



HAPPY *Holi*

REIKI

VIDYA NIKETAN

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



Disconnect,

Correct and Connect - a Healing formula

EDITORIAL

“You can’t protect your home from inside, you need to come out of the home to do that” said a colonel from Indian Army who was a Kargil hero. He was explaining to me why there were so many attacks on the Indian Army establishments in Kashmir region during the past few years, while there were no such attacks in the first six decades after independence. I came to know from him that till 2010, the areas outside the military bases were also assigned to the army so that they could pre-empt any attacks from the enemy to save themselves. However, in 2010 for some reasons the government decided to take those areas away from the army and the army was confined to the four walls of the camp. That created a problem.

The past 40 years of my life, as a corporate healer to begin with and subsequently as a spiritual healer, I have observed that “you can’t be a part of the problem if you are interested in finding a solution”. One gets bogged down by the domain of problems and even mindset gets distorted. The problem becomes a driving force in every effort that you make. One has to disconnect from the problem space to have an objective view of the situation and then correct those

issues bothering you. Once the task is achieved, you become a part of the space again. It is just like when you have a fire at home, you need to run away and view the event to get your empowerment to come back to douse the fire. If you are inside the home, believe me you are already a part of the fire. The famous scientist Galileo once said, “Give me a place outside the Earth and a long lever so that I can lift the Earth” I am sure he was not talking about the physical aspects of the Earth and the lever. It is about having a space outside the problem areas so that one can get the solutions. The lever is one’s empowerment. Then everything is possible.

But there are chances that when people see you running away it is far from a heroic image in the minds of people. They start laughing at you and even blame and stamp you as a coward, not realizing that you are running with an idea to come back to tackle the problem more effectively through your own empowerment. Healing efforts are no different. Many a times we get involved and entangled in a relationship and obviously a part of the disease while you need to be a part of the domain of health.

A photograph of two kayakers in blue helmets and gear navigating white-water rapids. The kayaker in the foreground is wearing a blue vest with the number '4' and is holding a black paddle. The kayaker behind him is also in blue gear. The water is turbulent and white with foam. The kayakers are on blue and white kayaks. The word 'eromua' is visible on the side of the kayak in the foreground.

Disconnect,

Correct and Connect - a Healing formula

This disconnecting becomes difficult and then you are stuck. Many of those who have learnt Intentional Reiki practices in 2nd level of Reiki, face a similar issue. They invariably say that when they intend anything for their own or for their near and dear ones, they hardly succeed while when they do it for distant patients whom they are not connected with in the real sense, the results are phenomenal.

We need to appreciate the basics of intentional healing. The power of intention comes from negating the negations, doubts, anxiety etc. But when you are trying to come out of situation having larger impact on your own life and your stake in success or failures are high, you are already in doubts. Not only that, but these doubts are also the basic foundations for you to create an intention. In others' cases, you do not have any stake and hence no major impact on you coming from the fallout of the result of the process of healing. Is the word "stake" which is important. With stake in mind there will be no selfless karma. This is challenging indeed.

Disconnection is the first phase of healing and the people around do not want you to disconnect. They are not aware of this process at all. They think that you are deserting them and leaving them to fend for

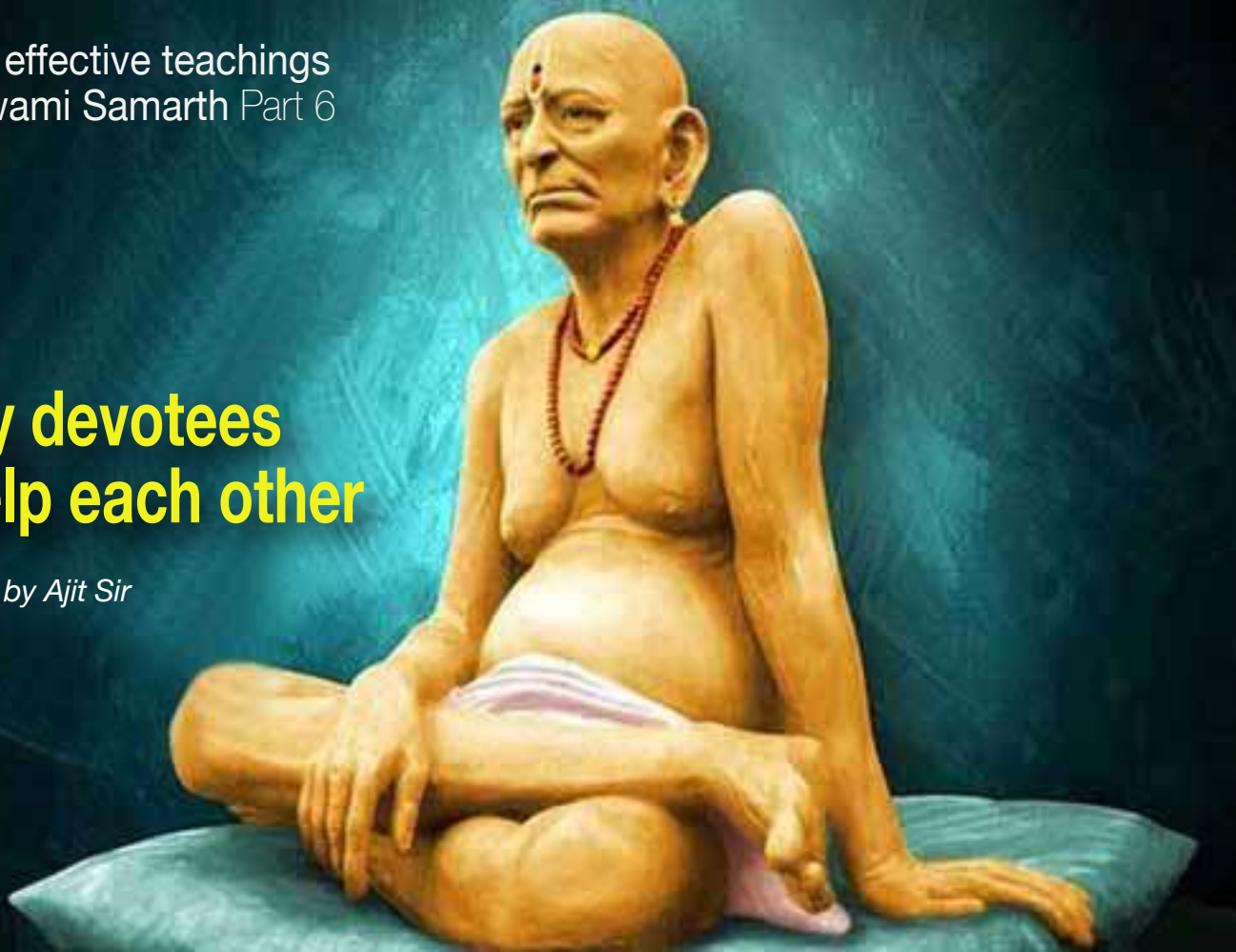
themselves. You can't be ruthless and get out by force. That is tricky. Somewhere we need to convince the patient that you would be back soon with more empowerment, more ability to respond to the situation. You are not leaving them to fend for themselves but are returning with a power to free them from the bondage of the disease. But then you should be convinced about this yourself. You need to switch over your role in the act of healing. Be a healer first and then the things will fall in slots.

So learn to disconnect. Remember that when someone holds you or you hold to someone you are already stuck and shrunk. And for healing you need to expand. Become large. Become strong. Go beyond your emotions. Drop the zone of ego and jump into the domains of the soul. And finally do return to the same domain which you had left. It is like a bird returning to the nest again. That may be the best approach.

Ajit Sir
February 25th, 2022

All my devotees must help each other

by Ajit Sir



In one of the episodes of the serial Jai Jai Swami Samarth on Indian TV, Swami says the above sentence instructing his disciples and devotees to work as a community. This is a very powerful message to all the Sadhaks today. We are seeing around that the values of life are tumbling on their head, giving impression that everything is negative with the world. The problem is that the good people are not displaying their goodness to the world. They are keeping everything within while the bad people are on rampage with their evil acts. That is what is giving impressions to the common man that the badness and evil forces are gathering and winning over the goodness. I think the good people should form a community and awaken the spirit of goodness so that the world knows that goodness has not died but it was just latent. Good people as a community should give that hope and promise to the world at large.

All Swami devotees should form a community, a network of goodness and spread around the

vibrations of divinity. They should express themselves. The Sadhaks who with their deeply imbibed values of humanity are becoming uncomfortable adapting themselves to the new world order, the world of chaos, the world of violence and corruption. Sadhaks who are well placed should help other Sadhaks to progress in their lives by offering them all the help. Our initiatives like Devrukh Sadhak Peth, Devrukh Arts Creative Community, Devrukh Spiritual Prowess Pvt. Ltd., etc. are all the reflections of this spirit of community. Swami had said earlier that he stays in every devotee of his. He can be found in every devotee. He is a part of them. Any help to his devotee is a service to Swami.

Each one of us have to remember that and create a wonderful community of Sadhaks to bring the heaven on the earth. Let us make this life a wonderful experience where none of the Swami devotees are alone. We are all together in any situation and in any challenge that comes our way. Shree Swami Samarth!

Before we go to war

by Vivek Pandey



Just when we felt the pandemic was about to end, or at least its fangs were less penetrating, the world stares at a probable world war. Whatever the issue, the Russian-Ukrainian crisis does not and should not move towards waging war. It is hard to believe that the world has moved so far in terms of bombing, strategizing, and crushing the other, all in the name of the land. It is also difficult to believe how people look at the territories but somehow forget the people presiding over these. All the talks of maintaining peace and finding a diplomatic solution to the crisis may not work until they discover and figure out the fundamentals. From where did we start, where have we come to, and how do we move forward.

Initially, we never had any civilization; we were all hunters and food gatherers fundamentally living nomadic life. We developed from this animal life (only on the outside) and have reached the pinnacle of technological advancement. The thing that worked behind all the advancements has not been appropriately directed. The human mind and its potential should have been explored to the extent that no human on earth would have ever forgotten humanity. To express the truth blatantly, we never developed; we just moved from survival to survival in the most sophisticated manner. The whole of human focus has been to decorate the body, think in terms of the body, and never pay attention to the ether. When one is so much attached to the land—so much of gross identification of nature. War is bound to happen. The human mind has overstayed in one room for eons now. The mind has remained stuck and has even lost its ability to explore. The mind needs to shift to the higher realms. It is crying for help to get liberated.

Most systems of the world are designed keeping in mind the existential reality. However, there is also a subtle truth that most people ignore while framing any system. Be it medicine, law, education, or even agriculture. The whole ideation part begins with a world that has a vast population. The field of awareness remains unreachable, and

hence any amicable system cannot be developed. Instead of overcoming the fear and insecurity of survival, the world has further intensified. People are shockingly sure about the dual nature of the world. The idea of the soul has just remained a philosophy staying limited to a subject.

Sleep and health, the two most beautiful gifts endowed by nature, are disappearing. The restlessness has reached a point that people can explode at any point. When such collective reactions erupt, war happens. It is not just some political leader deciding to invade the other country; it is principally the people of the country allowing an invasion of their land. People cultivate anger, jealousy, hatred, and other negative emotions. Slowly they pile up so much that the skies get filled with their negative thoughts and emotions. Like the water becomes the vapor, the vapor becomes the cloud for the rain to happen. Similarly, our karma gets recorded somewhere above and descends in the form of a major catastrophic event.

People classify events as natural and artificial. The patterns of nature are smooth and rhythmic. Human interference deters the process of nature. Soulful people always go back to nature. The rest of them move towards their ego and then war. India has been the only country preaching the eight levels of existence that need attention to lead a humane life. Some civilizations throughout the world have also been paid attention to the spiritual side of human life, but nothing as magnanimous as our motherland. Our country is the only one that has never waged war with other nations and has practiced contentment throughout its history. With its spiritual base, India is the only country capable of leading the world. The rise of Prime Minister Modi and the fact that the world is looking up to him can be accredited to his spiritual prowess derived from this land. May the world follow the ethos and principles that this land provides in abundance. OM SHANTI!



Being an instrument

in the hands of Swami

by Aruna M

Guruji shared his journey with all his sadhaks on his 25th year of teaching Reiki was a great learning experience for all of us. When there was a question "How did you face those challenging situations in your journey of teaching Reiki?" Guruji promptly replied saying there were no challenges, there were only situations and Swami was with me always. Swami guided and been there and the journey was pleasant and smooth. Guruji gave a profound statement after that. He said I donated my body to Swami so, I became an instrument in His hands. Swami is doing everything in my life. Guruji's words etched in my heart.

One of my uncles donated my aunt's body for medical research couple of years ago. After a year even he passed away and his body was donated too. There were two sides to this situation. One thought is it's a great service to the humanity and the other is as per our tradition the body has to be given to the agni and the rituals to be followed for the soul's smooth transition. After listening to Guruji a strong conviction came in me that donating oneself during your lifetime is the biggest service to humanity. Our purpose of life gets fulfilled. Journey becomes so fulfilling, joyful, blissful experience. It is like Travel Light then it becomes a pleasant journey by itself.

As we all are watching Guruji, he is our role model. We all have experienced his love, compassion, unconditional love, childlike smile, a sense of humor, equanimity, purposeful living, thankfulness, gratitude every moment and so on and on. All this comes with the connection to Swami every moment. Guruji always guides us during these testing times also. He says

"Always remember Swami is with you". Swami makes us feel "Why fear when I am here". This is the mantra which is helping us to sail through this journey with a smile on the lips and love in the heart.

Another learning experience I had was with my mother. She is still recouping from her illness. Swami gave me opportunity to be with her. She is not even walking around but she is busy continuing her seva what was in her schedule. She regularly used to make multigrain porridge powder for the patients in the hospital every month a few years ago. Now since she is physically not able to do the same she orders the ingredients and calls some deserving people and donates the same. She asked my brother to pay deserving students college fees for under graduation. When she is in physical pain and discomfort still using her life to be helpful and useful to others. Every moment chanting or singing swami's name this time during Anushtan was a divine experience. Tears rolled down my eyes. My father lived the same till his last moment. I am thanking Swami for giving me such wonderful parents and a self-less Guru. What more we need in life? Guru says "We are here to learn and improve and not to prove". Thank you Guruji for giving us every moment a learning opportunity either through your experience or through your actions. Feeling blessed and complete. Where ever we are, whatever we do, we know that Guruji and Swami are with us. Thanking you always for choosing us and guiding us to be the instruments in Swami's hands.

Jai Gurudev



WAKE UP FOLKS!

by Anand

After the recent pandemic few of my mother's friends visited home almost after three years. All of them had completed second dose vaccine and needed formally to catch up with each other. They all were excited like kids. I overheard someone complaining while passing by that they are awake every night. Some of them were having pills for sound sleep. I have seen my uncle who suffered sleeplessly for years. Sleep is becoming major issue these days.

If you ask a question to any youngster today, 'what time did you sleep last night'? I'm sure the answer would not

before 2 am. Most of the youngsters sleep less than five to six hours daily and if that's going to be a weekend then it will be lesser. Youngsters think it's their right to be awake over the weekend and it's very normal even being without sleep. They spend time chatting with friends, watching something, social media or do anything but don't sleep. Most of them think why waste time when you can do so much and they might miss something really important while sleeping. Sleep is often seen as time wasted or lost forever. The articles, books, debates are available saying if you want to be successful in life then first thing is cut down on sleep.

Average worldwide sleep time in adult is 6.8 hours. In Japan it's 5.59 hours, Sweden 6.10, and in India it's 6.20 hours. **Science recommends at least 7.5 hours sleep for every adult for remaining fit.** In this duration person completes five 90 minutes cycles usually. Brain moves from deep, non-REM (*rapid eye moment sleep*) to REM sleep. Non-REM sleep dominates first few cycles and it purifies and maintains our body, brain & heart. REM cycle processes information that we gather throughout the day. When we have trouble recalling names or information, we can blame on lack of sleep. Only few people could remain fit and alert with less sleep and most of them practice meditation. Younger children and senior citizens require more sleep than 7-8 hours ideally. In fact, there is a chart available online for each age group.

The next question is *when should we actually sleep?* **Science says the best time to sleep is between 1pm to 3pm and 2am to 4am. As per Sanatan the best time to sleep is after 9pm and up at 3:30-4am.** 'Early to bed and early to rise' keeps us healthy. Sanatan dhama says wake up at 'Brahma Muhurta' and that is 3.30 am. *What happens if we sleep late every night?* The study says, late night sleep develops depressive symptoms. Some experts think if you sleep at 4am but complete your quota of 7.5 hours of sleep, you are safe. Meaning there is less risk of cardio vascular disease or diabetes because of lack of sleep. But your sleep needs to be undisturbed. The morning traffic sounds, door bells, school, collage, milkmen, everything could cause disturbance. What happens if we're sleep deprived? Study says, there will be health problems such as cardio vascular disease, hypertension, diabetes and even cancer. Hong Kong university study says there is irreversible DNA damage because of lack of sleep even for one night. Lack of sleep is linked with Anxiety and depression. There is always a huge drop in efficiency. South Korea and Japan have highest suicide rate in the world. We also put on weight. Kings collage London conducted a study in

2016, they found that the sleep deprived people consume 380 excess calories per day. The Pennsylvania study in 2019 found sleep deprived youngsters were half full after having rich fatty meal. *Leptin and Ghrelin are the two hormones have link in good sleep. Leptin alerts the brain when you are full while eating. Ghrelin encourages you to eat more.* Sleep deprived people have low level of Leptin and high level of Ghrelin. USA loses 1.2 million working days every year because people are not getting enough sleep. In Japan it's loss of around 600,000 working days, In UK and Germany it's loss of 200,000 working days and this loss affects directly to country's GDP. *In India we must look at it very seriously because staying back and working late in the office is considered as more professional and sincere employee by most Indians and it's only a myth because an employee can do it until falling seriously sick.*

The moral of the story is 'Sleep deprivation' helps no one except the Pharmaceutical Market, who are capitalizing on lack of sleep and habits of people. Till around 1880, people were sleeping an average of 10 hours per night. Today, we have mobile phones, laptops, and other devices and we have habit of scrolling through them before going to bed. These devices emit blue light that boosts the production of Cortisol in our body and that makes us difficult to sleep. Today brands are promising us sleep. They come in form of Pills, lotions, oil, paid Apps, candles, music. Sleep today has become a luxury product. The sleep tech device market today is worth 10.9 BN\$ and expected to grow 16.6% by 2026. 48.5% worldwide population is insomnia segment. Today, 50% more women use sleep trackers than men.

All this data is quite frightening. All the web series can be paused, late night discussions can wait, work, career, ideas can take some rest because if we don't sleep how can we dream? If we don't wake up today, and alter our life style, it could be too late...



Ashtavakra Geeta

Chapter IX

Verse 1

अष्टावक्र उवाच

कृताकृते च द्वन्द्वानि कदा शांतानि कस्य वा
एवं ज्ञात्वेह निर्वेदाद्भव त्यागपरोऽब्रवीत् ॥ १ ॥

Meanings: Ashtavakra says that duties done and not done, as well as a pair of opposites- when do they cease and for whom? Knowing thus, be desireless, and intend on renunciation through complete indifference to the World.

We are all born in the world of duality. One way that makes the life interesting and manageable as at every point and in every situation, we have a choice. We can't even think of a life without the choice. Our life is a mixture of opposites like joy and sorrow, success and failures, good and evil and we always have preferences which cause us to choose certain things to be done and others avoided. If one wants this world to be real, we can't accept the pair of opposites nor eradicate the sense of duty. There is bound to be a conflict, a conflict of choices. That leads to a fear. A fear of making a wrong choice! The only way out of this state of things is to realize the unreality of the world and renounce our identification with it.

One also has to appreciate what possibly Ashtavakra means by Desirelessness. Here he is not talking of desires for material things alone. The performing of religious rites and observing vows are also the desires for achieving prosperities for earthly or heavenly matters.

Verse 2

कस्यापि तात धन्यस्य लोकचेशावलोकनात्
जीवितेच्छा बुभुक्षा च बुभुत्सोपशमं गताः ॥२॥

Meaning: Rare indeed my child is that blessed person whose desire of life enjoyment and learning has been extinguished by observing the way of men.

The wise people are those who learn from observations and studies. They do not have to go through their own quota of miseries. They learn fast and swift from things happening around. The wise people learn from the hollowness of the world by observation. That is to say that by observing the sufferings of others they realize that the world can't give the eternal happiness. But such people are very rare and the majority gets these lessons only after plunging into the world and experiences for themselves the ills of life.

Verse 3

अनित्यं सर्वमेवेदम तापत्रितयदूषितमा
असारं निन्दितं हेयमिति निश्चित्य शाम्यति ॥ ३॥

Meaning: A wise man becomes calm by realizing that all verily is vitiated by the three fold miseries and is transient, unsubstantial and contemptible and should be rejected.

Here Ashtavakra possibly is saying that there are

three ways one can become miserable. One, misery pertaining to mind and body, the second is a misery caused by animate and inanimate objects, and thirdly the misery caused by catastrophes and calamities of gigantic nature like flood, earthquake etc.

Verse 4

कोऽसौ कालो वयं किं वा यत्र द्वंद्वानि नो नृणाम ।
तान्युपेक्ष्य यथा प्राप्तवर्ती सिद्धिंवाप्नु यात ॥ ४ ॥

Meaning: What is that time or that age in which the pairs of opposition do not exist for the men? One, who quitting those, is content with what comes of itself attains perfection.

Ashtavakra says authoritatively here that for man no time or age is possible in which there will be unalloyed good and joy, unattended by evil and sorrow. This we have already seen in the first verse that we are in the midst of duality and pairs of opposition. He cannot therefore hope to gain joy and peace in the course of life's process. He has to realize the supreme fact that peace and perfection can only be attained by transcending the process of relative life and remaining unattached to its experiences.

Verse 5

नानामतं महर्षिणां साधुनां योगिनां तथा ।
दृष्ट्वा निर्वेदमापन्नः को न शाम्यति मानवः ॥५॥

Meaning: What man is there who, having observed the diversity of opinions among the great seers, saints and yogins, and become completely indifferent in learning, does not attain quietude?

There are as many beliefs and opinions as there are people. Obviously there are many schools of thoughts in this world for every subject. Ultimately the opinions are based on views of individuals. As per Einstein's understanding each experience depends on two vital factors viz Time and Space. This leads to different view-points and different opinions. Secondly, none of the elevated persons in reality has documented their views as they know that a truth is only one but its understanding is multiple. They also know that a real truth can't be expressed, as the moment you express the truth ceases to be a truth. But the disciples and the followers of such souls were keen on documenting the same. Many a times this became inappropriate and misunderstood. The essence of knowledge or wisdom was then totally lost.

Verse 6

कृत्वा मूर्तिपरिज्ञानं चैतन्यस्य न किं गुरुः ।
निर्वेद समतायुक्त्या यस्तारयति संसृतेः ॥६॥

Meaning: He who gains knowledge of the true nature of pure consciousness by complete indifference to the world, by equanimity, and by reasoning, and saves



himself from the round of birth and rebirth, is he not really the spiritual guide?

Equanimity is truly a Samadhi or the equilibrium. Equil + Brium is a equanimity. The intellect (Adhi) never discriminated between good and bad. It was beyond all the opposite experiences. It was beyond pains and pleasures. It was beyond all sadness and happiness. So the question of rejection never occurred as the idea of rejection develops from the idea of acceptance. Only such a person who is experiencing this state can be a real spiritual guide. Not the one who has acquired the knowledge from someone else's right or wrong ideas. The real spiritual guide will only create situations in life for his disciples to learn and grow from such situations. He will not pass knowledge but will awaken the wisdom.

Verse 7

पश्य भूतविकारांस्त्वं भूतमात्रान यथार्थत ।
तत्क्षणाद बंधनिर्मुक्तःस्वरूपस्थो भविष्यसि ॥७॥

Meaning: Look upon the modifications of the elements as nothing in reality but the primary elements themselves and you will at once be free from bondage and abide in your true self.

Everything that we see around is a manifestation of something behind it. That root cause is always eternal. That is the

truth. The five primordial elements like air, wind, water, space and fire have created everything in different formats. The moment one knows that these manifestations are only the manifested forms of a formless principle, one is elevated. Then he is freed from all bondages and starts floating into the domains of truth. Then all likes and dislikes vanish. The true nature is known and we are in the skies of freedom.

Verse 8

वासना एव संसार इति सर्वा विमोच्छतः ।
तस्यागो वासना त्यागात् स्थितिरद्य यथा तथा ॥८॥

Meaning: Desires alone are the world. Do you, therefore renounce them all. The renunciation of the desire is the renunciation of the world. Now you may live anywhere.

Here there are a couple of interesting points to note. The world is nothing but desire. So renouncing the world itself is renouncing the desires. The world is a place which is a subset of space. The moment we are detached from the world, we are beyond the wheel of life and death. Then it does not matter where one stays because every place becomes a space. Then there are no boundaries. No forms and names. That is the mother of renunciation.



A small green seedling with two leaves growing out of a crack in a mossy rock. The background is dark and blurred, emphasizing the plant.

Don't Criticize...

by Anand

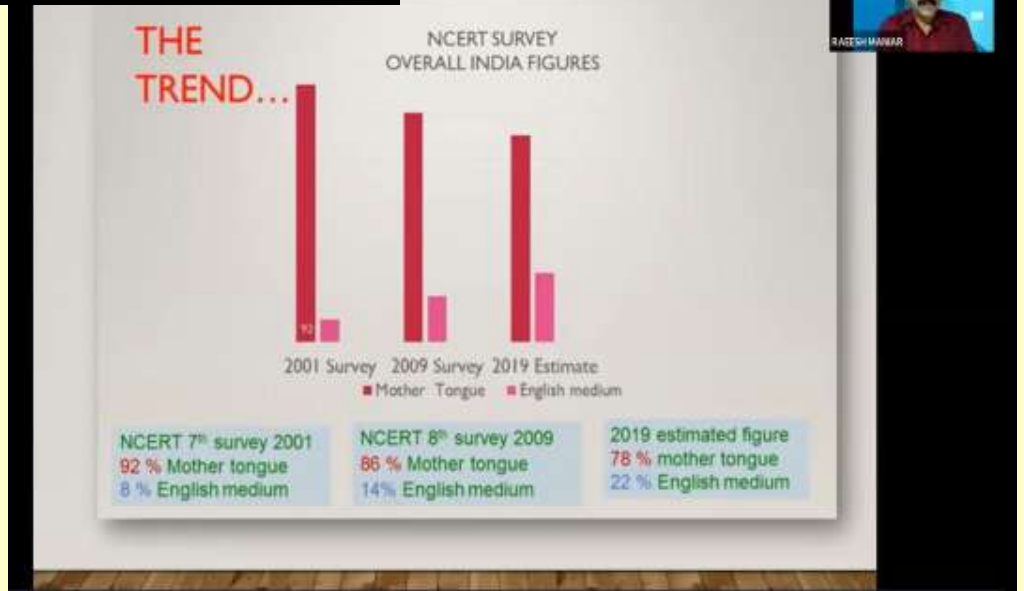
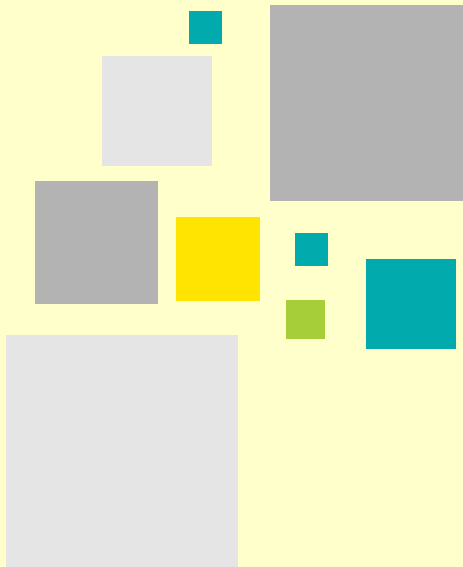
I always believed that
After bad time is over
I'm going to come out
Stronger than before...

I respect them all
Who're respecting me,
I even respect the rest
Who all disrespect me...

My healing doesn't mean
There was no damage done
It only means the damage
No longer controls me...



DSPPL Full Moon and New Moon sessions of this month



Since December 2021, DSPPL has been organising online lectures through its Social Empowerment Forum on the subjects of social interest for empowerment of the public at large. This month, Sarag Gosavi Founder of Aseem Foundation and Dr Raeesh Maniyar, MD (Psy), Educationist graced this forum with their sessions.

Aseem Foundation has been working for the past 10 years for development of Kashmiri youths and for overall economic progress of people of Kashmir. Sarag unfolded his journey of Aseem Foundation consisting of ups and downs, moments of success and difficulties. His inspiring thoughts and untiring efforts were really commendable and everyone present for the session was thrilled and inspired by his work.

Dr Raeesh Maniar, is a versatile personality. He is a Gujarati language ghazal poet, translator, playwright, columnist, compere, lyricist and script writer. He was successful psychiatrist but left his profession for the cause of bilingual educational projects for children. He established that formal education must be given in the mother tongue, while subjects like Maths and Science must be taught in bilingual manner for faster and better understanding by the students. He has implemented this method of education in 25 schools of Surat. His methods and experiments have been well appreciated by the Govt. agencies and many schools in Gujarat have adopted this as a formal method of learning. Everyone appreciated his session.

सद्गुरु के प्रति
पूर्ण शरणागति होनी चाहिए ॥

17

One should have a total surrender to his Master

Here Swami is talking about Surrender and that too a “total”. Surrender is a word which has been highly misunderstood in every walk of life. Many a times, Confidence and Trust are the words which are intermingled with Surrender. These two words are totally different than a word Surrender.

Confidence on someone could be related to a particular area of interest or subject. May be someone may have a confidence in someone about not lying or talking truth, about someone who would not befriend, or even in being sincere and efficient. It is a belief of some kind and stays unbroken till it is shattered by some experience. In that case, one may lose a confidence in that person. In that case a person is free to leave a relationship. The other term is that of trust. You trust a particular person for issues. E.g. one may trust other when it comes to financial advice or some opinions on strategies related to business or even on personal matters. It is an elevated stage of confidence. Here too, a person trusting someone may lose his trust with a series of bad experiences and may feel cheated, the impressions which may last for long. There could be a severity of relationship.

Surrender on the other hand is totally a different state. Yes, a state rather than a process. While confidence and trust are the matters between two persons, surrender truly do not have two entities. It is like a granule of Sugar getting dissolved in a cup of tea. It loses its form and name and all properties. Rather it is a death of its existence. It no longer exists in its original form. Obviously, such relationship can't be dissolved. You can't separate from someone you have surrendered to. It's a bonding which is beyond breakage for a simple reason that there are no two in such a state. They fuse like a chemical compound and not remain separate in spirit like a mixture. Surrender is finishing one's existence. Seeing the world

through the eyes, hearing through the ears and talking through the mouth of someone you have surrendered to. In short one merges oneself with a revered entity. A story of Saint Kabir stands out here. He was once weaving a cloth on his loom when some people came to ask him about what is surrender? Kabir did not react and kept on working. Few minutes later he let one of the spindles to fall down on the floor and even in that broad daylight asked his disciple Kamal to bring the lantern with light. Search and find out the fallen spindle. Kamal precisely did that. After some time, the same people asked him again about what surrender is. Kabir asked them whether he has not addressed their question and continued. Few minutes later he asked Kamal to bring a Malpuva (a sweet dish made from wheat flour) adding more salt. Kamal once again did that precisely and brought the dish for them to eat. It was very salty and they ate with a lot of difficulties. Few more minutes and the tired lot of people asked Kabir again the same question and Kabir said if you have not got an answer even now no one can satisfy your query. He explained saying that Kamal in his actions have shown what surrender is. It can't be explained in words. He exactly followed my instructions without getting logical about those. He did not apply his logic.

Here another word “Total” is also equally important. Many a times people who are in confidence or trust believe that they are in Surrender either through misunderstanding the term or sometimes deliberately to create that impression. But whenever there are tests created by situations, the real nature of relationship stands out. Swami is making it clear that one should be in total surrender and not a half hearted or fictitious act of surrender. It's a bond which will never loosen. In one of his assurances, he says then in such a case, I am there with you all the time.

Reiki Seminars for March - April 2022

Venue	Dates	Degree	Contact person	Contact No
Thane	5th &6th March	1st	Girish Karnik	9820260229
Ahmedabad	5th &6th March	1st	Kinal Pandya	8320201373
Chennai	5th &6th March	1st	Aruna M	7259620868
Mumbai (Borivali)	12th &13th March	1st	Archana Patil	9820370469
Rajkot	12th &13th March	1st	Nimisha Bhatt	9427726917
Nasik	26th &27th March	1st	Monali Rakshe	9420692136
Hyderabad	26th &27th March	1st	Madhavi V.Ramlingam	9824580919 9911555974
Pune	26th &27th March	1st	Amrut Kirpekar	9175050900
Chiplun	26th &27th March	1st	Jayanti Katdare	9405849364
South Mumbai	9th &10th April	1st	Sharada Gurav	9819215650
Kudal (Pawashi)	9th &10th April	1st	Prakash Bhogte	8956502039
Bengaluru	9th &10th April	1st	Sindhu Rajeev	9886021709