

Volume 14

Issue 7-8-9

July-Aug-Sept 2022

REIKI

VIDYA NIKETAN



Happy
Ganesh
Chaturthi

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

वक्रांड
महाकाय
शुभकाय
यमप्रभ
निर्विघ्नम्
दुःखम्
स्वम्
शर्व
कार्येषु
शर्वेषु



SANKALP INTENTION

The Glimpses of a non-linear world...

For the past 25 years that I am teaching Reiki, I come across many discussions on the efficacy of Reiki as a healing and a living practice. Invariably people talk about how they sent or gave Reiki to someone and a person got healed or how they sent Reiki to a cause and it was achieved or even how they gave Reiki to (a so called non-living thing) and the thing started functioning efficiently. Everyone seems to be involved and interested in the process and the results, though I repeatedly have been telling them not to get involved with either. What according to me should entice people is “that” which makes it work and give results. There is something that works between the sankalp (intention) and the siddhi (fulfillment). Though the fulfillment on one side and the intention on the other are seen, the stream joining these two is unseen, unheard, and invisible.

One needs to be attentive of a creator of the result rather than a result. When we see a beauti-

ful flower it is a force which has made the flower that needs to be sought. If one looks around the illusion called life experiences, one needs to look at the sub-stratum of that creation of an illusion. The whole idea of a spiritual prowess is to search and find “that”. And rightly so! Because “that” is what you are. That is your own original identity. The whole idea is to know your Self as a revered Master Shree Ramana Maharshi would say in Tamil “Nan Yar” which means “Who am I?” That is where your search ends. That is where the spirituality ends. Everything else is a cue or a clue to directions in which you need to look at.

What you are finding is closest to you. And you are searching it far from you. The moment we move out of the zone of our Self to explore the life, a dark veil stands like a satan behind you separating you from your own domain of Self. Then you are start operating in the domain of ego that becomes a driving force of karmas or actions. These karmas keep on throwing the layers of

SIDDHI FULFILLMENT



sanskaras (the residual karmas) or impressions thickening that veil even further. The whole spiritual process is a reverse phenomenon. You need to move towards your Soul or Self and make effort to break through your veil of ignorance about your own identity. Once broken, what stands in front of you is YOU and your own soul. The linear aspects of life do not allow you to achieve that. They go more by measurements and obviously limitations. One needs to get over the line of demarcation between the linear and non-linear aspects and cross over to the domain of non-linear aspect. That is the zone of the Self. One does not have to get involved in the process and result and get entangled in the clasp of limitedness. That needs some courage and a strong resolution.

Once you know your Self, the life really begins. It does not end there as many believe out of ignorance. That actually keeps people away from the search of one's Self! Once you know

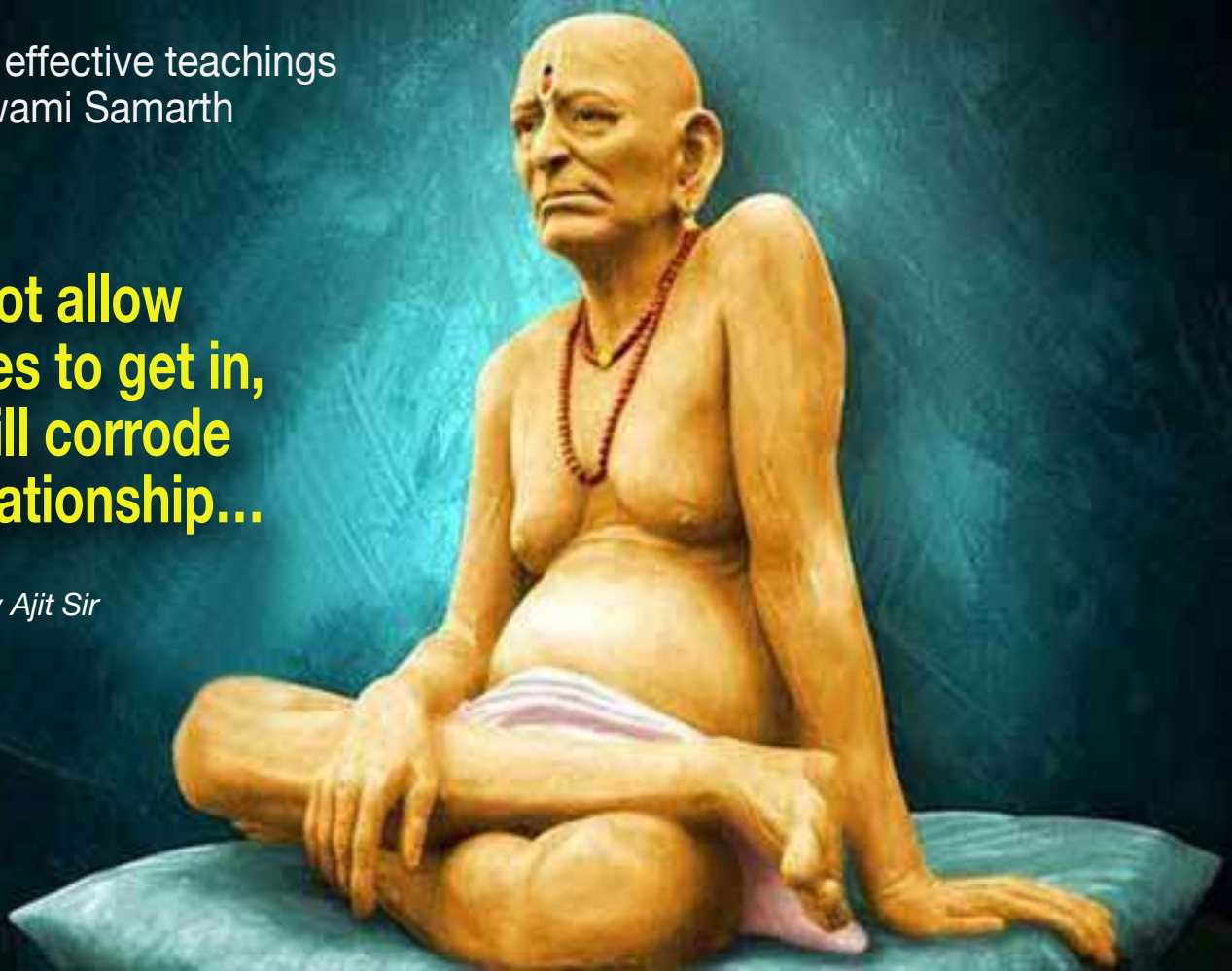
you are complete you just live with joy. All your activities start emanating from the joy and bliss. You do not seek your happiness through the activities. You do not look to life as a means to achieve happiness but start living out of your happiness. You do not seek your happiness through activities. You do not look to activities as the means of happiness. You do not perform activities to become happy but you perform activities through happiness. Every activity comes out of your happiness instead. Then you have no desires to fulfill as you are already fulfilled. You do not seek your completion through mundane issues as you are already complete. That is a beauty of a life.

With love, light & Reiki

Ajit Sir

**Do not allow
jealousies to get in,
they will corrode
your relationship...**

by Ajit Sir



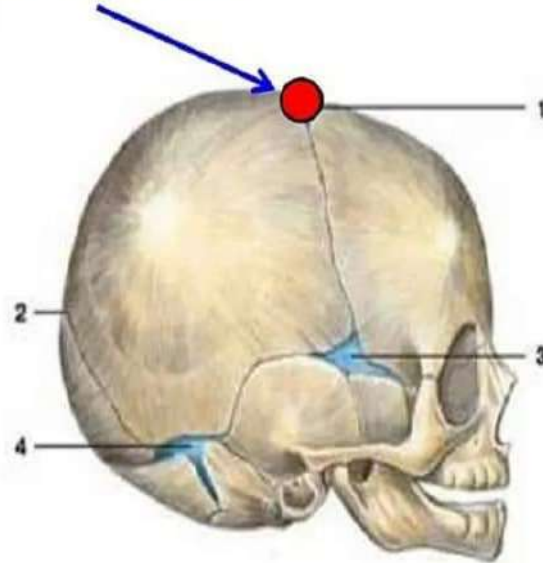
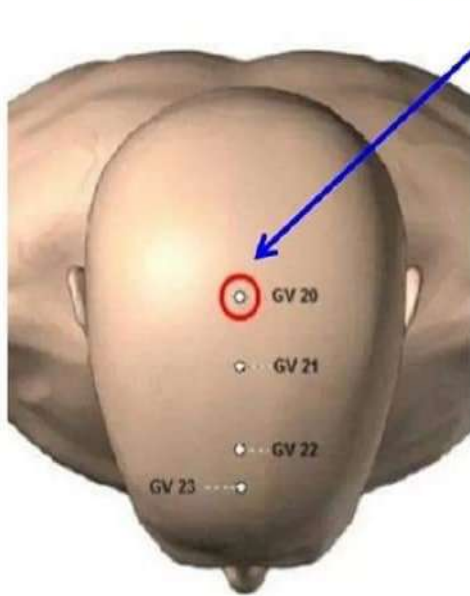
Swami Samarth in one of the recent episodes of the serial “Shree Swami Samarth Jai Jai Swami Samarth” said the above statement to his disciples. He was very pained to see how much good disciples do operate in the domain of ego, even after so much time they have spent in Swamiji’s company.

When Swamiji comes to his math from the outside, he could see the environment as a little tense and feel that something has happened between all the Sadhaks. He realized that there are some ego clashes and some of the Sadhaks who are still in the domain of ego started feeling jealous of those who are close to Swamiji. He points out to one centipede who is moving on the floor around and says that this centipede though looks very small if enters even a healthy human body eats up the whole body within no time and nothing can be done about it. One has to be careful and alert so that it does not get entry into your body. That is the only way to prevent the disaster.

He says further that this centipede represents jealousy in our life. If one starts feeling jealous about colleagues and friends and all those related it starts corroding the essence of the relationship and at one point in time eats up all the bonds of the relationship. Jealousy is one of those six enemies of humans, especially on the path of spirituality. This, we all see in the environment around the mundane world. The whole idea of sadhana or spiritual practices is about overcoming such enemies or putting them under control. In the beginning, all these six enemies appear to be small and insignificant, but they grow enormously over a period of time if not attended to. So one has to nip them in the bud as they appear to your senses and does not have to wait till they grow. That is the consciousness one has to have all the time if a Sadhak wants to sustain on his path of prowess. That should be good enough message for the time being.

BRAHMRANDRA

by Vivek Pandye



The human body (Microcosm) is said to be a small sample of the cosmos (Macrocosm). The entire body of a big tree is hidden in a tiny seed. In a small sperm lies the cast of the entire human body. The manner in which the mutual attraction and activities of the planets of the solar system are executed, can be seen albeit at a micro-level within the atomic family represented by electrons, neutrons etc. In the same way the entire cosmos can be seen in a microform within this small human body. Whatever is visible / invisible in this gigantic cosmos is present within this tiny human body. All the special characteristics of earth too are found in the human body.

All the energies, special qualities and glories of earth are found in the point of balance i.e. the North and South Poles. From here all movements /activities of earth are controlled. As a result, this earth is an active ball and a playground for all creatures. If the North / South Poles lose their balance or they undergo some change, the entire earth will look like something totally different. It is said that even if a minor fist blow is executed on the point of center of balance in the 2 Poles, the earth will change its orbit by leaps and bounds. As a result, this very nature of days, nights, seasons etc. will change and take up a new extreme form. Further this minor fist blow can induce earth to dash into other stars, galaxies etc. and thus get powdered to pulp. The cause is very clear. In that the 2 Poles control all the movements of earth. It is their energy centers that induce our earth to dance to its tunes like a puppet. All earthly activities are given the necessary capacity and inspiration to function aptly. The 2 Poles are the central points of earth's activities and energy centers.

Just as the planet earth attains energy and activities from the 2 Poles, so too the human body has 2 Poles. The North Pole is Sahasrar Kamal in the Brahma-randhra (center of the brain). The South Pole is the Mooladahr Chakra of Kundalini or Divine Serpent Power center at the base of Sushumna (near the genitals). According to Indian Mythology, Lord Vishnu sleeps on Shesha Naga (1000 hooded serpent) in the Ksheersagar (ocean of nectar). This Ksheersagar (presumably) is nothing but the intense white ocean of love in our brain.

In one way, Brahma-randhra is the head office of a creature. It is a laboratory which helps us attain whatever we see in this visible world and all those things which are beyond our knowledge. According to Indian philosophy over here there are such rare auras of light made up of 17 principles which cannot be seen in the visible world with our gross eyes. All nervous elements and air tubicles

come out from this area and spread out into the entire body. The Creator seated in this white lotus, sends and receives orders and messages from any part of the body via any nerve. He can create movements in any area. He can clean and create a rain of vital force in any area without any technological paraphernalia which we limited creatures can never even dream of doing. All this takes place because of emission, contraction and relaxation of auras of light. It is this ball of light that induces the nose to smell, the ears to hear, the eyes to see, the tongue to taste and speak. This ball of light is under the direct jurisdiction of Almighty God dwelling in the Sahasrar Chakra.

When a child is born, there is a tender spot where the bone does not form till the child grows to a certain age. Randhra is a Sanskrit word, but it is in common usage in other Indian languages too. Randhra means a passage, like a small hole or a tunnel. This is the space in the body through which life descends into the foetus.

There are many medical cases where stillbirth happens though by all medical parameters, the foetus is healthy and everything is fine. This is simply because the life within is still choosing. If a being enters into a foetus and finds it unsuitable as it evolves to become a baby, it leaves. That is why one door is kept open. This is the reason why in Indian culture, so many precautions were taken to create a different kind of atmosphere around a pregnant woman. We are giving that up nowadays, but this used to be done hoping that something better than who you are comes into your womb. So, a pregnant woman used to be kept in a certain state of comfort and wellbeing. With the right kind of incense, sounds and foods, everything was done so that her body is in a state that it welcomes the right kind of being.

Brahma-randhra literally means 'the crevice of Brahman'.

The crevice in the crown of the head is called 'brahma-randhra' since Brahman (Ishvara or God) is said to have entered this body through this randhra or crevice. Brahman made it alive by creating it.

If a person manages to leave the body at the time of death, through this randhra, he goes to Brahma-loka or the world of Brahma. Hence it is named so. This is possible only for great yogis, persons of very high spiritual evolution. Works on Haṭhayoga, describe this brahma-randhra as the top end of the sushumna canal. This possibly is also a seat of enlightenment.



The Third Dimension

by Anand

I started getting an opportunity to watch best Indian and international advertising only when I started working in Ogilvy. Randomly any senior creative fellow would come and share some good film, or advertisement and also explain us why it was so good. That was really eye opening and great learning experience for newcomers like me. It was genuine mentoring and had lasting effect on me. I remember a 'Rent a Car Campaign' till today. They claimed that they don't want to be number one and they are happy for being number two. I loved it immediately but I understood it today totally as it's working in life as well. Their logic was very simple, once you are number one, what will you be tomorrow and growth stops for number one and what remains is only struggle but since we are number two, we are always very flexible and patient, we are listening to all your needs and we are ready to improve as you want, we have no ego as we are not the number one. While every brand was crying loud claiming to be number one, this angle is the **'Third dimension'**.

Most of the teams would constantly think of winning Gold Medals at Indian or International award competitions. The race with other agencies was inflexible. Award winners from other agencies would be offered huge salaries and snatched by Ogilvy and award winners from Ogilvy would switch to other firms with best pay packages. This was going on for years. Some people missed gold and received silver medal but next day onwards they would be seen depressed and as low as if the entire world had crumbled down. I could never understand logic behind this.

One day I read research on such reactions of the silver medalists and bronze medalists right after an Olympics. Bronze Medalist is generally seen happier than the silver medalist at the end of the game. Ideally, a silver medal is higher than the bronze and silver medalist should be happier than the bronze medalist but human mind doesn't work like mathematics. The study says, this happens because of phenomenon of counterfactual thinking. A concept in psychology in which there is human tendency to create possible alternatives to life events that have already happened, that would be contrary to what happened. Silver medalist thinks, I could have won gold because I was the only precise choice and it's totally unfair with me. But the bronze medalist thinks, 'thank god I could get at least the bronze medal... The difference between both of them is **'the Silver medal is won after losing but the bronze medal is won after winning'**... and that's the **'Third dimension'**.

This happens in our lives as well and therefore we need to practice all the Reiki Principles every moment. We have to appreciate everything that we have received so far in life. We should never keep thinking of what we don't have and develop unhappiness. We should be grateful for our blessings because when we consciously think we will understand that there are millions in this world who are not so privileged and fortunate to have what we are not valuing. Always think from the **'Third dimension'** to remain contented.

Reiki Experience



Jai gurudev

Hi I am in R.Vadivukkarasi living at Kavaraipettai, in Chennai

I really really Happy to say and sharing my REIKI Experience with feeling from my Heart after 10 year's I am totally free with all body pain especially Back pain really and daily I am working in computer last two month my eyes so dull and Headache I was daily practicing Reiki Morning 3.35 am improving my eyes power feel very very Happy and wonderful magical experience Really Thankful to you Guruji and Aruna Mam

Dear Guruji,

I completed the first reiki degree under the able guidance of Vishal Sir in Nov 2021. After my first degree,



whenever I used to practise reiki, i used to feel immense heat in my body. I used to feel as if I have got fever. But I never skipped practising reiki. I did it every day religiously. In the meanwhile , after visiting Devrukh, i also started practising agnihotra. My digestive system was getting better each passing day. After my second degree, i felt that gradually my problem of Ulceric Colitis was reducing to a great extent. My sleeplessness issue too got resolved. Doctor had prescribed a sleeping pill which I stopped gradually because of reiki blessings. The medicines prescribed for ulceric colitis too have gradually come down. My stool reports are normal and I am consuming regular medium spicy meals which I had almost given up for a decade. I have also given reiki to few patients for various issues who also experienced benefits.

Jai Gurudev.

Seema Chitnis

Jai Gurudev Sir.

Hope you are in good health.

Recently I got an opportunity to heal a Labrador dog.

She had paralysed her right leg and paw.



After a treatment of a week , she was discharged from the hospital with Dr saying no hopes of improvement. Rather after she came home too Dr had advised to put her down. As a last resort, the family approached me to see if reiki would help.

I gave her touch reiki for 1 week and on the second day itself she started showing improvement. She tried getting up and move and gradually in a week's time she was on her legs with no medication whatsoever. The family is so happy and the Dr who had suggested to put her to sleep also cannot believe that without any medication she is back to normal.

I am so thankful to reiki and You and Guruji.

Jai Gurudev.

Aishwarya Chitnis

Innings of Fitness

by Riddhi Patel



On, April 26, 2022, I was informed by our Sports Committee that GGRC is going to participate in Inter Department Knock out Tournament organized by GSFC General Sports Committee and they gave me offer to give name for Women's Cricket Team.

I burst out laughing that look at my Weight, do you think I will fit in Team **"Mein to bhag kar pani dene bhi nahi ja paungi in Strategic Timeout"**.

My Colleague (Mr. Amit D Mehta) who is also Convener in GGRC Sport Committee told me, **"Don't participate because you are not fit but participate so that you can become fit"**.

Just like me, many other Girls too participated and finally our Team is formed. Initially, we started practicing during Lunch Time on a Narrow Road (Gali type) which is adjacent to our Canteen. After three days we are guided by our GGRC Boys Cricket Team that we should start practicing on Ground after office hours.

Most of the Girls even don't know how to hold Bat, top of it due to fear of hitting the Ball so many girls don't try to even catch the ball. Extreme Fielding issues, we all couldn't run, can't bend properly to stop the ball, we couldn't throw it, sometimes we want to through forward but it goes backward, so that kind of funny things were happening on ground. We were laughing on each other that it will be very easy for Opponent Team to win as our Fielders will only give them Four Runs by throwing ball out of the Ground instead of Bowler or Wicket Keeper.

After one Week GGRC Boys / Family Members of our Employees including Harshil / Shripad started coaching us and make aware about basic Cricket rule of which we were completely unaware.

We all Girls have gone through extreme level of Push both Physically and Mentally without compromising Office as well as Family responsibilities by following rigorous schedule of Exercise and Practice, due to severe body pain, we all were suggested to consume Multi Vitamin Tablets and in order to get rid of Body Pains, some of them have started taking Pain Killers also. When I told to my Mother, she scolded me for taking any unnecessary medicines and suggested me to consume Agnihotra Ash. I started consuming Agnihotra Ash Three Times a Day, doing regular kavach with Pranayam if not at home then in Office Gym which helps me a lot in practice. Initially when I was taking one run I need a break of 5 minutes, this issue resolve due to Pranayam and Agnihotra Ash, during entire Practice & Match I was taking Reiki between 6 to 9 Minutes on each points.

The entire Journey from Practicing to Final Match was no less than Roller Coaster Ride. I remember the first day when we all were cracking joke with Amit about our fitness and teasing each other during fielding, who knows that entire Team with zero knowledge of Cricket and low in fitness will bring Runner's up Cup for GGRC. Initially, I don't want to participate because I cannot run; however, I am awarded with Woman of the Match for scoring highest run and chasing runs in Super Over in Semi Final Match.

My Take Away

1. *Health is Wealth*
2. *Physical and Mental Fitness is best combination*
3. *As Guruji always say, in Game Person's Real Character reveals.*
4. *Hardworking is the Key to Success, there is no Shortcuts and no favours.*
5. *If you will help yourself then God will help you.*
6. *Always put Mission & Team ahead and not self vested Interest.*
7. *Improve 1% daily.*
8. *Keep Practicing because at the end Practice will make you win.*
9. *Last but not least for all above DISCIPLINE is must.*

One with Life

by Shashi

Of what use is erudition and scholarship, if one does not apply it in one's life?

Or a saffron attire, sandal and ash, when the mind remains restless and agitated?

Of what use is memorizing scriptures, when the heart is closed to divinity?

Or preaching to multitudes on religious mores sans a universal vision for mankind?

Of what use is a hollow reed, unless it makes sacred music?

Or the creative arts if they don't reflect the beauty of life?

Of what use is a good friend, who cannot speak of our flaws gently,

Or listen to good counsel when they err?

Of what use is perfection of face and form, if beauty doesn't reflect from within....

For the light of kindness, compassion, caring is radiant in deeds we delve in.



Shift

by Anand

I'm slowly becoming a person

I should have been long ago...

Earlier, I enjoyed power of tongue

Today, I value the silence more...

I always tried to change people

Now I accept them as they are...

I was ashamed by my failures but

Today I know they taught me lessons...

I was waiting for the perfect time

Now I try and make time perfect...

"OBSTACLES DON'T BLOCK THE PATH. THEY ARE THE PATH." (Zen proverb)

By Barry Rathner, Clinical Psychologist

Attempting to comprehend the Law of Karma during trying times can be challenging. First of all, God's time may indeed be different than humans' time. Paybacks—good or bad— usually cannot be figured out—at least not definitively.

One exception is the tenet that intense good karmic behaviour attracts Grace and, more often than not, the Grace seems to unfold rather quickly.

As the roster of longtime adherents of Agnihotra and the Fivefold Path grows—some of us having begun almost 50 years ago—questions of life and death, and illness and good health inevitably arise.

As politicians like to ask, "Are you better off now than 4 years ago," we might wish to ask ourselves the same question about our lives since beginning Agnihotra. Invariably the answer will be yes, but things aren't exactly black and white.

Even the most ardent Agnihotri having experienced miracle after miracle surely realizes that the fire is not the Fountain of Youth. Nor are we under the illusion that anything resembling perfect health is in our immediate future.

Happy, healthy, and holy might be more realistic goals.

Here is where adherence to 'glass is half full, not half empty,' provides perspective.

If an illness—or accident—deprives me of the use of one of my arms, do I bemoan what I have lost or do I give praises for the good arm I still have?

So as we trek along the Path and our destiny, do I do so in the spirit of gratitude and humility, or do I obsess over what might have been?

Faith is a funny business. The extent to which I am able to practice adhering to IDAM NA MAMA—not my will but Thy will be done— is the extent of my satisfaction with—and even understanding of—my current lot in life.

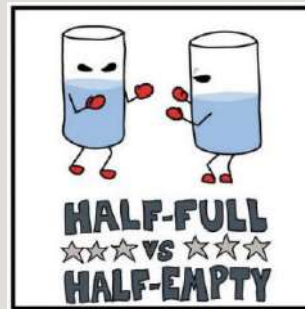
It isn't an accident that often we experience spurts of development during periods marked by obstacles.

Interesting also that when we experience smooth sailing,

sometimes we will not have even left the dock—which may explain the absence of difficult water currents.

Faith and effort go hand in hand.

Just as DEVOTION may be considered SERVICE divided by EGO, the more we are able to SURRENDER to the powers that be, instead of our own power, the more likely we will take the best forks in life's roads.



When the world is in a phase of extreme difficulties, maintaining equanimity is easier said than done.

Of course attitude is at the forefront of coping but then there is perspective. How can I get upset over relatively minor inconveniences when an adjoining country fights for its very

existence?

How can I think I am somehow being deprived of selections of food when a large percentage on this planet goes to bed hungry each night?

This isn't to say that I can directly address these situations, but it does speak to attitude as well as to service.

We who have been gifted Agnihotra have a responsibility, an obligation to 'share the wealth,' I should think. Jonas Salk would have been remiss had he not shared his polio vaccine with the world. Madam Curie, as well, had an important story to tell.

Those of us blessed to really feel and appreciate Agnihotra would do well to spread the good news. All have free will, of course, and you can lead a horse to water but not make it drink.

So shall we make strong efforts to share Agnihotra with our brothers and sisters, farmers and medical persons, whomever?

All of us wish to be happy, healthy and holy. It has been said that we have been given the keys to the Kingdom of Heaven. Let the multitudes rush in through the open doors.

Raising Children in Today's World

(Quotes from Orion as received via Parvati Rosen-Bizberg)



***“To be in the presence of young children is excellent.
They carry waves of joy direct to the heart.”***

Yes. A great source of consternation for those of you aware beings living in today's material world is the children, and rightly so. Certainly, it behoves all of you to consider the dramatic effect of today's helter-skelter society on young minds. Those of you who grew up in what may have appeared to be a more stable era, may be able to reflect upon a time which perhaps was less threatening to the psyche. Indeed, one's outer environment has greater effects on one's mind than is realized.

Therefore, take modern children growing up in a world in which the ecological balance is tremendously at risk, the political climate often oppressive and blatantly corrupt, the home life often practically non-existent, or hectic and rushed, and the demands for academic success and the subsequent job market pressing upon even the youngest of children.

Many of today's children come from broken homes, in which parents are often absent, due to the stress of raising a family in a materially oriented, costly society. Children have a shorter childhood, year by year. The imbalance in the natural environment creates its own stress on the physical body, let alone the mind.

We would recommend intensifying your efforts to reach the children, but not through lectures or talks. Reach them through music, through art, through dance. Bring them into your meditation practice, but do not expect that they reverberate on the same energy level as you, elders.

Expect their music to reflect a more intense energy level. Expect that they will be more active, more energetic in their practices. Listen to their bodies. Sense what it is they require for stimulation and inspiration.

Give them space and the opportunity to create! When a child's creative energies are given room and nurtured, an element of deep trust is formed. Once the child feels she is free, true self-expression will result. This is often far more effective than psychoanalysis.

Listen. Listen to your children. Seek to get to the heart of the matter. Then, remedy the situation rather than the child. See if change in the situation produces a positive effect on your child. Often, one seeks to medicate because of pressures of everyday life. However, of all your responsibilities, the greatest is that of parenting. Consider a life change that would reduce stress on you and enable a deeper bond to develop with your child.

Certainly, there is much to be said of 'quality time' when one cannot afford quantity time with children—but, it never is enough. One has to prioritize one's children, particularly in the younger years. We shall suggest guidelines. We are quite aware of the difficulties of modern life. This is why we view alternative life paths as the way of the future. If you want healthy, well-adjusted children with open minds and hearts embracing higher values by which you guide your life, you need to be there to instill them.

Children learn by what they see and experience. They gravitate to what will fill their needs—camaraderie, understanding, belonging to the whole, creative self-expression, social integration, and for sufficient solitude. If you are not there, they will seek other sources for fulfillment.

Awakening the Creative Spirit

Yes, yes. The creative spirit, an amazing thing to behold. We observe this creative energy that pulsates through all of life. It is not confined to those artists, musicians, writers, sculptors, actors, and dancers. It is within the hearts of children waiting to be awakened.

Yes, yes. Loving and caring of others' children is another method of bringing children into the world, as it is an opportunity to bring children into the Light, and this is far greater than anything one could imagine. Bringing another being into the field of Light created in the Homa atmosphere is a true mitzvah, to borrow a Hebrew term. It is truly a service to the Divine.

Ashtavakra Geeta

(Chapter 12th)



Verse 1

जनक उवाच-

कायकृत्यासहः पूर्व ततो वाग्विस्तरासहः।
अथ चिन्तासहस्तमाद् एवमेवाहमास्थितः ॥१॥

Meaning: Shri Janak says, "First I become indifferent towards all actions performed by body then I became indifferent to action performed by the speech. Now, I have become indifferent to all sorts of anxieties and stay as I am.

This is an excellent description of how King Janaka reached the state of enlightenment step by step. He started dropping his cravings from inside out. First dropping the physical actions performed by the body. Besides body, another entity which performs karmas or actions is a faculty of speech. He even dropped them. Once he did these two, he could drop even the anxieties to come back to his own nature. We go away from our own nature by performing our actions through body and speech. Anxieties are the other obstacles on our way to returning to our own self.

Verse 2

प्रीत्यभावेन शब्दादेर्दृश्यत्वेन चात्मनः।
विक्षेपैकाग्रहृदय एवमेवाहमास्थितः ॥२॥

Meaning: Unattached to sound and other senses and knowing that the self is not an object of sight, I remain free of all distractions and focused as I am.

Here Janaka is giving an account of his return journey by saying that he even disconnected from the sound waves calming down his faculty of hearing words and finally realizing that the soul is not an object of seeing (as it does not have any form or shape) he broke through the veil of Vikshepa (a veil which keeps us away from knowledge about our own self) and walked into the domain of the self.



Verse 3

समाध्यासदिविक्षिप्तौ व्यवहारः समाधये।
एवं विलोक्य नियमं एवमेवाहमास्थितः ॥३॥

Meaning: Witnessing the transitions between abnormal states of incorrect perception and the meditative states as a rule, I stay as I am.

He then witnessed the transitions or transcendence of various abnormal states like Samadhi and other states which are uncommon, realizing that even the spiritual processes are distractions if one gets stuck there, he withdrew in his own space of his supreme soul.

Verse 4

हेयोपादेयविरहाद् एवं हर्षविषादयो।
अभावादद्य हे ब्रह्मत्र एवमेवाहमास्थितः॥४॥

Meaning: O seer of God, away from the

feelings to store or to leave and without pleasure or pain, I stay as I am.

He realized that accumulating things and renouncing things with pleasure or with pain are not enchanting. Both these actions of accumulating and renouncing are ultimately human activities performed in the domain of ego and not the soul. Then he rested into his own domain of the self.

Verse 5

आश्रमानाश्रमं ध्यानं चित्तस्वीकृतवर्जनं ।
विकल्पं मम वीक्ष्यैतैरेवमेवाहमास्थितः ॥५॥

Meaning: Looking at the various stages of life and their absence, likes and dislikes of mind and such options, I stay as I am.

He looked at various things like life stages (ashramas) and absence of them and also looked into what the chitta accepts or rejects as options and decided to drop even those so that he can settle down in his own self.





Verse 6

कर्मानुष्ठानमज्ञानाद् यथैवोपामस्तथा।
बुध्वा सम्यगिदं तत्त्वं एवमेवाहमास्थितः ॥६॥

Meaning: *Being aware about the ignorance in performing rituals and knowing the truth properly, I stay as I am.*

Janaka also realized that performing rituals is an ignorant act having no wisdom in it. He also realized that now he has faced the truth in a right sense, he should just rest in his own space of the soul.

Verse 7

अचिंत्यं चिंत्यमानोऽपि चिअंतरूपं भजत्यसौ ।
त्यक्त्वा तद्भावानं तस्माद् एवमेवाहमास्थितः ॥७॥

Meaning: *While thinking about unthinkable, we ponder over our thought only. So abandoning the thought, I stay as I am.*

This is a beautiful version of Janaka where he says that a mind even gets stuck with an idea of unthinkable when we start thinking about unthinkable. One can't obviously get hooked to unthinkable as it does not exist. However, the mind gets connected to the thought itself. So the thought of unthinkable has also to be dropped. He did that and became free from the bondages of the life.

Verse 8

एवमेव कृतं येन स कृतार्थो भवेदसौ ।
एवमेव स्वभावो यः स कृतार्थो भवेदसौ ॥८॥

Meaning: *He who follows thus gets liberated. One whose nature is like this gets liberated.*

In this verse, the last of this chapter, Janaka explains that there are two qualifications to achieve the state that he achieved. One who becomes indifferent to everything that represents the material world as a process of negation or if one is born with the tendencies. Such people may not need any process and sadhana to achieve the state. They are born to be back to their own self effortlessly.



Life Force Energy - Aeons of Eternity

by Aruna Margam



Last ten days we are in ashram for sewa. We all know it rains for four months continuously in ashram. So every sewa is a thrilling experience for the Sadhaks during these months. One most challenging situation is Shiva Pujan. There we need to carry umbrellas and be prepared every morning. One such morning we Sadhaks remembered Gurji's words You are one with the universe and the universe is listening to you always. We prayed to Sun God using reiki to save us from the rain during shivapujan. That day there was light drizzle and at the end Sun God blessed our Shivling made of flowers. We all felt very blessed. Last one week the same experience. Sun God was so compassionate that he blessed before we started and when we ended the pooja. 151.24 million km is the distance between the Earth and the Sun. Guruji feels after 25 plus years of teaching he cannot fathom what reiki can do. This experience only reminded me that as reiki Sadhaks we are always connected to the universe. First session Yoga Nidra of reiki seminar gives us the same experience.

Beginning of August also I had couple of experiences similar to this. We all are familiar with this also "When you want something, all the universe conspires in helping you to achieve it." by Paulo Coelho. In Bangalore there was a sadhak who needed agnihotra ash for his son's mouth sores. We lived 45kms away and there were no one near his house. I remembered Guruji's one of his online session, when Sadhaks were concerned about the cowdung cakes availability during covid. He guided us saying when you think it is possible then it will reach you. So I thought I will be able to reach. Within minutes my thoughts paved the way. The ash reached him the same day in a few hours. He had to collect it by walking 300 metres. Krishna Janmashtami a few days ago again reminds me how Yamuna parted for Vasudeva and

Krishna in the mid night. We Sadhaks as part of Reiki VidyaNiketan blessed with divine hands.

Back to Ashram stay and every day divine experiences continued. The next question arises, what happens to these experiences when we reach home? Then once again I remembered Guruji's words "Carry the space wherever you go". How to carry the space? This led to an important introspection. When we practice the Five principles of reiki we create our own space which is in sync with the universe. When we are in gratitude we are contented and appreciate life which increases our energy. When we do not get angry we are calm and composed in turn spread peace around us. When we do not worry we become courageous and fearless. This increases our immunity and also spreads immovable faith around us. When we are honest we are always with the truth most important virtue which keeps us unperturbed in all situations. When we are loving and respectful towards all living beings in the universe we resonate with the five elements of the universe. This is nothing but connecting to the divine isn't it? We become part of the flow of the universe. We expand our Aura and our whole existence which reverberates with the universe. We become one with the universe. We as sadhaks carry love and compassion the very core of human beings. Like how a flower spreads its fragrance we spread love, light and reiki which in turn spreads health, happiness and harmony in this universe.

Reiki meaning Life Force Energy, divine energy helps us to go beyond time and space and leads us to Aeons of Eternity. Thankful to Guruji and Swami for choosing us so that we can explore, expand and experience divine Energy Reiki.

RVN ACTIVITIES

DSPPL's initiative to reach parents



DSPPL after completion of their summer retreats in May, started reaching the parents and students from different centers to extend their activities to cover more children in the country. The idea was also to inform parents about various initiatives like Chaitanya newsletter for children, the monthly meets at the centre, the full moon and no moon lectures to be organized every 15 days of the month, and Career counseling services to be started by DSPPL. The first such event was held at Baroda on 1st of June 2022. It was a very good event

as almost 25 parents attended the session and had a good interaction with DSPPL faculties. This was followed by similar interaction with Parents and students in Ahmedabad in the next week where almost 75-80 people attended. DSPPL Directors also made a presentation to a group of 15 principals of well-known schools in Ahmedabad. Nashik was not far away behind as on 23rd July a similar event was organized for Nashik centre of RVN. This also got an excellent response.

Guruji's lecture at GSFC University, Baroda

GSFC University from Baroda invited Guruji to deliver a lecture on "Riding a wave of new generation- Challenges & Opportunities" on their Kshitij platform on 6th July. This lecture was live streamed on youtube and other channels and was well appreciated by the large audience



Consecration of Dwaja Sthamb at the temple of Kamakshi Devi in Devrukh Math

Reiki Seminars of Ayushman Bharat Scheme of Govt.

RVN's Reiki seminars have started in full gear after some hiccups due to Corona Pandemic for the past 2 years. There are now regular seminars in all centres of RVN which are well attended by the participants.

RVN as you know also conduct regular seminars for the Ayushman Bharat scheme of Govt. of India in Gujarat state for the past two years. RVN's contract is now extended by another 2 years and the first phase of the same comprising of 3 seminars was held successfully at the Institute of Health and Family Welfare between 29th June and 5th July. About 100 Doctors/ health professionals started walking the divine healing path of Reiki in these seminars.



On 24th August, 2022 Guruji consecrated "Dwaja Sthambh" at the Kamakshi Devi temple which reportedly intensifies the energy or blessings of the deity for the benefit of devotees. Now all the devotees will get manifold blessings of Kamakshi Devi.



पागल कहीं का,
खींचो पानी यहां का ।
वहां पानी नहीं है रूची का,
मीठा चाखों यहांही ॥

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**Mad of some kind, Fetch the water from here only,
There is no sweet water there,
come taste the sweet water from here.**

Just near the Banyan tree under which Swami used to dwell, there was an old well. Once Swami asked his disciple JyotibaPade to get some water for him. Jyotiba started going far and Swami called him asking where was he going and why. He said that the well which was there is no good and the water is contaminated. Hence, he had to go to some distance to fetch water from the main village of Akkalkot. Swami laughed and threw his Rudraksh mala into the nearby well and asked Jyotiba to fetch water and taste it. The water became sweet. Since then, right till this moment, the water in this well is very good to drink. This was the message Swamiji gave to his disciple.

However, there are deeper meanings to these words too. Here means in the spiritual domain

and there means the material domain. No matter how tempted one is towards the material worlds and the comforts they are perceived to offer, Swami possibly is suggesting that don't turn your back to the divinity and run towards the illusion of luxuries offered by the material world. When you have access to the spiritual path why deny yourself the grace of the same and run after something which is elusive in nature? In the lighter vein, I find this to be fit for the Indian youth who runs after the perceived luxuries of life in the western world by turning back to a motherland that has already made you what you are by offering you everything from your birth. Leaving the land that produced the smoke of gold in the not-so-far past in the advent of "comfort on credit" in the western world is mere ignorance.