

REIKI

VIDYA NIKETAN

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The
Magic
of
Tarak
Mantra...

Our The Wave of Faith just became 100 days old mission on 29th July. Results of this initiative are there for everyone to see. WoF has really contributed to managing and saving human lives in the midst of a so called second wave of Corona Pandemic. With the eight-pronged counter wave to a wave of fear created(?) using the power of Reiki, Tarak mantra, Ram Raksha, Datta Bavani, Shree Guru Yativara, Yagnyas, Rudra and Digambara dhoon WoF has succeeded in reversing the environment of fear and panic.

Shree Swami Samarth Tarak Mantra has literally been the flag bearer in this counter- attack and made it a grand success. The words and tune of Tarak Mantra have crossed the boundaries of regions and even nations, broke through the borders of languages, surpassed the line of demarcation between Swami devotees or believers and non-believers, thanks to a relentless and consistent efforts and faith the Swami devotees showed. It was exemplary. Hundreds of our WoF volunteers kept on chanting this Tarak Mantra and generated holy water charged with this mantra for the benefit of many affected by Covid-19 pandemic. The network of WoF volunteers also saw that it reached thousands of patients consistently at their locations to create a miracle unheard of in the healing fraternity. With the tarak mantra and other eight divine weapons, WoF literally looked like a Goddess Durga with her eight handed form (Ashtabhuja Devi) charged to kill the demonic Corona.

Swami Tarak mantra has a special place in the hearts of Swami devotees. Written by a Swami devotee Mr. Varhadpande from Nagpur in India way back in the mid-forties of the last century it has already reached a pinnacle of healing options. Medical profession is surprised to know the miraculous results of this mantra and the teertha created by its use as it does not fit within their scheme of things. But the world has found out a new hope. When the limitations and idiosyncrasies of super-hyped modern science are exposed, the faith has stood tall. The human faith has returned with new dimensions. Swami tarak mantra is basically a mantra which makes mind fearless by connecting it to the divine space of Swami.

The whole prayer is so powerful and pleasant to the ears, touching the hearts of devotees.

“Be fearless, be doubtless, Oh, Mind,

Be aware about a divine force of Swami behind,

Swami is Avadhoot and responds to your prayers,

Making impossible possible by breaking logical layers ||1||

At the Swami's feet, where's the scarcity?

When as a mother he creates destiny of a devotee,

The death can't touch you without his nod,

Be fearless even in nether worlds of the God ||2||

Fearful for no reasons, let the fear run,

Swami next to you, the life can only be fun,

He plays in the world with a birth and a death,

As his child, drop the fear and embrace the faith ||3||

Awake, realize Faith as your true nature,

How can you forget that devotee is your stature?

Remember his hand that never saw you suffered,

Do not let go the hand he has offered ||4||

The holy ash, prayer, name, meditation and holy water,

Swami dwells in this spirit and the matter.

Have a teertha and experience the grace of a grand,

Swami never leaves the one, once he holds the hand ||5||

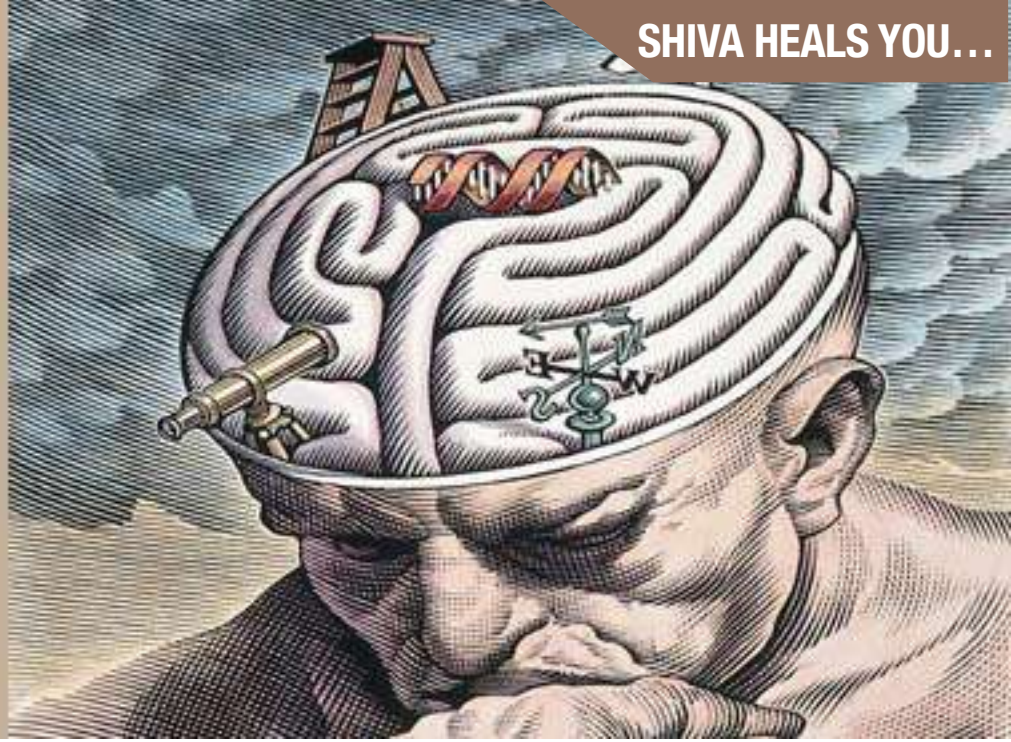
Get the essence of this beautiful prayer. Never forget that you have the power within your soul. We call that power Swami. He is everywhere as omnipresent, omniscient and omnipotent, just like our soul. Tarak Mantra makes you resonate between your soul and the infinite source of consciousness.

May you all be healthy now.

Ajit Sir
July 29th, 2021

KNOWLEDGE IS FUTILE

by Vivek Pandye



In the current times, most people are up to date with what is happening around them. With the help of Google and other search engines, most of them are well informed. Knowledge is something that is way beyond information. It has the element of experience and education stirred and made into awareness. Receiving information and managing day-to-day affairs is not difficult. It is nothing but survival managed in a sophisticated manner, appearing to ease life. The knowledge well digested becomes not just a tool for survival but is also capable of guiding lives. Knowledge has been for eons the guiding light for humanity. In India, especially a knowledgeable person was treated with great respect ever since the Vedic time.

“Once the game is over, the king and the pawn go into the same box,” is an old saying in English. The same goes for knowledge of any kind. Whether pursued with correct intentions or otherwise, knowledge again leads to only temporary relief and not a permanent one. If one gains knowledge about earning money and pays attention to it will end up earning money. If one gains knowledge about arms and ammunition, one will eventually become good at terrorizing people.

Similarly, the pursuit of spiritual knowledge may make a person a master or a Guru. The game of amassing spiritual knowledge can be a dangerous one. Eventually, everything is temporary is a fact that needs to be remembered. Apart from the basic needs of eating, drinking, and sleeping, a human being also needs to socialize, and an urge to know and expand at all times is also present in most people. This urge to know leads most of them to gain knowledge in different directions, and ultimately they gain a good or lousy stature in society. Expansion of the mind is a natural fallout for every human. Any person with a static state of mind in most situations will be dumb and may only appear to be intelligent. In reality, such people have fixed solutions for every problem as they cannot comprehend life beyond the knowledge they have gathered. People with genuine wisdom and learning offer unique solutions and develop many ideas other than answers already on the platter. They develop a unique perception by sticking to the impermanent nature of life principle. Knowledge in the case of such

individuals is also a transitory thing. This awareness of life principles makes them shift and move at a breakneck pace. They do not remain stuck at the mind level. They start perceiving life from their third eye.

Even the perception can be entirely erroneous as the perceiver may have trust issues. So the cleansing of the pineal gland may be necessary. However, all said and done, most people should still practice knowledge to get dissolved in the end by some other counter knowledge. Whether good or bad, emanating from intelligent or cunning mind, resulting into ‘Paap’ or ‘Punya,’ it all gets dissolved and merges with the original form. All the forms and identities associated with the form are transient; hence the principle of impermanence should always be kept in mind. With Paap, people end up suffering. With Punya, people end up reaping benefits for a short while. However, on a universal scale, both the acts of Paap and Punya are nullified quickly. When the resultant sufferings of the sinful acts are over, then indeed rebirths take place again. Similarly, when the fruits of meritorious acts are enjoyed through, certainly after that also the result is the same and not otherwise. Both Paap and Punya are absolute bondages, and each, in its turn, causes the cycle of deaths and births of the physical bodies.

Disciplined people experience pain even in heaven while seeing the supremacy and grandeur of others; people involved with sinful acts create short little heaven while remaining aware and alert about the transitory nature of life. Avoiding a sense of personal doer-ship and living intelligently without attaching the physical self, the emotions, or the mind to any result may be a good idea. The intelligence itself creates and manifests situations and events in life. It is indeed essential to shift beyond knowledge and become a little more perceptive every day. Knowledge can be a boon, but it may lead to a disaster if not directed towards the universal self. Only pure intelligent beings go beyond and master the very art of controlling their Karma. They gain knowledge; they speak beautiful utterings; however, they remain unattached yet connected at all times. On a universal scale of time, knowledge indeed is futile, be it materialistic or spiritual. Let the seeker be aware.



Greeting in Indian Culture

by Krupa Choksi

Today I went for morning walk and few elderly people greeted me. I really felt happy about that and I started thinking about the way we greet in India. I understood the depth of our understanding and the way the spirituality is imbibed in our day to day life. When two people meet, we say “Jai Shree Krishna”, some would greet “Jai Mahadev”, “Jai Bholenath” while some would greet “Jai mataji”, “Jai Matarani ki”. All our sadhaks of Reiki Vidya Niketan greet each other by “Jai Gurudev.” Each one greets according to their faith in a particular deity.

Sikh people would greet as “Sat Sri Akal”. This greeting is given by their tenth Guru, Guru Govind Singh. Sat is derived from the Sanskrit word "Satya" and means "Truth or Real". Sri (or Shri or Shree), an honorific word, is of Sanskrit origin used as a form of respect or veneration of the Almighty. Akaal or Akal (A+Kaal= The One beyond time) is one of the many names used for "the timeless being, God". Thus, the phrase means "Venerated Almighty is the Ultimate Truth".

We greet by joining hand together. What enchanted me is that every time when we meet someone we remember God. And there is a deep science behind it. There are two aspects in that. One is that when we connect to God by greeting and joining hands, we activate our heart chakra. And every time when we meet, we connect to that person through heart. So our relationship would be very much cordial with everyone. When our heart chakra is activated, we will speak in such a way that nobody would get hurt.

Besides this, it reminds us that see the divine in everyone.

Connect with other person's divinity. Now to connect to other person's divinity, we need to get connected to our divine nature. And when we get connected to our divine nature, we remain always happy. How minutely all our Sages and Rishis have thought and all this is imbibed in our culture. Swami Vivekananda has said, “Man is a compound of animality, humanity and divinity.” Our journey is to transcend from Animality to humanity and then to experience divinity. So our greeting reminds us that we are divine and the other person to whom you are greeting is also divine. By remembering about our divine nature every moment we become more and more conscious and then a day will come when we will realize ourselves. We will realize, “Aham Brahmasmi” or “I am that”.

When we say “Jai gurudev”, we are reminded of the entire tradition of Gurus which started from Lord Shiva, Lord, Vishnu, Lord Brahma, Lord Dattatreya, Lord Shripad Shrivallabh, Lord Narsimha Saraswati, Swami Samarth and of course our Guruji. The consciousness of the ultimate Guru has descended in all of them. They are all one as through all of them Gurutatva – divine is operating. So when we say “Jai Gurudev” we get connected to the entire Guru tradition. It gives us inspiration and energy to realize ourselves. What a deep thought behind just one greeting! Isn't it awesome?

So the best thing we can do is whenever you meet someone we should not say “Hi”, “Hello” but should adopt our traditional greeting style by remembering God so that we always remain happy, healthy and harmonious throughout our life.

Babasaheb Purandare will turn 100 years old this year. I generally don't remember birthdays of anyone but I remember his specifically because it's also birthday of my son. He is one of those very few individuals that anybody would love to give few years from own life and make him live hundred more years.

I remember meeting him four years back along with Guruji. He was looking bit tired and aged but even though his brain was sharp and attentive. Actually, he is living in the era of Chatrapati Shivaji Maharaj more than this century. He was perfectly dressed, and having pointed beard resembling Maharaj. His every word spoken on the history had devotion, conviction, respect, and enthusiasm of sixteen-year-old youth with an authority of 96 years old expert. There was an edge of disappointment emerged only once. He was feeling sad because the society learnt really nothing from Chatrapati

Shivaji Maharaj in last 400 years. His child like smile was very charming. His room was full with memoirs. Different weapons on the wall made an ambiance of a combat strategy room. There was a larger-than-life painting of Maharaj on wall. It was so real that I changed my position and from different directions I could still feel as if Maharaj was looking directly into me.

Babasaheb was the one who imbibed love for Maratha History in my mind at the age of ten. It was a ten days festival arranged on my school's big ground. I heard him for the first time and instantly became his admirer. He was quite young by then. His knowledge and the command on voice was extraordinary. His ability to take you in the ancient time and make you feel the era was mind blowing. His discourses engraved permanent effects in my tender mind. It would start at 9pm at night and would end by 2:30-3am at the midnight. No one out of thousand people listening would move even for a second in-between. There was pin-drop silence and only sharp, powerful voice of Babasaheb made everyone mesmerized for hours. After a while presence of Babasaheb or our own would dissolve in the darkness and only thing would remain was Chatrapati Shivaji Maharaj. All of us would leave reluctantly after the discourse.

Babasaheb taught me how to read history other than the school books. Britishers rewrote Indian history to suit their purpose. They wanted the truth to be hidden forever and Indians should never develop love for own country. Indians should never have courageous heroes who could inspire them for revolt. Many Indian writers helped this intention by writing wicked and pervert books without research and evidence. This happened specially for Chatrapati Sambhaji Maharaj. There are hundreds of books talking pages after pages about his Alcoholism, womanizing and corrupt practices. But in reality, all English, Portuguese, Dutch, French, and even Mughal, Aadilshahi, Nijamshahi records talk only about his warfare, intellect, authority, honesty, patriotism, justice, Statesmanship, leadership and love for country. There is not even a single evidence about his immoral conduct. Britishers documented Bhagat Singh as a terrorist in records and Subhash babu as war criminal with the same intentions. This is the reason people like Babasaheb Purandare who spent entire life to dig truth for all of us are very important. He came on this planet with a definite purpose and succeed to it. He can't be a normal human being, he must be an eternal giant... beyond age, time and era. He will live forever through his knowledge and commitment in our hearts.

by Telangan

THE ETERNAL BEING

A Guru within

and without

by Aruna Margam



You are a Mother when you give us unconditional love and compassion. You take care of us however near and far like a tortoise which takes care of its egg laid miles away on a seashore. You share your lap to many to throw themselves and cry out and empty their sorrows like an Universal Mother. You embrace us when we come in search of Swami, peace and happiness even if we didn't reach out to you for years when we are celebrating and enjoying life. Thus keeping us anchored in Bhakti Yoga, destroy the illusion, the essence of Bhaja Govindam.

You are a Father when you guide us with knowledge and wisdom. You remind me of the father penguins waiting in the shore holding the egg in their feet for months together without food in the cold weather when the mother penguins have gone to hunt for food. You hand hold us towards this spiritual path patiently through and through. Your action is our inspiration to introspect and correct ourselves and improve ourselves in this beautiful journey called life to differentiate between Mirages and Oasis.

You are a Friend when you make learning so much of joy and fun. You help us laugh it out and keep the child in us alive so that we go one step closer to God in this life. You remind me of Lord Krishna who as a friend to Arjuna guided him to play his role in Mahabharata war. You are a friend to us who has come to play our role positively, help us sail through this ocean of life smoothly and easily. You live according to five principles of reiki to live in awareness moment to moment. You also teach us how to be your own friend and that is the Pathway to Wisdom and soaked us in the Essence of Spirituality.

You are a Guru to us when you don't miss a single opportunity to teach us the truth, show us the mirror who we are and cleanse our "chitta" and make it into a

transparent prism. This helps the light within us to shine and spread all around us. I am reminded of the musk deer who is searching for the fragrance all around her but failing to understand it is within her. Fortunately we have YOU our Guru who is helping us to find the true self in us, our core nature love and compassion, fragrance unique to humans and thus painting Rainbow in our Hearts.

You are the Panchbootha when you helps us connect to nature the very cause of our living. You teach us to be humble, grounded and patient like mother Earth. You showed us to Flow with life every day, take the form according to situations and dissolve all the vibrant colours of life like the Cool Water. You have filled us with courage to face the truth and take the test of purifying ourselves like gold in raging Fire and become an ornament for others. You have lived by example to spread fragrance and refresh people around you like a breeze gently moving without entanglement. You have covered us like this vast sky and given us the knowledge that we are unlimited only to raise our standards and lift ourselves with light heart, lit soul and in turn Lamp Unto Ourselves.

You are God for us when you shower blessings in the form of reiki all our life so that each and every family can stay together happily, joyfully and harmoniously. You are omniscient, omnipotent the very cause of life for all of us. You are the Sun, Moon, Stars, Plants, sky ... "You are That". Like the beautiful Poornima you have always reminded us that we are complete, like reiki you are within and without. You have made us SOFT and STRONG as both are required to enjoy each moment of this life which has become nothing less than Heaven on Earth. You have guided us during these tough times to bloom like a Brahma Kamal which blooms in the night and spread the fragrance

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment

Right mindfulness brings you to the present moment. It is the basic human ability to be fully present, aware with your mind and body where you are and what you are doing. A person who practices mindfulness can see things that others are unable to see. To dwell in mindfulness, one must observe their breath.

When you eat your food, be aware that you are eating the food. Experience the lovely smell. When you take the food in your hands, be aware that you are taking it and putting it in mouth. Enjoy the taste. Be aware of the taste of food. Eat each morsel in awareness and say how precious and wonderful it was. Eating food with Mindfulness / awareness means, while eating the food you are truly in touch with it. Let the mind, not think about the thoughts of yesterday neither chase the thoughts of tomorrow but be in the present moment.

Awareness in turn will bring gratefulness. An aware person, will thank the seed which grew as the plant that rice or wheat came from, will thank the earth that permitted the seed to grow and blossom, will thank the sun and the rain which nourished the plant., will thank the farmer for caring the plant When you look still more deeply, you will appreciate many things that made the rice possible to reach your hands. The farmer harvests, someone cleans it, while some other stores, packs, distributes and transport to the shop. Nothing exists independently. There is interdependence. Looking at the rice one can appreciate many wonders of the universe and how all things interact with one another. When this is understood, one starts loving each other and acceptance comes naturally.

Thus, if each of you live every minute in awareness with the mind and body dwelling in the present moment, you are unlikely to make mistakes and you are in direct contact with life. If one is mindful of what one thinks, says and does, they can avoid thoughts, words and action that cause suffering for oneself and others. Continue to live in such a way, so that you will understand yourself and the surroundings.

To practice mindfulness / awareness Buddha stresses on the four objects:

BODY

A. Be aware of your body. When you are sitting be aware that you are sitting. When you are walking be aware that you are walking. Be aware of your body position and movements

B. Be aware of your body parts: allocate time, sit comfortably observe your body parts from the top to the sole of feet. Realize, accept and smile at it. The love and care of this meditation can do healing.

C. Be aware of the elements that the body is made of. Recognize the element of fire, air, water, space and earth elements in your body. When this awareness is practiced, one is no longer confine to oneself and you realize you are everywhere.

D. Be aware of Breathing – Be mindful of your breathing

FEELINGS

Observe your feelings, identify each as it flows

MENTAL FORMATIONS

Mental formation is something which you give form in your mind. Something that has been created out of several ideas collected. There are positive formations- compassion, loving kindness, joy. Negative formations include anger, hate, jealousy etc. To be aware of the mind is to be aware of these mental formations. Practice recognizing and naming the mental formations. If you are in fear, acknowledge that you are in fear, do not try to control fear. Seeing your thoughts this way reminds you of their impermanence. Thoughts come and thoughts go. Just watch them as they rise and fall.

When you relax and name them for what they are- a temporary mental formation that has been created and will likely pass- you calm down, you feel empowered to work with them but not overwhelmed by it.

OBJECT OF PERCEPTION

Be mindful of the object of perception. When you are mindful, you give attention to whatever you see, hear, smell or hold. Try to give importance to whichever holds your attention. If you give importance to the other person who is speaking to you (object of attention) you will be in the present moment and the person or object also will be in the present moment.

Mindfulness allows us to look deeply and see what is going on. Meditation is the power plant of mindfulness.

A young but earnest Zen student approached his teacher, and asked the Zen Master, "If I work very hard and diligent how long will it take for me to find Zen?"

The Master thought about this, then replied, "Ten years."

The student then said, "But what if I work very, very hard and really apply myself to learn fast, how long then?" The Master replied, "Well, twenty years."

"But, if I really, really work at it. How long then?" asked the student.

"Thirty years," replied the Master.

"But I do not understand," said the disappointed student. "At each time that I say I will work harder; you say it will take me longer. Why do you say that?"

The Master replied, "When you have one eye on the goal, you only have one eye on the path."

GURUJI MY SPIRITUAL MOTHER

by Preeti Khanna



*My Mother taught me how to stand,
My Guru taught me how to withstand.
My Mother taught me how to walk,
My Guru taught me where to walk.
My Mother taught me how to talk,
My Guru taught me what to talk.
My Mother taught me how to laugh,
My Guru turned sorrows into a laugh.*

*My Mother wiped my tears when I cried,
My Guru wiped them before I cried.
My Mother taught me love and compassion,
My Guru taught me to love my soul and
spread compassion.
My Mother taught me abc of the alphabet,
My Guru stringed it together to a garland
of spiritual path.*

*My Mother taught me how to worship,
My Guru lit the lamp within me to worship.*

*My Mother taught me what was
day and night,
My Guru taught me the absence of
day is night.
My Mother taught me the virtues of life,*

*My Guru transformed virtues to
wisdom in my life.
My mother taught me everything is possible
my Guru makes impossible possible.
My Mother taught me what forgiveness is,
My Guru taught me how to forgive.*

*My Mother taught me the meaning of life
My Guru added meaning to my life.
My Mother taught me what is Moksha,
My Guru teaches me how to attain it.
My Mother taught me life is a journey,
My Guru teaches me how to reach
the destination of the journey
My pen would retire listing my
Guru's blessings
But the pearls of wisdom that
Guruji has strung in this thread
of life, will not tire stringing.*

*I bow before my mother for her blessings,
to attain a Guru like you
I bow with gratitude for the priceless prasad
of divinity my respected Guru....*

I'm not regret to grow older
Because I know that it is
A privilege denied to many...

I'm not regret to grow older
Because I can let go mistakes
And forgive even myself...

I'm not regret to grow older
Because now I'm grateful for
All I have and all I've lost...

I'm not regret to grow older
Because I don't wait for miracles
I create my own light...

I'm not regret to grow older
Because now I am at peace
With everything in my life...



Alumna

by Telangan

Gurupoornima Wishes to Guruji

Dear Guruji,
Jai Gurudev!

Saprem Saadar Pranam. Wishing a very happy Gurupornima to you, Mai and Ashwini Tai and thank you so much for all the blessings, wisdom and love you have always showered on us. Thank you for the wonderful message of introspection, audit and planning for the upcoming year.

For the first time I am attempting to express my gratitude to you Guruji although the feelings have been there always. It is difficult to even begin expressing how you and all the masters have touched my life after learning Reiki. Truly as Vishal Sir said, the masters are the Moon, soothing and bright light and all we need to do is keep walking, have patience and be consistent.

Guruji, you supported us inside out and boosted our Sadhana where we could experience stability, a cool breeze in the days of social distancing and mask where it is difficult to breathe due to emotional suffocation. To me personally, Guruji, you are the moon who showers limitless love, compassion, hope, perseverance, resilience, patience, stability and immovable faith on Swami.

Although there have been hardly instances where we have interacted one to one, the communication was always been there. Every time I practice Reiki, Rudra, any sadhana, it feels like you are watching me, correcting, directing me and Guruji your eyes with ocean of kindness. It might sound weird, but I talk to you while travelling, eating and before dealing with any difficult situation, confront my mistakes to Swami, meeting my anxieties, and challenging the fears. Guruji you are much more than your physical presence and I try to look for you in our masters and other sadhaks who have immense gratitude and love for you.

I feel extremely happy when any kind of positive feedback I receive from anyone and the compliments, appreciation goes straight to all the masters and your feet. I just feel these people were benefited by the Guru tatva, and I am only the medium. How can I take these compliments personally when you the ocean and we try to dive in? The only error happens when we come out and forget to swim again. But no worries, Guruji, this Guru Tatva find its own way to channelize us back to divinity. I feel as if I am still playing on Guru Maa's laps. These days when difficult situation arises I talk to Swami and just smile how actually

Swami is breaking my Sanskaras. Let the happening happen, I say this much and move on.

There have been difficult emotions, sticky situation where I feel as a sadhak I failed or would have been able to deal with it effectively but hindrance of ignorance; clouds of negative emotions puzzled me. I feel even terrible, to make the Guru Tatva suffer and troubled when I get distract. I don't know does it really happen this way? When I heard about Guruji your ear infection, I started tracking my thoughts to alter and just attempted to see the situation as neutrally as I could. I apologize for all the Taap knowingly or unknowingly has caused due to me and I am trying towards restructuring the thoughts.

Your model of living material life with spiritual approach moved me and inspires me to be better person. I try to redirect the focus towards maturation and not falling which helps to understand healthy detachment from material possessions, any designation, quarrels in the office and dealing with differences. You helped us acknowledging the differences and nurture them in appropriate ways rather than burying the abilities under so called 'Equality'.

Guruji you have touched my life in such a way that no one else has done ever to me, the real sense of belongingness. It was indeed a great comprehensive syllabus in EPIC parenting sessions. Guruji, as you mentioned, indigo children are full of compassion but do not know where the affection can be expressed in appropriate way. You all helped us to understand the reasons of these manifestations. I am very lucky to know all this and time to ponder upon these details before getting into new relationship. My parents are looking for a suitable groom for me, let see. The EPIC parenting and second degree Reiki makes us parents of our parents and taught us forgiveness and meaningfulness at a different level.

This year, Guruji, I will try strengthening the qualities and channelizing my thoughts in the present. Guruji, I cannot thank you enough for your endless support and blessings. Thank you so much Mai and Ashwini Tai. Tumha sarvanamaza saprem saadar pranam.

Jai Gurudev

With love

Varada



DEPRESSION, HUMILITY & LOVE: STRANGE BEDFELLOWS (OR NOT)

By Barry Rathner, Clinical Psychologist

In searching for antidotes for depression, there may be some value in examining how humility enters the picture.

It may initially seem counter-intuitive to connect humility with depression—since a common symptom of depression is thinking oneself not worthy.

But if “humility is thinking less on oneself,” certainly the obsessive worry about oneself should be lessened. That says nothing about self-concept or self-esteem. Nothing. Often how one views oneself is integral to depression.

If you have back pain but you don't think about it, it will probably not hurt. If I am thinking about how I can best serve others, my personal problems--be they physical or psychological-- will not be on my mind.

Similarly, if the energies of stress and fear can be sublimated, everyone is better off. Of course, this is much easier said than done, you may be thinking. One tool is trying to be an instrument of the Divine rather than attaching yourself to yourself.

Step three of Alcoholics Anonymous (and many other 12-Step programmes) says:

"Made a decision to turn our will and our lives over to the care of God as we understood Him." Those of us who do Agnihotra each sunrise and sunset are in this loop when we say the last three words of the mantra, IDAM NA MAMA -it is not mine or not my will but Thy will be done.

If we are able to turn our lives over to God, then we are doing His work and His living basically. Seems that should greatly reduce fear, stress, worry and anxiety.

Let's say someone has borrowed your car. Quite possibly you may have some worry as to whether he/she is going

to be careful. If, however, someone has borrowed your neighbor's car, you would not give it a second thought. Why? Because it's not your car.

If what I am doing is God's work, not mine, why should anxiety enter your mind? As long as I make sincere efforts to do the work, it should be fine.

Then there is Faith? If I truly believe that a compassionate God is looking after my best interests, where is the opening for stress, fear, or anxiety to enter? Of course, choices I make can either foster Grace of Almighty or not. Free will does not go on holiday. I constantly have choices of what to think, say and do. The more I make the best choices, the more likely is Grace to manifest.

It may be easier to substitute the word LOVE for Grace.

“Eat like you love yourself. Move like you love yourself. Speak like you love yourself. Act like you love yourself,” writes yoga instructor, Tara Stiles.

Were I to wish I could be an instrument of the Divine, it would help immeasurably if I treat myself with the care that the violinist treats the instrument of the violin.

I make sure to take my car in for servicing at regular intervals. I ‘feed’ it the correct fuel. I love my car. Should I not act similarly to and for myself?

As many of us believe we are created in the image of God, if our self-love is seen and felt as addressing that part of ourselves that is the God part, every moment can be prayerful.

It doesn't get much better than that.

If your mind is stuck, go outside and serve others.

Ashtavakra Geeta

We have ended up with the chapter 2 of this divine scripture in our last month's article. We are now beginning with the third chapter which is also called as Test of Self-Realization. The dialogue between King Janaka and Guru Ashtavakra in this and the next chapter (Chapter 4) are very exciting and illuminating. This will bring out the precise profile of the one who is self-realized or of someone who is well established firmly in self-knowledge.



Verse 3.1

अष्टावक्र उवाच ॥

अविनाशिनमात्मानमेकं विज्ञाय तत्त्वतः ।
तवात्मज्ञानस्य धीरस्य कथमर्थार्जने रतिः ॥ ३-१ ॥

Meaning: Ashtavakra said, " Now that you know that yourself is an indestructible and One, how is it that, you, the knower of the Self and serene feel attached to the acquisition of the wealth.

The difference between a common ignorant man and the man of Self-knowledge lies not in actions that they perform but in the consciousness with which they perform actions. In the case of a man of Self-knowledge, his

consciousness is not generally differentiated by the ordinary people. They can't recognize his actions are coming out from a very different and divine level of consciousness. Therefore the actions performed by Self-realized and the ignorant persons outwardly seem alike, they are actually poles apart.

Here Sage Ashtavakra has started testing Janaka, his disciple to understand whether there are any discrepancies between what he (as a Self-realized) is and what he does or thinks. This is the first of the allegation of the series of such testing questions by the sage in this chapter.

Verse 3.2

आत्माज्ञानादहो प्रीतिर्विषयभ्रमगोचरे ।
शुक्तेरज्ञानतो लोभो यथा रजतविभ्रमे ॥ ३-२॥

Meaning: Alas, as greed raises from the illusion of Silver caused by ignorance of the mother of Pearl, even so arises attachment to the objects of illusory perception from ignorance of the Self.

Here, Ashtavakra is pointing out that Janaka's attachment to the things of the mundane world, is purely due to his ignorance of their basic or true nature for nothing but the Self really exists. The objects of the senses are only an illusion. When the true nature of the Self is realized, everything else should just crumble including the desires and attachments to these sense objects. Just the way a greed for the Silver ceases the moment the mother of the Pearl is known.

Verse 3.3

विश्वं स्फुरति यत्रेदं तरङ्गा इव सागरे ।
सोऽहमस्मीति विज्ञाय किं दीन इव धावसि ॥ ३-३॥

Meaning: Now that you know yourself to be "that" in which the universe appears just like the waves appear in the sea, why do you run about like a miserable being?

Looking at an ocean, one can see the waves coming and receding all the time. However, one has to realize that these waves are actually a manifestation of the ocean. They are not different. Similarly, the whole universe appears to be there though it is resting in one's Self. All our fears, miseries, anxieties etc. are emanating from that wrong belief that we think that this universe is real and has his own existence. The knowledge of Self once attained makes one fearless, serene and self-contained.

Verse 3.4

श्रुत्वापि शुद्धचैतन्य आत्मानमतिसुन्दरम् ।
आत्मानमतिसुन्दरम् उपस्थेऽत्यन्तसंसक्तो
मालिन्यमधिगच्छति ॥ ३-४॥

Meaning: After knowing about oneself to be pure consciousness and surpassingly beautiful, how can one get deeply attached to sensuous objects and thus become impure?

It is obvious that the Self-knowledge and the sensuous objects can not go together. Once

you find and experience the beauty of your own Self, which other beauties can literally lure you? Lust is coveting the body. It creates and increases the body consciousness. It is an unclean condition for the mind. It creates a cloud of ignorance about your own nature and once again you get back to the state of impure existence.

Verse 3.5

सर्वभूतेषु चात्मानं सर्वभूतानि चात्मनि ।
मुनेर्जानत आश्चर्यं ममत्वमनुवर्तते ॥ ३-५॥

Meaning: *It is strange that the sense of ownership continues in the wise one even after the realization that the Self is all and all in the Self.*

Senses arise out of the sense of duality in which the true identity of the Self is not revealed. The other things are considered to be existing outside Oneself.

Verse 3.6

आस्थितः परमाद्वैतं मोक्षार्थेऽपि व्यवस्थितः ।
आश्चर्यं कामवशगो विकलः केलिशिक्षया ॥ ३-६॥

Meaning: *It is strange that one abiding in the Supreme non-duality and intent on liberation should yet be subject to lust and weakened by the practice of amorous pastimes.*

The difference between the illusion and the reality gets vanished in Self- realization. Still is in not considered to be a liberation. It is only a savikalpa samadhi state. The seeds of mind, intellect, emotions are still existing though not active. In the next stage of Nirvikalpa Samadhi these seeds get burnt and destroyed. Then the gates to return to the mundane world are closed.

Verse 3.7

उद्भूतं ज्ञानदुर्मित्रमवधार्यातिदुर्बलः ।
आश्चर्यं काममाकाङ्क्षेत् कालमन्तमनुश्रितः ।
काममाकाङ्क्षेत् कालमन्तमनुश्रितः ॥ ३-७॥

Meaning: *It is strange that as knowing lust to be an enemy of knowledge, a man*

who has grown extremely weak and reached his last days, should be eager for sensual enjoyment.

It is considered that a lust is one of the worst desires in human life. The power of lust is very strong. It is a strong force of energy which can not be suppressed easily. But the best part of this is that as an energy it can be converted because of its convertible nature. One can transform this tremendous force into a something which can drive the consciousness towards the eternal Self.

Verse 3.8

इहामुत्र विरक्तस्य नित्यानित्यविवेकिनः ।
आश्चर्यं मोक्षकामस्य मोक्षाद् एव विभीषिका ॥ ३-८॥

Meaning: *It is strange that the one who is unattached to the objects of the World*

and the next, who discriminates the eternal from the transient, and who longs for emancipation, should yet fear the dissolution of the body.

Here Ashtavakra is talking even about something the world which does not exist today showing a long term effect of Self-realization. The moment the chitta (and more so the mind part of that) realizes the difference between eternal and transient, the permanent and the impermanent, and knows itself as a part of that divine, immortal Self, it should lose the fear of death. The fear of death of the mind can be understood as long as it is attached itself to the body and considers itself to be a body, as the body is mortal and definite. The moment however, it connects itself to be the immortal soul or the Self as one would like to call it, it should realize that it just can't die any longer.



Celebrated 100 Days of Wave of Faith

- 29th July 2021 is Day of Gratitude

29th July, 2021 was marked as a historical day for RVN. Wave of Faith completed its 100th continuous day. The mission was started on the auspicious day of Ram Navami on 21st April, 2021 to counter the humongous wave of fear created due to the severe corona pandemic situation. For healing the patients, creating hope and making the environment positive, several RVN and other sadhaks under the guidance of Guruji, joined this mission by forming different groups, volunteering themselves for different chanting, yagnas and other activities on a daily basis at different time zones throughout the day and night.

In addition, every night at 7.15 pm (8.15 pm if Guruji is in other online programs), 250+ Sadhak families across India and USA used to gather online creating a strong positive rhythm wave of Swami Energy through different manifestations like Tarak Mantra, Reiki, Rudra, Datta Bavani, Ram Raksha, Yativar Stavan, Yagnas and other topics. Each evening session used to have presentations, experience sharing, updates on patients, followed by questions and answers and guidance from Guruji. Many experts (including from the medical field) and spiritual masters also attended this platform as guest speakers.

Several miracles of life saving experiences of patients who got healed through this mission were shared on this platform, which were life enriching for all Sadhaks, making their faith and sadhana grow stronger.

Days passed by, the health situation around the world and specifically in India got better and better, but the daily Sadhak gathering on a wave of faith evening session platform went on increasing. Many people initially joining this platform to get relief from fear & diseases, were now enjoying the sessions as part of their daily Sadhana to lead it further. Many Sadhak expressed their gratitude towards Guruji for this platform and repeatedly requested to please continue evening sessions of wave of faith even after 100 continuous days as they eagerly wait for this evening program.

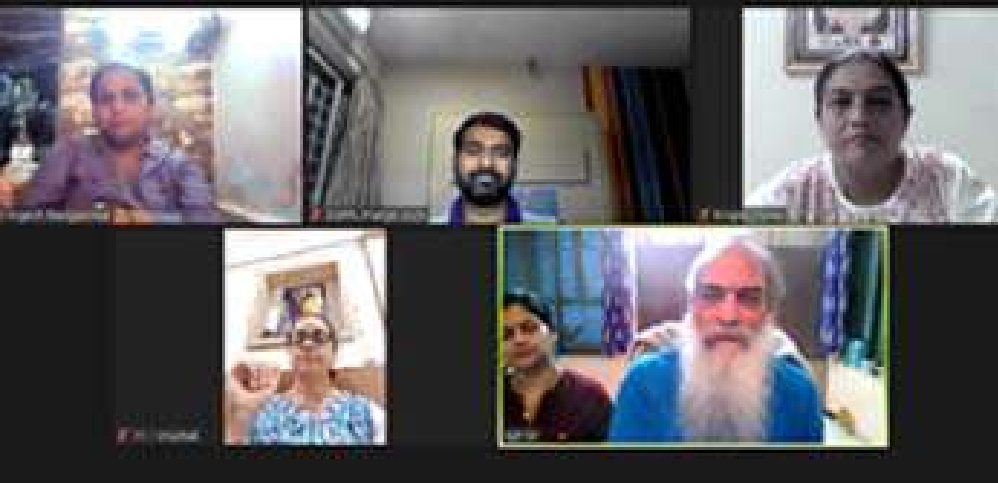
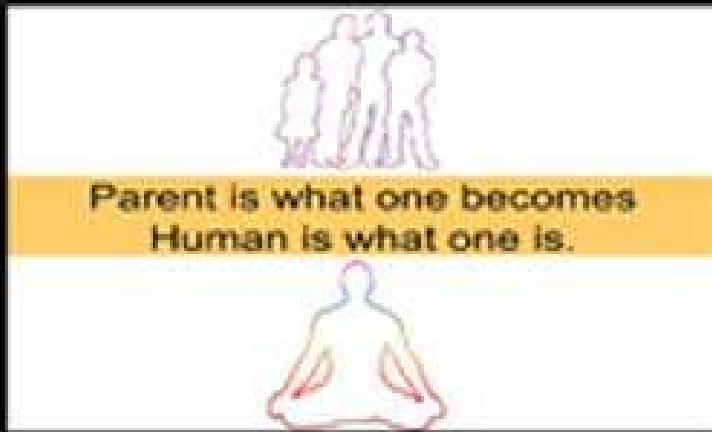
100th day evening session began with the Swami Tarak Mantra, sharing of several life saving experiences due to this mission, beautiful memories of 100 days and ended with Ram Raksha followed by Digambara Chanting. Thousand thanks to Guruji and thanks to all sadhaks as well for participating wholeheartedly in this mission of Wave of Faith and making it meaningful.

Guru Purnima Program



Guru Pournima function was celebrated online through a zoom meeting on 23rd and 24th July, 2021. Function started with Guru Pujan of our beloved Ajit Sir and Mai by resident sadhaks. All Reiki Teachers thereafter Individually expressed their thoughts about Guru, importance of Guru Purnima and its relevance for the Sadhak. They also described the life transformation instances witnessed during their spiritual journey along with Guruji. Guruji accepted the wishes and prayers of all Sadhaks and suggested all Sadhak to become "Antarmukhi" so that they can introspect and grow further on this beautiful path.

On Saturday, the program continued with other Sadhaks expressing their love, prayers and wishes to Guruji, Swami and for fellow Sadhaks as well. More than 200+ families across India and even from abroad attended the Program. Few Sadhak also sung devotional songs. Online platform proved to be a boon as many Sadhak could be accommodated and everyone enjoyed the program.



2nd Online EPIC Program by DSPPL

DSPPL organized the 2nd online EPIC Program between 12 July to 21 July 2021. The program was attended by 15 parents residing in different parts of the country. We believe that Happy, Healthy and Harmonious Families will lead to Peaceful Nation, and Blissful World, and EPIC program is an important step towards this. The program created awareness amongst the parents about the new generation and also was instrumental in empowering them to handle the situation created by structural changes in the DNA of new generation. All the sessions were well received. Participants specifically stated that sessions like "Introspection - relationship with self", "Relationship - foundation of parenting", and "Parent and Child - partners in Progress" were of great use to them in a day to day life. Everyone expressed gratitude towards Gururji for taking this important initiative and also thanked co-faculties Krupa Choksi and Ashwini Telang.

With this, DSPPL has completed 10 programs in a row (from 13th April 2021), with overall attendance of about 175 participants.

Guru Charitra Pathan by Sadhaks

Guru Charitra Pathan program in the loving memory of Late Smt. Pratibhaben Choksi was organised at Vadodara on 30th July, 2021. Sadhak from different parts of the city attended and participated in this program. Guru Charitra Pathan is always an exciting and energy enhancing program. The occasion this time was also important as it was in the loving memory of Sr Sadhak Late Smt. Pratibhaben Choksi. As all of us know, Pratibhaben was blessed with Swami's grace due to which she could translate the pious Guru Charitra Granth into Gujarati Language. This is a great achievement. Through the Gujarati version of Guru Charitra she has left her permanent mark in this world and will be helping many Sadhaks to join this divine path of Devotion. The program ended with the aarti of Lord Dattatreya and Swami.





डरना काहे को हैं,
मैं तुम्हारे साथ हूँ ॥

10

Why are you afraid, I am there with you!

There are no doubts about which one sentence makes a Swami Samarth devotee happiest in life is this one coming from Swami's mouth. Every human being would rather be happy to hear this statement from his/her God. The moment you hear this in the background, you are already in the clouds of bliss. The whole life looks like a heaven. Nothing bothers you.

Swamiji is using a word afraid here which is truly a derivative of fear. Fear is one of the worst emotions that a human or rather even an animal can have. Considering the theory of Kinesiology, a new science which connects the modern science to the ancient science of vedic times, fear is one state which is very low on the courage scale. It is in the lower part of our consciousness spectrum. It is in a zone of darkness and close to the death. Fear comes out of a strong belief that one is alone and insecure. That truly gives a fear in the dark night when you can't feel anyone around. You feel you are alone as you can't relate with anyone and anything that you know. The moment the lights are on, the fear reduces to a great extent. It is the feeling of loneliness that creates a fear.

Swamiji's devotees are never alone. Swami is always there in their lives no matter what happens. Swami never leaves anyone alone once he takes your hand in his hand. The life in such a case should be an effortless and pleasant experience. The problem however is that we do not consistently

experience this. Our mind keeps on wandering and getting lured behind many attractions and sensuous objects of the mundane world. We keep on forgetting the fact that Swami is there always with us. Our ego does not allow us to depend on anyone, not even the God. We get distracted. Then we suffer. One has to ask only one question to oneself and that is, "Is Swami with you?" If the answer is yes, every moment of life will be glorious. There is nothing to worry. But then you need a total surrender. You need to have a faith that whenever the situation looks adverse or difficult, even then Swami is there. And when Swami is there with you, every situation is surmountable. He is the supreme power of the universe. Nothing is impossible to him. You need to have some patience, some tolerance. When Swami says you wait, you need to wait. There is no point in rushing. Just remember those moments when you used to go out with your mother leaving your home door locked. When both of you returned, you used to reach your door faster than your mother as she had also to settle the fare of the taxi or auto that you hired. She obviously has a key to the house, and the door cannot be opened by you even if you reach your door earlier than your mother. You need to remember that your mother is behind you, she has the keys, and she will definitely open the door using those. You need a patience. Same is with the life. Never forget that Swami has assured you that he is there with you all the time. Never be afraid.