

REIKI VIDYA NIKETAN



LEAVING BEHIND 2020 WITH MIXED FEELINGS.

Ooph! What a year that was! 2020 when started gave some strange feelings to many including myself. There is something mystical about this number 2020. Those inclined to numerology might have seen that besides moon there was no other zodiac sign in this number, knowing fully well that 2 stands for moon. It is about the emotions, Emotions if not supported by mind or intellect create a lopsided personality. But that was only from the viewpoint of emotions. On the other hand, siddhas “knew” that 2020 till 2022 is a different screen which

may not be conducive for sadhana. They do not need any science or any technique or theories to support their wisdom.

Was 2020 bad because Corona took heavy toll on human population? Was it good because it made even a common man who did not have even a touch of spirituality to introspect and created consciousness by which he/she started discretion between what is essential and what is not when it comes to human activities?

Many who would never dive within the deeper levels of their existence have suddenly realized the futility of various dimensions of life which had only taken us away from our naturalness and enormous potential that we have. Has COVID-19 not uprooted many patterns that we carried with us leading to more arrogant and egotist approach towards life? This definitely was a unique situation having no references of the past and hence challenging. It was unprecedented. I witnessed on CNN TV a senior American Doctor of Indian origin- well trained in his profession and well respected too- literally having tears in his eyes and saying that “we feel our science has collapsed around us” He had a reason to say that. He said that medical professionals have been trained to prolong life, not necessarily healing people- and got a terrific satisfaction in keeping a person alive at any cost. Suddenly a phenomenon called “Corona” is snatching these lives in front of their eyes without giving much time to the Doctors. He felt helpless. The degrees and the knowledge fell apart. Nothing worked. Science lost its bearing and with it the human ego.

Most of the epidemics and pandemics of the past were much easier to tackle though they took many lives, rather more lives than Corona if you consider the pandemics of Spanish Flue and the Epidemic of Plague in early 20th century. Because those times, those who died belonged to the poor and developing nations so that one could blame many things like poor economy, poor hygiene, the poor governance, lack of technological progress and so on. They were insignificant souls who lost their lives from the viewpoint of advanced countries. It was much easier to manage and those who rule the world were hardly affected. Even those calamities of the catastrophic magnitude like Earthquakes, Tsunamis, Cyclones and Floods claimed many lives in the world in the past but they were easy to ward off as disasters beyond human control. No dent caused to human ego. This time, the nature was intact and even happier and purer than at any point in the past. The birds and animals looked to be freed from their human bondages watching the humans confined to their nests and caves with a mask around their faces. Everything was strange and different. It must have amused many birds and animals.

On the flip side the human hustle bustle stopped and the whole world stopped for much longer time than anyone could have imagined at any time in the past. People realized that travelling most of the time was unnecessary. We realized that we were never truly busy, but we showed that we were. We created work activities to keep ourselves busy. It was a small core and a huge peripheral bubble around. Corona deflated that bubble and we saw nothing drastic happening thereafter. Materialism which was going beyond control suddenly took beating at the hands of spiritualism. A huge meditation happened without the help of any self-proclaimed sadgurus and pseudo divine masters. They were stunned when the God himself took the control and showed how he can make 750 crores people meditate on life without any chaos. Their numbers looked small and tiny. There was no posters, banners, handbills and tall promises to invite people to join the divine satsang of that almighty. The materialism and the spiritualism fell together on the same ground.

Another important thing which happened for good of civilization was about families. The concept of families and relationships was getting worn off fast and deep. The human values had started sinking beyond retrieval. Corona saw to that people can stay together under the same roof and enjoy the family relationships. The daily routines were crushed. This was a

different life which most of us could not even imagine. I always believed in a family sanyas or a family renunciation where the entire family renounces the mundane world. It almost happened in every home in the caves made from Cement and steel. No one had to travel to work when many started working from home to begin with and working from anywhere by now while many did not have to travel to work because they lost their jobs. Even in the midst of this chaos society was calm. The peace which was deluding the common man had returned. Activities for the humans and not the other way, the saints had said. People realized the wisdom behind those words in a practical way.

On education front, the things were no better. No student went to school during this year till now. Home schooling became reality though the teachers remained the same. Parents who were under convenient ignorance realized what kind of teachers were teaching their children and many a times wondered whether the education in school is required at all. Many people realized the value of eating at home and could cherish the taste of home- made recipes which possibly they had never tasted before. The culinary skills of the lady at home came on the fore. On the medical scene, the Doctors and health care staff looked taller than what we thought before. They became Covid-warriors in the fully protective PPE suits. The nobility of the profession showed itself on the horizons of humanity at least for the first few months to fall back few units in the next few months. People by and large looked healthier as few patients were admitted to the hospitals for all other ailments. The definitions of emergency operations changed. Those ailments which had to be attended immediately could now wait in the wake of Corona. The sickness was redefined.

Overall, Indian culture stood strong as the world decided to greet each other with folded hands instead of shake hands. Turmeric, Ginger, Jeera, Sesame, Kadhipatta all gained their rightful status to increase the immunity. The Ayurvedic concoction (Kadha) replaced the welcome drinks. The world got a taste of untouchability, this time fathoming the science behind these so- called rituals.

And gently we are passing out of this year, totally confused and wondering what kind of future 2021 will bring for us. The tunnel seems to be long and unending. But with the lamp of wisdom of Indian heritage burning strong, we all can walk through. We have no fear because we have a faith in that supreme power. We have the faith in our spirituality and we are committed to the path of sadhana. So, go ahead and embrace 2021 with lot of love and compassion, with lot of hopes and aspirations, we are the warriors who can't die we can just fade away on the horizons of humanity.

Wishing you very happy, healthy and harmonious New Year.

Ajit Siv

December 25th, 2020

Vaccination OR Total acceptance?

by Vivek Pandey

Vaccination leads to the production of antibodies, which boosts immunity to fight foreign body substances. The so-called foreign bodies that intrude our body and are purportedly not suitable for our health and existence. Now the basics are logically laid down by modern science. An agent has intruded a system, and thus the need to produce another agent to fight it out and restore the original state of health—the more precise the antibody, the greater the success of the vaccine. However, as most people have discovered, it takes pretty long to produce a vaccine. So there was always this element of doubt about the efficacy of the vaccine. Further compounding our problems is the news that the virus has shown mutations (like all organisms do), and now the doubt about the efficacy of the vaccine has increased. So the human race is left with only doubt and the inner strength to survive these torrid times. The more inner strength that one has in terms of faith, patience, and positivity, the higher the chances of survival.

The first people inoculated for a vaccine was way back in the year 1798 for smallpox. None of them are alive today, and none of us will be some 100 odd years down the line. Any vaccine would only promise one a better state of life for the time being. None can extend life to infinity. Humans have mastered the art of allowing corrections after the invasions have occurred in this finite little time. The art of leading a conscious life, knowing that you are life, is long forgotten. They keep on accumulating, and even more, the belief that the accumulated is them has kept an entire race in the dark. When one can only think about the body, the only solution one can look up to is to produce an antibody. If one observes closely, an entire Mahabharata has been going on within each individual for eons. Thanks to Covid-19, an invisible virus is dragging us closer and closer to what makes a human. Amidst doubts over the efficacy of the vaccine, what are the options left with our race? The only hope they can have is to hope that things would be okay someday sooner.

However, not all have been affected by this pandemic from within. Some are just so beautifully grounded in faith that the only thing they can do is to continue doing what they have been doing all their lives. Some Specific individuals can only accept life in totality and not look in parts. When an individual decides to accept something, that again leads to increased immunity is precisely when the faith starts to work in our favor. Humans' idea is not to make our weapons sharp by developing more and more armor, but to allow life to be the deciding factor of what is and what is not suitable for them. Fighting or resisting keeps one separated from the universe, and one cannot win any battle alone. Faith keeps the universe on one's side, and that precisely prevents one from visiting places not suitable for their eventual well-being. To be in total acceptance is to be in the faith. When the mind does not crave, the virus (that needs a receptor to bind) cannot bind. Water gets accumulated in the potholes. A straight clean road will always allow the water to drain. The element of faith and fewer cravings will keep one protected naturally. The more one is scared or thinking about the virus, the greater the chances of it intercepting the system. One needs to be in the faith and take precautions as prudence would suggest but know that every particle in this universe is not separated from but is a part of one's own more extensive existence. Let the pandemic appear to all as a big celestial drama for the betterment of humankind. The change in an immense and everlasting manner is essential than the ugly systems of selfishness and greed going on forever. Total acceptance would surely be a better way to survive than any vaccine that may or may not encompass the virus's latest variants. If one can manage the inner atmosphere well, the infections coming from outside may not accomplish the desired impact. At this stage, intoxication with some faith is a much better option than inoculation.

Reiki Mother Energy

THE SUPREME DIVINE CONSCIOUSNESS

by Aruna Margam



I heard a beautiful story about Ramakrishna Paramahansa. We all know how much bhakti he had for his Mother Kali. He always used to visit places of satsang and enjoy the space and slip into Samadhi many times. One day he went to a place where “Bhagavatha Saptaha” was going on. As soon as he reached there he went into Samadhi. It was so easy and natural for him to be in samadhi. He saw a vision during his Samadhi. He saw a “jyothi” coming out of Lord Vishnu’s picture, it entered the Bhagavatha book and then the person who was doing the Parayan. It was so beautiful to visualize.

This again reminded me about our beloved Guruji and reiki mother. Guruji keeps telling us that reiki is a mother energy. Whenever we take reiki we connect to God, supreme energy which we call prana Shakti, chetana Shakti, consciousness etc., Names may be many but all means the supreme divine energy. When we take self-reiki, or partner reiki or group reiki this mother energy, the very cause of life, enters our existence like the jyoti and fills us and the person who receives reiki. Isn’t this comparable to the story of Bhagavatha Parayan or any Parayan?

Then I remembered Guruji’s Gurucharitra sessions. How much he emphasizes about the sanctity of the place of Parayan, how one should do it with all purity of mind and dedication. He has guided us to keep a place next to us, as swami will be present wherever Parayan is happening. Guruji says in every word of Gurucharitra there is Lord Dattatreya. This helped me to go into the unstinted faith about Parayan and its effect of shower of swami’s love and compassion on the sadhak whoever is reciting Gurucharitra.

This led me to another instance. In 2015 when Guruji and many sadhaks went to “Narmada Parikrama”. Many of us could not be part of it. Later Guruji told us “Even if you do reiki everyday it is equivalent to the Narmada Parikrama”. He always says in seminars

that there are not just 26 points but there are 26 devathas in our body. Taking reiki is equivalent to Parikrama, Teerth Yatra and also Parayan of any spiritual text like Bhagavat Gita, Bhagavatha, Ramayana or Gurucharitra. I was asking myself we are taking reiki everyday but do we really know its significance, its purity and its profound influence on our existence?

When we think of Ramakrishna we remember the Bhakthi Marg he adopted. Then there was a question in the mind, Is only bhakti is enough? We all have read about so many saints like Sant Gyanshwar, Sant Tukharam, Sant Namadev, Sant Mukthabai, Tulsidas, Surdas, Meera Bhai and many more who have attained God through this Bhakti Marg.

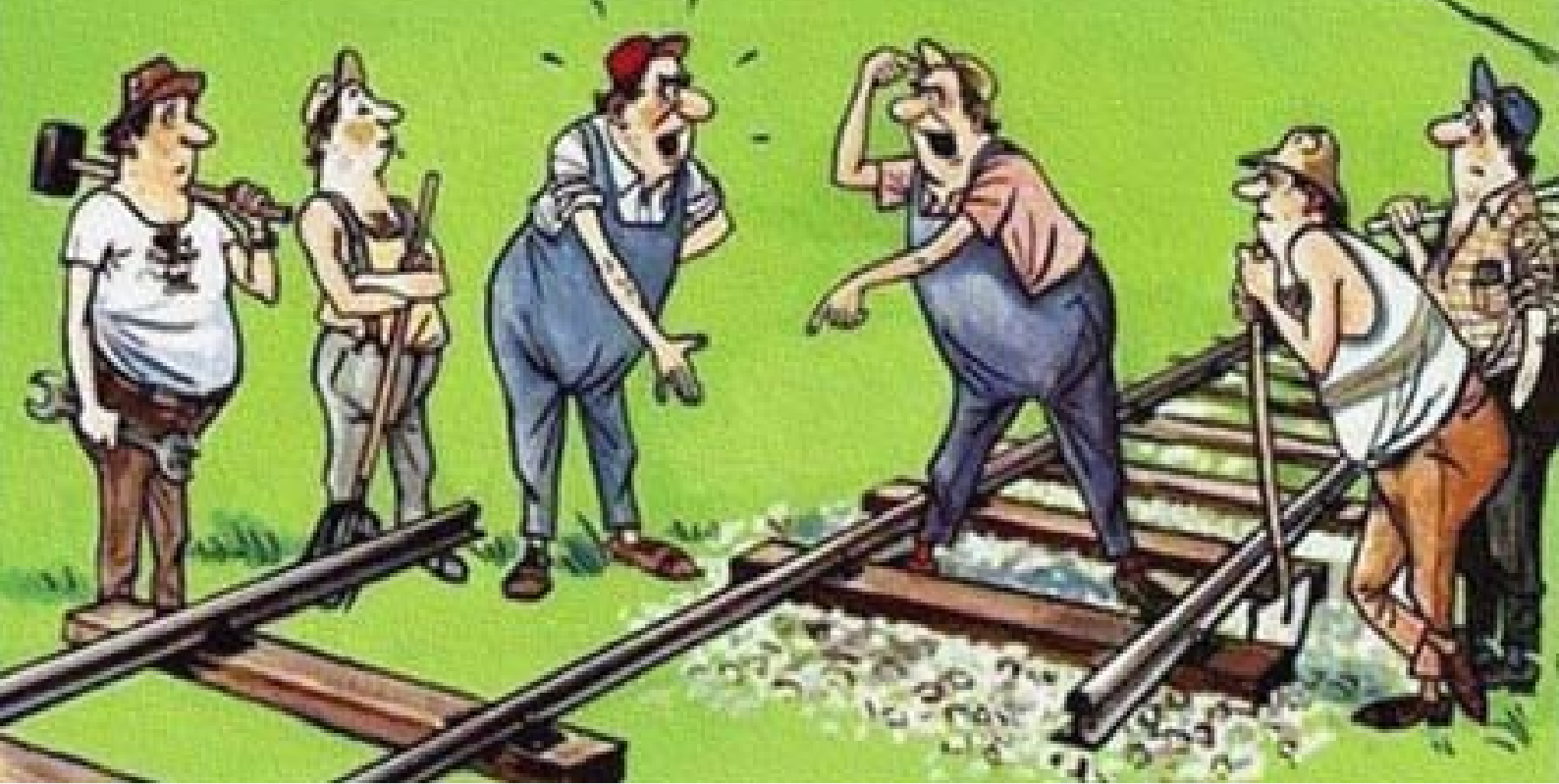
Then I came to know that Bhakti is like Mother, Jnana and Vairagya are her children. One need

Bhakti first and then the other two will also be reachable for us. Then once again reiki is the mother energy is equivalent to the Bhakti the pure energy, and with regular practice we all know it leads us to the jnana that everything in the universe is “Brahma” or Consciousness. Vairagya also comes to us very easily as there is no need to drop any desire either the needs are already fulfilled before we ask for it or there is so much feeling of abundance and happiness that the desire doesn’t arise only.

Once again attitude of gratitude to Guruji for giving this gift of reiki so simple and so easy and also so profound that it leads all of us to the ultimate path of our very existence the Moksha or liberation. Again where is liberation? The very understanding that we are all one and there is one consciousness vibrating in each and every thing in the Universe and We and Universe are the same. This knowledge slowly blossoms in every sadhak and life is a celebration there after.

Happy New Year...

by Telangan



2021 will begin with New dreams, hopes, and desires for everybody... Social media will start talking about the past year. They will discuss how 2020 was one of the worst years of this century. Few would love to forget the year as soon as possible. Few will create an opinion and form a judgment about the tragic period. When we keep saying something over and over again, the energy is been created in the universe and all those collective efforts could make it happen into a reality one day...

Actually, we always have a choice. We can say half glass is empty or half glass is full. We could see any situation both ways. We could either calculate the losses or check the learning. Everybody always thought the 'Work from Home' situation was an impossible task but it became a successful model now. Even international IT clients agreed for this model. The year truly taught everyone to live with physical masks and without the invisible masks. It made us independent in many ways as an individual and the country. We've learnt how to do our own work and had to learn new and diverse skills. We understood the Family values, roles for everyone in the family and the best part is young children or the seniors are performing own tasks flawlessly. We understood to live without useless shopping, going to hotels, social gatherings, gossiping, etc. Many people became healthy by giving up bad habits. Everybody realized how so-called glamorous movie community is imaginary and our age-old belief system collapsed for good. Nature improved without pollution in the lockdown period. We as nation used less electricity because offices remained closed, less paper work because everything became online and restored more trees eventually... Basically, we learnt to perform with least resources for good. Organizations made savings and individuals benefited by no traveling. There is no point talking about disasters because we can't change the past even if we don't like it. Remember **'Manage the Manageable'...**

We don't like many incidences from our past life, but we can't change

them. My elder Siblings are intelligent. My elder brother is gifted. He appeared in merit list for SSC Board exams. He appeared in IIT without Coaching classes and effortlessly upheld distinction throughout. My family was big. My parents didn't get a single free minute for pushing us for studies or anything else. My elder siblings had created such a high benchmark that even in school every teacher would end up comparing them with me. My childhood was totally stressed up by annoying judgments from others. Fortunately, my parents never did that. And I never troubled my young mind at all. At times, I was difficult to handle. One of my teachers still loved me so much and never punished me for my troubles. She called me one day and said listen... *'every teacher is unhappy with your actions and they talk harsh but now if you are not serious for your behavior you will end up being one, as they are predicting...'* **'Do not help in Creating others opinion into your reality.'** She had tears in her eyes while saying these words and that engraved on my mind instantly. That time I didn't really understand the meaning of her insight. Her tears told me that I was doing something really wrong. Today this insight is making sense to me perfectly...

Life is like a mirror. We can see the picture what we really want to see in it. We could keep talking about disasters, diseases, deaths and create a stressful energy, pass any judgment and create one traumatic future or we can create a happy, healthy and healing life just by having a gratitude about an opportunity of learning new lessons and good health. The positive attitude will have a reflection of stress-free and healthy life only. Today, I can pass this insight of my teacher, very confidently because I understood it well... **'Do not help Creating someone else's opinion into your reality.'** **Make life Big, Spectacular but Calming, Healthy and Healing just by staying Positive...** **Do not compare your life with anyone. Everyone has different lessons to learn. You are unique, unmatched in the entire universe. And then the year will be truly happy for you and your family...**

Guru as Five elements of Life

by Priyal Pabani

Wishing you a very happy birthday guruji. Aapko sasthan pranam. On this auspicious day I would like to share few lines I wrote for you :

1. You always burn yourself to give me light, you are the sun.
2. I'm sinking in the ocean but deep down in the water I found the whole new magical universe, you are the water.
3. Physically we are far apart but it always seems like you are near me , you are the air.
4. You are the sphere but this sphere makes my life possible in very beautiful way which could only happen in heaven, you are the earth.
5. I didn't only learnt the meaning of life from you but also the science of life , you are the ether.

This how you are the 5 elements of my life the panchtatva, once again happy birthday guruji.

Resistance to Change is biggest Obstacle of Growth

by Riddhi Patel



Our Company is giving Group Medclaim and Personal Accident Insurance Coverage (GPA & GMC) to all the employees as the Company got exemption from the applicability of Employee State Insurance Benefit (ESIC) of Government. Last year, the Government removed the exemption and ESIC became applicable to us.

Recently, one female employee who is expecting a baby and eligible for Maternity benefit was called by our Department so that we can educate her about the procedures to follow for availing the benefits under ESIC. At first instance only, she came with resistance and was not ready to avail benefits under ESIC thinking that in Pregnancy she needs to run here & there and was insisting that just like previous practice she got Maternity Leave with Salary for 26 Weeks from the Company. Considering the fact that under ESIC, female employee get 100% salary for 26 weeks along with medical bonus from the Govt., then why Company paid the same to the employee, it is so obvious that Company will definitely opt this benefit.

But due to her resistance and prejudice towards ESIC, she develops negativity and creates an impression that I am harassed by the HR Department and starts crying. Here, the quote which I have heard once is so applicable that, **“Resistance to Change is the biggest Obstacle of Growth”**.

Very next day, my colleague and I visited local dispensary and enquired everything for her and upon satisfactory response we once again talk to her and explain that she only needs to go for medical examination at ESIC Hospital, rest all the administrative formalities will be done by her husband and in addition we also ensure her the required support from our side. After three four intervals of discussion, she got mild down and finally got ready for examination.

After this incidence, I come to know the mindset developed amongst the other employees due to ESIC and following are the sharing based on the discussion done with them:-

In, GPA & GMC Coverage, Company pays the premium on employee behalf and by virtue of which employee gets the medical benefit including cashless. Whereas in ESIC, 0.75% deduction is done from the Salary of employees and 3.25% is contributed by our Company. **Here, develops the resistance towards ESIC because 0.75% started deducting from their Salary.**

Thereafter comes the second part, employees visit the Doctor of their choice and can avail cashless facility which is very convenient for them but in ESIC, they need to visit ESIC Hospital and for administrative work they need to visit local Dispensary. **Here, comes the second moment of disliking ESIC because it was inconvenient and who likes to come out of the Comfort Zone.**

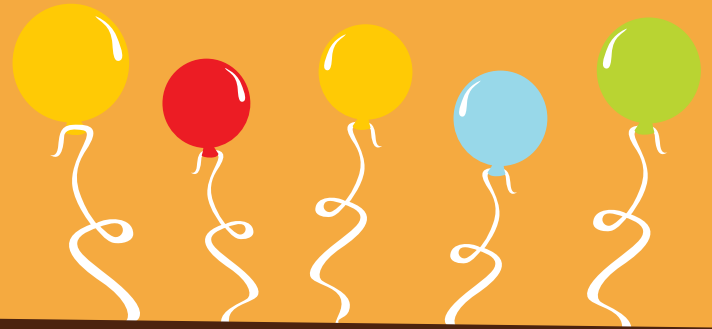
HR Department is doing necessary procedures and follow-ups with the Insurance Company for getting their GPA or GMC settlements whereas in ESIC, employees need to visit the ESIC Office for the same. Here, comes the third moment where they don't want to avail this benefit as they don't want to take responsibility for their own claims.

If Company would have accept her request then she will get Maternity Leave for 26 weeks commencing from January-2021 but salary for only 4 months as her Contract is expiring on April-2021 but as she is availing Maternity benefit from ESIC, she will get Salary benefit for 26 weeks (6 months) + Medical Bonus from Government even after Contract expiry with Company. This all became possible due to her 0.75% deduction per month from her Salary, also after visiting ESIC Office and taking complete information of entitled benefits.

From this incidence, I learn that Prejudice and Assumptions will hold our vision to see the better side of Life. Good things will never come in Package, one needs to go out of Comfort Zone and become capable to respond to it. If she would have not accepted it then it is not like that she will not get the benefit but she will not enjoy it. We are benefited with so many things even today but because we are blocked by resistance inspite of having it...we are not enjoying it...!

GURUJI

by Preeti Khanna



Happy Birthday

Today is a day so auspicious

When God gifted the fortunate, a Guru so pious
A Guru who is so simple, pure with teachings so precious.

A Guru who reaches the young and old
With saws anecdotes and virtues untold
With his magical subtle smile his discourses he unfolds.

A volley of questions throng his kingdom of mastermind
But in a wink come gratifying solutions to the ambiguous minds.

A Guru who spreads a platter of delicacies through
his plain easy ways Reiki, Agnihotra ,TM,Yog Nidra
and thousand divine techniques before us lay
For his disciples to choose and savour for a life
harmonious and full of gay
No forcing but for our healthy lives he prays.

In tough times he reaches every soul
When one sees only a dark end, he stands as a ray of hope.
He has a heart of gold, mind of diamond and a body a guiding force.
He is as omnipresent as the almighty
For a true calling for him takes away all our troubles in a jiffy.

It's a pitence we can offer to Guruji
For all that he does so readily
Today we just pray that his divine blessings
and hand be on us eternally.

Wish you a very happy and a healthy birthday Guruji

Ignited...

by Telangan

I have learnt a hard way

When I was in trouble

Nothing that hurt me

As much as my own thoughts...

All my pain came from nowhere

but it was just the way I reacted...

The longer I lived in the past,

The less future I had to enjoy...

So, I put the lights on and suddenly

found the happiness lying in the dark...



To the path of Bliss...

by Amara Vasuntara



I am rich and vibrant consisting of both living and non living things. I have been in existence long before human life. Each and every soul seek the mysteries and the adventurous experience in me. Can you guess * who am I? During this pandemic, I hope the lockdown period would have given an open space for your mind to become more mature, to realise the value of family and relationships better and more spiritual. I would like everyone of you to travel to the path of bliss.

There had been many saints who had walked on this earth before, It was Buddha, who taught the practice of gaining mastery over one's mind and body in order to overcome all sorrows and anxieties leading to liberation. Through his own efforts he was able to find the way out of suffering to liberation. Reality cannot be described in words. Only direct experience enables you to see the true face of reality. Buddha's teaching is the result of his direct experience. Buddha's teachings has an unprecedented charm.

Buddha taught the way to dissolve greed, violence and delusion so that those who follow the way can realize peace, joy, bliss and liberation. He did not announce himself as God, a prophet or any kind of supernatural being. He conveyed the message of peace, truth, equality and humanity. Buddha treated everyone equally, no prejudice on basis of caste or gender. He was the first to allow ladies as bhikkunies in his sangha.

The kings of nearly all countries Kosala (Uttar pradesh), Magadha (Southern Bihar), Koliya, Sakya (Southern Nepal), Malla (Gangetic Plain), Vaji (in Bihar extending upto Madhya pradesh), Lichavi (Nepal), Anga (Bihar), Kosi, Vatsa, Matsya (Rajasthan), Panchala (Uttar pradesh), Surasena (Uttar pradesh), Vaishali (Bihar), Bulaya, Pava (Uttar pradesh) and Vetha protected the people advocated peace, calmness and tranquility on the advise of Buddha According to Buddha, his teachings is like a raft, that carries you to the other shore. The raft is essential, but the raft itself is not the other shore. An intelligent person will not carry it once he crossed the shore, he will let it go, neither use it as his property.

Everyone of you contain Buddha nature. You all can become a

Buddha. Buddha nature is the capacity to awaken and transcend all ignorance. If you practise the way of awareness, your buddha nature will shine more brightly everyday and eventually you too shall attain total freedom, peace, joy and bliss. Each of you can find the buddha within your own heart. Before sharing his teachings, travel with me to the beautiful garden in Lumbini where Buddha was born during 623 B.C. I watch with immense pride waiting for the arrival of this vibrant soul who has been on this earth before but never after. I feel more fresh, rejuvenated and beautiful than ever, as I understand that peace and harmony will be brought henceforth to the world and the entire surroundings.

This garden of Lumbini is adorned with flowers of varied colors and shape, dressed with pure innocence, sprayed captivating aroma all round, eagerly awaiting. Birds, singing songs in various tunes. The gentle breeze makes rustling, swishing music, while performing the spinning, tumbling and tossing dance. The verdant green grasses sways with glee. Peacocks fanned their magnificent tails showing the beautiful feathers. The glimmering sun shining through the leaves makes a netted pattern on the flowing river. Queen Mahaamaya teeming with joy walking towards the fully bloomed Ashoka tree..

I could see her admiring the tree, as she felt little uncomfortable she held the branch of the Ashoka tree and still holding it Queen Mahamaya gave birth to a radiant son. Everyone rejoiced. This child Siddhartha brought merit to the whole world, revealed the mysteries of the universe. I witnessed his enlightenment. He was given the name Buddha by Sujatha the little girl of the village near Gaya. In Magadhi, Buddha means a person who is awakened. It was Svasthi a young boy, tending buffaloes regarded as an untouchable by the community was the first to see Buddha after enlightenment. Svasti became his disciple and also attained enlightenment.

Buddha pointed to a great Law or Dharma running through everything that exists. It is by living in accordance with this Law, freedom from suffering may be achieved. Stay with me, as I share you the teachings of Buddha, one of the most influential teaching in the world. - let's stroll...

Astavakra Geeta - Part 4

by Ajitsir

Adhyay 1 - Chapter 1

Sutra 4:

yadi dehaà pāthak kātya citi viçrāmya tiñōhasi |
adhunaiva sukhé çānto bandhamukto bhaviñyasi || 1-4||

Meaning: *If you can separate yourself from your body and rest into yourself you can become peaceful, happy and free right at this moment.*

Astavakra says the dispassion is the qualification for your liberation. Thereafter the moment you are blessed by your Guru, your path to self-realization is open. However, for liberation only self-realization may not help. The things like I am a pure soul, I am a witness, I am not this body, etc. may not be good enough for your liberation. In spite of having this knowledge, you are still connected to the body you will have to incarnate AGAIN INTO HUMAN LIFE AFTER DEATH. Then it cannot be called a liberation. The savikalp Samadhi also will give you the same experience where the seeds of your sanskaras are firmly rooted into your own existence. When the conditions are right the seeds will germinate and within no time it will become a huge tree. Destroying the seeds which can be experienced in Nirvikalp Samadhi is the only way. That is liberation.

Astavakra is trying to explain to Janaka here that not only resting in yourself is the key to liberation but consistently settling down there is very essential. To experience the state of Samadhi the science of Yoga talks of seven layers. Yoga teaches the process of these steps of seven ladders. But Astavakra follows a different path. He has a view point which is radically different.

What he says here that Nirvikalp Samadhi straight can be attained in a single moment the moment the sadhaka separates from the body and restfully settle into his own self. He does not need any process at all. Because all processes are only illusions. The illusions can be got rid of just by knowing yourself and does not respond to any process. Your ego is connected to yourself. In fact, the ego is the image of the Self as the Self has no other way to play the game of life in the World of Duality. The Self is without any properties, without any shape and size, without any impressions. Then he needs an ego to play the game of life. Ego gives birth to desires or vasanas and needs the body for the fulfillment of these desires. If there are no desires, the body is not at all required. The bhogas or desires have the body as its nucleus. The moment you leave your attachment to the body one will get settled into the feeling of the self and only at that moment one becomes free, peaceful and happy. Then there are no barriers. You don't need any sadhana to do that. Many a times we look to the rope and believe it a snake and get fearful. But the moment you see with your own eye that it is only a simple rope, after that moment one does not need any rituals, processes, etc. Same thing happens in the self realization which leads you to the liberation.

In the beginning we are all complete and so till the end but we do not consider as to be complete and keep on experiencing the incomplete existence. Then we keep on making efforts to complete ourselves through various processes. But truly it is the momentary realization which removes your

ignorance (Vikshepa) which gives us that divine experience of already being complete because that completeness is very much part of our existence. It does not have to be brought from outside. All processes are external. The Self has no karma, no desire and hence no sanskaras or impressions. The moment we settle down in our divine existence the same karmas become leelas and the leelas have on sanskaras or impressions.

Sutra 5:

na tvaà viprādiko varëo nāçramé nākñagocaraù |
asaigo'si nirākāro viçvasākñé sukhé bhava || 1-5||

Meaning: You do not belong to any caste or varna. You are not a Brahmin, you are not an Ashramite or a hermit, you are not an object of your vision, you are formless. You are an eternal witness. You realize that and be happy.

Here Astrvakra is making Janaka understand that you are resting in our own self. You are the form of that formless self then what caste and creed can confine you. You are neither Brahmin, nor Kshatriya, nor Vaishya and not even Shudra. The Self has no religion, no caste neither it can be bonded into any state of an Ashram (State of Consciousness). All these divisions are created by your ego. Self is not even remotely connected. Only one realisation that you are the Self will free you from all bondages of the mundane world. You have to free yourself from the ignorance then you don't need any process at all. The entire world has firmly decided that life is difficult process. Spirituality is challenging and hence most of the seekers have followed the path of process. Astavakra says you don't have to gain anything. You just have to regain what we have lost. Self is not a thing that it can be searched. Neither its existence is outside your existence which can be got by searching. You cannot search something which is already within you and all processes involving ego, mind, intellect and body are designed in such a way that it can be

obtained by searching outside. We need to move away from these efforts and stay with the Self.

I remember a story at this moment. There was one hut in the lap of the Himalaya Mountains where a wise man used to stay. One early morning a rich and successful person came there in search of this wise man and said, "I am looking for peace in my life and would like to stay with you". Wise man said "You are so rich and successful. You have got so much wealth and still you do not have the peace. How can you get a peace here?" That visitor was very rigid and was holding to the same desire. Finally, tired of conversation, the Wise man told him "Alright, you can stay here." The whole day thereafter the wise man was busy with his own spiritual practices and that person had nothing else to do besides looking at that person. As the evening set, the darkness enveloped the hut. Outside in the sky there were some stars. Wise man went out in the dark and started searching for something in the grass. The visitor went behind with the Wise man with an idea to help. And asked, "Sir, are you searching for something?" Wiseman said, "Yes, I am searching for my water pot (Kamandalu). The visitor lost no time to say, "But your water pot is in the hut itself. You have not taken it out at all. Then why are you searching it out. The wiseman said, "Oh yes, I know that. But there is a darkness inside. How can I search things in darkness. I am searching outside because there is light outside." The visitor in desperation touching his own head said, "Sir, I thought you are wise man. Why don't you light a lamp inside. The wise man had a heart laugh before he said, "O man, this morning I was saying the same thing. The peace is an integral part of your existence. Why are you searching it externally.

The peace, the happiness, etc. are all connected to the self and not the expressions of the ego. The moment you realize this, the entire game is over in a single moment.



THE NON-COMMON “COMMON SENSE”

THE NON-COMMON “COMMON SENSE”

People will generally do what is logical and practical under ideal conditions. However, today, we see people who wear face masks that disturb the respiratory process among other things. This is because there is a possibility of catching a virus infection. According to "experts", the mask is an effective barrier against the virus. Some "experts" say that "distancing" is also an effective preventive measure. Other "experts" say that home confinement and shutting down outside activities is the best approach. Some others emphasize safety protocols such as: spraying alcohol on surfaces like hands, body, shoes, clothing, etc. Some "experts" say it is best to combine all of the above. Now, imagine some people who follow those instructions even at home (young and old).

So, let's ask:

1) Why is the spread increasing in some countries despite all these measures? Perhaps, people did not follow the official recommendations correctly.

2) Why do so many people die with this virus? Perhaps miraculously at this time it was possible to reduce death from cardiovascular diseases, chronic degenerative diseases and accidents? Are there new developments in Medicine that cure or control those common medical problems? According to the news, now people die mainly from Covid. But, it might not be the Primary cause of death.

3) Why was the original WHO protocol for treating covid-19 patients so wrong, according to some other experts, scientists, and doctors?

4) Who can benefit from this situation?

5) According to some researchers and the French virologist, Luc Antoine Montagnier, who was awarded the Nobel Prize in Physiology, this virus was produced in a laboratory. Why?

6) Could this be seen as a biological weapon to reduce population (especially the elderly) and to destroy economies by stopping the workforce, closing businesses, increasing debts, etc.? Perhaps people's immunity was lowered due to STRESS and the biochemical and biological changes which take place when you are under continuous stress and fear, caused by the main media (official news on television, radio, newspapers, network platforms social like Facebook, Twitter, etc.).

Perhaps the majority who die already had serious health problems that were aggravated by MEDIA-INDUCED STRESS that seriously lowers immunity to the point that any virus appears deadly. When some facts do not make sense, some people despair and can be aggressive, and the authorities use force to control them.

7) Who benefits financially from a global medical problem that affects health, economy, education, social behavior, etc. of all?

8) Who benefits from imposing or promoting a global vaccine that is so peculiar that some doctors and scientists refuse to call it a "vaccine"?

9) Why do the companies of this vaccine make sure that they cannot be sued if something goes wrong?

10) Are these vaccines really reliable, effective and safe?

11) Why did the main proponent of the vaccine, Mr. BG spoke openly at a conference about a corona virus as a threat to the planet and a vaccine as a solution, before covid-19 appeared?

12) Why do some courageous doctors say that some components of this vaccine can affect people's ability to reproduce and develop other complications?

13) There are reports that Kary Mullis, Nobel Prize in Chemistry and inventor of the PCR tests currently used to detect the new corona virus, pointed out that this test is not useful in detecting viruses. Why do they use it as an official test?

You can believe anything they tell you through official media. But don't be surprised to realize that your belief (or common sense) is determined by advertising, programming, official news, and the narrative of others.



14) Is your common sense really yours?

15) Can there be more than one variety of viruses that attack different age groups of the population?

16) If a can virus mutate easily, can there be a vaccine for different viruses? Usually not! However, someone may say that the FoD psychological virus is more invisible than normal viruses (those created naturally or artificially) and can be more lethal. What is this FoD virus? It is the "Fear of Death". Fortunately, Agnihotra can help calm the mind. And a calm mind can discern and make better decisions. In addition, Agnihotra and the oral consumption of its ash strengthens the immune system and improves general health.

We would like to share an excerpt from a book, a masterpiece, "Orion Transmissions Prophecy" by Parvati (Fran Rosen

Bizberg), which covers relevant topics about many current events on our planet and the steps to take during this time.

We highly recommend everyone reading this book "Full of Light". You can get it at: www.oriontransmissions.com or www.amazon.com (currently only in English) September 28, 1999 - p. 160 Sunset

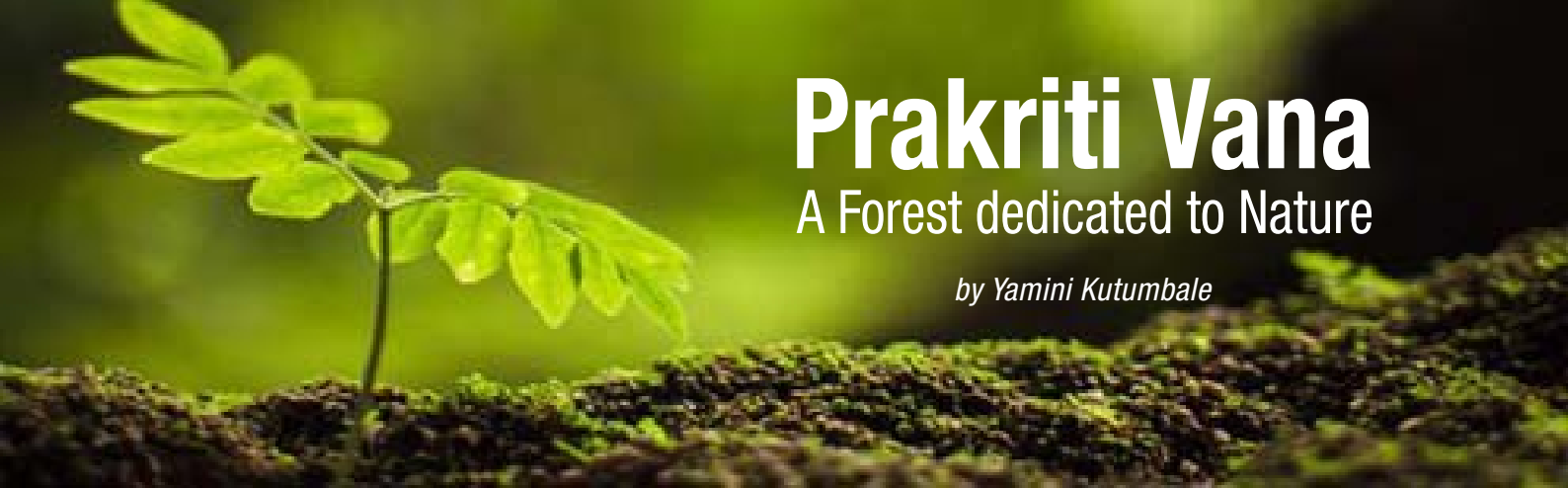
Our sensors provide us with names of top government officials involved in New World order, that is planning on governmental controls to take place all over the world, thereby controlling and monitoring an entire population. This state of control will be undermined before it can fully manifest. Fear will be the main means of exerting control. Nearly every mayor government has members at the top who are officially or unofficially members of a top-secret organization, who's methods include mind control via media such as TV, radio, satellite communications and now even home computers. We advise those who are aware of this threat to your own privacy and security to seek alternative fuel sources, become increasingly more self-sufficient at growing your own food, long-term food storage, solar heating, creating your own micro-climate whenever possible. Indeed, strengthen yourselves with proper diet.

February 8, 2000 - p. 264... We would suggest that those of you who wish to settle, grow organic foods and become more self-sufficient, you should begin to take stock of your lives and see how dependent you have become upon a system that is, at best, a frail one indeed. We would advise those of you with plans to become self-sufficient, to invest time and money into planning now for times to come. To build up a centre or a farm as such, to accommodate others who in future will require assistance and housing at least on a temporary basis, you will have to start now. We foresee the return to the community as a way of life, sustainable agriculture based on these ancient scientific methods of Homa Farming as such, and the trade of food, clothing, tools and other items of necessity as the world currency. It will not be what you think it will be. It will be more like a futuristic fantasy than you think!

Most of the problems in life come because of two reasons.

1 WE ACT WITHOUT THINKING

2 WE KEEP THINKING WITHOUT ACTING.



Prakriti Vana

A Forest dedicated to Nature

by Yamini Kutumbale

Nature has all the things that are necessary for humans, that too in abundance. But for the sake of prosperity, we have taken mother nature for granted. We, humans, have destroyed the forests and made a place where we HUMANS can live comfortably. But in this process, we have destroyed the place where other living beings very much necessary for our co-existence like animals and birds are getting extinct. We have destroyed forests for agriculture, infrastructure, residence, etc. This is the same forest where birds and animals live and feed upon. So, now we must take care of the forest along with animals and birds. This earth is beautiful because of all of us and not just because of us.

One Important thing that Novel Corona Virus taught us is how the greed of humans has destroyed nature and its beauty. Cities choking on toxic gases emitted during festivals and by vehicular and factory operations isn't alien to us. However, ever since lockdown came into implementation, Mid-March onwards to be precise, we have witnessed clear blue skies in ages. With humans under lockdown to fight the coronavirus, it seems like Nature is course- correcting in the meantime, recovering from the havoc caused by mankind's greed. Prakriti Vana (Nature's Forest) is an idea to develop a forest dedicated to "Nature" - "Prakriti". A place where we, Humans shall not enter. It is a place for all living beings- besides Humans. It is a place where birds and animals can move and live freely. In ancient India, it was also called 'Deva Vana' - God's Forest.

What nature needs right now is not just some plants but forests, lush green forests. Dr Akira Miyawaki (a Japanese Botanist) studied nature (Forest) and indigenous and native trees for more than 30 years and develop a method where we can grow a forest with great biodiversity in a sustainable way. And that too in a very short time. The Miyawaki method, also called the Potted Seedling Method, is an afforestation technique that uses native species to create dense, multi layered forests. A central tenet in creating these forests is its use of indigenous species for plantations. The overall density of the forest is beneficial in lowering temperature, making soil nutritious, supporting local wildlife and sequestration of carbon.

The Miyawaki Method consists of "native forests by native trees & quote; produces a rich, dense and efficient protective forest in just 20 to 30 years. He discovered that the world's dense forest has 3000-5000 plants in 1000 sqft area. Means, 3-5 plants per square feet. So, similarly, we can develop a forest by planting 300-500 trees randomly in 100 sqft. Such forest develops rich flora and fauna. This method has been successfully implemented in different parts of the world. Within a few years the forest becomes self-sustainable, means we don't need to water them for a long period of time.

An article was published in newspaper Washington Post in the year 2015, a study from Nature. Nature is an English multidisciplinary scientific journal and is one of the world's most respected scientific journal. It says that India has just 28 trees per person and the highest is

was found in Canada which is 8,953 trees per person. India has 11,109 trees per sq km and Finland has 72,644 trees per sq km.

In a report published in 2017 by Greenpeace India, it says that Air pollution causes 12 lakh deaths in India annually. Delhi is said to be India's most polluted city. State Pollution Control Board assess the air quality across India. The assessments of 168 cities across 24 states and union territories say that none of 168 cities assessed complies with air quality standards prescribed by the World Health Organization (WHO).

Miyawaki forests or Prakriti Vans are by no means a substitute for natural forests. This should not be used to justify the cutting of trees and forests. Natural forests have certain qualities of a rich ecosystem. Natural forests are very dense with rich flora and fauna, a complex ecosystem. Nothing can replace them immediately, but these plantations can supplement and complement the Natural Forests. Old forests are millions of years old and they can never be replaced. Prakriti Vana, Nature's Forest is an effort to create more forests and not to replace the one which we have.

Now is the time to seriously think and take proactive actions towards a sustainable and better future. If we keep behaving the same old way of destroying and polluting nature, we may have unpleasant destruction and death sooner than expected. And these things could easily change if even take small steps like planting a seed or sapling and making sure it turns into a tree. By making sure that we are growing and giving more to Nature then what we are consuming from Nature.

This Diwali I had chance to visit one Such Prakriti Van that is being developed by Shri Sarvajit Paranjape, in Homa Therapy Goshala, Maheshwar, Madhya Pradesh. Upon Learning and personally visiting the Prakriti Van, I was quite mesmerised and inspired by the concept. Even a miniature form of Prakriti van, in 5x5 sq mt is present in the ashram. Since from 12 July 2017 they have planted more than 25 varieties of 300+ indigenous, native trees alongwith trees which grows very well in the ashram. Now, in 2019 after 2 years the Prakriti Vana almost looks like a full grown forest.



Reference : Shri Sarvajit Paranjape, Fivefold Path Mission, Maheshwar, Indore, Madhya Pradesh

Guruji's Birthday celebration on 2nd December, 2020



This time the Birthday of Guruji was also celebrated online. Around 334 sadhaks attended the program which is an unprecedented record of attendees up till now for our online programs. This shows the love of Guruji towards all of us which everyone wanted to reciprocate. The program consisted of prayers and favourite songs of Guruji followed by small recap of his teachings and poems written on Guruji by sadhaks. The program ended by cutting the cake and prayer for Guruji for his long and healthy life.



New construction of Shaktipeeth

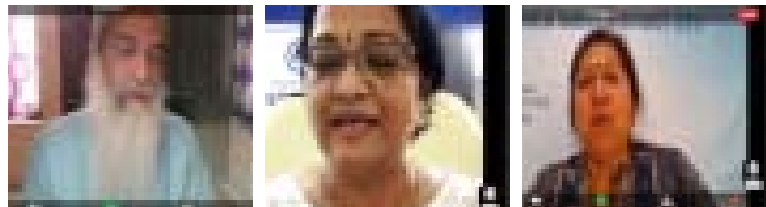
Shaktipeeth is one of the important place of our Ashram. Located on the left side of Swami Temple, this Shaktipeeth is an original source of the energy in our math. Since past few years Guruji wanted to consecrate the idol of Dakshinamukhi Kamakshi Devi. In this place only the new construction has been made. In this temple an idol of Kamakshi Devi made by a renowned sculptor of Goa will be consecrated.

Program on “Reiki – a way of life”

by Inner Wheels Club of Madras Central Aadithya

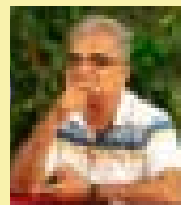
on 22nd December, 2020

Inner Wheels Club of Madras Central Aadithya had organized a program “Reiki-a way of Life” for Ladies on 22nd December, 2020. Guruji very aptly explained them how Reiki is effective in managing our life. He explained the how an empowered lady can justify different roles which one has to play in the family. Guruji had explained that if we are happy, everyone around us are happy. Further it was explained that how reiki manages our Karma and diseases and how to lead a happy, healthy and harmonious life. The program was well received and appreciated by the attendees.



Program organized by DSPPL on “3SRB and Refining Exercises”

on 27th December, 2020:



On 27th December, 2020, DSPPL had organized a program on “3SRB and Refining Exercises” for the students, Parents and Teachers of DSPPL. For new generation kids and youth, manage emotions is a big challenge as they are very intelligent but they are weak in managing their emotions. Besides this, the pandemic of COVID has affected the mind and emotions of the people badly. Systemic Rythmic Breathing and Refining exercises which were discovered by Late Shri S.N. Tavaraijai are very effective for managing the same. The program was conducted by Shri Rajen Vakil, world renowned spiritual guide and disciple of Shri Tavaraiji.

Datt Jayanti Celebration

on 29th December, 2020

Due to Covid Pandemic, this time the Festival of Datt Jayanti was celebrated in Devrukh Ashram with very limited sadhaks. About 30 such Pramukh Sewekaris were invited for the training who were present in the ashram during the period of 27th December to 29th December. No other sadhaks were permitted to visit the ashram during this time to honour our commitment of social distancing as a precautionary measure. A small Dattayag of 4 hours was performed at the ashram in the morning of 29th December which was attended only by those who were a part of training group. To make everyone a part of celebration, which used to happen every year, the event was live telecasted on zoom platform.

Reopening of Reiki Arogya Mandir

Reiki Arogya Mandir of Devrukh which was closed since past 9 months have been reopened for the patients. There is no doubt that Reiki Arogya Mandir which is filled with new energy will bring new hope for the patients



LET MIRACLES BE TOSSED OUT OF WINDOW, GO AND SEE A MAGIC OF A MADARI (SNAKE CHARMER)

Shree Swami Samarth is an incarnation of Lord Dattatreya. His whole life was full of miracles. From the viewpoint of a common man everything that happens in the godly zone is a miracle. Even every leaf of every tree, the billions of stars in that infinite sky .. everything is a miraculous manifestation. Reincarnations are no different. Everything that do is beyond a common logic. A leela in the domains beyond our understanding.

Describing those miracles in Swami's life is almost impossible. No wonder a common man like us gets mesmerized with such kind of miracles. The saints perform such miracles for the benefit of a common man and to make them walk on the path of divine. Sathya Sai Baba once said when asked why he needs to perform his popular miracles, whenever I bring out an ash from my palms 40 to 50 thousand people start walking on this path. Those who do not believe in themselves require these kinds of experiences to show them the path like a beacon in the vast sea.

Miracles are very lucrative. They attract you and tempt you to get stuck to them. The way one sees beautiful scenes on the way to Amarnath yatra which make you spellbound and make you feel that you should not move away from there. You feel like getting melted in that beautiful ambience. But then that will deprive of your goal- the Amarnath cave- which is your goal. One should look around, allow your eyes to absorb every good thing around and then move on. Move you must. You are the traveler; you are the explorer with a mission.

Sadhaks should understand the meanings and the reasons for these miracles. Swami Samarth never believed that people should follow him because of his miracles. In fact, Swami never liked his devotees getting stuck in miracles. They are just milestones, not the destinations. In Swami's biography there is a story about his devotee and disciple, a saint in his own right. Shree Krishna Narsinha Saraswati.

When this saint came to meet Swami after a while, Swami asked him, "Why are you holding to these prostitutes even now?" The saint put his head down in shame and the other devotees could not understand how such a revered saint can stoop to such low levels. The saint however knew by this time that Swami was referring to his miracles he used to perform to impress people and Swami had not liked that. He then told Swami that he would never use his powers to display miracles.

Swami Samarth always used to say, "If you want to see magical effort, go to the madari (the one who plays with a monkey or a snake). If you can't learn from the miracles I perform, there is no point seeing them. There is a lesson behind them. They are just the Drushtantas (visible manifestations) and there are Siddhantas (Principles) behind these. They are the seeds while the miracles are the trees." Today we see the same thing happening in every mass festival like Ganapati festival. Devotees get bogged down by the pomp and show forgetting the basic value of what Lord Ganesha stand for. The modern life style is doing the same thing in today's world. The glorious displays of the modern life give us a mantra of how to live while making us forget about why to leave, the basic purpose of life is lost. Youth get attracted to the same modern magic of the western world to forget a strong principled, value- based culture of this great country of India.

Unfortunately, people talk a lot about miracles of Swami and do not give importance to what he has taught. Miracles make more noise than the teachings and the sadhaks should never fall for them. He should try to fathom the teachings. Swami whenever he would get angry would say "keep the miracles out of door, keep them away, stay with the principles of wisdom" The miracles which do not give you a basic message are worthless. Sadhana means holding to your main values and live life joyfully.

Reiki Seminar

SCHEDULE

Date	Master	Center	Degree	Contact Person
9th & 10th Jan	Krupa/Ajit Sir	Baroda	2nd	Chandresh Parmar - 9974701200
9th & 10th Jan	Seema	Rajkot	1st	Jyoti Saraiya - 9824299123
16th & 17th Jan	Vishal	Pune	1st	Amrut Kirpekar - 9175050900
16th & 17th Jan	Rakesh	Thane	1st	Girish Karnik - 9820260229
20th & 21st Jan	Ajit Sir	Nashik	2nd	Monali Rakshe - 9420692136
23rd & 24th Jan	Ajit Sir	Nashik	1st	Monali Rakshe - 9420692136
23rd & 24th Jan	Kalpita	Ratnagiri	1st	Bhaskar Gadgil - 9422505566
23rd & 24th Jan	Vishal/ Jairam	Mumbai	1st	Vinaya Sawant - 9004328016
23rd & 24th Jan	Bhartiben	Ahmedabad	1st	Kinal Pandya – 8320201373