

# REIKI

VIDYA NIKETAN

CELEBRATING SWAMI PRAKAT DIN





## The role of Reiki Sadhak in Healing

We are consistently told in Reiki Spiritual practice that we are the medium and obviously we do not heal anybody and everyone heals himself or herself. We are just a support in healing. The reason as we all understand generally is that one should avoid going in doingness as far as Reiki healing is concerned as such kind of act of doingness would just inflate the egoism of a healer which is detrimental to his own growth as a spiritual person. Another reason which is not discussed much is that a whole responsibility of healing truly lies with the patient and only a patient can connect the process of Reiki to his/her own life. No one else can really get into the healing zone in his/her existence. Reiki as any other healing methods or even spiritual practices can only create an option and only when the option is connected to one's life the solution of health emerges.

One has to also appreciate a very vital fact here is

that each one of us a human being are invested with a tremendous power by that kind and compassionate divine. This infinite, vast, unlimited source of energy called a soul can do practically anything. Though we all have brought this force with us, not everyone remembers that consistently for a major part of life. And then starts the series of miseries and diseases in life. Reiki healing awakens that inner vital force in us as Sadhaks and empowers us to heal.

While treating a patient using Reiki, one has to keep in mind this important thing that using my natural energies activated during my reiki initiation, I am just getting consciously connected to that divine force. That is what Lord Shiva has reportedly said in a famous Shiva Sutra (Sutra third) to Goddess Parvati that when we get connected to that vital force of the universe, a new body emerges.





This means that just by a conscious connection with the divine force one can rejuvenate one's health. This, I believe can be considered as an essence of reiki practice. The patient by default has fallen sick as he has lost his natural frequency in that particular part of his existence and as a healer to we need to resonate this part and this frequency with our natural frequency. One needs to have a dialogue with that part or cells which are the paradigm reasons of the existence. We need to create a relation with that part of the body, we need to resonate with that. This is all about a resonance theory. The moment the inner nature of the cell is awakened, the healing has happened. All those barriers and obstacles on the path of the divine flow get collapsed. Then every cell in the body starts swinging on the tunes of the universe.

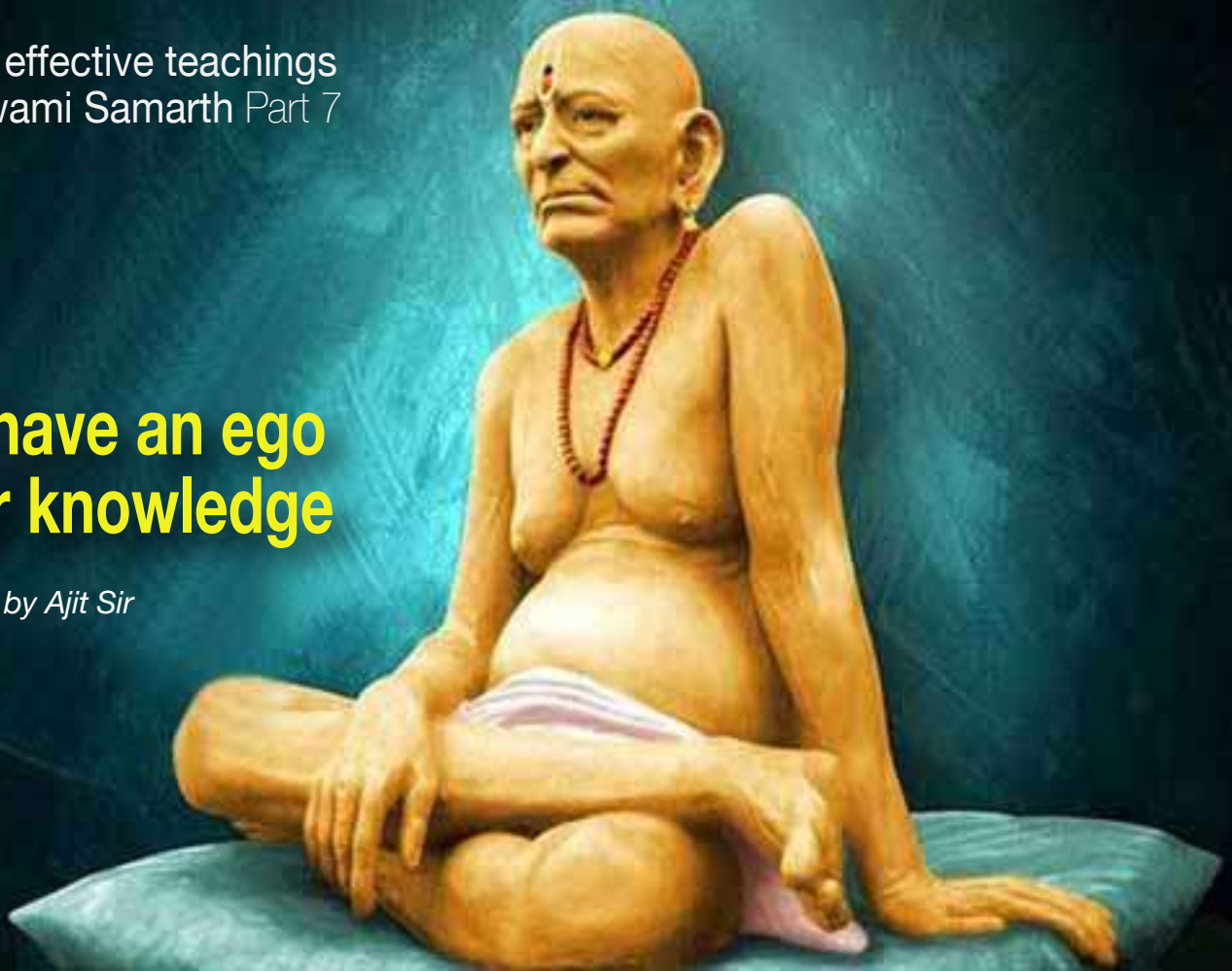
Truly speaking the divine words of a saint can also achieve this if the patient is willing to get healed. But unfortunately I have experienced that many a times a patient is already a victim of impressions and implants of his/her own karmas of the past. The conscious mind then gets blocked. That does not allow those divine words to get in. But Reiki is a different proposition. Reiki Sadhak does not or should not get into the verbose game. A divine

touch truly helps bypass the conscious mind of the patient and calls out the subconscious mind to achieve the same result. As the barriers of conscious mind are bypassed, the doors of the subconscious are wide open for the divine force to get in. But to achieve this one has to operate as if one is a messenger of the divine and not have any ownership of the same. We are just the couriers of energy not the owners. One should never ever forget that. Then you are qualified to allow the streams of your love and compassion to caress each cell at the cellular level to manifest the act of healing. The moment that happens the divine takes over. Our role is over. Then just sit back and witness the divine game with awe and joy. Just experience the play of consciousness. That witnessing itself could be a Moksha, a liberation or a Samadhi of highest order.

*Ajit Sir*  
March 22<sup>nd</sup> 2022

## Never have an ego of your knowledge

*by Ajit Sir*



In one of the recent episodes of a serial on Shree Swami Samarth, a Vedic scholar called Vishnubua Brahmachari comes to Akkalkot to display his wealth of knowledge. He was well appreciated by the King of Akkalkot then. The scholar always believed and displayed too that there is no one who can match his knowledge on Vedas in the world and he is a supreme scholar. Swami as usual was always ready to destroy his egoism. Swami as usual creates a situation for his design. As Swami himself has the influence over Vedas as energy bodies, he breaks through Vishnubua's ego and Vishnubua surrenders in front of Swami.

Swami forgives Vishnubua and blesses him. He advises Vishnubua that your knowledge should be free from the expression of ego. The knowledge can be like a vast ocean carrying immeasurable quantum of water. But if its has a salt of ego in that the same water can't be used by anyone to quench the thirst. Some amount of salt makes a vast amount of water useless. Same way, a large and vast knowledge can be made ineffective and useless if it also carries an ego. Unfortunately,

many a times we find that a vaster knowledge also attracts a vast amount of ego. A common man then starts hating not only the knowledgeable but also the knowledge. Even a spiritual person should stay away from this phenomenon. Otherwise a common man starts moving away from the path of spirituality which is is dangerous for the world.

I remember an event shared by a famous Keertankar Shri BabamaharajSatarkar in one of his performances. He said he visited one place for a keertan. In that house he saw a huge chandelier which he thought must have cost the owner a lot as it was very majestic. It was not lighting as it was the daytime when the speaker saw that. He was wondering how it would like when it is lighted. He wanted to see that glory and asked the house owner to light it. The house owner sheepishly and shyly told him, "sorry, it is still not connected to the electrical point." The speaker was disillusioned and thought that most of the scholars are like that. They have all the glory of the chandelier but no connection to the divine as the connection to the divine can happen only when there is no ego.



## Education: The only source of power

by Vivek Pandey

For the whole of their life, people have a fundamental yearning to be powerful. The approach they take is mainly through the means of money and position. However, not many of them are clear as to what power is. The outside factors can never decide what power is. It is only the inner phenomenon of maintaining the integrity and having minimal reliance on outside resources that makes one powerful.

People live with some misguided concepts of assuming their bodily existence as the only existence. People inflate their egos and appear to be powerful. Success should make one realize that he or she is blessed and not necessarily something special about them. Strength lies not in its display but in the very act of abstaining from the same. Young people performing some task out of sheer strength should always remember that this may not last forever. The process of unlearning and doing away with the knowledge that is meant to work in the temporary world should be completely done away with. Some information is necessary for survival; however, it should hang loosely in one's mind. In order to be powerful, the first thing that one needs to do is to stop showing oneself as separate ultimately. The second would be to learn to absorb all the negativities thrown at you.

Power has everything to do with the human mind. Even the physical strength at the display has a subconscious mind working towards the show of strength. Hence, training of the mind is of utmost importance for any human life. The way the mind is, the way the body will be, and the same will be the execution of the task. A distorted mind cannot complete work with finesse. The mind is capable of receiving information of all kinds. Education is more important than food or at least as important as food. Every thought, picture, and space you surround yourself with either educates or destroys you. Education is a continual process of what you need to drop and what you need to accumulate. The right things accumulated will make you powerful, and the wrong things done away with will give the same result. Observing this whole process from both inner and outer viewpoints is what awareness is. The role of healing assumes significant importance in unlearning

things. You don't directly drop activities; you slowly heal them by accepting your past and also practicing a few things. Only a healed person, someone who is complete in himself, will become actually powerful. An unhealed person will sooner or later be exposed for his vulnerabilities. Continuous improvement at all levels and healing your own existence make a person educated every day. Reading books or attending seminars on self-improvement becomes a tiny part of education. The mind that leads you in the right direction and the same mind that can take you away from the wrong spaces makes you a great student.

This guiding light always tells you what to do or abstain from doing. This guiding light can be veiled by clouded minds, just like the clouds cover the sun's rays from reaching us. This guiding light should be sought out to have a clear learning path. How to catch hold of this guiding light within each of us? Just pause and reflect for a while before doing or saying anything. If you are in a range of emotions or the mind is clouded by too many thoughts, it would be difficult to experience and follow the guiding light. One needs to wait before things settle down within us in such cases.

Every person seeks blessing from some other at some point in time in their lives. Blessing may happen that way. Nonetheless, the best way to fetch blessings is to keep your emotional and mental states complete and unwavering at all times. The universe responds to the vibrational state that you are in. You stay blessed without seeking blessings, and you will end up having the best of life. The biggest favor one can do for their good is to study the vibrational nature of life. Vibes don't lie. They teach you so much and make you shift towards bliss. If enough attention is paid, this study of vibrations can take you to great heights in terms of spiritual sadhana. The basic ingredients that make a good student are; curiosity, appetite, honesty, and observation. If you possess such abilities, you will surely move towards liberating your being.



# Transition is inevitable till we reach our destination

by Aruna M



When we put forth to Guruji the following question asked by a sadhak "Why one has to bear the fruit of previous birth? Why can't we get and complete it for each birth? Why we need to carry forward?"

Guruji replied "Life is not just this birth. We are born in different forms in each life and die each time. All our fruits of action also are carried forward from the previous lives. Life is continuous from the time we started from the divine, till we merge with Him completely.

He also quoted an example. When we are in front of the river, we only think that is the river. But when we go on a mountain, we can see the whole journey of the river. Where it starts and how it is merging in the ocean. Similarly, when we elevate ourselves, we can understand that this life is part of the whole journey. There is no past, present and future too. It's continuous.

Guruji has repeatedly told us about IKEW that is Information Knowledge Experience Wisdom. Swami gave me an opportunity to get the wisdom through the illness of mother. My mother was diagnosed with cancer last September. It was a shock. Guruji guided us through and through. He said body's cancer can be cured but not the cancer of the mind. As she was 74 years we wanted to keep her happy. We never told her about the disease. First 3 months she was only with reiki, group healing, Agnihotra, ointment etc.,

Last 3 months certain challenging situations were there. Reiki supported her through out. She had lot of faith. Her children were around and we could support her as much as possible. As a witness I learnt that she is traveling now from one life to another.

When a child is born and grows into a toddler, we are happy with the

process. The same way when this form is coming to the end and the soul needs to transit it will have to go through some stages. If we start feeling that this life is coming to an end we might be in sorrow. I started understanding that Swami has given an opportunity to be part of her transition.

When we were a child mother did everything for us to grow. Now it's our chance to support the transition, but the roles are reversed. Through reiki Swami has given us a golden opportunity to help the transition. Now we become mother and mother became a child. This helped me to be calm and peaceful and be part of the journey.

Mother reached Swami lotus feet and the transition was very natural and peaceful. Doctor herself said she was surprised that mother managed very well. Normally patients are kept in sedation to manage the pain.

Our whole family was fortunate to have learnt reiki under Guruji. Guruji guided us through the challenging situations. Reiki helped her every moment and also till the last moment in the world and beyond. Very grateful to reiki mother. I was reminded of our Guruji's words. His life mission has been to teach reiki for joyful living and a peaceful death.

As always, our Guruji kept his promise, he belongs to his sadhaks. He was part of the journey. Reiki learnt 21 plus years ago helped us to grow and also be part of the transition called death. Soul is immortal. Transition is inevitable till we reach our destination known as the divine.



## Men will be Men

by Anand

When my second child was born, and since my mother was growing older one of us had to be at home as a care giver. We both didn't want to send my children to day care center. The sacrifice obviously done by my wife because I was getting the higher pay. Later, one of the Ad agencies from California hired me and I was almost ready to get reallocated to USA. Again, my wife was the one who was ready to sacrifice her clients, which she had built after her hard work of five years. We call it **'the power of mind'** or **'superwomen'** *but it's a complete lie.*

Corporates celebrate women's day with great headlines, ads, posters and offer gifts like flowers, chocolates, cards, and cover up all

important critical women related issues.

We definitely don't have gender equality but almost every organization today tries to showcase how unprejudiced they are. I recall a very senior leader saying in front of his young male subordinates for not hiring women in team because they don't work late (after office hours), they take lots of leaves, they have health issues in general etc.

I can proudly say, my team had almost 75% women and they worked harder, better and they were more disciplined than all other men. Organizations highlight that they are women friendly but when it comes to part the benefits,

worldwide research say women of same education and experience are paid less than men. Equal rights, equal respect, equal pay are just myths even today. In America women are paid 80 cents for every \$1 paid to men. Global picture is worst. According to UN research women are making 77 cents for every \$1 earned by men. Even today women are being paid less for the same job done by men. Even today women are paying a penalty for pregnancy, they lose jobs or promotions. Pregnant female managers are considered as less committed to the job, less dependable, and more emotional. Even today it is very tough for women to re-enter the workforce after giving birth. Research shows that women after given birth are paid less than men with same education, experience and capability. Even they are paid less than women who do not have children. ***At the same time is there a fatherhood penalty?*** It's totally opposite. Men are in fact paid more after becoming fathers, because they are supposed to support their families. 88% work places do not offer any support to women struggling for childcare. 66% work places do not offer any form of help while women fighting menopause symptoms. This forces them to take career break at times. Again, this adds to pay gap and power imbalance. Women occupy only 26.1% in parliament seats in 156 countries and only 22.6% women are ministers. In 81 countries there was never been a woman head of state, for example America. The research says it might take more than 145.5 years to attain the gender equality in politics also. **Do we reveal any of this on the woman's' day?**

Gender pay gap is a social injustice because it sets a wrong trend, it normalizes settling for less and villainizes women who ask for their rights. One study shows that men are less willing to hire women who 'ask' more because

they are seen to be demanding and complex. This creates a toxic culture in organization. HP conducted internal survey found that women applied for promotion only after meeting 100% of the criteria but men on the other hand applied for promotion after meeting 50% of the criteria. Gender pay gap affects even financial security. A study shows that men have twice emergency funds than women. Online tax filing firm found men are saving three times more money than women. A study shows that single women have higher debts, more credit card spending.

Women work more than men. In rural India, 85% of women take care of farming needs than men. In urban India, they do take care of all cooking, washing and cleaning home while working harder than men. As per the hYve study shows women are assigned 55% of all the work even in organizations. Today, there are more girls appearing in schools, in offices but still women are fighting for social injustice. European union has adopted a resolution and introduced a national minimum wage program. Few countries like Finland, Iceland, Norway, New Zealand, Ireland, Switzerland are marching towards gender equality but even in these countries women are not paid at par with men. It just that the pay gap is less than the other countries of the world.

***Next time, we can't get away saying 'Men will be Men'. We must think seriously when we call any woman as 'Superwoman' or an 'Icon' or celebrate the woman's day. We must recall if we really give women the respect they deserve or even we are also a part of this whole fake circus? We can't expect the world to change unless we change first...***



# Message from Shree Vasant on Agnihotra

## On Agnihotra

Agnihotra is merely a stepping stone in one's spiritual development. Agnihotra prepares the mind for the dawning of higher knowledge. It enables the mind to be free, to be clear-thinking, by scientific methods as given through Vedas. It is so simple and the cost is minimal. You pay nothing except to purchase one copper pyramid-shaped pot. The supplies to be burned are very inexpensive and simple to obtain. Nothing is required. This was given and shall always continue to be given. No Money is ever to be charged to teach one Agnihotra. What other things you wish to teach, do so on your own, but Agnihotra is never to be charged for under any circumstance. It is ours by Grace that we can share with others.

Actually, the essential ingredients of Agnihotra are cowdung, ghee, and some grain. The grain chosen in this case was rice because of its chemical protein structure and its availability. Also, for optimum effect, the pyramid shaped copper pot is essential.

There is such a turbulence of energies that come exactly at Agnihotra time that nothing should be done to disturb the movement of those energies. This is why one should not blow on the fire. Also, somethings with the breath may disturb the purity of the energy that is created at that time. If there is bacteria in the mouth, for instance, and one blows it into the fire, it spreads. So this sort of thing should be avoided.

## Changing Bad Habits

To rid yourself of negative habit patterns, replace them. Concentrate only on positive thoughts. Positive actions will result. Get out of these material worldly desires.

It is not a question of liking or disliking oneself. You take care of the physical body because it is an instrument. You take better care to train the mind so that it too can be utilized as an instrument. If there are habits you wish to change, you were told what to do to change them. Do not concentrate on the bad habit. Replace it with a good one, one which promotes good health and awareness. If you tend to be critical of those nearest to you, then make all efforts to praise them. Compliment them—not to employ flattery, but sincere positive effort. It will help you. The other person may also benefit, but you are able to break your habit. It is like that.

# THE INVISIBLE 'HE'

by Preeti Khanna

A grayling tosses up and down  
Beneath the seas, above the waves,  
Flow it to shore to which it is bound.  
Hue and cry it never makes,  
Of the obstacles that falls its way.  
What makes it so, I marvel though!

A cuckoo flutter with the break of the day.  
Beneath the bough above the grove  
To fill its belly with a living prey,  
Thorns do prick, flowers do kiss  
What makes it so, I marvel it though!

The Sun does shine while the dark clouds whine  
The moon does show its valiant glow through silvery pines  
Despite the thundering ghostly sky  
Stars don't fail their twinkling glow  
Through the mist and fog that shrouds it though.  
What makes it so, I wonder though!

I break, I fret, I fume, I dread  
The obstacles that engulf and make me dead  
Wonder why can't I be like this divine nature?  
What drowns me to the depths of failure?  
What uproots from my own garden of life?  
What makes me so, I wonder though!

Faith, trust, belief in the invisible I think, I lack.  
"Come up young lad! "says He  
"You are Arjun, where Krishna I am  
To pull you out with all my might, from the quicksand  
Shatter not your trust in Invisible me."  
I bow my head before the Invisible 'HE' ...  
For He knows the plans better than you and me!



# UNDERSTATED

*by Anand*

The real Battle is  
Among what we know  
And what we feel...  
The power is in accepting  
Whatever comes to us  
Allowing it to go at time...  
What's for us remains  
Effortlessly with us...  
No point getting upset  
With situations can't change  
Because they are powerless  
Without our reactions...





# Ashtavakra Geeta

## Chapter X

### Verse 1

अष्टावक्र उवाच

विहाय वैरिणं काममर्थं चानर्थसंकुलम् ।  
धर्ममप्येतयोऽहेतुं सर्वत्रानादरं कुरु ॥ १ ॥

**Meaning:** Here Ashtavakra is saying that just renounce the desires and the prosperity which is detrimental to your own growth. Just do not respect the basic form of these things and stay away.

Here Ashtavakra is saying that desires and wealth both are the enemies to a seeker. As the sanasar (a material world) can't even be thought without these two things. If you renounce these two, one does not have to renounce anything else. Renouncing these means ignoring these with dissent or disrespect. If we start respecting these, we start feeling like connecting to them and we start getting entangled into their dragnet. In the four purusharthas- Dharma, Artha, kama, Moksha- Moksha is the only one worth seeking. The moment we realize the futile nature of the desire and wealth one can avoid them and take a route to liberation.

### Verse 2

स्वप्नेन्द्रजालवत्पश्य दिनानि त्रीणि पञ्च वा  
मित्रक्षेत्रधनागारदारयादि सम्पदः ॥२॥

**Meaning:** Look to your own friends, relatives, farms, wealth, money, wife as a dream or illusion. Remember that their influence does not in any way last for more than 3 days.

Ashtavakra is repeatedly telling Janaka that the world, the samsara, the matter is not bad and should not be denounced. We have accepted this world as our dwelling place. It can not be bad. We have come to this planet to learn, to improve ourselves and not only to prove ourselves. We have come to this planet as a guest and can enjoy the life experience as a pleasant phenomenon going beyond the sorrow and joy. But the moment we generate the idea of ownership, the desires, cravings come to us as right. Drop these cravings and desires. Do not drop the material world. Look to this world as a third party, as a witness. These things are ever changing. They are not eternal. You are.

### Verse 3

यत्र यत्र भवेत्तृष्णा संसारं विद्धि तत्र वै ।  
प्रौढवैराग्यमाश्रित्य वीततृष्णः सुखी भव ॥ ३॥

**Meaning:** Remember that wherever there are desires and cravings, the mundane world exists. You drop all your cravings and desires by experiencing your matured renunciation. And become happy.

The mundane world can't exist without desires. Desire itself indicates incomplete state of existence. God has sent us to this world as a pure, complete soul. We have come to this earth as a tourist who is rich in wealth. But we have forgotten that and have started believing that I am a poor soul and have to work to survive. The feeling of incompleteness is spread within. The environment of scarcity is created although we are the children of abundance. We have lots our directions like a musk deer running all around in search of a musk. Here the teacher is telling his disciple to first stop searching for a lost thing as there is nothing which is lost. The biggest illusion is that you are incomplete. You are like a child full of cravings not because you need them but because you want them. Now be matured like an adult. Drop your childish nature and renounce those things which are blocking your path.

#### Verse 4

तृष्णामात्रात्मको बन्धस्तन्नशो मोक्ष उच्चते ।  
भवासंसक्तीमात्रेण प्राप्तिर्मुष्टिर्मुहुर्मुहुः ॥ ४ ॥

**Meaning:** *The quest or a desire is a bondage of the soul. You need to destroy this bondage of thirst. That is freedom, that is liberation. Renouncing this world matters is the only way or means to be happy and satisfied.*

Soul is bound by anything in this world except the desire, the quest to get something. We are all trying to get something through each activity. That is the obstacle on

the path of freedom. But now you know that you are the eternal, infinite, unmanifested, wholesome soul. Then where is the experience of incompleteness coming from? And if not incompleteness, what you are desirous about? Fundamentally we are all complete. Not experiencing this complete nature itself is a root cause of all our desires. Janaka, at least now you drop these cravings and attain your own nature.

#### Verse 5

त्वमेकश्चेतनः शुद्धो जड विश्वमसत्तथा ।  
अविद्यापि न किञ्चित्सा का बुभुत्सा तथापि ते ॥५॥

**Meaning:** *You are a pure, pious form of energy. This world is only an illusion. The ignorance of this is also an illusion. What are you trying to know further?*

Now that you know that you are a pure, eternal, holistic, divine form of energy. This material world is only an illusion or reflection of this pure energy. The ignorance seeks the truth in the world that you see which is illusive while the wisdom embraces the truth. This world is nothing but a bubble of illusion. This bubble is ever changing, flowing, while your own nature of soul is everlasting, eternal, pure, stable. Then why are you following a dark path of ignorance leaving the wonderful path of wisdom that you have got after self realisation? What will you get in this material world which is ever changing and full of ignorance?

### Verse 6

राज्यं सुताः कलत्राणि शरीराणि सुखानि च ।  
संसक्तस्यापि नष्टानि तव जन्मनि जन्मनि ॥६॥

**Meaning:** *Everything that you were entangled in your past lives like your kingdom, your children, your wife and parents, your body and pleasures associated with, have all gone. Nothing is left behind. At least now you can drop the desires.*

Ashtavakra is saying to Janaka that you have been living in this world for many lives. Every life you had your own kingdom, your own children, your own wife, your own parents, your own body and the pleasures associated with. Every life you were entangled in them. Every time you died, you left all that behind and once again you took a birth to get entangled into other sets of your things. Nothing of these is permanent. Then why are you still engaged in this wheel of life and death? Why can't you be free from these cycles? At least now take a path of wisdom and drop everything else.

### Verse 7

अलमर्थेन कामेन सुकृतेनापि कर्मणा ।  
एभ्यः संसारकान्तारे न विश्वान्तमभून्मनः ॥७॥

**Meanings:** *You have had enough of these wealth, desires and conscious karmas. In spite of that you have not attained any*

*peace in this forest of the mundane world.*

Astavakra once again is telling Janaka that you earned so much of wealth, have done some wonderful work which you are still continuing from many births. But inspite of doing all this you are deprived of the happiness and peace. If all these things could give one happiness, joy, satisfaction, you would have acquired the peace by now. This means that all these things will never lead you to eternal peace. You are just having the illusion of peace in all these things. Atleast now drop the desires and cravings and be prepared for experience of peace.

### Verse 8

कृतं न कति जन्मानि कायेन मनसा गिरा ।  
दुःखमायासदं कर्म तदद्याप्युपरम्यताम ॥८॥

**Meanings:** *For how many lives you have done so much efforts and the actions which has caused you a sorrow? At least now you may relax.*

The Master here is telling his disciple that you have taken so many births by now and have experienced the life through your body, mind and speech. In the process you have come across many sorrowful situations. You have done so many efforts. Have gone through so many struggles? Even then how come your desires based on your mind and body are not waning? You are getting trapped in the cycle of life and birth time and again. Now get out of these cycles and embrace the peace.



# TO LOVE ANOTHER PERSON IS TO SEE THE FACE OF GOD

By Barry Rathner, Clinical Psychologist

If, in fact, we are all created in the image of God, why should we not be able to see Him in love for our brothers and sisters?

Babies...now how easy it is to see the face of God in them--even in young children in whom ego and fear and such have not yet surfaced. Now should we wish to return to something resembling that state of love, let us reduce or eliminate fear and ego from ourselves. Look how easy it is (to write this).

But like the Fivefold Path (FFP), it is simple but not easy.

If going within ourselves is a worthy goal, certainly circumstances of the past two years could have nurtured that. Lockdowns have kept us at home more. With movie theaters and bars closed, those external diversions being eliminated, concentrating on ourselves—our inner selves—is less likely to be detoured--in theory.

As kids, if a game we were playing wasn't going our way, no problem; just pack up the football, take off your sports jersey and retreat into the obliviousness of childhood. Easy solution. My bat, my ball, my rules.

Is this what is happening as the world tries to 'return to normal,' as all or most Covid restrictions are relaxed or eliminated?

How about the collective planetary reaction to the birth of the third year of Covid 18--now better labeled Covid 19-22 (and counting). We appear bored or 'enslaved' as the extremists among us cry. What we are NOT being, is vigilant and patient. Are we in danger of not seeing the forest from the trees? Is the advice being given considering public health sufficiently?

We are aided or guided down these paths by politicians, mega-businesspeople, Big Pharma and the cinema and bar owners. What about Higher Guidance?

And no doubt the traumas associated with life worldwide these past two years may have further clouded our decision making, keeping us vulnerable (psychologically)?

What has this to do with Agnihotra and the other four steps of the Fivefold Path? The answer is EVERYTHING, everything to do with self/esteem, value of life and patience. As all three appear at times to be in short supply these days, whatever are we to do?

FFP helps us immeasurably with intellect, emotion, power of discrimination and will power — in short it helps us to love ourselves and others. After all, the Mind Training Programme of FFP has the

goal of training the mind to react with love in all circumstances.

As we have been in survival mode for quite some time, the four tools just mentioned could have seemed to be almost luxuries, an example of 'collateral damage' of the pandemic.

But as the mind is nearly always doing its job of thinking, feeling and willing, just like Swadhyaya (self study), it is open for business 24 hours a day, every day.

And then there's intuition. As governments and the medical establishment, and the media have all proven to be not particularly up to the task of protecting us—say the statistics— going within and mining our own experiences and coordinating them with life as it confronts us today, are requirements—not luxuries, as it may have felt like in easier times.

"Teach me how to trust my heart, my body, my intuition, my inner knowing." (Melony McGannt)

Nearly universally, those who practice Agnihotra regularly, as well as adhering to some degree to the other four steps of what is called the Fivefold Path, report higher and deeper levels of intuition and the feelings that support and encourage it—not to mention levels of will power and the power of discrimination formerly thought of as out of reach.

Should this culminate in my being able to love myself and others, all praises on High. And remember the truth that once was spoken: "to love another person is to see the face of God".—Victor Hugo. Persons who before doing Agnihotra found it nearly impossible to still their minds enough to sit and try to accomplish CONCENTRATION, then CONTEMPLATION, --the first and second stages culminating in MEDITATION-- discovered themselves able to attain these states.

How else shall I be able to access my INNER KNOWING? There is no cable tv channel able to do this for us. Books may point us in a direction, but it is our job to walk the yellow brick road.

It is difficult to put into words what Agnihotra seems to bring out in ourselves, making our heart and our inner knowing true companions rather than sought after goals.

That is why our tagline for the past 45 years or so has been BELIEVE WHAT YOU EXPERIENCE, for only you are able to access and discover you.



# VEDIC SCIENCE and MANTRAS

Prof.: Carlos E. Bustamante G.

## Mantra TrisatyaŚaraṇāgati / TrisatyaPratijñā (Mantra of Seeking Refuge of the Triple Jewel)

The Vedas, the supreme scientific and cognitive revelation (Vidyā) is traditionally defined as śāśvatam (eternal), that is to say, anādi (without beginning) and ananta (endless).

This supreme science was handed down orally in Vedic Sanskrit and later on it was arranged in four written Saṁhitās or collections, the Ṛg/Rig Veda, Yajur Veda, Sāma Veda and Atharva Veda.

An ancient and traditional name for denoting the Vedas is Śrutih. This word comes from the sanskrit verb śru-, śṛṇoti, śruta-, śrotum = “to hear, to listen”. So therefore, this word Śrutih means: “the hearing, the act of perceiving, that which has been heard or listened, sacred text or sentence, hence Vedas, Science transmitted orally through the succession of disciples (saṁpradāya) or Knowledge received by means of inner hearing.

There is a set of 10 ancillary and complementary Sciences to the Vedas that attached to the four Saṁhitās form the “Chaturdaśavidyāḥ”, the fourteen Sciences which comprise all the Vedic Knowledge.

Furthermore, there are 6 great Systems of Vedic Philosophy named “Darśanas” which are points of view, optical perspectives according to the etymology of the word.

As these philosophical “darśanas” accept the Authority of the Vedas and they are chiefly in conceptual accordance with the vedic knowledge, they are called “astika” or “orthodox” systems. The word “asti” as a component of the word “astika” under the viewpoint of grammar is the third singular person, present tense, indicative mood of the sanskrit verb “as-, asmi, asi, asti; āsam, āsīt” meaning “to be”. Therefore, “asti” must be translated as “(He/She/It) Is”, id est: “that Is”, “that is according to the Śrutis”.

These six (6) “orthodox” or “astika” philosophical systems usually arranged in pairs are: Nyāya and Vaiśeṣika; Sāṅkhya and Yoga; PūrvaMīmāṁsā (Karma Mīmāṁsā) and

Uttara Mīmāṁsā (Jñāna or Brahma Mīmāṁsā) or Vedānta.

But, simultaneously there are some heterodox or heretical philosophical systems called “nāstika”. (“Na + asti” = “which are not in accordance with the Vedas, because they do not accept the Authority of the Vedas).

These “Nāstika” systems are the materialistic philosophy called Chārvaka, the Jainism of Vardhamāna or Mahāvīra (Jina or the Conqueror) and the Buddhism taught by Siddhārtha Gautama Buddha, the Enlightened or the Tathāgata.

In this opportunity we are going to examine some general features of Buddhism as a philosophy and as a religion. As a matter of fact, the depiction of Buddhism as “nāstika” and antivedic system has some relative fundament, however finally it is not correct.

Buddhism arose historically from northern India/Bhārat, but after a time of development and expansion gradually declined.

Many believe that Buddhism declined and ceased to have a large following in India/Bhārat because it came under the attack of the ĀcāryaŚrīŚaṅkaraBhagavatpāda the eminent, illustrious philosopher and religious leader of southern India, born in Kalaṭi, Kerala. (According to some sources, Śaṅkarācārya is said to have been born in 788 A.D. and to have died in 820 at the early age of 32. But other sources have tried to show that Sankara’s date must be the 6th or 7th century at the latest.)

He was the celebrated sage who taught the profound philosophy of AdvaitaVedānta (Monist or Non-dualist Metaphysics).

The decline of Buddhism in India is not imputable to the philosophical and religious influence of ŚrīŚaṅkara. There are very few passages in the Ācārya’s commentaries critical of Buddhism. Far more forcefully has this sage criticised two vedic philosophical systems, the Sāṅkhya and the Mīmāṁsā. He demolished their conception that Ívara/God is not the Creator of the World and that it is not He who dispenses the fruits of our actions.

That is to say that this Ācārya/Master states that it is Ísvara that has created all the Universes and it is He who awards us the fruits of our actions (Karmas).

The thinkers who severely attacked Buddhism were the philosophers of Nyāya, the logical and epistemological Vedic School and the philosophers of Mīmāṃsā the Vedic ritualist School.

The Tārkikas or logical philosophers of the Nyāyadarśana criticised Buddhism for its denial of Ísvara/God. The Mīmāṃsākas or ritualist philosophers attacked Buddhism for its refusal to accept Vedic Yajñas or Vedic rituals of purification.

But the refusal of Yajñas or Vedic Rituals by Gautama Buddha had a solid fundament. One essential aspect of Buddha's mission was to abolish cruel offerings into the fire and to resuscitate Vedic ahimsaka Yajñas performed in the classic prescribed manner refraining from violence or oblations of flesh and blood. That is the reason why Buddha suppressed all the cruel Yajñas performed by that time, excepting the Agnihotra that remained pure through the ages. Actually, in the canonical buddhist text "Sūttanipāta" it is said that Gautama Buddha taught: "Aggihutta (Agnihotra in pālī language) mukho Yañjah" = "Agnihotra is the principal Yajña". Out of these statements and observations we may draw the conclusion that the buddhist rejection of the bloody Yajñas is in perfect accordance with the authentic original Vedic mīmāṃsāka Tradition of the pure non-violent Yajñas, which purify the Mind as well as the Atmospheric Prāṇa.

It is said, according to ancient Traditions that after attaining Bodhi (Perfect Knowledge), Siddhārtha Gautama Buddha visited a near kingdom where Somayāg sacrifice was about to be performed. The Somayāg, the most complex Vedic Yajña was very cruel and violent by that time because its performance implied the slaughtering of hundreds of sheep and goats before

the sacrificial altar. The King enchanted with the presence of the Tathāgata, said that the performance of this Yajña would secure his place in Paradise. The Buddha expressed that if the slaughter of quadrupeds would attain that object it should be much more elevating if a renouncing monk (saṅnyāsi) like himself offered to die on the altar.

The King was deeply shocked with these words and clearly perceived his great error and immediately surrendered himself unto the lotus feet of the Blessed One. His was the Surrender of the Triple Jewel (Tiratana or Triratna):

"Buddhamśaraṇamgacchāmi,

(I surrender to the Buddha)

Dhammamśaraṇamgacchāmi,

(I surrender to the Dhamma/Dharma, set of principles taught by the Buddha)

Saṅghamśaraṇamgacchāmi,

(I surrender to the Saṅgha, the Buddhist Order).

The powerful Vedic Mantra of Surrender and Seek of Refuge we chant every day at the end of the performance of Yajñas has a great affinity and a subtle connection with this Buddhist three jeweled Mantra.

"Satyamśaraṇamgacchāmi,

(I seek refuge in the Truth)

Satyadharmamśaraṇamgacchāmi,

(I seek refuge in the Truth and in the Dharma or Eternal Religion)

Satyadharmaṣaṅghamśaraṇamgacchāmi,

(I seek refuge in the Truth, in the Dharma and in the Brotherhood / Sisterhood of Dharma or the Eternal Religion).

This set of Mantras must be chanted or uttered three times at the end of daily Yajña





## Reiki Healing Experience

Dear Sir,

Today on Tuesday, i.e. 15th March 2022, we have completed Group Reiki of Mrs. Nilima Vaidya, age 62. Whatever we discuss about the Reiki Healing in our Reiki seminars, was once again closely experienced by Reiki healers in this group as given ahead.

The daughter of Mrs. Nilima has learnt Reiki from RVN in 2015 and she had been taking care of her mother since Feb 2021 while managing her office work. She contacted Guruji through Mrs. Vinaya Sawant, our old sadhak and as suggested by Guruji, the group Reiki healing was started on 15th Feb 2022.

As we all know, we speak to the patient and its family members before we start the group healing to understand the case history and a likely root cause of the illness. Likewise, we spoke to the entire family including the patient for almost 30-45 minutes. It was understood that the illness was possibly due to the wrong diagnosis and a resulting wrong line of treatment. We then explained to all of them about what is Reiki, what we intend to do and how it will work in the next few days, giving them a positive assurance about the Reiki healing. After we concluded talking to them, Mr. Vaidya (patient's husband) expressed himself saying that " Even if you only speak to a patient as a counselling, he or she will be 50% alright". This feeling may have been experienced by him probably due to our healing experiences over last many years coming out through our dialogue. In a real sense, this is actually a grace bestowed upon by Reiki and Divine.

Meanwhile, Mrs. Nilima and her son learnt Reiki themselves in our seminar, while the group Reiki was continued. 10-12 days after learning Reiki, Mrs. Nilima experienced some aggravation of the illness and she had to be hospitalized for 4-5 days. This

validated that the treatment was happening in a right direction as we mention in the Reiki Seminar. The group Reiki healing was continued even in the Hospital. After being discharged and coming home, today the 30 days of group Reiki healing is over within a week.

Today on the last day of group Reiki, Mr. Vaidya was at home. During the last one month of healing, he used go out for his usual evening walk while we used to give Reiki to Mrs. Nilima. Exactly after a month we were meeting once again and he was sitting with his closed eyes beside all of us (Bharati, Neelima, Mansi, Meenal).

After the completion of Reiki, Mr. Vaidya asked me whether I did feel anything unusual while giving Reiki. I mentioned to him that "while giving a Reiki healing, all of us experience a lot of happiness, joy and bliss. That's all!". We asked him why did he ask us so, he replied that "while he was sitting beside us while Reiki was being given, he saw Lord Shiva there" and he appeared very blissful saying so. Listening to this we had goosebumps on us imagining what an amazing thing it could be.

We have always been believing that 'we as Reiki channels are only the mediums or carriers while the healer is the divine'. This was a real experience and that too by a non-Reiki channel like Mr. Vaidya. This is only a representative experience and every healing must be happening like this. Only at certain times, the situation is created which gives someone a unique experience due to probably a specific level of Consciousness. Now we can understand why do we believe in "Idam Na Mama" while giving Reiki.

With Love, Light & Reiki,

**Jairam**



## Mahashivratri Festival at Devrukh- 2022

Mahashivratri festival is the heart of all festivals at Devrukh ashram as sadhaks wait for this day throughout a year. After two Atirudras in 2016 and 2020 respectively, Mahashivratri has become a huge source of energy for the Sadhaks in which they like to soak their souls. This year the festival was celebrated on 27th and 28th February and 1st March 2022. The number of Sadhaks though low as compared to the earlier years but the spirit was not lacking. This was one such indication that a Math is

now maturing. The background of Kailas mountain created by our artist student Mr Avdhut Potphode was so realistic and live that one literally travelled on that divine journey.

Everything else was so perfect in that setting as three Sadhak groups performed Rudra Abhishek, Rudradhyay recitation and Rudra swahakaras to have 11 Laghurudras.



## World Agnihotra Day- 80th event on 12th March 2022

12th March every year is celebrated the world over as World Agnihotra day as on this day in 1942, Shree Gajanan Maharaj of Akkalkot was initiated on the path by Lord Parshuram in Agni Mandir. At our ashram we celebrate the event by lighting those many Agnihotra pyramids as the year of initiation. This year, as said earlier was 80th year and hence the Sadhaks of the math lighted 80 Agnihotra to mark the great event. The day was also celebrated with similar events in Reiki Vidya Niketan centres all over the country.



# Ashram Events

## 22nd Anniversary at Devrukh ashram on 15th March 2022

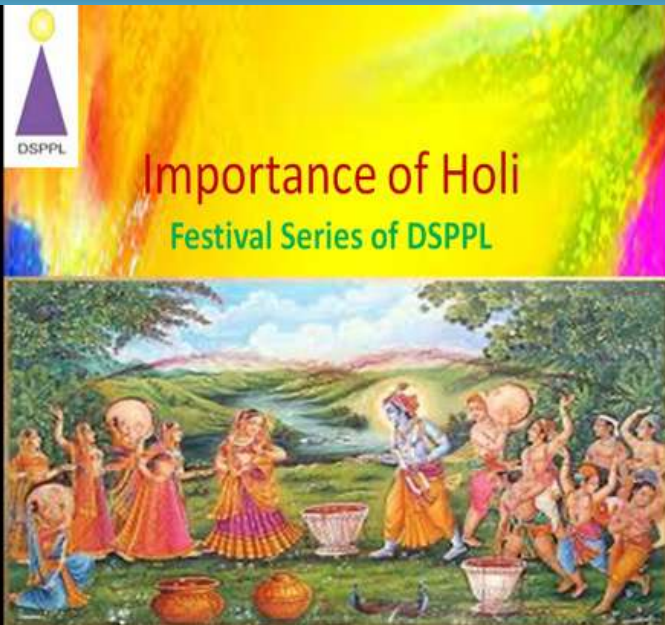


Our Devrukh ashram completed 22 years since it was inaugurated on 15th March 2000.



Sadhaks assembled to celebrate this event and performed Palakhi procession, Maha Aarti, Satsang etc on this auspicious day.

## Full Moon session at Social Empowerment Forum- DSPPL event



Who can see your viewing activity? X

### Holi

- **Holi** is a popular ancient Hindu festival, also known as the **Festival of Love**, the **Festival of Colors**, or the **Festival of Spring**.
- Holi is one of the most vibrant and colourful festivals celebrated in India. The festival marks the blooming of spring after a long winter season.
- It is celebrated on a full-moon day of spring in the *Phalguna* month of the Hindu calendar.



DSPPL's new initiative of Social Empowerment Forum chose the event of holi Poornima for their Full moon session. The session on Holi festival was conducted by DSPPL director Ms Krupa Choksi where she presented "The essence of Holi festival" to bring out various facets of this colourful festival. This online event on zoom was well attended by Parents and students of DSPPL as well as Sadhaks of Reiki Vidya Niketan.

The presentation was well appreciated.



सिद्धीओंके और चमत्कारके  
मायाजालमे फसना नही कभी ॥

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## Do not get trapped into the net of Siddhis and Miracles

The life of Swami Samarth is full of miracles. But Swami never performed the miracles just for the sake of miracles. He never had an idea that people should get impressed with his enormous powers or to get a publicity and fame. Not only that he punished many who were advanced on the spiritual path but were misusing their powers for personal gains by hurting someone's interests but he also transformed them to become selfless messengers of God for betterment of common people. Kimayagar of Nashik and Janglisha – a disciple of Abdulsha of Akkalkot being the famous example. Both of them became great saints of repute in future.

Swami always believed and insisted that the great super powers bestowed by the universe on the seekers who achieved them by great efforts and penance should always be used for the upliftment of the society. The misuse of siddhis, he considered is a corruption of greater kind. He used to say that no one can really perform miracles in the true sense, the miracles happen through you when a divine decides to offer itself to transform the world. The saints only create a situation for the divine to express, through their

enormous purity of their soul and their great deeds. Everything else is only a manipulation which take common people away from the path. Satya Saibaba said once that every time I perform a miracle, 50,000 people walk on this path. That should be the objective so that people believe in God and stop becoming a nuisance to the world around. If one does not follow this discipline, the powers then vanish at one point of time and saint ceases to be saint. Then he becomes more ordinary than a common man and has to pay for his bad karmas.

Swami's message is not only for a new seeker but even for those who are elevated. A story of ShrikrishnaSaraswati Maharaj, who was Swami's staunch disciple is very well known. When he started to display his powers, Swami told him to stay away from such prostitutes. People were shocked as they knew for sure that Saraswatiji can do such things. Saraswatiji however realized that Swami was talking about the siddhis and not of common prostitutes. He stopped doing such displays thereafter and focussed on his spiritual practices in all earnestness to become a famous saint.