

REIKI

Vidya Niketan

Volume 13

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YOU ARE THE PATH

YOU ARE THE LIGHT

YOU ARE THE COURAGE

YOU ARE THE UNIVERSE

YOU ARE THE MISSION

YOU ARE THE MEANING

YOU ARE THE BLESSING

HAPPY Guru
Purnima


This issue is not for the commercial purpose. It's only for sharing Knowledge and experiences in the Reiki Bramha group.



Ifs and Buts of Mythology, the Butterfly effect and missed opportunities...

Butterfly effect is one of the most sensational aspect of the modern science, more so for the Quantum Science. A butterfly could flap its wings and set molecules of air in motion, which would move other molecules air in turn, moving more molecules of air – eventually capable of starting a hurricane on the other side of the planet.” Said Edward Lorenz in 1963, when he presented a hypothesis to the New York academy of science.

The colleague scientists laughed out this idea as ridiculous. It was preposterous but was at the same time fascinating. Because of the idea’s charm and intrigue, the so -called butterfly effect as staple of science fiction, remaining for decades the combination of myth and legend confined to comic books and bad movies. The scientific community was shocked and surprised when physics professors worldwide came to the conclusion after more than 30 years that the butterfly effect was authentic, accurate and viable. It was accorded a status of law known as **the law of sensitive dependence upon the initial conditions**, which has proven to be a force more than butterfly wings.



The Butterfly effect as the law is popularly called simply means that every action no matter how small or how big has potentials to create much wider impact on life than possibly any other thing. In fact, the smallest of the actions have the largest of the impact. Sometimes a small insignificant situation which has happened has led to a huge event making a deeper impact on the whole world. There is enough evidence around us which not only explains the law but also reinforces the same to a large extent. The situation created by the recent pandemic is a case study worth examining. A small leak as reportedly believed now in the Wuhan lab in China led to a catastrophic situation which was unprecedented and beyond anyone's imagination. A small insignificant accident in one small corner of the world has already costed the lives of more than 3 to 4 million for human community.

If you look at the historical or mythological events it would be interesting to see how the popular events could have turned upside down and how the human life could have turned on its head and how many times. Let us just take some incidents from Ramayana and Mahabharata- the two epic creations on the Indian soil. When Queen Kaikayee asked for Rama's exile to the forest for fourteen good years, don't you think that King Dashrath had the option to accept it (which he did ultimately) and decide to go with Rama in exile instead of shedding his life? What a joyful ride it would have been for King Dashrath to wander in forest with his dear Ram and Laxman along with Seetamai and possibly Queen Kaushalya. Even when Maricha – a demon disguised as a golden deer could have been chased by Laxman first, Ravana's plans to abduct Seetamai would have possibly not worked. Ramayana would have the different tones and shades today than what it is. One beautiful opportunity for a Butterfly effect was lost.

Similar is the case in Mahabharata. Did Pandavas not know that Lord Krishna was incarnation of Lord Vishnu and could have created hundreds of Hastinapur overnight, instead of fighting the petty battles with Kauravas over that piece of land and saved millions of lives? What if Draupadi not said a word about the blindness of King Dhritrashtra to have a dig at Duryodhana? It was a small event but costed humanity a lot in terms of trust, love and compassion for many generations. These are only the few samples of how the Butterfly effect just missed to happen. The life hopefully would have been different.

Look for such situations around you and you will realize that the environment is full of such challenges where we can exercise a choice with more discretion and contribute hugely to the world peace. No one is insignificant as everyone can impact the world. Be a God of small things!

With lots of love, Light & Reiki

Ajit Sir
July 4th, 2021



Exchanges and Deals

by Vivek Pandye

The moment a human life comes into existence, some of the other kind of exchange starts happening. This exchange in terms of surroundings is inevitable. The environment decides what a newly born child gets in terms of space. The culture within the family, the nature of parents, the society within which the child is born. They all count in upbringing the child in terms of subtle growth and direction of life. Until the age of 7 or 8, the exchange happens unknowingly and helplessly. After that, it becomes the responsibility of the individual to learn and grow and the guardian's responsibility. The game starts shifting from the subconscious to the conscious mind. Exchanges happen with a subconscious mind, and deals should always be carried out consciously.

The situations in which an exchange is carried out may not necessarily be commanding ones. In the case of a natural transaction arising out of naivety, an exchange may happen. A deal is definitely struck with a conscious adult mind. Usually, women and children go for exchanges. Men always strike a deal. Seldom do we find men behaving in a casual manner and allowing life or other people to dictate terms. Somehow they end up dominating the course of events. Women and children, on the other hand, are just happy survivors. They settle for what they get and maybe complain and grumble later on. Men, showing their presence on most occasions, either do not allow the proceedings or if they allow the same, then the fact the equation is in their favor becomes more or less of a pre-condition. At the most, the situation can be at par for both the parties but seldom do we hear about men going for transactions which may make them end up on the losing side even with the slightest of margins. These transactions may not necessarily be in terms of money. Even a social gathering would let us know that women and children exchange, love, care, and share, but men want to dominate.

With the changing times, even women and children take a stance these days and do not settle for less than they deserve. The influx of western minds and the talks about women

empowerment have led to a society where a woman can easily pullout some male features from within her. In business, a woman knows how to strike a deal to her advantage. They always have been experts at picking up vibes and leaving a place that does not suit their growth. Previously, a woman was the epitome of forbearance and tolerance in society. These days talks of equal rights, without understanding equality, seem to be more popular. Children who subconsciously adopt the demeanor of their parents soon follow the way they behave. They either end up becoming losers by allowing whatever exchange life provides, or they become super dealers to win all battles, whether at the social or financial front, consciously.

Women adorning the role of men, depending on the situation, is necessary sometimes. Also, if men start caring like women, nobody would complain. However, the utmost importance is not dropping one's fundamental role of being a man or woman. Not to mention, children retaining their innocence. To inflate ego by showing one's existence to be significant is a sin. The attempt should be to reduce the mind and show understanding at all times.

Life is a continuous process of many interactions. In a civilized society, most interactions result in a beautiful feeling at the end. Nonetheless, one needs to remember that the more consciousness, the better the results. Unconscious happenings lead to exchanges that may or may not be favorable. Also, unconscious allowing of events would result in different kinds of Karma on either side. A conscious mind will deal with events and not allow the Karma to happen and settle scores there and then. Again, it is not about staying more and more alert; nevertheless, also about looking at the larger picture keeping in mind the benefit of one and all. Awareness of the one principle operating at all times with all beings is the only thing to be kept in mind. Staying humane, not taking advantage, and also not allowing someone else to take advantage seems to be a good idea to implement.



SACRED GAME

by Telangan

After every birth we learn new things, new rules and new laws all over again but one Sacred game we keep playing without knowledge, without any understanding. We pay for same mistakes again until we learn the skill totally and suffer. Suffering is the result of unfulfilled debts from this lifetime or previous. It is very important not to find easy escape or temporary solutions on them. It might just get postpone and bounce back in future. We must understand that nothing happens in life without any purpose. We do not get suffering for other's actions.

The Sacred Game of '*Karmic Obligations*' actually polish our soul and help it shine. It provides us lessons to learn and path to clear our debts. When we take a loan, we try to increase our income by working harder and clear our debts faster. Similarly, when we are dealing with '*Karmic Obligations*', we should become more humble, aware and seek for knowledge. This generates '*Karmic Income*' and it helps us to repay faster and easier. Selfless Service is the best method to repay faster.

Single seed can give us thousands of grains in return... then imagine if we regularly give a little part of our earnings to the deprived, unfortunate beings of the society. What will we get in return? It will not help us only to work on our past karmas but we will be getting the hidden blessings as well. I read an ideal structure made for USA. They have nothing to do with future birth benefits. The philosophy is earning and spending TODAY. One could invest few hours weakly for the society. The number of hours S/He put in social work will be calculated and recorded and will be maintained in a sort of digital passbook. When S/He will be older, ailing and requires support within this lifetime, can redeem from own passbook and get the support. The person who

had never invested in the past will have to pay heavy charges for number of hours of service required. When someone gets benefits, credits or publicity for the service done by them, these are considered benefits for them and they do not get other Karmic returns. Today we could see many rich people and corporations donating a part of earning by the same logic. Unlike western world, Indian Spiritual scriptures says give one tenth of your earning back to the society but do not let even your left hand know what, when and whom you have donated. There are many orphans, older and ailing people are waiting for care, they could give us immense blessings in return, which also could burn mountains of past karmas for us. Sharing our skills, time, and knowledge is better way than sharing money.

A Master asked his disciples to share their 10% of total income with the society. One disciple came back saying that his income was not enough to feed his own family. The master asked him to share 20%. The disciple took it very seriously and by eating only once a day somehow managed to spend 20% for next two years. By staying hungry, he became very attentive in his Sadhana and he started getting faster benefits from it. After two years miraculously he found different avenues of earning. His income grew more than double. Now 20% sharing was not an issue for him. Just by following guru's advice sincerely he received all hidden benefits of blessings, which helped him to improve his material and Spiritual growth.

So it is best to play this Sacred Game with knowledge than an ignorant being. We will end up having fewer blunders and get better benefits.



Shakti the Very Essence of pure Consciousness

by Aruna Margam

Shiva and Shakti they are the two states of the very existence of this universe. It is also believed that "Without Shakti Shiva is incomplete and without Shiva Shakti is incomplete". Lord Shiva is worshipped as Brahman himself. We all know that Brahman is everything, it permeates every atom in this universe. It is Omniscient, Omnipresent and the light of consciousness.

Chandokya Upanishad says "SarvamKhalvidham Brahma" means Everything is Brahman. Everything comes from Brahman and everything goes back to Brahman. This is the Shiva state. So this is nothing but Advaita. Shankaracharya was the one who brought the knowledge of Advaita to this world. There is a story about Shankaracharya's experience about the knowledge of Brahman.

Once he was going to take bath in a river. On his way he saw a woman waiting with a dead body of her husband. So Shankara requested her to move the body. The woman replied "You are the one who says everything is Brahman, so this dead body is also Brahman. You can ask it to move out of your way". Then Shankara knew this is not an ordinary woman. Mother Shakti herself has come in the human form to teach him the energy or the consciousness form of the Brahman is very important for this universe to function.

As we all know Ramakrishna Paramahansa was so devoted to the Mother Kali. He had sagun Bhakti with Mother Kali. We all know he worshipped his wife Mother Sharada as Goddesses Kali and related to Goddesses Kali as his own Mother. He also got an opportunity to learn this Knowledge of Nirgun Bhakti. His guru Totapuri helps him transcend the name and form and

reach the experience of Nirgun brahma the formless. Totapuri also got to learn about Sagun Brahman as he did not believe in the Shakti form of the Brahman. Later he too understood that the Shakti is the very energy form of the Brahman. Without Shakti everything is still in this universe.

We all have learnt that Reiki is the flow of energy. This very shakti is our reiki the universal life force energy. We as reiki channels due to the blessings of our Guruji get the experience of Sagun Brahman by worshipping Swami, doing seva in the ashram. We create human relationship with our beloved Swami Samarth like a father, brother, mother, friend or even a child. With reiki Diksha from Guruji we get to experience the Nirgun Brahman because reiki the very Shakti is flowing through our hands all our life. We are all so blessed to experience the Sagunand Nirgun Brahman in this life as reiki sadhaks.

As we practice reiki and experience reiki we go beyond the body consciousness and flow with this energy called universal consciousness. We are everything in this universe. This only means we become one with the Adi Shakti. Adi Shakti is the primordial cosmic energy. She is so powerful, strong, exuberant and vibrant. Through the union of Shiva and Shakti Adi Shakti brings the evolution of this universe. Through Reiki we are connected to this divine form of the cosmic energy.

As Swami Vivekananda says we as Sadhaks can divinize our each and every relationship in this world and humanize our relationship with Swami and reiki then our efforts will bring Heaven on Earth. In this process our lives will become blissful. We will all have healthy, happy and a harmonious life.

**When you like a flower,
you just pluck it but
when you love a flower
you water it daily**

by Amara Vasuntara



People want only to love their parents, spouse, children, grandchildren, relatives, their community, and countrymen. People become indifferent to those outside their circle of love. Biased love is more harmful.

According to Buddha, love cannot exist without understanding. Love is understanding, if you cannot understand you cannot love. If you want your loved ones to be happy, you must learn to understand their sufferings, their desires, longings. When you understand you will know how to relieve their sufferings and fulfill their aspirations. That is true love. Love is not true If you expect your loved ones to conform only with your ideologies and to neglect their own needs and desires. It denotes that in the name of possessiveness you are selfish, to fulfill your own needs and it cannot be attained that way

Each person's temperament is due to his physical, emotional, and social conditions. When you understand this, you cannot hate a person who behaves cruelly to you but strive to help transform his physical, emotional, and social conditions. Understanding is love that gives rise to correct action. To attain clear understanding, one has to live mindfully, making direct contact with life in the present moment, truly seeking what is taking place within and outside of oneself

You should love your family but your love can also extend beyond your own family and people. Attachment and discrimination are sources of suffering for yourself and others. All living beings long for loving-kindness and compassion. Maitri is the love that can bring happiness to others. It is the Loving-kindness, towards oneself as well as others. Karuna is the love that can remove another's suffering. It is the Compassion, resulting from Maitri, in which one identifies the suffering of others as one's own.

In Maitri and Karuna, there is no discrimination, hence there is no attachment. Maitri and Karuna bring happiness and ease suffering. Love based on attachment and desire creates anxiety and suffering. If you cannot feel another person's pain, you are not truly human. If you can understand the suffering of others, you will be able to bring them happiness. When everyone is peaceful, happy, and in joy, you will also experience happiness peace and joy. If you light a lamp for somebody, it will also brighten your path. Compassion is the fruit of understanding.

A person in compassion will feel the pain on seeing the suffering of others. When your heart hurts emotionally, realize that impermanence is the true face of life. Everything must one day pass away. When a person looks into the impermanent nature of all things, one's way of looking becomes calm and

serene. The presence of impermanence does not disturb one's heart and mind. Hence, realizing the impermanence of life, the emanated Compassion gives one a greater strength and provides the energy to respond to the suffering of others without the feeling of pain that is bitter and heavy-natured.

A beautiful poem by Sheri Eckert

That One

Be that one.

That one who forgives when a deep offense
has been committed.

That one who loves when no one else does.

That one who gives kindness to those
who are mean.

Be that one who looks past the insult,
Instead of seeing the pain that motivated it.

That one who shines light upon those
who sit in utter darkness.

Because the impact of being that one
runs far and wide.

It brings healing to the wounded,


Joy to the sad,

And hope to those in despair.

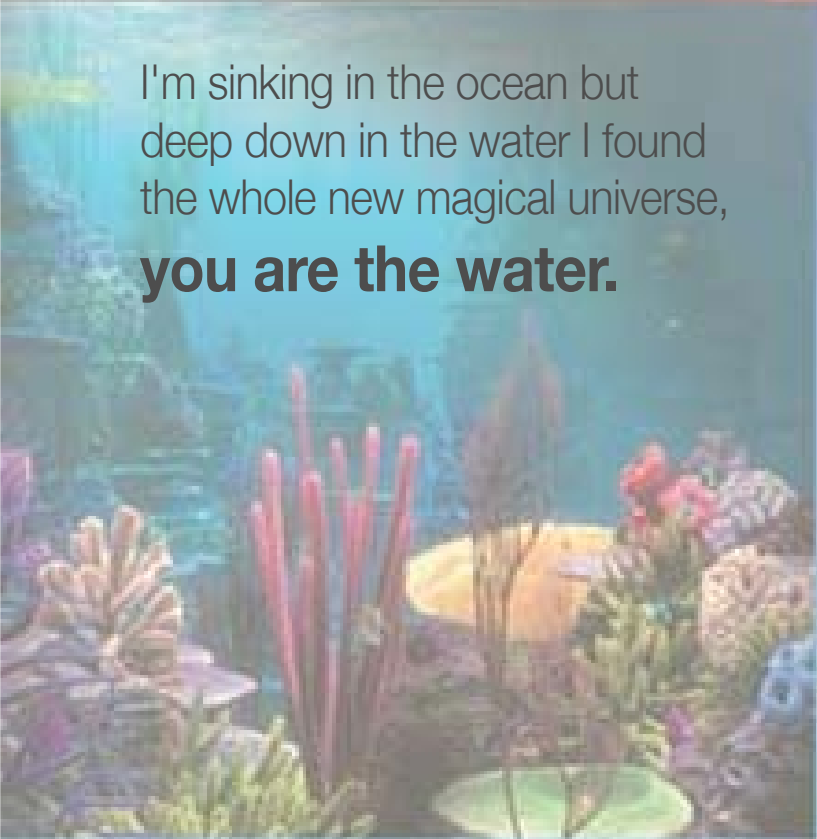
Be that one Let's stroll...

GURUJI AS 5 ELEMENTS OF THE LIFE


by Priyal Pabani



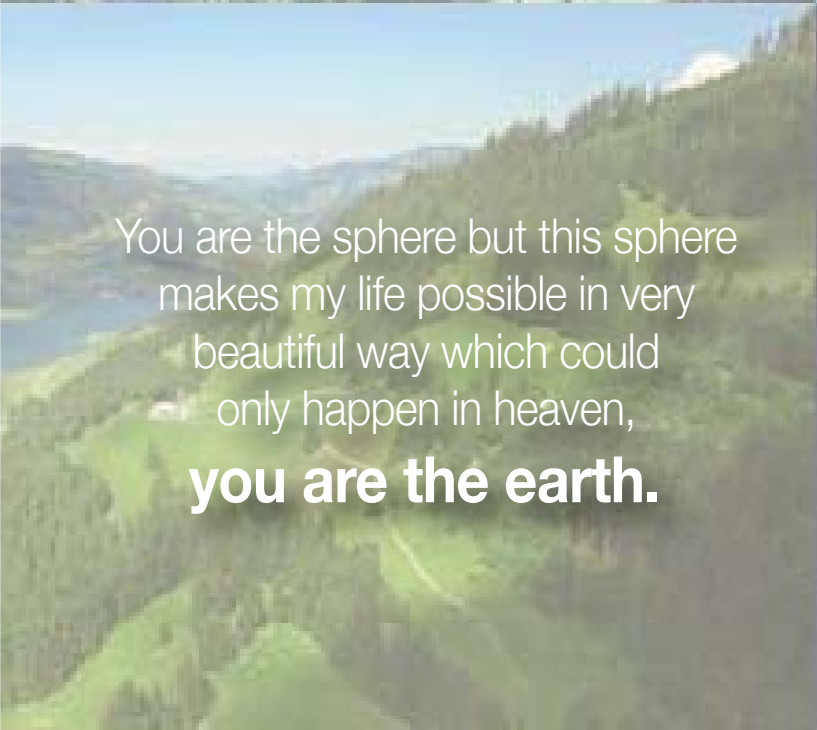
You always
burn yourself
to give me light,
you are the sun.



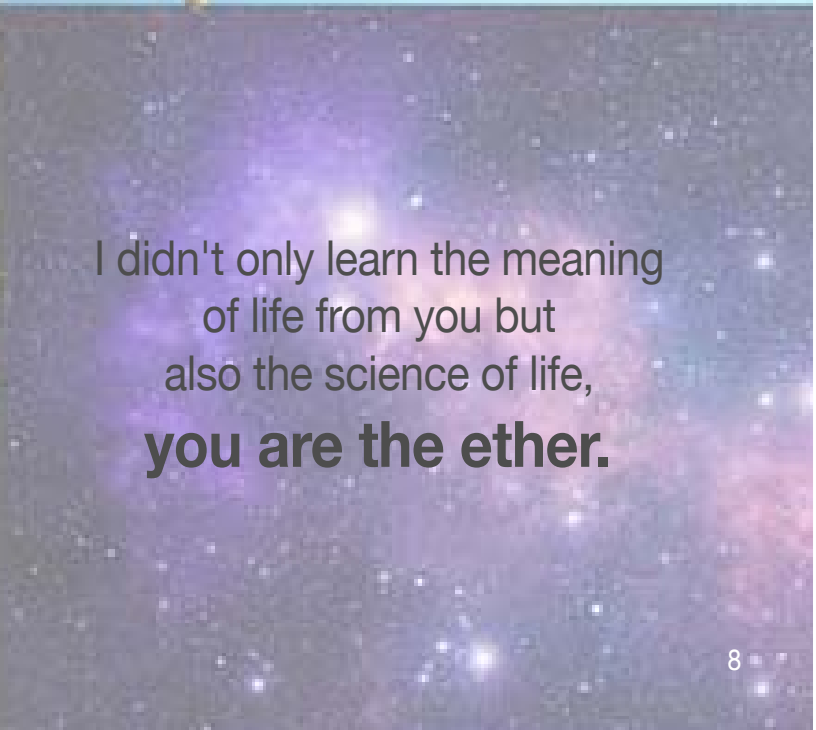
I'm sinking in the ocean but
deep down in the water I found
the whole new magical universe,
you are the water.



Physically we are far apart
but it always seems like
you are near me,
you are the air.



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.



I didn't only learn the meaning
of life from you but
also the science of life,
you are the ether.

for give
to
forget

Transform

by Telangan

I've learnt it a hard way
Night is always darker
Before the dawn and
Grief would increase
Before every setback...

The Darkness will fade with
The first ray of the sun
And rainbow is waiting
Just Forget, Forgive and
You are indeed Free...



This Life (a part of the journey)

So true, so pure, that it cannot be more mature,

by Pooja Solanki

*1. Life rewinded, from the last smile to the first,
from the last job to the first, It was so true,
so pure, it can't be more mature.*

*2. Opening your tiny , little eyes, and yawning, maybe
and bringing lots and lots of smiles around you,
So true, so pure, it can't flourish more.*

*3 When your favorite ones say
'Lovely'
'Lakhti Reje'
'How wonderful you write... keep on writing, express
yourself'
So true , so pure, it can't bloom more.*

*4. The moment you realize Him, and start to trust
Him, undoubtedly and the way your life blooms,
So true, so pure can it ripen more.*

*5. Meditating with joy and having that same smile,
Saying 'Om Namah Shivaya', and moving on or
being free from the cycle of birth and death,
So true, so pure,*

I think it might be blissfully more.



“De-cluttering of Mind”

by Krupa Choksi

Recently I was teaching a topic “De-cluttering” in our STRONG 2 (Youth Empowerment Program) in which I had taught them how to de-clutter home, work space, wardrobe, etc. at the physical level and how to de-clutter mind and relationships at mental and emotional level and I realized that life is all about De-cluttering.

As you all know “de-cluttering” means to remove the unwanted things or junk things. Whether tossing out dirt from your living room or clearing your mind of pointless thoughts, to de-clutter is to remove messes—or clutter—from a space. Physically, de-cluttering involves getting rid of unnecessary things, such as unused clothes crowding a closet, to tidy up a room or area. De-cluttering is very very important as de-cluttering of home leads to de-cluttering of mind and it is vice versa. Mentally de-cluttering means to get rid of bothering thoughts.

Everything kept in our home consumes energy. So too many things which are unused consumes lot of energy and eventually the energy level of the entire home comes down which ultimately affects our mind. When we remove the unwanted and unused things from home, lot of energy gets released and our house is filled with new energy. Guruji always says that till the age of 30 you should buy clothes every year but after crossing the age of 30 years every year you should discard one dress so that you de-clutter your wardrobe. If you buy one discard two that is the formula. Why it is required? As said earlier, de-cluttered home leads to de-cluttered mind. It raises our energy levels. You all know that if our energy levels are high, we are very optimistic, productive, creative, in lot of acceptance about people, things and events and are focused towards our work. Likewise if our energy levels are low, we feel irritated, pessimistic, complaining, frustrated, depressed and distracted as our mind is scattered. So housekeeping is directly related to the energy level of home and energy level of home has huge impact on our mind. Many times we experience that at some place when we go, we feel very peaceful and feel like sitting for long time while at some other places, we feel like running away. Why is it so, it is because of the energy level. The people residing in that place many not be having positive thoughts and emotions and thus it creates such vibrations in that place.

De-cluttering of home leads to de-cluttering of mind. Similarly de-cluttering of mind leads to de-cluttering of home. Subtle impacts gross and likewise gross has impact on subtle. Many times we experi-

ence that when we are in good mood we feel like keeping everything clean and tidy. We do housekeeping in no time and when our energy levels are low, we procrastinate things and do not like to clean up.

Now the question is how to de-clutter our mind? It is by introspection of our thought patterns. Even if things are going against your wishes in your life, accept it and try to look at the positive side. Have full faith in God as we are unaware of his divine design. God is painting a picture of our life and we are just seeing a part of canvas and deciding our fate. The best thing is to have faith that whatever happens, happens for good. Every moment observe your thought and let it pass if you find it unpleasant. Do not cling to it or have chain of such thoughts. Because thoughts are neither positive nor negative, we label it based on our perception which is again based on our past experiences and future apprehensions.

Swami Vivekananda has said, “Your mind is like a magnet, if you think of blessings, you attract blessings, if you think of problems, you attract problems. Always cultivate good thoughts and always remain positive and optimistic.” This means when we count our blessings, our energy levels are raised up, our faith towards God becomes firm and our outlook towards life becomes positive and optimistic. We will have lot of acceptance in life. And we will feel always connected to the divine. This is what all the great devotees have done in their life. Such thinking affects our mind, body and emotions too. Our body manifests everything which mind thinks as 5000 crore (50 trillion) cells in our body takes us very seriously. So whatever we think, body reacts accordingly. Likewise, when we are optimistic and experiencing the feeling of gratitude towards God, Serotonin in our brain gets produced which makes us feel good and eventually keeps us healthy. At emotional level, we experience our own love and compassion which again makes us healthy and happy.

Our mind can be our best friend and best enemy so start de-cluttering your mind by doing all kinds of spiritual practices taught by Guruji and get rid of unwanted thoughts. Also start de-cluttering your home which will eventually help you to de-clutter your mind. And de-cluttered mind means lot of efficiency, creativity, health, happiness and harmony within our existence. This is what we all are looking forward to in our life.

Ashtavakra Geeta Part 10: Chapter 2



Verse 14th:

अहो अहं नमो मह्यं यस्य मे नास्ति किञ्चन ।
अथवा यस्य मे सर्वं यद् बाङ्मनसगोचरम् ॥२-१४॥

Meaning: Wonderful am !! I adore to myself who have nothing or all that is thought and spoken of

Here the “nothing” is written because nothing really exists except the Self and all, as the Self is a substratum and the reality, and the phenomenal universe as perceptible to the senses is a mere illusion. Empirically, I, the Self, is a master of all that exists, of all that is thought or spoken of.

He is like a real ascetic. He owns everything, but nothing belongs to him. He does not have to use and consume all that is owned by him. He does not need them as he is already complete with or without them. His completeness does not depend on these external resources. He is satiated within himself. He has bliss without a reason to be happy about.

Verse 15th:

ज्ञानं ज्ञेयं तथा ज्ञाता त्रितयं नास्ति वास्तवम् ।
वास्तवम् अज्ञानाद् भाति यत्रेदं सोऽहमस्मि निरञ्जनः ॥ २-१५॥

Meaning: Knowledge, Knower and the knowable these three do not exist in reality. I am that blotless Self in which the triad appears through ignorance.

All relative knowledge depends upon the subject-object consciousness. Supreme knowledge transcends this consciousness.

The one needs to know till the point he knows everything. But the knower of all has already become a knowledge, what would he need to know. A sage once I met, knows everything about everything in this universe. When asked about how many books he must have read in his life- time he said he gets bored when he reads first few pages of any book. But the author of the book has also not originated the knowledge that he/she has written about. He has picked up that from

some universal source. He said that he taps that and it descends in him. That is the way the realized consumes the 'triad' of knowledge, knower and knowable.

Verse 16th:

द्वैतमूलमहो दुःखं नान्यत्तस्याऽस्ति भेषजम् ।
भेषजम् दृश्यमेतन् मृषा दृश्यमेतन् सर्वमेकोऽहं चिद्रसोमलः ॥ २१६॥

Meaning: Oh, the root of misery is duality. There is no other remedy for it except the realization that all objects of experience are unreal and that I am pure one, consciousness and bliss.

The Moment king Janaka became realized he experienced the oneness and all the dualities got vanished. He realized that the foundation of all dualities and multitude is the egoism. That egoism divides everything in multiple and creates grid, desire, hatred, violence, diseases and many more. There is no remedy or medicine to these diseases. Duality is the disease by itself. When the egoism is dies or gets dissolved in the consciousness with Self, it just becomes like wave of receding in the vast expands of the ocean.

Verse 17th:

बोधमात्रोऽहमज्ञानाद् उपाधिः कल्पितो मया ।
एवं विमृशतो नित्यं निर्विकल्पे स्थितिर्मम ॥ २-१७॥

Meaning: I am pure consciousness. Through ignorance I have imposed limitations

upon myself. Constantly reflecting in this way, I am abiding in the absolute.

Here limitations mean egoism, mind, body etc. and Absolute means where duality vanishes and the Self shines in its pristine glory. Here the king Janaka has experienced the self-consciousness and realized that the infinite self itself is manifested as the universe. The Moment its divided into multitude, it loses its essence and beauty. What will happen if a beautiful perfect body is divided into different organs and dissected? It will lose its beauty and essence both.

Verse 18th:

न मे बन्धोऽस्ति मोक्षो वा भ्रान्तिः शान्तो निराश्रया ।
अहो मयि स्थितं विश्वं वस्तुतो न मयि स्थितम् ॥ २-१८॥

Meaning: I am neither bonded nor free. Having lost its support, the illusion has ceased. Oh, the Universe though existing in me does not exist in reality.

The Atman is eternally free, so the question of bondage does not arise. The illusion has its roots in ignorance. The ignorance about our true nature. By constantly reflecting on the pure nature of the Self, this ignorance is destroyed. Then illusion loses its support and just vanishes.

From the relative standpoint, the universe is considered to be existing and its basis is the Self itself. But from the absolute standpoint, there is no universe. The Self alone is.

Verse 19th:

सशरीरमिदं विश्वं न किञ्चिदिति निश्चितम् ।
निश्चितम् शुद्धचिन्मात्र आत्मा च तत्कस्मिन्
कल्पनाधुना तत्कस्मिन् कल्पनाधुना ॥ २-१९॥

Meaning: I have known for certain that the body and the universe are nothing and the Self is pure consciousness alone. So on what is it now possible to base imagination?

Now means after the ignorance is destroyed. Imagination of the universe and the body.

Janaka says here that now that he has realized that there are no two, but only one infinite soul and the idea of duality itself is an illusion. Then how can one imagine too as even for imagining something you need a reference. Self is beyond a reference.

Verse 20th:

शरीरं स्वर्गनरकौ बन्धमोक्षौ भयं तथा ।
कल्पनामात्रमेवैतत् किंकल्पनामात्रमेवैतत्
किं मे कार्यं चिदात्मनः ॥ २-२०॥

Meaning: Body, heaven and hell, bondage and freedom as also fear, all these are mere imaginations. What have I to do with all these-to I whose nature is pure consciousness?

A common man with a mind at his disposal nurses the ideas of body, heaven and hell, fear and anxieties which are all illusory. These illusory things become his driving forces behind his journey from birth to a death. He lives in the body with an idea to enjoy the life with his wrong references. He dies in the body with ideas of hell and heaven. He lives

through the ignorance and embraces everything that he finds real when truly is all imagining. But how can the one who has realized the infinite nature of the eternal soul be with these ideas and live or even die?

Verse 21st:

अहो जनसमूहेऽपि न द्वैतं पश्यतो मम ।
अरण्यमिव संवृत्तं क्व रतिं करवाण्यहम् ॥ करवाण्यहम् २-२१॥

Meaning: Oh, I do not find any duality. Even the multitude of human beings, therefore, has become like a wilderness. To what should I attach myself?

King Janaka has a new vision now. The world around him remained the same but his experiences now changed with a new vision. He has adapted a renunciation as a way of life, which has nothing to do with being away from the world. Even in the midst of people he became alone. Being alone is a state of mind or beyond mind and has nothing to do with a physical presence of someone or the other. When you are disconnected from everything in this world, it hardly matters who is around and who is not.

Verse 22nd:

नाहं देहो न मे देहो जीवो नाहमहं हि चित् ।
चित् अयमेव हि मे बन्ध आसीद्या जीविते स्पृहा ॥ २-२२॥

Meaning: I am not this body, nor I have a body. I am not Jiva, I am pure consciousness.

This indeed was my bondage that I had thirst for life.

This verse has very deep meaning. Here Janaka talks about the thirst for life as a big bondage. He is not saying here that the life is a bondage. It is a thirst, a craving for life that is a bondage. It is like a food is not a problem, the craving for the food is. Similarly, Janaka says that getting stuck with the idea of life is a bondage. It is not denying a life but accepting the same without cravings.

Verse 23rd:

अहो भुवनकल्लोलैर्विचित्रैर्द्राक् समुत्थितम् ।
समुत्थितम् मय्यनन्तमहाम्भोधौ चित्तवाते समुद्यते ॥ २-२३॥

Meaning: Oh, in me, the limitless ocean, on the rising of the wind of the mind, diverse waves of the world are produced forthwith.

In reality there is no other reality except the Self. However, the moment the name and form were superimposed on the same the world appears to be a reality. But the moment one is self-realized, the illusion gives way to only one reality and that is the Self, the Atman. It is just like the wave of the ocean appears to be a reality as long as it rises. However, the moment it recedes into the ocean, one realizes that the wave was just illusory. It was in reality a ocean, vast and infinite.

Verse 24th:

मय्यनन्तमहाम्भोधौ चित्तवाते प्रशाम्यति ।
अभाग्याज्जीववणिजो जगत्पोतो विनश्चरः ॥ २-२४॥

Meaning: With the calming of the wind of

the mind, in the infinite ocean of myself, the ark of universe, unfortunately for Jiva, the trader meets destruction.

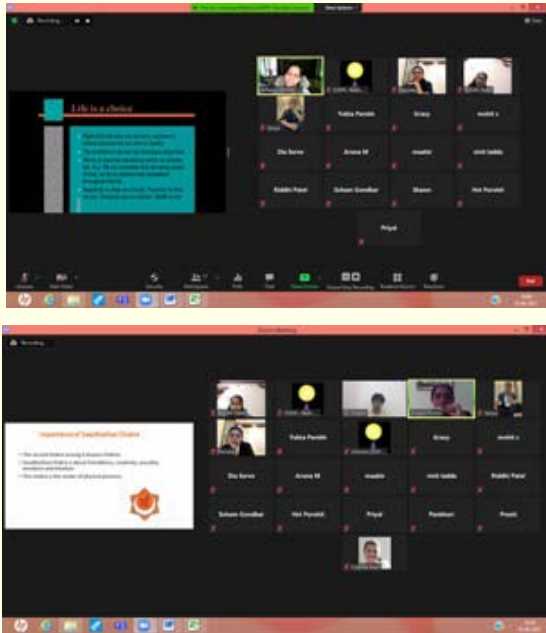
Here Jiva has been called as a trader, trading with the world as a market. His actions are a commerce. The good and bad fruits are his profits and losses. But the moment the mind is destroyed by the knowledge of the Self, Jiva a trader and his market place the World vanish as they are borne as manifestations of the mind.

Verse 25th:

मय्यनन्तमहाम्भोधावाश्चर्यं जीववीचयः ।
उद्यन्ति घ्नन्ति खेलन्ति प्रविशन्ति स्वभावतः ॥ २-२५॥

Meaning: How wonderful! In me the shoreless ocean. The waves of individual selves, according to their nature, rise, strike each other play for time and then disappear.

Here according to their nature means according to the karmas of the Jiva. The waves will disappear when the ignorance is destroyed, and Karma is worked out. Janaka actually is in the advanced stage of consciousness and sharing with his Master what he was experiencing. Now, he says that he is not limited entity but was experiencing himself as the infinite, unlimited Self. He has realized that he was not a wave of the ocean but a vast ocean. Only because of his ignorance he had a limited vision of his Self. He has realized the permanence of the Self and the impermanent nature of this world around. This is that momentary event which lead to the supreme understanding for Janaka, exactly the way Arjuna became realized of the reality by seeing that virat Swaroopa of Lord Krishna.

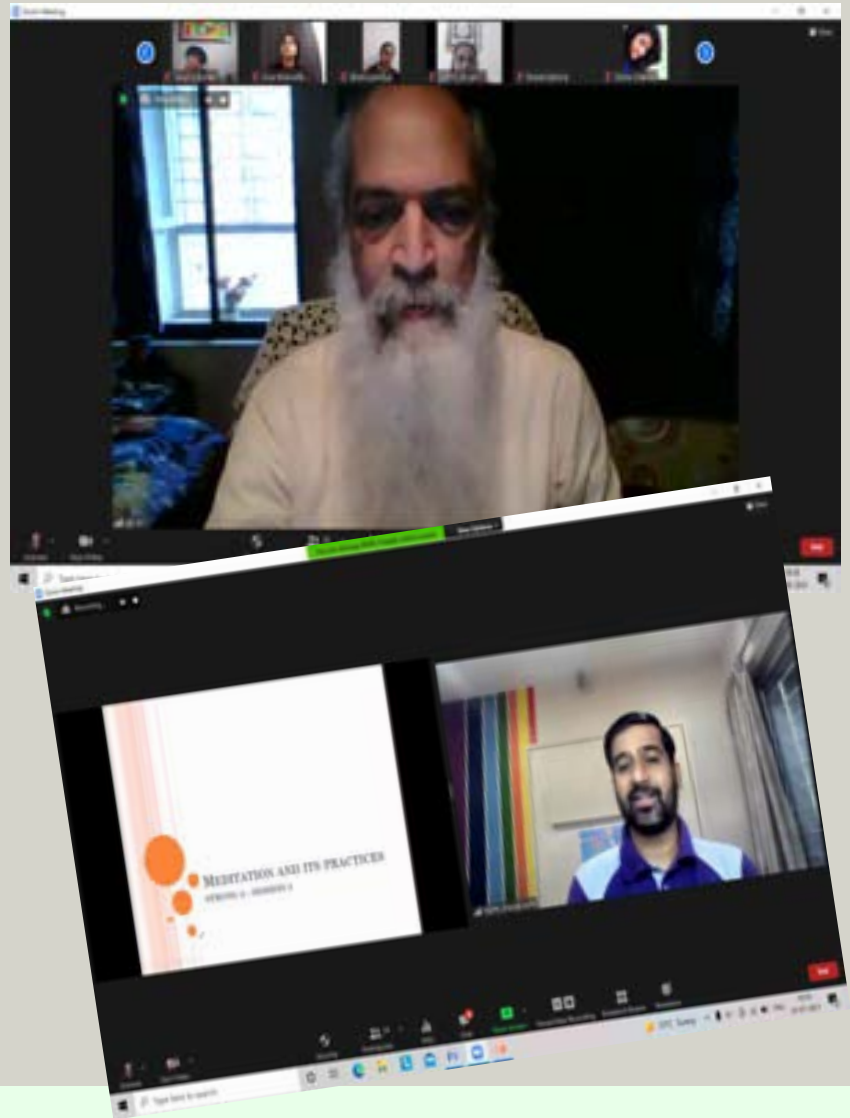


DSPPL completed Online STRONG 1 program

DSPPL had conducted Online STRONG 1 (Spiritual Transition for Realistic Outlook of New Generation) program for Youth in the age group of 15- 25 years from 12th to 23rd June, 2021. 19 participants took part in it. All the subjects were very well taught by all the faculties. All the students were overwhelmed by the contents of the program and the way it was conducted. Subjects like Power of Positivity, Chakras- the wheels of Life, Meditation, Emotional Freedom Technique, Human Values, Communication, Butterfly effect, etc. was taught in the program. They gave a feedback that the program changed their whole outlook towards the life and they would like to continue with these kinds of classes throughout the year.

DSPPL has organized Online STRONG 2 program

From 25th June to 6th July, 2021, DSPPL had conducted Online STRONG 2 program for the participants who had done STRONG 1 program last year.



Online Wave of Faith Program

Online Wave of Faith program has created huge impact on minds of the Sadhaks. It has created lot of faith in everyone. Since past 2 months this program is on and Guruji and all other team members has been on toes to keep everyone on the path. Many outside faculties who are considered authorities in various fields have also been invited to impart more knowledge about the subjects like Ram Raksha Stotra, Dutt Bavani, Tarak Mantra, etc. The critical period of Second wave which had created lot of fear in the minds of sadhaks was converted into the wave of faith which has generated lot of faith and devotion towards the divine.



Realize the God through your Conscious Mind.

This is one of the famous statements of Shree Swami Samarth during his stay in Akkalkot. A guy came and without recognizing Swami, asked Swami himself, "Where is Swami?". Swami shot back saying "Realize the God through your conscious mind" The guy who asked this question did see Swami in front of him but did not recognize. The recognition is very vital in our experiences. Many a times we look at the things but never see. There is world of difference between "seeing" and "looking" The eyes can look but needs a support of conscious mind to see. When we see, we recognize. The same thing can not be said about looking.

Your physical eyes can not see the God unless the consciousness connects with the eyes. The recognition can't happen unless there is a "cognition" before that. Cognition needs your sub conscious mind and memories to connect to your conscious mind or intellect. One needs that inner wisdom of the soul – the atman- to recognize that Super soul or the Paramatman. When you look

through the eyes of the ego, you will never find the God. Ego limits your consciousness because ego itself is limited and finite. It would not help you to recognize that infinite, unlimited entity called God.

You need to be in here and now moment to recognize the supreme. Most of the time the mind is wandering in the past or dreaming about the future when both do not really exist. Then the hide and seek with God begins in life and God only knows how long and for how many births the game goes on. End the game by being in the present moment. Blind faith without the use of your conscious instinct may create many illusions in life and you will have ample lost opportunities. Do not go by the outer appearances. Just resonate with your inner abilities like compassion and love consciously with those of God and you will find the God in no time. Never ever leave him again.