviving would come naturally, and thriving would have a better chance of manifesting. Very often in Alcoholics Anonymous members speak of the dramatic differences (improvements) in their behaviors after becoming clean and sober.

So it may be with surviving and thriving. And let us not forget we are all addicts— if not literally, then certainly figuratively.

So perhaps imagining our lives with more positive mindsets might indeed yield more positive results.

If we think the small fish tank we live in, is the extent of our world, we deny the possibility of a big, blue ocean.

Do our goals reflect the fish tank or the ocean? "To Dream the Impossible Dream," may be a bit dramatic, but it does make a memorable point.

The Fivefold Path has been described as "simple, but not easy." That is not difficult to comprehend.

That it is also a bridge to higher spirituality and an escalator of sorts to subtle realms requires more effort to understand. And such real understanding comes through effort, not mere brainpower.

That this description falls into the THRIVING category is not an accident. It is my intention.



I was using my father's easy chair for long time. It was very old but it had more emotional value and I could not dump it. Everybody said it looks out of place but I still retained it with lot of love. I never used it roughly. I maintained it myself by oiling, polishing it time to time. One day I noticed two nails jutting out so I tried to hammer them but may be because they were old, they did bend. I realized that I need to repair it from any carpenter so I could use it for more years.

The old carpenter looked at my skills and smiled. He said '*Sab jindagi me yahi hota hai, sidhe ko bahot fataka lagata hai aaur tedha nikal jata hai*'. It means '*Life is like that... straight gets hammered while the crooked gets away easily...*' He further said about the bent nails... *if you could make them straight again only then you could use or you will have to throw them in dustbin only... otherwise they will create pain everyday...*

I was amazed by the insight from that old uneducated man...

Reiki Experiences

Dear Krupa Didi,

Jay Gurudev,

Sending this short writeup for the wonderful reiki experience.

There is a Bilva patra tree in front of the Shivling at Devrukh Math. When we visited math in January 2021, we saw that it had dried up completely with no sign of green. As an effort to revive it, we started giving water added with agnihotra bhasma to the roots of this plant and started giving reiki. On the 2nd or 3rd day, it occurred to us that we should remove all Agarbatti incense sticks stuck in the soil near to its roots. While removing them, we recovered almost two-thirds of a welding rod stick, stuck deep inside the soil. I felt pain, like I was pricking out a thorn from my skin. We continued giving reiki daily and bhasma water. We also started avoiding putting agarbatti in the nearby soil. During the last few days of our sewa, while giving reiki, we declared sankalp, "Till Shivratri 2021, the tree has become fully flourished again and Sadhaks have used bilva of this tree for shiv puja during Shivratri."

Shivratri arrived, one of the Sadhak did check out the condition of the tree. It was not as per what we had expected, but we decided to continue sending reiki.

And 3 days after Shivratri, we have now received this photo from the math where the first sign of green, a fresh sprout of leaf emerging out of the middle of the trunk can be seen.

It is an exciting moment and through this article we want to request all Sadhaks to keep sending reiki to this Bilva patra tree so that it flourishes in front of the Shivling again.

We all know that bilva leaves are Lord Shiva's favourite, so with his blessings we will all one day start using its leaves for Shiv puja soon.



Thanks & Regards,
Ashish Muley

Hi

I got a chance to learn Reiki in February batch of 2021 very recent under Sangeeta mam in Baroda

The experience itself was something that can't be simply explained In word as I feel one will understand that when one actually goes through the process.

While In the workshop I felt that while learning also there was a peaceful feel that was there In the surrounding or within self.

Even when we were taught to give Reiki to the partner I felt peace In myself although because of how we sat their was a bit of discomfort physically. But always mentally a calmness Is what I felt.

This was very brief of what I felt while I learnt the Reiki but I would like to share my experience while I was on a trip to Meghalaya In march 2nd week with a bunch of strangers. Before I go deep into that I would like to share that I try my best to cover all point every day but mostly I am able to cover half point of Reiki. Before going on the trip I have given Reiki to my brother for 3 days.

Now coming back to what I wanted to share... the main story.

Since summer had already started and temperatures were rising In Indore when I reached shillong on 6th and got a chance to dip in the we I

saw Dong waterfall the experience was great. It was already cold. In Shillong so till we reached our guest house it was very cold. Even after the heater we were feeling cold.

But the first thing I realised was this. whenever I was taking Reiki for myself I was not feeling that cold. Although my hair was a bit wet and generally In this weather and situation I always feel cold and have to wear layers of clothes to not get sick.

But even in this cold whether my hand were mostly warm. This helped me to warm up myself.

On the same night one of my co-travellers who happened to be a dentist was feeling really cold as we both have been star hazing In open In night as the sky was clear (our luck). Before I get to the main experience let me tell u that we had our little talk about Reiki and my friend Sanchita a dentist said to me that yes she has heard about this from a lot of people but I do not believe In that. I told her that's fine as one really has to experience It. As this Is something not all can just see and understand.

So on that cold night of Shillong, I just randomly asked her should I give you Reiki u may feel better and warm and fell asleep In no time.

She was a bit resilient to It but I just asked u believe me?? And If yes then are you comfortable enough If I move my hands above your different body parts.

Once the answer was yes to both I asked to lay down In the most comfortable position and start with started with the top points.. And after just 4points she asked me to stop as she was now warm. Also her feet were warm and I had not even done anything neAr the feet.

Next day she actually told others that before she experienced that how she was warm In just few minutes and had a good sleep.

Later also when we were trekking Sanchita legs were painning. I offered should I give you Reiki, again with a bit of doubt she said yes but, this time we both were surprised as she felt my hands were too much warm and I felt as If they were burning.

I was surprised because this has never happened to me that my hands were this warm near to heated In such cold weather. This experience was totally new to me.

And after that even when I gave Reiki to myself I could feel my hand really getting warmed up. As my co-travellers would feel cold I would just offer them to hold my hands to feel warm. As I believe once our own hands are warm It becomes easy to warm the whole body later.

Another experience that I would like to share Is when I gave Reiki to Madhura who organised the whole trip. Generally I have observed that hand feels much cooler on eyes than other body parts. But when I was giving Reiki to Madhura again I felt that my hands were heating. And on the rest points the normal warmth was felt.

I was wondering what this all would have meant. But all In all whether I am taking Reiki for myself or giving it to others I feel more peacefulness mentally that has been constant.

My next target is to cover all points regularly so that I can share that experience too.

Thanks
Akanksha



invincible

by Telangan

Everyone is trying
To find a right person
But nobody is trying
To be the right person...

People focus on
What they have to give up
And while they ignore
What they have to gain....

Life is a series of
Hundreds of tiny miracles
Open up, accept them
And Start all over again...

Astavakra Geeta - Part 7, Chapter 1

by Ajitsir



Verse 15

निःसंगो निष्क्रियोऽसि त्वं स्वप्रकाशो निरंजनः ।
अयमेव हि ते बंधः समाधिमनुतिष्ठसि ॥15॥

Meaning: You are detached, you are self - effulgent, you are inactive and you are blemish-less. But you are not aware about this and hence you are bonded in (spiritual practices) like meditations and Samadhi.

Here Ashtavakra is telling King Janaka that the moment you realize your self you would not need any spiritual practices. We have been seeing that Ashtavakra is consistently telling his disciple that whatever your mind believes you experience that. You are thinking that you are bonded and hence you are trying to free from the same when that (bondage) does not exist.

Verse 16

त्वया व्याप्तमिदम् विश्वं त्वयि प्रोतं यथार्थतः ।
शुद्ध बुद्ध स्वरूपस्त्वं मा गमः क्षुद्रचित्तात् ॥16॥

Meaning: You encompass the whole universe and the universe is very much within you, You are that pure, wise consciousness. Now do not become narrow minded.

The way the Gold is there in every gold ornament, you are in every small bit of the universe. The way the clay is there in every pot, similarly the universe is there inside you. Now do not forget your pure consciousness and belittle yourself. The one who is touched by the grace of a master can never be ordinary. The wise should never consider himself to be a fool. Today we are feeling that the badness in the world is growing not because the bad people are

growing in numbers but the good people have stopped expressing themselves.

Verse 17

निरपेक्षो निर्विकारो निर्भरः शीतलाशयः ।
अघातबुद्धिरक्षुब्धो भव चिन्मात्रवासनः ॥17॥

Meaning: You are unconditional, immutable, formless of cool disposition, of deep intelligence, and unperturbed. Desire consciousness alone

Here Ashtavakra is making Janaka aware about our infinite and unlimited existence. He says that calmness is your nature but as you are not experiencing that you think you are unstable and excited and you have started believing that. You have forgotten your unlimited nature. Truly, we can't be perturbed by any events – internal or external.

Verse 18

साकारमनृतं विद्धि निराकारं तु निश्चलम् ।
एतत्त्वोपदेशेन न पुनर्भवसंभवः ॥18॥

Meaning: Remember that anything that has a form is unreal and the formless the real and eternal. Through this spiritual initiation you will break-through the cycle of birth and death and you do not have to take a birth again.

Ashtavakra is reiterating the truth said by Vedas that Brahma is the only truth, the universe is illusion. One has to understand here that a form is a body while the formless is a soul. We are stuck in this cycle of birth and death because of our ignorance about our basic nature. We think that we are the body and the mind etc. That ignorance can be dispelled by the light of truth that we are that

infinite, unlimited soul. The modern world has gone far from this basic idea of life and hence has become a storehouse of sorrow and miseries, diseases and disorders.

Verse 19:

यथैवादर्शमध्यस्थे रूपेन्तः परितस्तु सः ।
तथैवस्मिन् शरीरेन्तः परितः परमेश्वरः ॥19॥

Meaning: Just the way a mirror remains with or without an image, the divine soul exists with or without the body.

When one looks at one's image in the mirror we feel that it is a part of the mirror but the moment one goes away from the mirror one realizes that a mirror exists even without your image. For a mirror it hardly matters whether the image is there or not. Similarly though we feel that our body, mind, intellect, emotions are all the part of the soul, truly these are all images in the divine soul. The soul exists without all these. These images are just the illusions.

Verse 20:

एकं सर्वगतं व्योम बहिरन्तर्यथा घटे ।
नित्यं निरंतरं ब्रह्म सर्वभूतगणे तथा ॥२०॥

Meaning: The way the space is there within the pot and even outside the pot, the brahman is everywhere. In everything

When one closes the pot of clay with a lid, we feel that the space inside the pot and outside the pot is different but the moment you remove the lid, there is no division. Then our understanding moves from duality to the union-ness.

It was 10 minutes to Agnihotra,
My family had done all the preparations,
Then came the sound of the bell,
Oh we knew He had come,
It was months since we had seen Him,
with our own true eyes, without the virtual screen.

i heard a knock on my door,
i ran following the wind,
it looked as if everyone was waiting,
the sun ,moon, wind and light
Even the plants had turned their heads, and
were walking towards the door,
piling up on each other,
to welcome and open the door.

i opened our door,
of heart, soul and home, and saw
His face with a beautiful, sweet smile.
i touched His feet, my hands being the
representative of my soul had bowed
to Him, while, the tears secreted by
my body, were its representatives,
had also bowed.

He gave His blessings ,

i stood up, trying to control my tears, but i
couldn't, He understood the tears of joy
rolling down my cheeks, and wiped them off.
i see and hear Him , and feel only His Aura,
and no one else.

I saw the train of sadhaks behind Him,
we welcomed them Together He gave the
ahuti ,with His hand which was connected
to all the hearts.

However the sun did not set,
It also wanted to see Him, as long as he could,
while the moon was visibly asking the sun
to set, He saw the sun, blessed it and set it.
the next day He called for it too.

I saw Him all the time,
I didn't care whether it was day or night,
I couldn't speak a single word,
It was as if, he had taken all of them,
the next day i did speak, breaking my
silence, when He asked ,
' Why don't you become master'

- by Pooja Solanki

Mahashivratri Celebrations at Devrukh Ashram

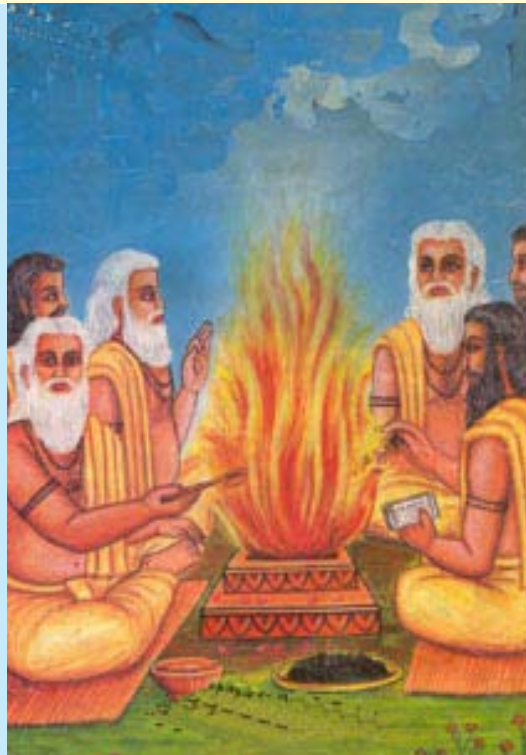


The festival of Mahashivratri is something which sadhaks related to math and all Swami bhakta eagerly look forward to with lot of zeal and enthusiasm. This time, due to COVID situation across the nation, festival of Mahashivratri was celebrated in a small way. It was celebrated between 9 to 11 March in Devrukh Asham. All those Pramukh Sewekaris who have observed Anusthan, regular sewekaris from the allocated center and local sadhaks of Devrukh – for these three categories only the math was open during these three days. Everyday three sessions of rudra and Mahamrutyanjay Mantra Upasana were held. In total 18 such sessions were organized. The rule that in math premises at a time there should be only 40-45 sadhaks, was strictly followed. All the administrators of Math had taken care that everyone uses mask and sanitizer. On 11th night, shiv satsang, Mid night aarti at the pace of Shivpujan on the backside of the math and rudra pathan took sadhaks into a different world of emotions.

Due to corona restrictions, many sadhaks from various centers could not come to ashram so Guruji had asked them to celebrate locally or at their home and follow the same schedule of Devrukh so that they can get connected to the Devrukh space. Besides this, the program held in Devrukh Ashram was transmitted through Zoom platform which gave a feeling of completion to all the sadhaks that they have reached Devrukh Ashram.

Celebration of World Agnihotra day on 12th March, 2021

This time World Agnihotra day came on the very next day of Mahashivratri and all the sadhaks of math celebrated this day also with lot of enthusiasm. Every year in math we perform number of Agnihotra equivalent to the number of years completed of restoration of Agnihotra. But this time due to COVID situation we could not stick to this resolution. Maximum 46 sadhaks could remain present in the math so 46 Agnihotra pyramid were lighted.



World Agnihotra day was celebrated in Baroda

Rashtriya SwayamSewak Sangh – Gosewa Gativadhi had conducted the program of Agnihotra and Vedic Holi at Trinetreshwar Mandir on 12th March, 2021. In that program, 20 sadhaks of Reiki Vidya Niektnan had taken part. Mr. Ashihsh Muley in association with Shri Vivek Pandey, Sangitadidi, Mugdhatai, Manjuben and other sadhaks gave the presentation. The program ended with the performance of group Agnihotra.



21st Anniversary of foundation day of Math

15th March, 2021 was the 21st Anniversary of the foundation day of the math and this means journey of 21 years are completed. We could not celebrate the foundation day with lot of pomp and show due to covid situation. But like every year Udak shanti, Rudraabhishek on Swami's Paduka, Swami Yativar stotra and other chanting, reading of Swami Saptasati, Mahaaarti, Very nicely conducted function of Palakhi and satsang which filled the hearts of everyone, such hectic program was kept.

CELEBRATIONS AT VADODARA CENTER

Dear Gururji, Jay Gurudev!

Best wishes for Vardhapan Diwas. Thanks to Swamiji and you, for giving us Devrukh Math.

We had amazing celebrations and wonderful experience at Vadodara on 11th March - Mahashivratri and 12th March - World Agnihotra Day.

I am attaching collage of photos taken on both days.

Some of the event highlights are as follows:

Mahashivratri

(9th - 11th March 2021)

o Laghu Rudra : 9th & 10th March (evening) and 11th March Morning.

o Mahamrintunjay Mantra Jaap along with Shivling Abhishek : 11th March Afternoon ; More than 11 new and old Sadhaks participated and recited mantra min. 11 times each.

o Rudra Ekadashini : 6 Rudra Sadhaks participated on 11th March afternoon.

o Om Trambakam Havan (Swahakar) - Around 15 Sadhaks participated, each one offering min. 11 aahuti.

o Rudra Swahakar (11 times chanting like In Rudra Ekadashini) - In this evening activity, chanting done by rudra sadhaks,

other Sadhaks offered aahuti.

o Many Sadhaks who could not be present at the venue, participated from their homes as per the schedule circulated for 9th-11th March.

o Prasadam at the venue, prepared by one of our sadhaks Truptiben, was also delicious. She made Rajgira Kheer In the morning, Sabudana Khichdi and Sweet Potato Halwa In the evening.

o All of us also had a divine experience while watching together Live Aarti online from Devrukh In the evening.

o Apart from all of the above, all sadhaks present at venue also took part In Reiki Bhandara. What started as an Idea of giving group Reiki to sadhaks within the group, slowly took shape of Reiki Bhandara and 10 Sadhaks were given full body Reiki. This was an additional unplanned activity which took place In the prayer room of Chandresh bhai's house.

World Agnihotra Day

(12th March 2021)

Venue - Trinetreshwar Mahadev Temple ; Event organized by: Gauseva Gatividhi of RSS to spread awareness about Agnihotra and Vedic Holi.

o Around 20 Sadhaks of RVN family participated In the evening Group Agnihotra.

o It felt great that I got an opportunity to give a brief presentation on Agnihotra. Vivekji and Meena taai helped and guided me prepare for It.

o There were 4 people who were absolutely new to the topic of Agnihotra. Somehow, my complete focus during presentation automatically shifted towards these 4 people.

o All sadhaks then proceeded for group Agnihotra. It was performed In the garden area of the temple.

o With support from Vivekji, Sangita didi, Mrunal Didi, Manjuben and other senior Sadhaks, the group Agnihotra program went really well.

o The 4 people who newly learnt about Agnihotra, also took new kits along with them to start performing the homa at their homes.

There were few challenges on both the days but with blessings of Swamiji and your guidance, we observed that the obstacles were removed one by one and the spirits of Sadhaks remained high all through out the events.



QUENCHING THE THIRST

A typical question from a young student of DSPPL and Guruji's answer

During the day, sometimes I do not think about anything. It's just like my mind being a white sheet of paper. At that time there are no thoughts or thinking or commentary happening in my mind. While sometimes I have teenager or adolescent thoughts (for example: thoughts about 'having a boyfriend is so cool' or 'when I will be a matured adult maybe I would have one'). At sometimes I feel like crying but I don't know the reason. While at sometimes I have type of a feeling in my stomach and throat that something is going to happen. Many times 'something' does happen like my teacher left the school (the one I talked about) , someone died (it might not be an relative) or a email or message from someone very important to me (even though I didn't check my mail box).

I don't know if this is good or bad or just my mind playing games. And I would like to stop the adolescent thoughts.

How can all this happen even when I practice the refining exercises given by Dr. Rajen Vakil. Sometimes these thoughts even come while I am doing those exercises. I want to stop them . Whenever I try to stop them by chanting 'Om Namah Shivaya' it doesn't stop but creates a chaos.

Sir ,I want to stop these thoughts . I never ever want them to come. I choose to focus only on Him.

A typical student

Thanks for sharing some personal issues and the confidence shown. Personally, I do not see anything weird in the whole matter. Adolescent thoughts are very natural at this age. I would suggest not to stop them. never be afraid of thoughts. All that you need to do is not to entangle in such thoughts. The more you resist them, the more they become difficult to handle. First, drop the idea that these thoughts are not okay. Many things will fall in line. Have the strength to observe these thoughts. Accept them at the mind level itself so that they do not descend in emotions. The way Lord Shiva did to the poison during the samudra manthan The churning of the ocean in mythology! Life at this age is like a boat in the ocean. It is bound to be affected by the waves of thoughts. The boat does get rocked, gets tossed but if anchored it will never get drifted. Spirituality can be an anchor like that. Your doing 3 SRB is like that. Your doing Reiki and Agnihotra is like that. Never ever allow life to get drifted.

With love, light & Reiki

Ajit Sir



DO NOT HIDE ANYTHING FROM YOUR MASTER

In the 28th verse of Shree Guru Geeta, Lord Shiva while telling Goddess Parvati about the importance of the Master in life says:

**“कर्मणा मनसा वाचा नित्यमाराधयेतगुरुम् ।
दीर्घदण्डं नमस्कृत्यं निरलज्जौ गुरुसन्निधौ ॥**

This means that a disciple has to worship his Master through his deeds, mind and speech. He should not feel any shame to prostrate in front of his Master.

Here prostrating means a total surrender. Swami Samarth used to say the last part of this verse very often. His closest disciple Balappa Maharaj though renounced his material world and came in the service of Swami, was left with some conditioning in his mind. Sweeping the floor, cleansing utensils etc are some of the works he always believed were below his dignity. He used to avoid doing these activities. Swami realized this and said the above words addressing to Balappa.

The relationship between a disciple and a Master is very unique. It is believed that during initiation a Master puts a part of his existence in the existence of the disciple. This makes this relationship very sacred. They are bound by that beautiful thread of an initiation. They truly do not exist separately. The mother who gives a birth to the child truly creates him from her own existence. The Master literally does that during a life time. Both these relationships are on par, equally sacred and divine. The difference is that when a Mother gives a birth she is actually not aware about the identity of the child. Master on the other hand is fully conscious when he selects his disciple. The Master knows all the traits of a disciple before he chooses him/her as a disciple. That makes it even more interesting.

The Master by putting a part of his self in his disciple actually takes the responsibility of a disciple's life. That is true subject to the disciple accepts this relationship. This is definitely not a one sided affair. The disciple should be aware that this relationship is very essential for a disciple to break through the cycle of the birth and the death. It was once discussed at the ashram that why does one not see the Masters like the past. This question can best be answered by the counter question. Where are the disciples of the past? Where are those who really plunge into the spiritual ocean with absolute faith in their masters? In the olden times, the children used to be brought up under the tutelage of their parents till they were about 6 to 8 years of age. Thereafter for the next 12 years they were strictly under the

guidance and the supervision of the Master. The environment of the ashram used to influence the student's mind. The epigenetics could overrule the genetic design to a great extent. Everyone irrespective of his economic and cultural status was put to the hard grind by the Master. It hardly mattered whether a disciple was a son of the king or even a reincarnation of the God like Rama and Krishna. Even they had to hard work like cutting woods, asking for alms from five strangers' houses. The whole idea was to erode the egoism in the student. The moment a student is freed from the ego he was qualified to acquire the wisdom which was just passed on in the effortless manner by the Master. Ego is a veil behind which we hide a lot of our traits. When the clothes of ego are removed the real self stands up. Nirlajja though literally means a shameless ness it does not mean that in reality. It is removing the false veil. The moment that is removed a disciple would realize his complete, pure, unlimited, infinite nature. Then he does not have to learn anything in the real sense. Everything is everywhere and everything is latent till it is activated by what one has. The Master used these principles to activate the wisdom in the disciple. The Master who has given a birth to the disciple knows everything about his disciple the way a typical mother knows everything about a child whom she has given a birth to. Then what is there to hide?

Once the disciple has the faith that his Master knows everything and nothing can be hidden from him, he has to stand in front of his Master the way he is. He can't pretend. But if you look at the world around, the surrender is a concept which has gone away. The disciple is no longer a real disciple. He looks to his Master as a form and not the one representing that formless. Then he perceives Master's limitations and work around that. He starts believing that the Master does not know everything and then starts hiding a lot many things. He forgets that the Master though knows everything may not show that he knows. That is not required as that is a part of the whole relationship. Like a mother though knows a lot about a child may not say many things about a child. However the child has to understand that as a respect to his mother. So does the disciple. The Master not only knows you but the whole universe inside out. He is the fountainhead of all the events. The thought that your Master does not know something itself is a sin. Then one ceases to be a disciple. It is your ego which actually prevents you to talk to your Master about your weaknesses. And wherever there is an ego, the disciple has already on the verge of going away from his Master.

Reiki Seminar

SCHEDULE

APRIL 2021

Date	Master	Center	Degree	Contact Person
3rd & 4th April	Ajit Sir	Mumbai (Borivali)	1st	Archana Patil - 9820370469
3rd & 4th April	Kalpita	Devrukh	1st	Sugandha Hegshetye - 9422002608
10th & 11th April	Ajit Sir	Thane	1st	Girish Karnik - 9820260229
10th & 11th April	Vishal	Ratnagiri	1st	Bhaskar Gadgil 9422505566
10th & 11th April	Rakesh	Airoli	1st	Girish Karnik - 9820260229
10th & 11th April	Krupa	Baroda	1st	Chandresh Parmar - 09974701200
17th & 18th April	Ajit Sir	Pune	2nd	Amrut Kirpekar - 9175050900
17th & 18th April	Krupa	Rajkot	1st	Jyoti Saraiya - 9824299153
24th & 25th April	Bhartiben	Ahmedabad	1st	Kinal Pandya - 8320201373
24th & 25th April	Rakesh	Nashik	1st	Monali Rakshe - 9420692136