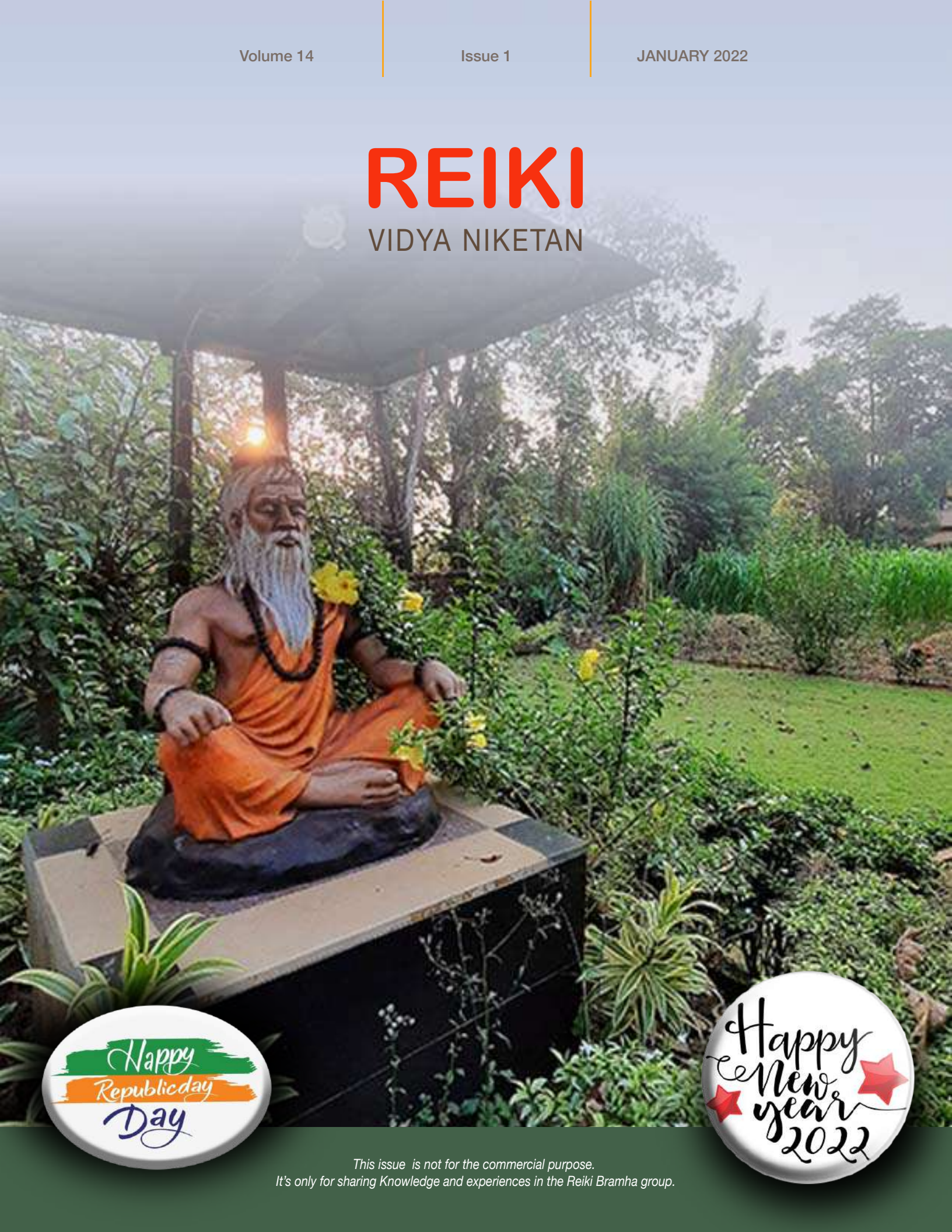


REIKI

VIDYA NIKETAN



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



Be fearful, be full of doubts...

I am sure many of you readers will find this weird to read the title as all these years we have been following Swami Samarth's advice of becoming free from fear and doubts. May even sound shocking, But, if one looks around one can hear this message given to a common man by everyone who are hiding behind a curtain of Corona Pandemic and creating waves of fear and creating environment of doubts and panic. They have lot to gain by doing this. Fear and doubts have been used by many in the past who had ambitious plans to rule the world. These selfish people can be considered to be the demonic reincarnations of such tendencies of the mythological stories. They all have an agenda to plant the seeds of fears and doubts in every mind so that a civilized world can't settle down after some turmoil in the past two years. Creating fake news and spreading them has become an order of the day who do not want a stable, peaceful and safe societies.

Under these conditions, a sadhak has now to buck up with his sadhana to maintain their own stability and to offer the hope to the human world. In no case we can allow the fear and the doubts to rise in our inner state. We need to make a strong resolve to achieve that. We need to stay put with our feet firmly grounded on the spiritual grounds in the domain of a soul. The famous quotes of Colonel Fowler in the Second World War are worth following. He said, "My flanks are retreating, my centre is broken. Excellent situation! Now I can attack." We need that spirit of endurance, a spirit of perseverance and a spirit of defeating the enemies of the humanity. As per the new science based on Vedic principles, Kinesiology



there were 78% people in the world below the level of spiritual prowess a few years ago. Maybe Corona pandemic has changed the picture even further with chances of more number of people living within the darkness of ignorance and evil actions. This means the number of people with higher levels of consciousness may have dropped below 22% after the periods of turmoil in the past couple of years. The danger of losing the human life spirit is suddenly looming large on the horizons of the time. As a sadhak we can't be a helpless witness to such disastrous situation. We need to strengthen our spiritual efforts. We can't afford to relax. We can't afford to lose our path. Be on a path with your eyes fixed on the ultimate goal. We need to create another wave of faith much larger than the magnitude of a wave of fear and doubts. We need to manage our reactions and control our emotions. We need to maintain our calmness. When the darkness will spread all around us, we need to allow the

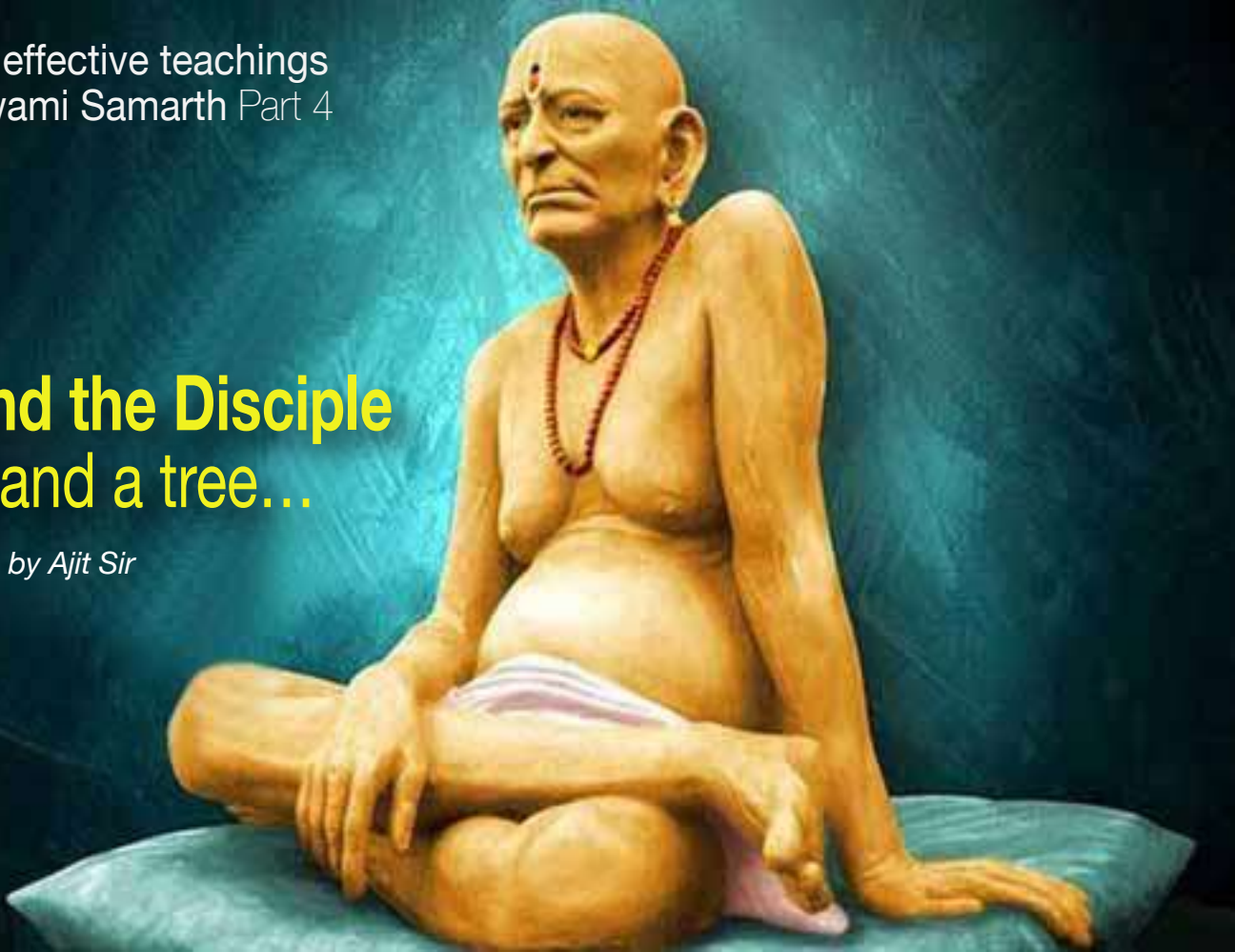
inner light to spring out and spread all around to dispel the darkness. We need to be like a beacon standing in the midst of a vast ocean showing a path of light to all those boats who have lost their directions and the way so that they do not hit the huge boulders hiding into the darkness of the oceans and get crashed. That would be the end of humanity.

Let us resolve to escalate our spirit of sadhana in the coming year of 2022 and offer a new hope under the grace of Shree Swami Samarth. I wish all the sadhaks a very happy, healthy and harmonious new year. **Be free from fear, be free from doubts.**

Ajit Sir
December 31st, 2021

Master and the Disciple -A sky and a tree...

by Ajit Sir



In one of the recent episodes, Shree Swami Samarth hugs a tree in the presence of his disciple Balappa Maharaj and tells him how wonderful the trees are. He says the tree is one entity which is very pure and full of love towards all. Tree lives more for the others than for itself. The tree has all the virtues like Daya (Compassion), Kshama (Forgiveness), Shanti (Peace), Arjava (Sincerity) and Satya (Truth) which are expected from a seeker. Every part of the tree is usable by the world around. It becomes a shelter even to those who would like to cut its branches. It would offer the beauty and fragrance of flowers and sweetness and the nourishment of the fruits. Even when it is destroyed by the evil

acts, it would still be loving to those who performed them by becoming a source of fire to cook their food. Swami tells Balappa that all these virtues are learnt by the tree from the inspiration of a Sky. Sky has all these virtues. It accepts everyone and everything and has enormous heart which is as vast and infinite as the Sky itself. Tree in that way is a student totally in surrender to his master. The master should be like the Sky. Vast and all encompassing. Overlooking everything! The disciple will then get inspired by its Master. He/She will then try to become like the Master. He will then become a blessing to the whole world.



Swami Samartha

sole guide to our souls

by Aruna Margam

We got an opportunity to watch the serial Jai Jai Swami Samartha along with Guruji in Devrukh Mutt. I was aware about the serial coming in the popular channel. I got to listen from Guruji about the guidance Swami giving us through the serial last one year or so. Guruji had written about the same in the newsletter also. Though I knew it's very important for every sadhak to watch, listen and imbibe the values from Swami, I was pretty much reluctant to do so as it was in Marathi. This time after watching the serial with Guruji and saw his interest, I got inspired to watch it from the beginning.

Last one month it has become my priority to watch a few episodes every day. Guruji always reminds us God is with us every moment. He is ever ready to help us in need. We get to experience this quality of Swami when he helps his devotees like Chanda and Cholappa. These two are always in surrender and faith in Swami. Chanda's stepmother always troubles her. Every night Chanda cries and shares her worries to the Mangalsutra of her mother. One night Swami takes her mother's form and put Chanda on His lap and puts her to sleep. It was a touching moment for me. Swami is so compassionate and loving. Swami is doing this with each one of us who are praying to him whole heartedly. We get too entangled in the world that sometimes we are not even noticing it.

Once Chanda's aunt wanted to visit Pandarpur. Though Swami tells her she needs to wait, she goes adamantly for the pilgrimage. She falls sick on her way. Swami disguises as a traveler and cures the old lady from her illness. He also gives darshan to her as Vittala and makes her understand that God is not in one particular place. He is everywhere. Swami tells her when I know my devotee is adamant also I have to help him out as they are under my protection.

Once Cholappa has gone out and Swami sends the whole family out of the house. Everyone mistakes Swami's behaviour. They found it very strange. When Cholappa comes back he doesn't get disturbed even for a moment. He says if my Swami says let it be so. Swami is very happy and appreciates his faith. Within a few minutes a poisonous snake comes

from inside the house. Swami tells the snake to leave the house without harming anyone. It leaves immediately. Then everyone understands the reason behind Swami's behaviour. Cholappa is elated to see how Swami protected his whole family. When we are in danger Swami always warns us, tries to protect us if only we have the patience to listen to Him.

In the village woman had to walk a lot to get water from the common well in the village. One day a woman needed water from Cholappa's wife as the village women did not allow her to draw water from the well as she was childless. This lady prays to Devi. Swami immediately comes to her rescue. Swami wanted Cholappa's wife to share the water she had at home. It wasn't easy decision for her. She shared it with the village woman. Swami was so touched by her compassion. When her own son Krishnappa needed water to drink, Swami invoked Ganga in the well of their house which was dry for a long time. When everyone said it's a miracle, Swami said it is gift of God or the love and compassion of Cholappa's wife. When we share what we have Swami will bless us profusely.

In one incident his devotees got into trouble because of their own action. One farmer gives his daughter in adoption to a rich man in the pretext of a son. They needed money to save the rest of the family from the debt. Since they lied Swami first makes them go through the punishment. Swami also helps them at the last moment by converting the girl to a boy to save the girl from a death sentence. Its true Swami can do Impossible possible. This reminded me Guruji's words keep faith in Swami, Swami can do anything. Here Swami also emphasizes each one has to reap the fruits of their action.

These episodes are helping me to relive the words of Swami, reassure Guruji's guidance. It's been a biggest gift from Swami to all of us. Any situation, my faith has grown multifold. Take responsibility to your actions as there is no escape or shortcut, have a pure heart, be ready to share and care Swami wants to give back multifold, have tremendous faith as Swami is with you every moment. When you have Swami, you have everything. Give your hand in Swami's hand and walk along. Life will be beautiful and a memorable journey.

THE SECRET CODE

by Anand



Saint Ramdas Swami had said **“Jagi sarva sukhi asa kon aahe”** that means **“who is the happiest being in this world”**... most are unhappy for something or the other and surprisingly the reasons are very petty and temporary. At the same time, people don't care for own karmic duties, and remain active in traps of gossips, dishonesty, jealousy, corruption or wrongdoing which has lasting effects on lives.

I've had never negotiated about my salary, or benefits ever with organizations that I've been working with so far and still I'm always very happy with what I was getting. Today, I've realized, it was a blessing for me. It just happened unintentionally and therefore I feel I was very fortunate. These days, I'm shocked to see people literally threatening employers for promotions, better pay, and benefits etc. They even apply for jobs using computers from their present organization. And even after getting what they always wanted they are still not happy. Nobody could snatch anything from us that belong to us. Only thing we will get everything at the right time in life. Guruji always say, don't struggle, if you are destined and going to get something, it will come to you effortlessly. We just need to be patient and grateful for everything we have. Many people don't have privilege even for what we have. I always feel they keep comparing others' lives with own and become unhappy. They can't appreciate others' success. I always remember one beautiful story.

A very happy crow saw a swan for the first time and thought the swan must be very happy because he is so clean white and I'm so black & dirty looking... he filled with sudden sadness for the first time. He went and expressed this to the swan. The swan said actually it's not true, I think parrot must be very happy, look at him he is having beautiful colours. So, the crow went to the parrot. The parrot said, no buddy I've just two colours in me, look at the peacock who is lot colourful than me... I'm not as happy as him. The crow finds a peacock in one of the zoos. He shares his feelings with him. The peacock with absolute sadness said, 'Are you crazy'? I'm kept in this small cage because of my colours. People would come and even kill me for my colourful feathers if I am not in this cage. I wish I was a crow. Nobody would have ever touched me and I would have been a free bird...I could have gone anywhere, eat, do anything that I wish. I envy your freedom.

That's our problem too. We make pointless comparison with others to have things those, are not destined for us and we become sad. We don't value what Swami has given us. All that leads to the vicious cycle of unhappiness. There will always be someone who will have more than anyone. Person who is satisfied with what s/he has, is the happiest person in this world. Once we understand this truth we will not get into the trap of competition, or so-called success. The objective should be only to be 'Happy'. And most important that we must keep appreciating it every moment. **Let's make a wish this year just to be 'Happy' in everything we have.**



"Moon the most comforting element of the nature"

by Priyal Pabani

It's your imperfection which makes you perfect- moon is so pretty, shines so bright in the dark sky, looks like the magic ball which have all the stars in it but that's not true, truth is it has many dark spots also not even a smooth surface and obviously not its own light that shines so bright despite this, it is still beautiful isn't it? Just like humans, we also have sad past, our insecurities, never a perfect person but at the end we also have to shine bright to make our further life pretty, never lose hope, it's your imperfection which makes you perfect.

See the light in someone's life not the fire- sun is like a fire ball, always burning itself and also the others who go near it but moon shines due to the light of sun just like that don't look for bad quality in the person but take the good values which will help you

in your life, see the good in others rather than noting down the evils thus, see the light in someone's life not the fire.

Every day is not going to be same - like moon have the phases our life also have the phases but always remember once in a while there is a full moon so does our life, wait for magic to happen.

There's always the door- the sky is so big and dark and so does your problem but sky got moon which is the ultimate solution of black sky. Similarly, you also got that one solution which will solve your all problems. However, you need to put some efforts to find that solution in this big sky.

At the end, it's not you who is perfect it's the God who made you perfect just like how he made the nature.



LAZINESS AND THE LAW OF KARMA

By Barry Rathner, Clinical Psychologist

It might be said that one positive result of the pandemic is that we are much more aware that we cannot be lazy when it comes to our health—both from preventative and curative aspects. Vigilance is not a luxury right now. It is totally required.

Those who wish we could return to life as it was before 2020 likely have quite a long time to wait to see this unfold.

If we survive Covid-19, then we have Climate Change to deal with. The fallout from financial disturbances—and other lifestyle parameters—likewise present challenges that cannot be taken lightly.

So an increased reliance on SELF to navigate the troubled waters is prescribed for us all. The formerly respected and trusted pillars of our societies—governments, media, big business, banks, etc.—seem to have worn out their welcomes. We are thus left with little choice than to look within for answers. It may have always been this way, but its truth is now staring at us without respite.

As Homa Organic Farming suggests that we grow our own food, make our own folk remedies and such, the role of the individual takes on significantly greater import. Big Pharma does not market Agnihotra Ash—no profit in it. We must make our own healing ash.

(Perhaps later we might study whether things might have turned out differently if the Garden of Eden apple had been Homa Organic.)

In Vedic writings, performance of daily sunrise and sunset Agnihotra is something we are told to do, in part to replace what we have taken from the planet. Think of it as spiritual and material Carbon Offset.

The two concepts seem quite similar actually. To say the least, doing Agnihotra is very good karma. In today's 'risky world,' risk aversion takes on a more serious approach.

Add to this the plethora - bombardment actually - of information, disinformation, misinformation, conspiracy theories, ad nauseam, it may not be surprising for one's mantra to morph into, "What ever should I do?"

Presumably bank robbers know they should not be doing that, but the promise of a payday without the effort of working at a real job is just too much of a temptation.

Just as it said that Agnihotra gives the mind a push in the direction of love, it similarly pushes us—sometimes ever so subtly and slightly, sometimes more energetically—in the directions of proper behaviour and more useful decisions.

How? Not easy to say. Theories abound and Vedas gives hints. Some may say who cares how or even why. Pizzas can be enjoyed without knowing the recipe, the type of oven or the mindset of the pizza maker.

Cutting to the chase, try Agnihotra for 2 weeks and perhaps you will like it—another way of saying 'Believe what you Experience.' Then you will be in a better position to know whether what we write here is true. If you already perform Agnihotra, perhaps do it more regularly.

The expression 'These are the times that try humans' souls,' could certainly be an apt description of late 2021—not to mention all or most of the previous year and a half.

The world currently has moved on from lockdown mode and into unlocked, but caution mode.

Not to take stock of lessons that we may learn from all of this would be unfortunate because many of us have paid prices ranging from catastrophic to severe, to greatly disturbing to the great unknown. It is this last category that currently marks these soul-trying days.

There is just so much that is not known about several life-compromising and life-threatening aspects of our lives.

We began this piece discussing our powers of discrimination, the ability and responsibility to choose between right and wrong as well as to choose among the many shades of grey.

When faced with the great unknown, might not it be best to concentrate on what we do know?

I know that I am loved by benevolent forces that provide this love unconditionally. I know that when I love unconditionally, my life is enhanced beyond expectation.

So in a sense, it's OUR game to win, lose or draw (tie). We are our own judge, jury, and cop. I can choose the Path of Light, or Path of Darkness (and the in between). I need not judge myself as my actions will result in certain consequences regardless of any judging of self.

If I learn from what I did yesterday and the yesterdays that preceded it, I will be that much better and less likely to repeat less than optimal choices. I can create a momentum of positive thoughts and deeds.

But this road requires patience and, at times, hard work. There is little room for laziness.

That Agnihotra has been revealed to serve as a substantial aid is widely known and accepted. Should you not know this yet through your own experience, the time may be now to find out.

But the clock is ticking.



Your Bowl Never Ceases To Pour

*We stand with folded hands
And effortlessly you pour your blessings with your wand
For your bowl never ceases to pour!*

*We stand helplessly in the worldly darkness
And you illumine our path with your brightness
For your bowl never ceases to pour!*

*We stand dubious t two roads diverging
And you guide us to choose the most promising
For your bowl never ceases to pour!*

*We lay before you all our melancholy
And you churn it into ecstasy
For your bowl never ceases to pour!*

*We gather all our billions of problems
And with a smile you offer us with simple solutions
We ache with umpteen pains
And you soothe them with your divine touch and subtleness
For your bowl never ceases to pour!*

*We share with you our successes
And you double them with your plaudits
For your bowl never ceases to pour!
We do not turn to Google for knowledge
For you share your priceless wisdom on the mirages
We join our hands today Guruji
And pray to Swami
For our bowl to eternally overflow
And your bowl on us never ceases to pour!*

-Preeti Khanna

UNBROKEN

by Anand



Never be afraid of
What could go wrong
Start being excited of
What if It goes right...

Don't be afraid of
The hardships of life
It makes an ordinary into
an extraordinary being...

Don't be afraid of
Losing someone
Who is not grateful,
To have you in life...

All we can do is
Keep our heads up
Remain firm, and
Just move unbroken...

धन्यवादः

धन्यवादः एताभ्यां धन्यनेत्राभ्यां,
ये भवान् पश्यतुं शक्नोतः ।
धन्यवादः एताभ्यां धन्यकर्णाभ्याम्,
यौ भवतः नामः शृणोतुं शक्नोतः।
धन्यवादः एताय धन्यमुखाय,
यः भवतः नामः जपतुम् शक्नोति।
धन्यवादः एतयै धन्य बुद्धयै,
या भवन्तम् स्मरतुम् शक्नोति।
धन्यवादः एताय धन्य मस्तकाय,
यत् भवन्तं नन्तुं शक्नोति।
धन्यवादः एताय धन्य हृदयाय,
यत् भवति स्निह्यतुम् शक्नोति।
धन्यवादः एताभ्यां धन्य हस्ताभ्याम्,
यौ भवतः माध्यम् भवतुम् शक्नोतः।
धन्यवादः एताभ्याम् धन्य पादाभ्याम्,
यौ महादेवालये चलितुं शक्नोतः।
धन्यवादः एताय धन्य देहाय एताय धन्य माम्,
यः भवान् जानाति , भवति स्निह्यति,
भवता स्निह्यतं, भक्तिनि अस्ति।
धन्यवादः



by Pooja Solanki

वयं शिवं नमन्ति

मम नेत्रा भवतन्म पश्यतः नमतः च
मम कर्णाः ' हर हर महादेव ' शृणुतः नमतः च
मम मुखः ' ॐ नमः शिवाय ' कथयति नमति च
मम बुद्धि भवान् इव चिन्तयति नमति च
मम मस्तकः/शीर्षः नमन् कर्तुम् नमति च
मम कण्ठः ' ॐ नमः शिवाय ' वदति नमति च
मम हृदयः भवति स्निह्यति नमति च
मम हस्ताः मिलातः _नमतः च
मम पादाः तिष्ठतः, नमतः च, धन्य अस्ति च
ऐकध्यम, मम अखण्ड देहः , चित्तः, बुद्धि , आत्मा ,
भवन्तम् नमति
ॐ नमः शिवाय





LOVE BEYOND WORDS

by Amara Vasuntara

If I love myself, I love you. If I love you, I love myself – Rumi

The fear of dogs started since I was young. A street dog bit my brother on his thighs. It was a deep wound with the muscles exposed. Apart from injections and pain, what I remembered is the bland food that all of us in the family had to eat for one whole year. It got deeply imprinted in my mind, whenever I see a dog I walk in another direction, however long the distance may be.

It was in Devrukh, I was made to know the importance of dogs. Dogs may convey you something if you have the eyes to see and ears to listen.

Few years ago, I went to Shirdi with my sister. Early morning when we came out of the hotel to walk to the mandir for darshan, four to five dogs from nowhere surrounded my sister wagging tails, I ran to some distance, closed my eyes and calling for Baba, After sometime my sister held my hands and we walked. After walking few steps, I turned and saw, there was no sign of dogs.

My opinion about street dog changed after I met Vela. She showed unconditional

love. Always jumps with joy on seeing me and licks liberally. She taught me to enjoy every moment in life.

Despite the various adversities Vela faced, for example mischievous children pour water over her, some random men would hit her with a stick yet her love is unquenchable she would run to them with the same enthusiasm the very next moment when they call them. If people had the heart of dogs, the world would be more beautiful for the boundless love is our very own existence. I remember this beautiful poem

When God had made the earth and sky,

The flowers and the trees,

He then made all the animals,

The fish, the birds and bees.

And when at last He'd finished,

Not one was quite the same,

God said, "I'll walk this earth of mine,

And give each one a name."

And so He travelled far and wide,

And everywhere He went,
A little creature followed Him,
Until its strength was spent.

When all were named upon the earth,
And in the sky and sea,
The little creature said, "Dear Lord,
There's not one left for me."

Kindly the Father said to him,
"I've left you to the end,
I've turned my own name back to front,
And call you DOG, my friend."

Author Unknown

The dog expresses immeasurable love just as Swami Samarth showers his love to everyone equally. All I can do is to reciprocate the love and to realise it is the reflection of the love that I have for myself. This is the greatest gift that I can offer Swami Samarth and the greatest lesson that the dog teaches everyone. Love with your soul for it never stops like the heart nor forgets like the mind

Ashtavakra Geeta

Chapter VII



Verse 1

मय्यनन्तमहाम्भोधौ विश्वपोत इतस्ततः।
भ्रमति स्वान्तवातेन न ममास्त्यसहिष्णुता ॥१॥

Meaning: In me, the limitless ocean, the ark of the universe moves hither and thither impelled by the wind of its own inherent nature. I am not impatient.

When the wind rises in the ocean, it tosses many things in it including the ships all over the place (hither and thither) sometimes even making them drown in the deep ocean. But that movement of ships and the waves does not make any difference to the vast unlimited ocean. Similarly the universe resting in the reality of the Self is ever changing under the impulsion of its inherent nature. But the changing world does not affect the Self in the least.

Verse 2

मय्यनन्तमहाम्भोधौ जगद्वीचिः स्वभावतः।
उदेतु वास्तमायातु न मे वृद्धिर्न च क्षतिः ॥२॥

Meaning: In me, the boundless ocean, let the wave of the world rise or vanish of itself. I neither decrease nor increase thereby.

The wave in the ocean is nothing but the water of the ocean. Only the name and form have been added. Nothing else is added and hence the ocean has not changed in volume or weight. So is exactly the world. It is just superimposed on the reality as a form and name. When it ceases only the name and form vanishes. The reality remains the same.



Verse 3

मय्यनन्तमहाम्बोधौ विश्वं नाम विकल्पना ।
अतिशान्तो निराकार एतदेवाहमास्थितः ॥३॥

Meaning: In me, the boundless ocean is the imagination of the universe. I am quite tranquil and formless. In this alone, do I abide.

Verse 4

नात्मा भावेषु नो भावस्तत्रानन्ते निरञ्जने ।
इत्यसक्तोऽस्पृहः शान्त एतदेवाहमास्थितः ॥४॥

The Self is not the object, nor is the Self which is infinite and stainless. Thus it is free from at-

tachment and desire, and tranquil. In this alone do I abide.

The self is all pervasive and infinite. It can't be therefore contained by finite objects such as a body and the mind. Even the objects are only the super impositions on the Self and hence can't really be existing in the Self.

Verse 5

अहो चिन्मात्रमेवाहमिन्द्रजालोपमं जगत् ।
अतो मम कथं कुत्र हेयोपादेयकल्पना ॥५॥

Oh, I am really Consciousness itself. The world is like a juggler's show. So how and where can there be any thought of rejection and acceptance in me?

To a knowledgeable person who knows that he is a pure Consciousness, the world is only like a game of a juggler or a magician. He knows that everything is an illusion. The question of accepting some things and rejecting some things just does arise.





VEDIC SCIENCE and MANTRAS

Prof.: Carlos E. Bustamante G.

Om Tryambakaṁ Mantra or Mahāmṛtyuñjaya Mantra

The whole of the Vedas as Science of all that is or of the Totality of Being is consubstantial with the Absolute and with the existing Reality as a whole.

In the beginning the Vedas are a perfect Unity, in other words there is only One Veda. Later on the Vedas became a triple or threefold manifestation, the so called Vedatrayī and finally they became the fourfold manifestation known as Chaturveda, consisting of Ṛig Veda, Sāma Veda, Yajur Veda and Atharva Veda.

The Ṛg/Ṛig Veda Samhitā contains 1028 Sūktas or Hymns. The word Sūkta is composed of two sanskrit particles, “Su” = “good, well, excellent” and “ukta” = “said, uttered, recited”. Both components united mean “well-said” or “wise saying” or “song of praise”. Each Sūkta contains one or more Ṛks/Ṛiks or verses. Each Ṛk/Ṛik is a Mantra. The Ṛigvedic Samhitā has 10 550 Ṛks/Ṛiks. The word Ṛk or Ṛc means “verse, stanza, hymnic text, a verse typical of the Ṛg/Ṛig Veda in contrast with the mantric verses of the Yajur Veda and of the Sāma Veda named Yajus and Sāman respectively. The expression Ṛk or Ṛc comes from the sanskrit verb “Ṛc, ṛcati, arcitum” that means “to praise, extol, laud, celebrate and shine”.

The 1028 ṛigvedic Sūktas/Hymns are divided into ten maṇḍalas or sections. Another type of later division was into aṣṭakas or eighths. Each aṣṭaka was again subdivided into eight adhyāyas (sections or lessons) and each adhyāya into vargas or groups of five or six hymns. For practical purposes, the 10 maṇḍalas are also divided into anuvākas or recitations. In the beginning (Upakrama) and in the end (Upasamhāra), the Vedas talk of Agni/Feuer.

This exhibits the great spiritual and material importance of Agni/Fire which is a strong purifying factor of Mind and Matter.

In the maṇḍala 7, anuvāka 4, sūkta 59, ṛk or verse 12 of the brilliant Ṛg/Ṛig Veda Samhitā (RV 7.4.59.12), we may find one of the most powerful and beautiful Vedic Mantras.

It is the Om Tryambakaṁ Mantra technically known as Mahāmṛtyuñjaya Mantra or MṛtyuvimocanīṚk. The meaning of both denominations is Mantra or Ṛk/Ṛik that exterminates and vanquishes Death.

The Ṛṣi/Ṛishi or Vedic Sage who received the revelation of the Mantra is the notable Vasiṣṭhaḥ Maitrāvaruṇiḥ. The Chandas or Vedic Metre of the Mantra is called Anuṣṭup or Anuṣṭubh. It is also named Śloka. This metre has 8 syllables (akṣaras) in each pada, that is to say, 32 syllables in short.

The Devatā, Deity or Spiritual Power invoked is the Lord Rudra. This is the ancient vedic name for the Lord Śiva Maheśvara, the Almighty Father.

This ṛigvedic Sūkta, the number 59 of the tenth maṇḍala contains 12 ślokas or verses. The first 11 ślokas or mantric verses are consecrated to the Marudgaṇāḥ, Marutaḥ or Maruts, a group of powerful atmospheric Deities. The last verse or ṛk, id est, the twelfth is consecrated to the Lord Rudra/Śiva Maheśvara as it has been said.

If this Mantra is chanted or recited with Yajña or Homa undergoes change, because it becomes intensely amplified.

In order to perform this Homa, this Tryambakaṁ Mantra is to be certainly chanted with fire and after the word Svāhā/Swāhā we must add a drop of Ghee into the fire. Then we repeat the Mantra and again add a drop of Ghee. We can do this for any period of time continuously at will. However, if it is Sunset

time/Sūryāstakāla or Sunrise Time/Sūryodayakāla, while we are doing this Homa, then actually at that precise time we perform Agnihotra as stated in Agnihotra Homa modus operandi.

It is advisable to perform Tryambakaṁ Homa in places where Agnihotra is regularly practiced.

In the context of Homa Farming, it is prescribed to do this Homa and chant this Mantra for at least four or five hours consecutively by people taking turns.

If there are enough qualified people, that is to say, regular practitioners of Agnihotra, they can perform twenty-four hours Om Tryambakaṁ Homa on New Moon/Novilunium/Amāvasyā days and on Full Moon/Plenilunium/Pūrṇimā days.

New Moon/Amāvasyā and Full Moon/Pūrṇimā are phases of a very special cycle with exceedingly intense impact on the Mind.

Tryambakaṁ Mantra

“Om Tryambakaṁyajāmahe sugandhimpuṣṭivardhanam |
Urvārukamivabandhanān mṛtyormuksīyamā'mṛtāt ||”
(Svāhā/Swāhā).

“Om We offer (Yajāmahe) oblations to Lord Tryambaka/Lord Rudra/Lord Śiva Maheśvara/Almighty Father) who exhales excellent fragrance and bestows prosperity (Spiritual and Material). May we be freed of the bonds of Death, just as the cucumber gets itself free from its vines (stems). May we never be separated from Immortality”

Tryambakaṁ Homa Mantra (Mahāmṛtyuñjaya Mantra)



Om tryambakaṁ yajāmahe sugandhim puṣṭi vardhanam |

Om
Absolute
Supreme Sound

We offer to the three eyed Supreme Lord who exhales an excellent fragrance that increases the prosperity (both spiritual and material). |

Urvārukamiva bandhanān mṛtyormukṣīya māmṛtāt swāhā||

May we be freed of the bonds of death just as the cucumber gets itself free from its vine (stem). May we never be separated from immortality. ||

Ashram Events



Datta Jayanti at Devrukh ashram

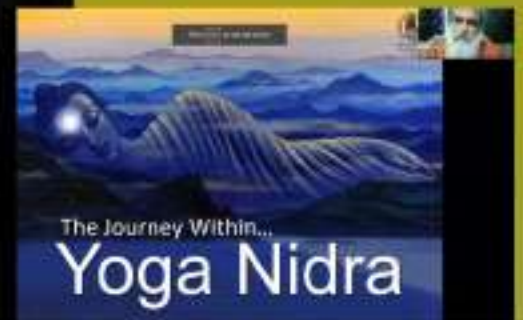
Data Jayanti which comes on the full moon of Margasheersha is the most important festival for our ashram. This year it was on 18th December. The celebrations began right from 16th December and lasted till 18th with a fully packed program of DattaYag from dawn to dusk on each day, Satya Datta Puja on 17th, Poornahuti on 18th, Musical programs in the evenings of all days. Due to Covid related regulations the Ashram administration had to restrict the resident sadhaks to 50. However, the local Devrukh Sadhaks who joined the celebrations, the environment of the Ashram was fully charged as usual. The decoration of cave created by our SadhakAvadhutPotphode and hid team was beyond the words to describe. It was an experience by itself.



Lectures for Ayushman Bharat Doctors



Reiki Vidya Niketan arranged the follow up lectures on Subjects – Yog Nidra and Healing possibilities by understanding of transition of consciousness in human beings on 22nd and 23rd December respectively. These lectures were for those doctors and health care professionals who underwent the first level Reiki Seminars conducted by RVN for institute of Health and social welfare under Ayushman Bharat Scheme of Government of India. Totally around 600 doctors have undergone the Reiki training under this scheme till now.



The 4th Avatara (Human Evolution) Narasimha (Human Lion)

- State at the time of Birth (separation from Mother's body)
- Body like Humans and Mind like Animals. No human emotions.
- Only instinct to survive at any cost. Crying whenever the existence comes into danger.
- Violence at the time of birth. Blood. Beginning of duality. Division of the body. Breaking open.
- Earth element dominates. Hence can not sit or stand for 8-9 mths.
- Sleeping most of the times.



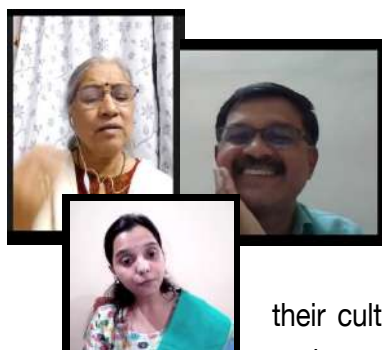
Anaghashtami Pujan online



With the launch of Anaghashtami online Pujan on 27th December created a milestone in the history of the Ashram. The live Puja ceremony was conducted for about 108 Sadhaks worldwide. The morning session was mainly for Sadhaks in India while the evening session was conducted for our US Sadhaks who registered to participate. This was the first of the events in the series of 12 such Ashtamis to be performed till November 2022. This is considered to be the first step towards fulfilment of Guruji's dream to start the Institute of Temple Management in Devrukh.

Month	Date	Starts on	Ends on	Remarks
January (Paush)	25th January 2022	7.48 am 25/01	6.25 am 26/01	Tuesday
February (Magh)	24th February 2022	4.56 pm 23/02	3.03 pm 24/02	Thursday
March (Falgun)	25th March 2022	00.09 am 25/03	10.04 pm 25/03	Friday
April (Chaitra)	23rd April 2022	06.27 am 23/04	06.29 am 24/04	Saturday
May (Vaishakh)	23rd May 2022	12.58 pm 22/05	11.34 am 23/05	Monday
June (Jyestha)	21st June 2022	09.01 pm 20/06	08/30 pm 21/06	Tuesday
July (Aashadh)	20th July 2022	07.35 am 20/07	08.35 am 21/07	Thursday
August (Shravan)	19th August 2022	09.20 pm 18/08	10.59 am 19/08	Friday
September (Bhadrapad)	18th September 2022	02.14 pm 17/09	04.35 pm 18/09	Sunday
October (Ashwin)	18th October 2022	09.29 am 17/10	11.34 am 18/10	Tuesday
November (Kartik)	16th November 2022	05.49 am 16/11	07.57 am 17/11	Wed/Thursday
December (Margasheersha)	17th December 2022	01.39 am 16/12	03.02 am 17/12	Friday

DSPPL's Social Empowerment Program




DSPPL initiated a social empowerment forum for parents and children the world over on 5th December 2021. Under this program a lecture will be delivered on the issues related to the future generations, their aspirations, their culture and empowerment on every fortnight under every New moon and Full Moon. The New

Moon programs will be mainly for students and Full Moon programs for Parents and Teachers. The first lecture was delivered by Mrs. Aditi Natu, a prominent educationist in Maharashtra while the Full Moon lecture was delivered by Mr. Sameer Khadye, a founder of NGO called Anubhuti. More such programs are to follow in the year 2022.

Reiki Arogya Mandir at Rajkot



Reiki Sadhak community of Rajkot Center of RVN started Reiki Arogya Mandir on 25th December 2021. The RAM will offer Reiki treatment to all those who are needy and willing to get healed using Reiki Therapy.



मेरी शरण मे आके देखो,
मेरी दुआ अपनाके देखो ॥

15

Meri Sharanme me Aake Dekho, Meri Dua Apanke Dekho..

Meaning of these words is very deep and profound. Here Swami is saying that you surrender to me with earnestness. He further tells his devotees to see how his grace descends then. To achieve the grace of the divine, you need to really become a part of the divine space. As we normally say, a God walks seven feet towards you if you are willing to walk one foot towards HIM. Lord Dattatreya comes to ask for the alms with his begging bowl or bag so that he can relate with you so that he can shower his grace on you. Without establishing a relationship nothing can be gained. Surrender is the ultimate

intent of relationship. Even the God can't force his blessings on you unless you are interested. Generally, one has to do some penance to get that divine grace. But Shree Swami Samarth is such a kind and compassionate divinity that he is willing to shower his grace the moment you connect with him. That channel needs to be developed between him and you so that a huge spring of divine force starts flowing in your existence. Swami's challenge to his devotees is coming from that thought of connection.

Reiki seminar In January 2022

Date	Center	Level	Master
1st & 2nd Jan	South Mumbai	1st	Rakesh Kumar
1st & 2nd Jan	Ahmedabad	1st	Bhartiben Zinzuwadia
8th & 9th Jan	Rajkot	1st	Seema Trivedi
8th & 9th Jan	Bengaluru	1st	Aruna Margam
15th & 16th Jan	Nasik	1st	Ajit Sir
15th & 16th Jan	Pune	1st	Vishal Shridhankar
22nd & 23rd Jan	Kudal (Pawashi)	1st	Kalpita Keer
22nd & 23rd Jan	Delhi	1st	Vishal Shridhankar
22nd & 23rd Jan	Vadodara	1st	Sangita Kulkarni