

# REIKI

## VIDYA NIKETAN

### The Learnings from corona



All of us teachers always try and teach one specific thing in all our seminars and classes and that is the fact that a life is nothing but a series of situations. Every situation is truly created for our learning. And we need to learn from every situation that comes our way. Corona was (or is) one of such situations which should have taught us something. The question is what have we learnt?

If you think deeply, you will realize that Corona did exactly what all our revered Masters and Saints of the past have done to us, but in a little different way. To my understanding Corona impressed on us three things in the past 2 years. These teachings were through the practical experiences unlike the theories and principles which were the media selected by the traditional masters. All these three things were actually attempted to imbibe in us by Vedas, Upanishads, Scriptures and religious books but through theoretical way. These three things are: (1) the Impermanence of Life (2) the Illusion of universal life and (3) Ignorance. I call them three Is of learning. Unfortunately, a common man entangled in a mundane world have never understood these nor have they been inclined to know about this. Maybe at that lower level of consciousness one can't even relate to them forget appreciating. One needs some kind of dispassionate nature to understand them. Maybe one can't even afford to live with these references in the material world where the idea of winning at cost is considered on prime importance, no matter what are the consequences.



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People with not even an iota of relationship with the Spiritual world possibly always looked at these things as a theoretical rhetoric of some elevated souls. But Corona actually cut across all such blockages of knowledge and destroyed the human structure based on past conditionings, beliefs and ego. For the first time possibly, a collective social mind realized the impermanence of life which the spirituality described as a bubble on the surface of the water. This bubble is subjected to destruction all the time. This is what Vedas and Upanishads profoundly proclaimed eons ago. But with their eyes closed to the reality, the western culture confining them to the dark rooms of the ego busy with the kaleidoscope of the darkness could never accept that. The same group of peoples is now helter skelter with nothing to hold to to withstand the cyclonic features of Corona. This Pandemic has shredded the medical science to such an extent that they may no longer be valued than the roadside hakims and vaidoos who claim to offer the remedies to every evil. Those so-called scientists who proclaimed themselves, to be super gods have already been reduced to ashes. The whole idea of science to help humans to becomes fearless and empowered has started creating the enormous fears for the sake of the own selfish interests of chosen few. Of course, humanity is now disapointed. Those intellegencia who promoted the ideas of modern science on realizing that all that they created in the past few decades is only modern myths and the load of blind faith in the garb of scientific outlook do not know where to hide their faces.

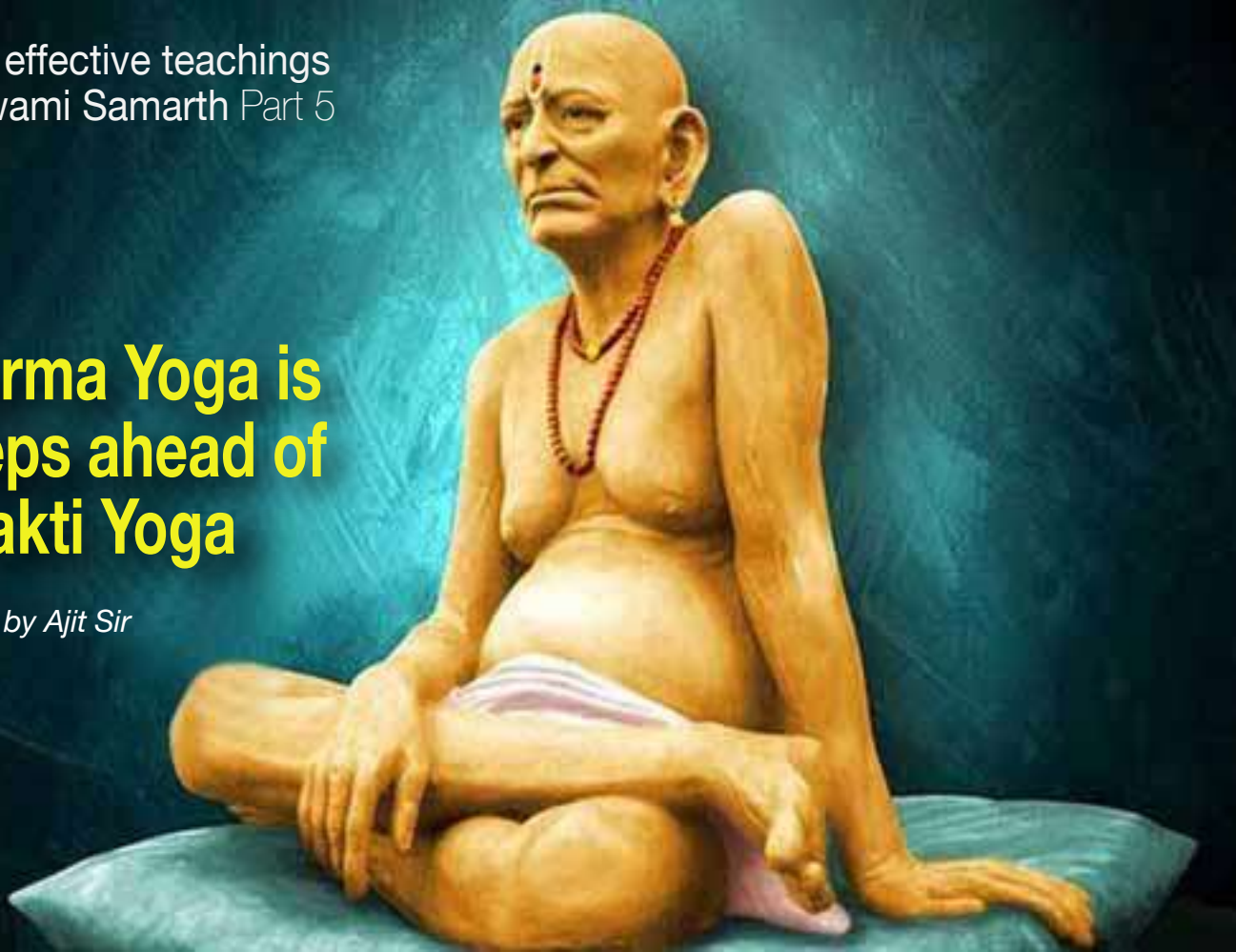
The outer world is only an illusion and the self is only the truth, thus proclaimed Vedas which was always laughed at by the same intelligencia who are now exposed by their lies and false knowledge which is truly ignorance. Having no knowledge has never been an idea of a term ignorance, but having false and inappropriate knowledge is ignorance. And all these years we thought that we were in the sea of knowledge. No wonder we lost our way in search of ourselves. Suddenly those who sang limitlessly in praise of Artificial Intelligence (AI) have started applying their brakes fearing that AI may rule the human mind if we go overboard. The search for Natural Intelligence (NI) is the need of the hour for those who have learnt lesson. If we do not, that would be the beginning of doom's day.

Ajit Sir  
January 17<sup>th</sup>, 2022



## The Karma Yoga is two steps ahead of Bhakti Yoga

*by Ajit Sir*



In one of the recent episodes of a serial on Television in India, Shree Swami Samarth tells his disciple that “Karma Yoga is two steps ahead of Bhakti Yoga” which means a Yoga of action is two steps ahead of the yoga of devotion. All those devoted to Swami possibly were amused with these quotes as the devotees always believe that it is their path of devotion which is supreme and no other path can match that. Maybe there were ripples in their mind. Total devotion is as good as surrender and how can a path of action be ahead of this devotional path? But Swami has always been telling his devotees not to forget their chosen karmas and take full responsibility for the same. He only had said that first crop the farm and then enjoy the fruits. In this life you can’t go without karma or action. The Lord Krishna himself in his divine song- The Bhagvad Geeta says that you have to do Karma without taking its ownership. That is the path of Karma Yoga. That is the path of Nishakam Karma (an action without any desire) Hence Swami talks here of Karma Yoga and not a simple Karma.

The moment we accept that we need to perform Karmas as long as we are alive, the understanding becomes much easier. Karma or action is nothing but an expression of a divine wave of consciousness passing through various layers of human consciousness such as Intellect, Mind, Heart and finally a human body. The same consciousness transforms itself in

different states like ideas, thoughts, feelings and emotions before it becomes and manifests as an action for the outer world to know. Impressions of the divine wave become expressions of the human existence. Can you see that a behavior or action which is visible to the world is just about two steps away from feelings (or Bhava) the unmanifested entity? The Bhava or feelings have to become Bhavana (Bhava+Na means no more Bhava) before it manifests into a Karma or an action. Devotion of Bhakti is a bhava. Hence it is unexpressible, unmeasurable, and intangible. It is a divine love beyond expressions. This needs to be diluted to the level of emotion to become action. If someone is full of devotion but it does not reflect in his/her behavior the devotion has no value for the world. You may be a good person without any good deeds. Suddenly your asset of goodness becomes a liability to the world around as it is not converted to good behavior or good actions. God has given you the goodness, the love, the compassion so that you can manifest those in your actions and transform the world around. If that does not happen, why should God invest that divinity in humans? Good people need to be good to the world the way rich people have to spend their wealth for the philanthropy. That is the only way to make a flow of energy possible. Swami simply explains the whole karmic theory in such simple ways.



## The Pandemic and the end of medicine as we know it.

by Vivek Pandey

Recently, both the UK and the Australian Prime Minister have lifted all kinds of travel restrictions from their respective countries. In the UK, even the mask and lockdowns have ended. The third wave has struck the world, and it will most probably hit most humans alive. The fundamental reason behind lifting restrictions is an acceptance that they do not do much in terms of transmission of the virus. The vaccines administered to people do not provide much relief either in not getting the flu. A population of 790 crores and counting has become vulnerable to an invisible-overrated virus. More than the disease, the psychological weight behind the virus makes it look monstrous. The media has broadcasted and not just reported about the virus. Please remember, the virus was first planted in your mind, and then it entered your town and home.

The role and significance of modern medicine as we know it has been exposed to the core.

The fact that over 100 years, humanity was made to believe that only a qualified doctor could cure them was the most significant dent ever made to a natural self-healing process. The way the human body and the mind are designed is most likely to heal itself and not move towards sickness. However, we were treated like animals, and the belief system was invaded with all the false notions about sickness and health. The human body was looked at as a separate life and mechanically put to order. The whole idea of family and societal well-being was dropped, and the only focus remained on chemicals produced within the body. The vibrations surrounding the human aura, which the ancient seers were aware of, were wholly overlooked in the name of science. The west believed in some aggressive marketing and conquered the world with modern medical science. However, as we know it today, some people made money while losing humanity forever.

The second major issue with allopathy was that it always looked at disease as an enemy. They developed all medicines around this philosophy and eventually overloaded the human body with chemicals. We do not need to mention chemo and other high-tech devices inducted into the body. The system designed by nature always had the inherent ability to throw signals and correct them if something went wrong. However, the belief in an unnecessary outside intrusion and its conviction propelled the necessity of intrusion were appalling. The result was that the human race was left ignorant about their bodies and their extended existence. The ignorance about our origins, the origin of any disease, the way the mind and body heal themselves have cost us millions of lives.

The third thing that has gone haywire with modern medicine is the dependency on an institution like a hospital to get well. Any hospital or clinic has been found incapable of dealing with the staggering number of patients daily. They have restricted the sensitive healing process to buildings, machines, and chemicals. The mad logical approach to developing a vaccine and seeing if it works on all the variants has been more of a headache than adequately effective (with all due respect to the scientific community and Covid warriors). Major fire incidents have been reported worldwide in Covid dedicated hospitals just because of the fear-mongering that

is spread. A hospital has to have a serene environment congenial for healing. If there is only utter chaos and hopelessness, the result can only be more damage.

In India, the damage has been much less compared to the density and demography we have. The medicine experts projected a disaster for India during both the first and the second waves. Although many people still lost their lives, we were reasonably secure compared to the west. The fundamental reason is the source of truth that India is. The land of spirituality, seekers, and people who know their life is their Karma. The culture of India is such that people worship just about anything and everything around them. When such a level of reverence is there for the universe, the immunity levels go high. One stays connected to the world in general. The agitations of the mind disappear with a bending spine. The psychology behind creating so many Gods to make all humans respect everything and everyone around needs to be studied in terms of immunity. The element of faith and the belief that whatever happens happens for good has kept this country alive and safe; this thing should also be checked for testing immunity levels. We are huge in number; we are great chaos, yet we see it as a divine play. India can only heal with its nature. No wonder we ended up supplying vaccines to so many countries.

# DISCOVERING HIDDEN TREASURE

by Anand



Last month I joined my collage reunion. I met some friends after 30 years and genuinely felt delighted to know their achievements. It was real fun to catch up with everyone. All three days vanished in no time but we just had fun. We all forgot our disturbing moments of life for a while and when I returned home, I understood, **Why do we have friends? Why do we travel, eat, sleep, talk, accumulate wealth or walk on the spiritual path?** Answer for everything was very simple '**only for the Happiness**'. We do not participate in any activity that bring us pain. In contrary, we would definitely take part in every activity that guarantee us **Happiness**'. When I started researching on **Happiness**'. I was really surprised to see so much information available.

- ★ Today, '**Happiness**' has become an industry worth 4.2 trillion dollars worldwide.
- ★ In last three years, 3.4 million people enrolled themselves in Coursera (online courses) for selling '**Happiness**'.
- ★ There are 151+million posts on Instagram with **#happiness**.
- ★ There are different merchandises that sell using words in bold letters '**Happiness**'. That vary from notebooks, coffee mugs to apparels encouraging people to choose **Happiness**'.



But what exactly **Happiness** is? And where do we find it? Sanatan knowledge claims '**human can temporarily secure Happiness on the earth from material world**'. But by perusing the '**Purusharthas**' (four main purposes of human life) such as **Dharma** (religious moral duty), **Artha** (wealth), **Kam** (conjugal bliss) and most important is **Moksha** (liberation)... one could achieve permanent **Happiness** or **Bliss**. Other religions are stating similar thoughts but all of them are more abstract and none of them is as well-defined and as flawless as Sanatan dharma. There are more than 200 large universities around the world including the Cambridge are now reorganized dedicating to study the **Happiness**. And yet **Happiness** remains the least understood and subjective term for the world.

Just a cup of hot tea in the morning, watching a good movie, reading a nice book, meeting a friend and laugh a lot, the end of the lockdown can bring happiness to many. It could be as simple as that to attainable or it could be as complicated and hard to achieve for other part. There are many discourses from various masters, pod casts or videos and presentations available online to help find happiness yet it's difficult to find single happy individual around.

One worldwide research says Finland is the happiest country in the whole world. People from Finland spend more time in the nature reading, swimming, eating ETC. One publication asked 17 different countries just one question, '*what happiness mean to them*'? The answers were mostly like finishing school/collage, getting a stable job, earning high salary, retire with lot of money, Free from stress, good health, no work issues ETC. It was so subjective that a student from Germany said 'Happiness is Prosperity', a student from Afghanistan said 'Survival is Happiness' and a student for India said 'Happiness is Peace and Satisfaction'. In Japan idea of happiness is linked to Good Luck and Social Harmony, In USA it's linked to Freedom and Personal Success and Achievements. In China they think too much happiness is a cause to unhappiness.

**Can we measure happiness, how do we define 'too**

**much happiness**'? We really can't... but we have a habit of comparing our joy with others. **Who is responsible for us to be happy? Is happiness a personal choice and responsibility?** Most of the developed world feel money can buy happiness but Indian scriptures think differently, that money has very little role in achieving happiness.

A case study says 'Costa Rica' has 1/5 per capita income of America but it ranks lot above than USA in the latest global happiness index. Costa Rica is great example of the government playing a large role for their citizen's happiness. In 1948 the president of Costa Rica abolished military and all that funds were diverted to the education and health sector. Today, Costa Rica spends 8% of GDP only on education. Country's top university is government funded. It's world's 16th happiest country. Number one, Finland is named the world's most literate nation. Education does play a role in creation of happiness because it creates awareness. New Zealand is the first country of the world has a 'well-being budget' for their citizens. We can't forget Bhutan, the president declared that gross national happiness is more important than GDP of the country. They monitor citizen happiness program after every five years. Most countries feel even cause of becoming a terrorist has unhappy family background. A happy worker is a better worker and 13% more productive. Denmark has a ministry linked with happiness now.

*India is towards very end in the list of happiness survey but we do not have to worry so much because the survey consists all the material achievements than the spiritual growth. Indian scriptures believe that there is nothing permanent. It's perfectly fine and normal to be angry, unhappy occasionally. Our lives are filled with whole range of emotions. We can't learn lessons of life or grow unless we experience all of them. Indian masters understand happiness better than rest of the world. They teach students techniques of Reiki, Meditation, Yoga for seeking long term happiness. They take students step by step towards the final step of liberation that's 'Moksha' the ever-lasting Happiness'.*

# Action speaks louder than words...

by Aruna Margam



Recently when we were attending Full moon series online, a sadhak was asking Guruji “How to bring youth and children to this spiritual path? They need it more for their good future.”

Guruji replied if parents and teachers are in the path automatically children will get the guidance to be in the right path. Which means when we want to correct our children, it only indicates that we need to correct ourselves. Children are our reflection. They copy our actions. It goes very deep into subconscious mind. This is so true.

I was reminded of the childhood story “The Monkey and the cap seller”. How those monkeys copy the cap seller, Started introspection. Went down the memory lane. Many of our traits are from our childhood environment. Environment those days were always a big family. We were fortunate to have grown up in a big family. Not only the grandparents, aunt, uncles even we had visitors from extended families and friends every now and then.

Our grandparents and parents lived by the following principles.

- **Love all Serve all.**
- **Share and Care.**
- **Help ever Hurt never.**
- **Be positive.**
- **World is one big family.**
- **Forget the good done to others.**

Ever grateful for receiving help from others.

They took care of elders willingly. Our grandmother’s cousins could come, stay for any number of days without prior notice. Old parents, uncle and aunt were given good care by my parents till their last breath.

We have unknowingly imbibed many of these traits. Our youngest brother has been exemplary in doing seva to elders whole heartedly. Not only to parents, even to other old uncle and aunts.

Last week I had an opportunity to witness this proverb in Chennai. Our mother is ailing and having some urine control issues. One afternoon my brother’s children aged 13 and 5 happily cleaning the floor as their grand mother lost a little control over urine. They did it so naturally, happily and effortlessly.

This reminded me our Guruji’s words, Action speaks louder. It has trickled down the third generation too. This experience will stay etched in my memory. Our mother too was so proud of her grandchildren for supporting her during these difficult times. We as parents or as seniors in the society has to be responsible for our actions. This will help us to march towards better tomorrow.

Next to our parents, I am reminded of our Guruji’s actions every day every moment. He has inspired all of us by unconditionally embracing his sadhaks, accepting everyone, every situation, learning from the same, positive contribution to the upliftment of the universe. To love and have faith in Swami at all times, by being sincere and committed towards his mission, not to run behind name and fame, to live in abundance of love light and reiki.

We are fortunate to have a Guru like him. His sadhaks are his children. He has touched us with his golden hands. We in turn be ready to touch many more with magical hands. I am sure we all are imbibing his actions and are being part of his mission towards Vasudev Kutumbakam meaning World is one big family. Spreading love light and harmony in this universe.

Thank you Guruji for touching our lives and sharing this unfathomable knowledge of reiki with us.



# DEVROKH ASHRAM

## My divine experiences

Dear Guruji,

Jai Gurudev!

Recently it had been my pleasure to visit the Ashram for some days even though those days felt like months and the knowledge and experiences gained over there felt like infinite. I felt so free, everyday I gained new experiences. Experiences that are indescribable in words form. Experiences I never thought of I would come across or even I am capable of. Once during Yognindra, I felt as if my body was detached from me. Even while doing the chowri there were times when I could not keep my eyes open, I felt as if I was so much lost in that moment and that positivity. I could feel the energy and vibrations during the Aarti during Digambara that I cannot put into words. While doing chowri a thought continuously came to my mind and that was a quote I read the other day in the library, that there is so much in the universe that we cannot find

everything outside and that is why it becomes essential to go inside (within) as the entire universe is inside. I understood the real essence of life is to go within. I would like to express my sincerest

gratitude to you Guruji, for giving such an opportunity, such a space, such unbelievable experiences, such connectedness. Everywhere in the Ashram I felt very much connected as if Swamiji, Kamakshi Devi, and you are all the time with me and around me. I have never been so conscious of this connection. Also being surrounded by so many positive and experienced people did help me get so many of my answers that I was thinking about for years and by looking at them it gave a lot of inspiration and motivation. I learned so much in these days that I cannot imagine learning so much over years also. I felt a true union while meditating, while doing Aarti, just looking at Swamiji or Kamakshi Devi. The space that is created in the Ashram is like another world to me. The place is like another world altogether, something that is rare. I did feel fearless and very much protected by Swamiji, by you throughout this endeavor. Thank you so much for giving us an opportunity to spend time in Ashram and build memories and experiences which are explicit and invaluable.

**Yukta Parekh**

## Reiki Experience

Jai Gurudev, Guruji,

Myself Asha Pankaj Patel, learnt 1st degree Reiki seminar in Vadodara held on 25 and 26 December 2021. After attending the seminar, I have wondering that my life is changed positively. All my friends & relatives, who were away from me, now they came back to me.

The most important experience was, few days ago a thumb of my hand was broken and due to this, my full hand was swollen with pain. I just started Reiki and wow... my hand healed totally without visiting any Doctor or Hospital and without any medicine. I am speechless, no words found how to express my gratitude to Reiki Maa, Guruji, Reiki Master – Sangita Didi and Mayurbhai Patel Sir, who has encouraged me to attend the seminar.



We all participants have enjoyed fully both the days during seminar. I also appreciate about the time punctuality, actually we learnt how to respect "Time" by attending the seminar.

Thanks to all Reiki sadhaks who helped & supported all of us during the seminar.

Jai Gurudev.

With Best Regards

**Asha Patel**

# *My Tiny Truths*

*by Anand*

I forget worrying  
When I'm smiling

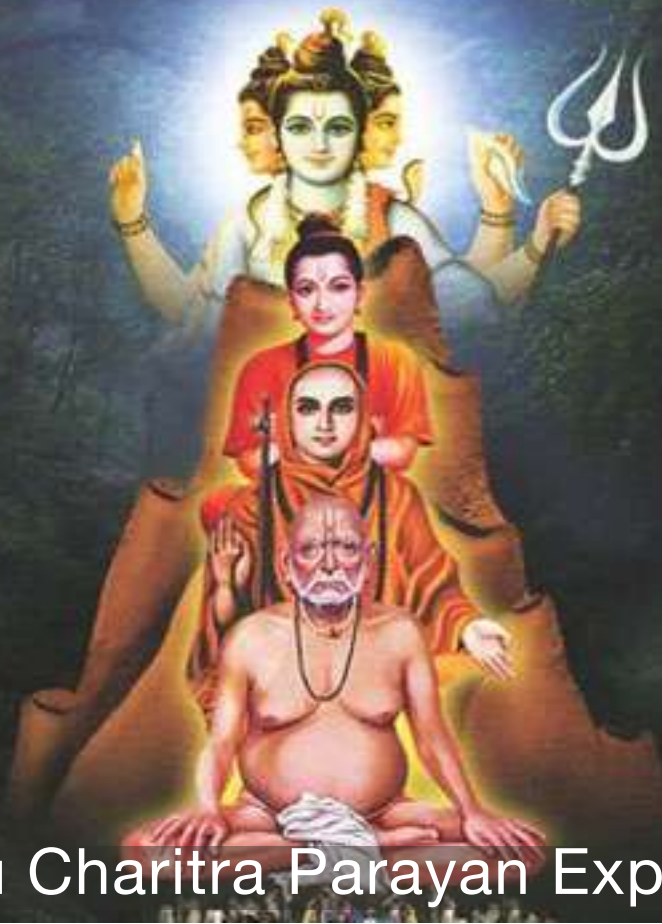
I'm not Jealous  
When I'm Caring

I don't hate  
When I love

I don't weep  
When I'm fit

I'm not stressed  
When I'm blessed





# 1st Guru Charitra Parayan Experience

*by Ashish Muley*

I got introduced to the idea, the concept of Guru Charitra Parayan in January last year during Devrukh Ashram visit. Parayan done by Aasha Kaku from Pune then, was followed by observing the Parayan process at Chandreshbhai's house in Baroda. Throughout the year, Shivaang's reading of Guru Charitra also initiated curiosity to know more. I also read one or few chapters in Gujarati, during a couple of 1-day Parayan programs. Once the seed was sown, further activities towards preparation of my first Parayan got aligned itself without my conscious effort. Now that I think of it in hindsight, it feels I was just a medium, all happened automatically.

**Swami Idol** - It started with me visiting a shop in Pune during my visit in 3rd week of November 2021. It was a novelty store for all pooja samagri and material related to other rituals. I met the shop owner - an old lady and requested to show few things for upcoming Munj sohla of my son, Khush. Out of curiosity, the words came to my mind somehow, and I asked her if she had Swami Samarth's idol. I had an instant connection with two of the idols she showed. One of them, eventually manifested as devta / observer of the Parayan later.

**Place of Parayan** - We have an alternate house in Baroda, which me and my wife were planning to stay to see how we can manage an independent lifestyle. We started living there in the week leading to Datt Jayanti (18th December). We started

performing Agnihotra there. One thing I started liking there was that I could conduct pooja of small mandir we had, in a freer way than the mandir at our present home where Dad would generally have a major say in maintaining the established murtis and photos of deities, a certain way. I and my son started doing Sandhya in the morning at the new place. So, the space of Parayan I now feel, had started getting prepared then.

**Welcoming Guru Charitra Pustak** - There could not have been a more auspicious day to welcome home the Guru Charitra Pustak than the day of Datt Jayanti. On 17th December eve, I approached an old & well-known bookstore near Siddhivinayak Mandir in Dandia bazar and brought home the Marathi language pustak. On 18th December, Datt Jayanti, we did pooja of the pustak at our old house. Till then, I had not finalized on any dates of doing the first Parayan. But a short call with Guruji from Devrukh Math on Datt Jayanti did the magic. Few words with Guruji were enough for me to start finding earliest opportunity to initiate the Parayan.

With Guruji's blessings and guidance, finally it was decided that I will be doing my first Guru Charitra Parayan from 6th-12th January 2021. All elders & family members immediately supported the idea and started planning their contributions to help my cause. Mom, Dad started giving their support.



Wife and Kid also aligned themselves with the schedule. I also got able guidance from Chandreshbhai & family and my maushi and kaka who are well experienced, having done & seen Parayan many times before. Understood from them - the do's & don'ts, rules of anushtan to be followed during Parayan days. Maushi & Kaka also gifted the akhand diwa. Seeing Shivaang do 7-day Parayan in December' 21 was also inspiring.

I could not take leave from office for the Parayan week, so I decided that I will read the Guru Charitra in the early morning from 4 to 7 am and then go to office, do normal work, and transact only as much as is required. I have been usually a morning person, so I was confident about reading Parayan in early morning.

The whole week of Guru Charitra reading was a blissful experience, following the language, which was centuries old, trying to read it as a prose, like how a typical brahmin would do, with his typical vocal notes & a rhythmic way of chanting shlokas. I felt that mool devta of Guru Charitra also took my examination in these 7 days and it felt that the challenges were part of the overall magical experience. I am sure there would have been more such wonderful moments, but a few of the incidents which happened & which I consciously remember are as follows:

- These 7 days were the coldest days of the winter season until now. Before and after the Parayan, days were comparatively hotter. It was quite a test, to sleep on floor on a thin floor rug (setranji) and get up as early as 3 am every day in chilly winter, shrugging off all procrastination thoughts & taking bath before sitting for reading. But never did it ever happen, that I missed this schedule.

- First day, first chapter – When I started reading, the language was completely new for me. I felt challenged. Even thoughts of giving up came once in mind. But visualizing Swami and Guruji, I put a firm thought consciously to myself that come what may, I won't stop reading. And so, it turned out, slowly I started to enjoy reading. I could start understanding the language, I also started chanting the lines in a rhythmic way and it was enjoyment all the time later.

- I usually ate food with salt once a day, in the evening. One of the evenings, my wife made Dosa with potato sabji (without onion and garlic). We offered first

dosa as naivaidhya to Swami. After 5 mins, I went to take the plate back. Kitchen and temple are side by side in the house. The same moment, as I lifted the plate in front of Swami, my wife who was standing just beside, had a thought in her mind that she had forgotten to put salt in the sabji. We checked and indeed it was true. We immediately understood it to be a communication from Swami, perhaps indicating his presence through the incident.

- 5th Day, the day of three longest chapters of Guru Charitra –As I woke up on the extremely cold morning at 2.45 am, I found out that our house was short of water supply. We live in an apartment and so it was not possible for me to wake up anybody from the flats to start motor for water supply. Had filled up 1 bucket of water previous night, so using that I took bath and sat for reading Parayan at 4.05 am. At around 4.30 am, lights went off. Electricity gone. And I could not stand up from my aasan since I was already reading. Generally, on all other days, I used to keep my mobile phone in charging during my reading time, so that it would be charged before office time. But that day somehow, I had kept mobile by my side while reading. So, don't know how but just like it was a natural reaction to situation, I smoothly transitioned to reading Guru Charitra using the torchlight of mobile. Complete reading that day, I enjoyed reading in white light of mobile. There wasn't even a moment when I felt it difficult, it was easy. After my reading, it was time for Agnihotra. On the beat of 1st 'Om' chanting after Agnihotra, lights came on. And in few seconds, heard sound of water filter also, which had started to fill up as water supply had resumed.

I am sure there will have been more of such experiences, specially on the 7th day as well, but do not recollect it as part of conscious memory. But one thing is sure, during all 7 days and during the purnahuti & mahaprasad, the energy felt in the space was invigorating. All members present during purnahuti also enjoyed the high frequency vibration of the atmosphere and Swami's mahaprasad very much.

I thank Swami, Guruji, my Parents, all elders and everybody who became a part of the first Guru Charitra Parayan experience. Looking forward for many more such Parayans to come.



# Ashtavakra Geeta

## Chapter VIII

### Verse 1

तदा बन्धो यदा चित्तं किञ्चिद्वाञ्छति शोचति  
किञ्चित्तमुन्वति गृह्णाति किञ्चिद्विष्यति कुप्यति ॥ १ ॥

**Meanings:** As long as the chitta desires something, it thinks about some thing, it relinquishes some thing, it accumulates some things, it feels pleased with some things and feels miserable with some things it is bound.

In this chapter Ashtavakra is discussing about the subjects of liberation and bondages. Ashtavakra is obviously happy with his disciple Janaka as he has passed all the tests the master took till this moment and has started talking about the deeper dimensions of life like liberation and bondages. There are only 4 verses in this chapter and the Master starts with this verse. He is trying to tell Janaka that the world outside can't really bind the humans physically. Man gets bound to the outside world due to his desires and lust, ego and jealousies. The human chitta has a choice right from the time a human being enters into the world of duality. The choice is always between staying under the influence of that supreme, unlimited, infinite entity called soul or to be a servant of an entity called Ego which is limited and hence insecure, incomplete. Naturally the zone of ego is always surrounded by desires, lust, jealousies, arrogance, anger and so on. These are the things which make human chitta to get bound to certain things and get entangled finding it difficult to get away later. Then the chitta starts getting attracted to some things, repelled from some things, think of accumulating and dropping some things. The chitta which is bound in these desires itself is

bondage. Getting disentangled from desires is liberation. This is what precisely Sage Vasistha explained to Lord Rama in Yog Vasistha. The root cause of all bondages is the desires which enter into human intellect and corrupt the karmas right from that stage. Doing anything on karmic level may not help a seeker unless he uproots the fundamental cause of desires.

### Verse 2:

तदा मुक्तिर्यदा चित्तं न वाञ्छति न शोचति ।  
न मुञ्चतिगृह्णाति न हृष्यति न कुप्यति ॥२॥

**Meaning:** When the Mind (a part of Chitta) does have no desire, has no thought, does not repel or attract anything, is never pleased or sad, that is a state of liberation.

Here Ashtavakra says that if you remove the causes for bondages the path to liberation is clear. The peaceful state of Chitta itself is liberation. The way we see an external world full of mountains and rivers, the ocean and the sky, there is also a world within which is made of mind, intellect, emotions, memories, ego and the body. They are all the manifestations of the soul. We create a world outside based on what we can relate within. The internal world resonates with elements outside to create an image of the world around the way you create an image when you stand in front of a mirror. The excited waves within us give rise to the excited world outside and a calm, composed internal nature gives rise to a state of liberation. If desires are not dropped no matter what you drop in life will lead you towards the liberation. And if you drop

desires, you do not really need to drop anything else in life at all.

### Verse 3:

तदा बन्धो यदा चित्तं सक्तं कास्वपि दृष्टिषु ।  
तदा मोक्षो यदा चित्तमासक्तं सर्वदृष्टिषु ॥ ३॥

**Meaning:** When a chitta is bonded to some things it is bound and when it is disconnected from all such things, it is liberated.

When a chitta looks at some things, it gets bonded to those. You do not need a Karma in such cases to create a bondage. This means that it is not only karmas which create bondage as is generally believed. A thought or even our glimpse on certain things can also create impressions which act as obstacles to our energy flow. Our chitta consistently moves with our sight. Whatever you see, you start thinking about that. Starts imagining about that; Starts getting emotionally entangled with that; Then it starts making efforts to come out of that entanglement. But the moment it withdraws from the mundane things around and sets its sight on the Self, we become liberated. The detachment from such things then leads us to the doors of liberation.

### Verse 4:

यदा नाहं तदा मोक्षो यदाहं बंधनं तदा ।  
मत्वेति हेलया किञ्चिन्मा गृहाण विमुञ्च मा ॥ ४ ॥

**Meaning:** As long as “I” exists, the bondages are there. The moment “I” am not there, we are liberated. You think about it consistently. Do not have any desire, do not have any expectations, do not attract anything and do not repel anything.

In this verse, Ashtavakra makes things pretty simple for Janaka to understand the idea of liberation. He is peeling another layer of ignorance. In the last verse he had said that lack of desire is the key to liberation. Here he says drop the ego. That is the key to liberation. He says that as long as we live in the state of ego consciousness, we can't achieve liberation. Right from the birth to the moment of death we always have a choice of being in the domain of ego or domain of self. There is never a situation where we have no choice. But many a times in the darkness of our ego and ignorance we see no such options and feel helpless. Many a times we do not want to take responsibility which the option brings to us. Maybe we like the idea of being trapped without any option to come out. The moment the chitta decides about his choice to be a part of the domain of self or of Ego, the direction of life is decided. Ego is the creation of the Self so that it can play a game of consciousness as he does not have a form and name to play the game. But the ownership has to wrest with the father Soul. Once that is done, the life becomes a huge celebration.





# DEVRUKH

## My Limitless Home

by Pooja Solanki

The very first feeling I had, I felt that I have no limits. This Home, I think, gives me wings, to fly. While my other home nurtures me, makes me strong enough to fly. I felt limitless.

Everyday is a different experience. The very first day I saw Swami welcome me with a beautiful smile. His eyes are so very real. They twinkle, send warmth, show emotions and are very beautiful. Even while I was sick, His Smile and His Eyes sent such warmth and love, just like some Magical Medicine.

I saw and experienced that the way Kamakshi Ma smiled at me, its the same way my mother smiles at me, with the same warmth and love.

I felt that I have been coming since a very very long time. Not just the second time. The Aartis, the meals, the Homas, the talks, the laughs, the Paalki, the sadhaks, everything we did, we saw, we heard was full of Faith, Love and Devotion. I have given my 1000% in. I loved, loved and loved each and every part of this Seva.

The Thursday aarti (13th Jan, 2022) is a gift to me, that has brought immense immense joy and pleasure to me. My smile extended the most, my heart was the happiest, it just wanted to shower more love and compassion. The entire body, each and every cell was enjoying and dancing. My mind was absorbed in Swami, thanking Him. My eyes were closed, and were feeling it. My ears were just listening and having such immense joy and happiness. I wanted my Parents to be there. I imagined my father play drums and both my Parents being there and enjoying.

During the Palki, I heard 9 different bhajans. I didn't want them to stop singing. They sang with such faith, honesty, their heart mind and soul into it, such that I wanted to just pause time. Such that they continue singing and i continue hearing and Swami continue smiling and blessing them

I felt every Aarti from the bottom of my heart. It was as if me saying it to Swami, with all my heart. Staying there, hearing the beats, singing along, looking into His Eyes, is something I would love to do everyday.

It is a pleasure being there and serving. Being there in the library and

seeing each and every book, commenting that this might be interesting and then also making a decision that I would read it after cleaning, as well as organizing it, was also a great experience and taught me a lot. It takes a good amount of determination to keep those books away and concentrate only on organizing. I liked being there, with those books.

Silent room- its the room where you hear silence. In day-to-day life, there is a very fast routine followed, in which everything just happens, perhaps without thinking. This silent room, has given peace to all my senses. Meditating there is the best thing that has happened to me. Its as if time has stopped and you yourself are peace. I felt that I have become peace and there's no need to speak or go anywhere else.

Agnihotra in the silent room, is another best. The flame was absolutely beautiful and miraculous. I think it was telling me a story of a Guru and the shishya, He had. One after the other, they passed down their knowledge, and time and again, that great Guru used to come and guide them. It was so so so beautiful.

I miss being there in that environment, in the Silent Room, in that Peace.

When I left, I didn't want to. But I explained to myself, that Swami is sending me to another duty. And when I finish a part of it, He will call me again. It is like shifting to another branch, under the same Boss

i have tried my best to sum it in words, but i don't think it can be. It has been a great experience, actually much better than great. I don't think there's a proper adjective in English language to express this.

This feels just like the beginning of a long, great, curious, answer-full, a faith-full experience-full, wisdom-full and a lovely journey. And I look forward to it, excited. Loads of Gratitude to all those who made this such a brilliant experience.

Thank You Sir for everything, Thanks a lot  
God Bless You

# Towards a Blessed Beginning...

by Dr Amara Vasuntara



***The best and most beautiful thing in world cannot be seen or even heard, but must be felt with heart*** – Hellen Keller

The Pandemic developed a situation of uncertainty, gave us many experiences and insights. It created a situation for us to redefine ourselves. The pandemic helped me to share a beautiful relationship with Andu at the same time reminded me the reality of impermanence.

Andu is a beautiful black passerine bird (In tamil Andang Kakka means the jungle crow. Short version is Andu) The rays of the sun lend additional beauty to its feathers. When it comes and sits on the walls valiantly other house crows move a bit away as if they are giving respect to the leader.

My sister has the habit of feeding the crows more than a decade and she knows each and every crow and his or her family even though they look the same for me. I have seen the crows flying low and gently stroking with their feathers on my sisters' shoulders with affection. During my free time during the COVID I took my chance to feed them. When I saw Andu he was already a proud father for four children. Their parents left Andu and his sister at my sisters Balcony wall when they were young and flew off. (How on earth they know it is a female, simple - a slim sleek elegant look is always a female- my niece words) His sister moved to a new place. While Andu with his wife settled in one of the branches of the tall Albizia Saman tree which can be viewed from our terrace. The high evergreen tree with its luscious green leaves on the sturdy branches with a beautiful pink florescence flower during summer is always a visual treat. To reach the tree from our house it takes ten minutes by walk.

During the feeding time usually between 3 -4 in the evenings, as soon as we go, there will be one security guard crow which will announce our arrival. All the crows



will assemble, it will be nice to see them sitting on all the four terrace walls. The first feed is to the Andu as he is always considered special. After eating some will drink water from the wide pots kept for them. Some will take bath. Few crows do a cat walk (that's what I think) behind my niece as she walks. One crow entertains us with different voices. One crow sits on the pole and listen to me as I talk to him moving with me as I walk around the pole. Some bring flowers, some brings shiny red seeds and drop where my niece stands. Each crow has a name, since they are in tamil I am not mentioning here.

I loved Andu. Early morning as soon as I get up, finish my activities rush to the terrace just to see him. And you know what, Andu also comes to see me flying from the tree. I wish him Gudmorning. He will be there till the time I am there. The sun rising from the horizon with different hue of colours on the sky, the gentle breeze and my Andu's voice is a totally different feel to experience.

I always think, my sister is seeing Andu since young but my relationship is very few months, will he love me less? But Andu boundless love was equal to everyone. People say pithrus come in the form of crows. I used to think are you my father, because you exhibit your affection trying to feed your children even when they are grown up, and when you come other crows move away with fear, you are smart, beautiful, charismatic but my father is a highly spiritual person, he must be born as an upcoming leader in some part of the world as I have seen a huge gathering on his demise.

Whatever maybe I loved my dear Andu, to the very depth of my breath. This relationship of ours was explicitly known to everyone including my wicked neighbour. Once when I was so depressed, I went to the terrace, and sitting with the scorching sun rays over me,

crying internally, Andu also came and cawing incessantly may be trying to tell me this too shall pass. That was the last day I saw him, for the following days he did not come. His wife cawed with grief whenever she saw us. There are some moments in our life, which makes its presence and goes in a second for us to remember those moments the very best. Andu has created such a deep moment in my life.

My wicked neighbour prevented the crows from coming to our terrace. He was using auditory deterrents (I guess) preventing them to come. They sit on the wall of faraway houses and caws on seeing us. He must have harmed my dear Andu. With heaviness in my heart, I have forgiven my neighbour, as Andu taught me the true love. Many fond memories of yours will stay in my heart and comfort me.

Human beings are the one who can attain the divinity, I believe my dear Andu will be born as a beautiful baby boy (may be good souls have to wait long to take re-birth) in near future. He gave his best of himself, his love, unconditional acceptance, affection and companionship. He is very fortunate as everyone reading this will send reiki to him. This will help him to have a blessed beginning.

*According to Shakespeare, Love is not love*

*Which alters when its alteration finds....*

*Love alters not with his brief hours and weeks,*

*But bears it out even to the edge of doom.*

*If this be error and upon me proved,*

*I never writ, nor no man ever loved.*

As everyone look forward to the birth of a new year, here I am eagerly looking forward to see you as nothing in love is ever lost.

## ‘ DETACHMENT ’

*One needs to get **attached to something** to get detached.  
Ones you get attached or **connected to the supreme conscious**  
automatically you **get detached to all worldly things.***

*Ajit Sir*



# “Healthy conversations at home”

by Diksha Raut

Dear Guruji,

Jai Gurudev.

It was a helpful online session yesterday and a wonderfully illustrating video about the scenario these days.

It very rightly mentioned that in today's time there's somewhere that healthy conversation is missing amongst the family members.

The reasons and causes that the video explained are very commonly observed in most of the households.

There also an important observation that I would like to add to it.

For any conversation to be sustained and to continue, it has to be a two-way transaction. Both the parties involved in the process need to feel and believe that they are being heard and acknowledged without the other party passing any judgement or conclusion. The moment one of them feels that the other one is coming to a specific conclusion or passing on a judgment, it ceases to be a conversation and it either ends up in a debate which sometimes proceeds to an argument or the conversation is abruptly ended.

What really happens, when the parents have enough time and the kids too, to have a conversation, but it still doesn't happen.

I have observed this happening in most of the families, including mine, that the moment children want to have a conversation with their parents or elders in the family, it sort of unknowingly triggers an emergency response behaviour in parents or elders. They can hardly take it as just a moment where the child only wants to share an experience or a thought or an emotional state with them without them having to pass a judgment on it or come to a conclusion about child's state of being.

Most of the times it doesn't remain a conversation but turns in to a teaching process or preaching session or a dictation class just like in schools.

Sometimes the child just wants to be heard. He or she just wants to express what's going on in his or her mind. In most of the cases, parents perform excessive thinking over it hyping it in their own thoughts and trying to link it with the future possibilities of dangers based on their experiences and mostly influenced by what they see in news channels and crime series.

Now once they act in this manner and the child observes it, he or she is also learning from that experience. And what the child thinks for this whole time that this is not what I had in mind or this is not what exactly I wanted to convey and my actions and words have been misunderstood and misinterpreted. And after another couple of such experiences the child no longer wants to share a thing with the elders in the family.

The process of teaching shouldn't always feel like the conventional way of teaching, where the children or the students sat with clean slates and believed more or less 100% in what the teachers or parents taught. Because these days we are receiving the information from multiple sources, so it is very much possible that the students might often have a different opinion on a topic than the teachers or parents. And the moment they feel that their opinion is not acknowledged or their opinion is declared unfit without proper justification, that's basically the end of the conversation for them. This has a consequence

where the kids or youngsters engage themselves into being busy with their phones or social media platforms where they feel they can present their opinion. Or they are just busy watching something or else on their phone just to escape the "teaching" sessions from parents every now and then.

I would like to share my own experience during these last couple of years.

I often do this revisiting session with myself as to understand, why am I doing what I am doing now and it is a part of this experience.

When this lockdown was imposed during March 2020, all of a sudden, we were all within 4 walls for days. Something that we were not used to. My father loves to watch news channels and the screaming debates on it. Also, the war analysis and the future possibilities of wars that they telecast on news channels; he enjoys watching them. Now, I am exactly the opposite in this sense and I don't really like to watch or listen to these shows as I feel they create unnecessary panic and a sense of fear in people. Basically, they make people suffer in advance by talking about all the destructive possibilities of future. We live in a 1RK flat, so there was no escaping from listening to these round the clock news channels. I tried discussing this with my father, but he rather misinterpreted my whole point and started convincing me about how he is right and I am wrong. After a couple of attempts I realised that I needed to find another way not to have to listen to these screaming and disturbing news channels. And I started listening to music, or watching Ted Talks on YouTube, Netflix etc with my earphones on, so that nobody else has to listen to what I watching because it is possible that it might not interest them and I should not force it on them.

For whenever, I try to share my opinion at home, my father has a tendency to negate it no matter what even without enough justification or valid counter points. Even if I try to have a healthy debate, my father takes it personally thinking that it is some sort of disobedience and disrespect to him without it being even the slightest of my intentions, which happens in many of the families in our culture.

Now, through these years I have learned his behaviour patterns which is pretty much consistent till date and I have adjusted my reactions as much as I can accordingly. But on the surface, it appears to my parents that I am mostly busy either with my work (as I am working from home) or I am busy watching something on my phone. But they never really try to think about what triggered it.

I feel, as much as it is necessary to groom the kids with all the right disciplinary values and good habits, it is equally necessary to groom the parents first to some sense of flexibility in their way of thinking to help them understand that their kids are different from them and their childhood and they can not 100% apply the parenting strategies that their parents applied a few decades back. The basic conflict of belief begins right at this point for the parents these days because they are finding it so difficult to believe and accept. The conflict between the generations can be minimised, but it can only begin from minimising the conflicts that the older generations have amongst themselves. Otherwise, it will always be a fruitless practice of older generation trying to teach something or else to the younger generation with hardly any transformation being visible in any of them.

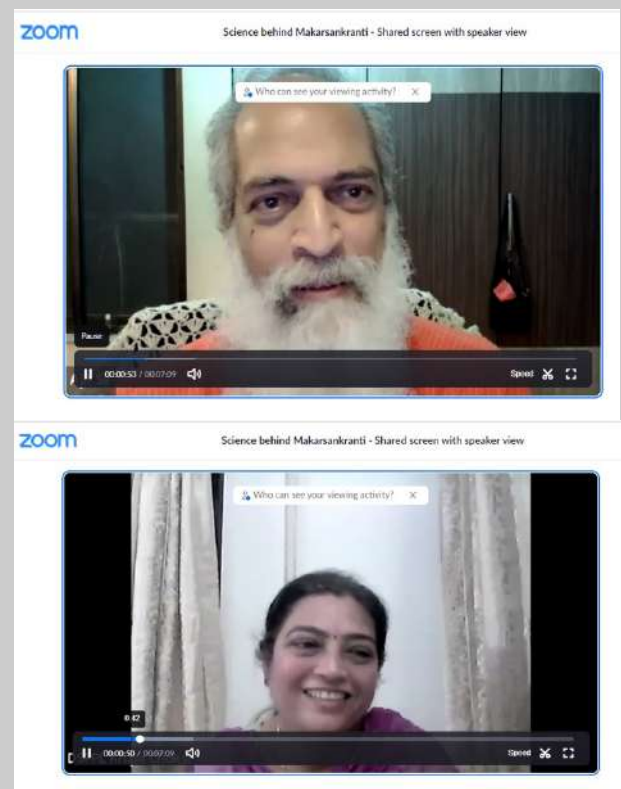
Thanks & Regards,  
Diksha.

## DSPPL Full Moon and New Moon Series Lectures

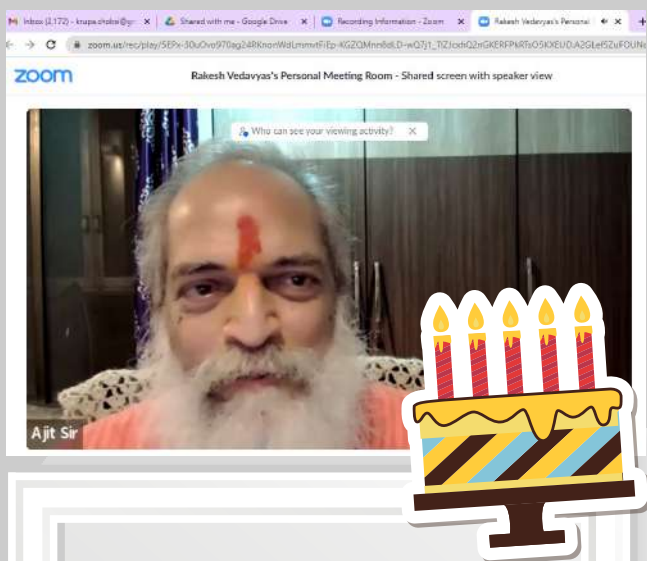
DSPPL has started with the Social Empowerment Forum under which online sessions on different subjects are being arranged on every Full Moon and New Moon Day. Keeping family as the center point, the objective of these sessions is to create social awareness and family empowerment with the right kind of knowledge. This month on 2nd January New Moon Day, interview of Deepak Vijay, famous tattoo artist was arranged. Deepak, an engineer and IT professional by qualification who has been working with an MNC for over 10 years decided back in the year 2011 to pursue his passion of becoming an artist. He explained this journey of transition, adjustments, family and social aspects related to it and how he became a successful tattoo artist professional out of his passion. He also emphasized that regular reading of Bhagavad Gita helped him in his endeavor. On 17th January, Full Moon Day, one video was shared with the participants which showed real life instances about how excessive use of mobile phones is spoiling our family relations. After the film, Guruji guided everyone about how to maintain harmony at home, specifically emphasizing that the year 2022 is a challenging year on an emotional front. Everyone thanked for such sessions and requested that such sessions be conducted on a regular basis.

## Session on Scientific importance of Makar Sankranti

An online session was organized by DSPPL on 14th January 2022 on the occasion of Makar Sankranti. The purpose of this session was to bring out the scientific significance of Makar Sankranti. We firmly believe that every Indian festival and tradition is very scientific in nature. But in the course of time, the principle was forgotten and only the process was left behind, making it just a casual ritual. An important part of DSPPL's activities is to bring out the scientific principles behind every Indian festival and hence this event was organized. The event was attended by 100 participants as the licensed capacity got full and more people could not be accommodated. Session was guided by Krupa Choksi, Director of DSPPL and was well appreciated by the participants.







## CELEBRATION FOR COMPLETION OF 25 YEARS OF REIKI TEACHING BY GURUJI

Gururajji completed 25th years on Reiki Teaching on 23rd January, 2022. It was very much overwhelming moment for Gururajji and all the sadhaks. Gururajji expressed gratitude to all sadhaks for being in his life. He said it was his pilgrimage. In pilgrimage we do the journey and then we can meet God whereas in this journey God was always there with him. All the masters of RVN took interview of Gururajji regarding his journey of last 25 years. The session was very much exciting and interesting and everyone enjoyed the session. Gururajji requested everyone to be happy and remain pure.

## Anaghashtami Pooja Ceremony

Shri Anagh Swami and Anagha Mata are the family incarnations of Lord Dattatreya. The ceremony of worship by offering 16 different services (Shodshopchar) to Anagha Swami and Anagha Mata is called as Anaghashtami Vrata, a famous worship amongst followers of datta tradition. This vrata was started last month on most auspicious Krishnashtami of the month of Margashirsh. With an intention of bringing happiness and peace in every family and strengthening their relationship, Anaghashtami Pooja is being organised every month. On 25th January, of this month Anghashtami Ceremony was enthusiastically attended online by several sadhaks and seekers from India as well as USA. Our Sadhak Nilesh Joshi from Devrukh guided online about the Pooja and everyone followed him. In the end, everyone listened to the story of Anghashtami and tied the raksha dhaga to their wrist with an oath to follow this worship again next month.



## Reiki Seminar under Ayushman Bharat Banner

Reiki Vidya Niketan conducted two back-to-back First-Degree Reiki seminars on 3,4th and 5,6th January of the month, under Ayushman Bharat banner at the State Health and Family Welfare Institute, Vadodara. Seminar was attended by 16 and 19 participants respectively consisting of doctors and other medical staff. Reiki teacher Krupa Choksi and Vishal Shridhankar guided the participants and everyone expressed their gratitude for this divine knowledge.





परमार्थ करो,  
लेकीन ध्यान देकर करो ।

16

## Be alert and aware on the Spiritual Path

The mundane world people generally believe that a person who is not fit enough to survive in this world switches over to the path of Spirituality. They feel that walking on a spiritual path is running away from the competitive world of survival. The reality is however is different. The number of people after very successful stint in the material world after realizing the futility of achievement ultimately get attracted to the divine path in the quest of peace and completion. Swami is saying here that one needs to be alert and aware even on the path of spirit. You need to be careful every moment so that you do not lose your path. There are enough distractions on the path, there are enough ego-traps and attractions and temptations that may make one deviate one's path

even before one realizes. And when one realizes that it may be too late. One has to be alert all the time as ego is always there behind the bushes on your path, ready to pounce on you as you move along. Seeker has to consistently remember that he is a seeker first and he is an ambassador of goodness and divinity. His falling apart will make many more deviate many more from this path. One can't forget that you are a hope and idol for many and can not let them down who adore you, who follow you. The go on this path is more dangerous than an ego in material world. It will literally finish one and the one has to begin his sadhana all over again. So be alert and be aware about everything that you do, think, emote.