

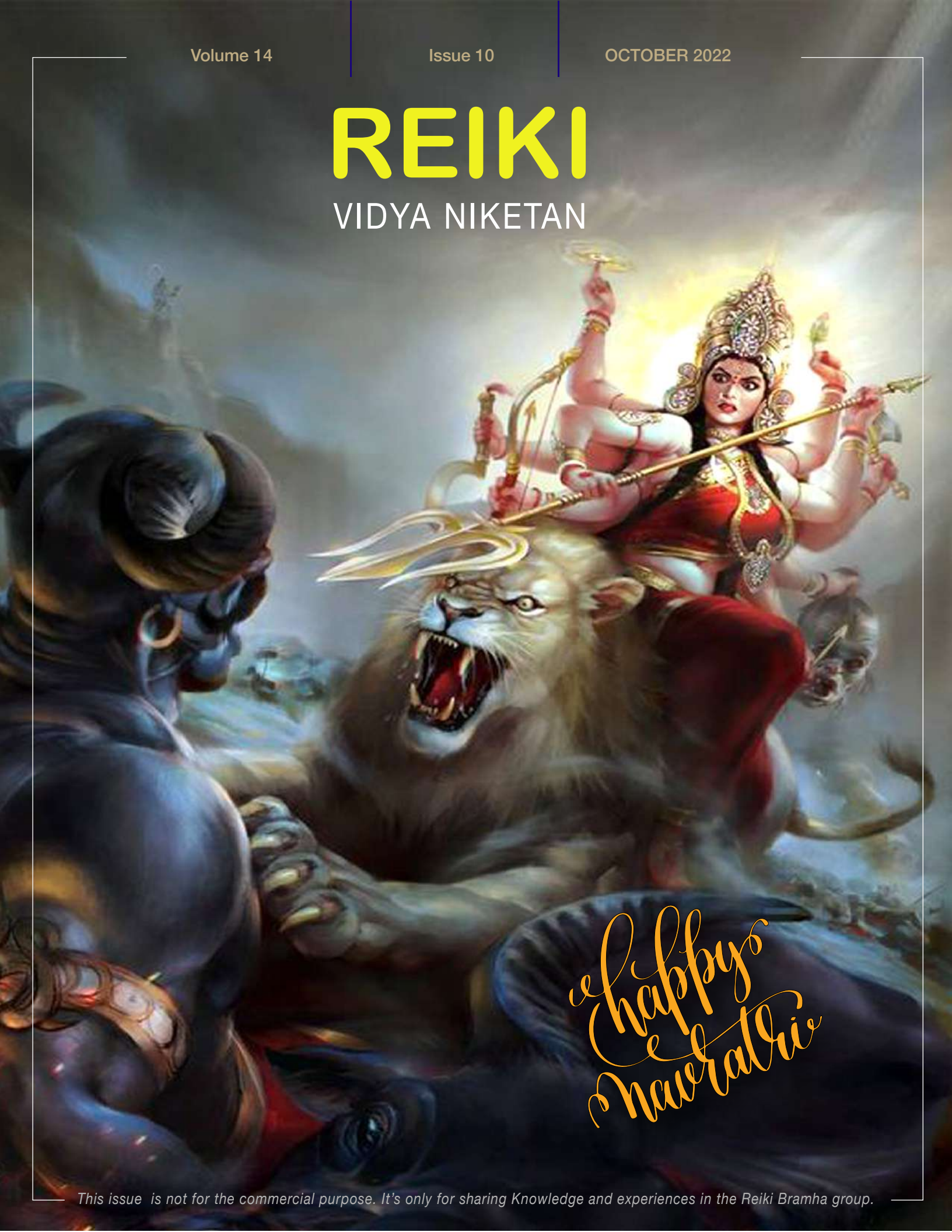
Volume 14

Issue 10

OCTOBER 2022

REIKI

VIDYA NIKETAN



*Happy
Navratri*

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

Vairagya (Dispassion) and Abhyas (Studies)-

Two dimensions on the path of liberation

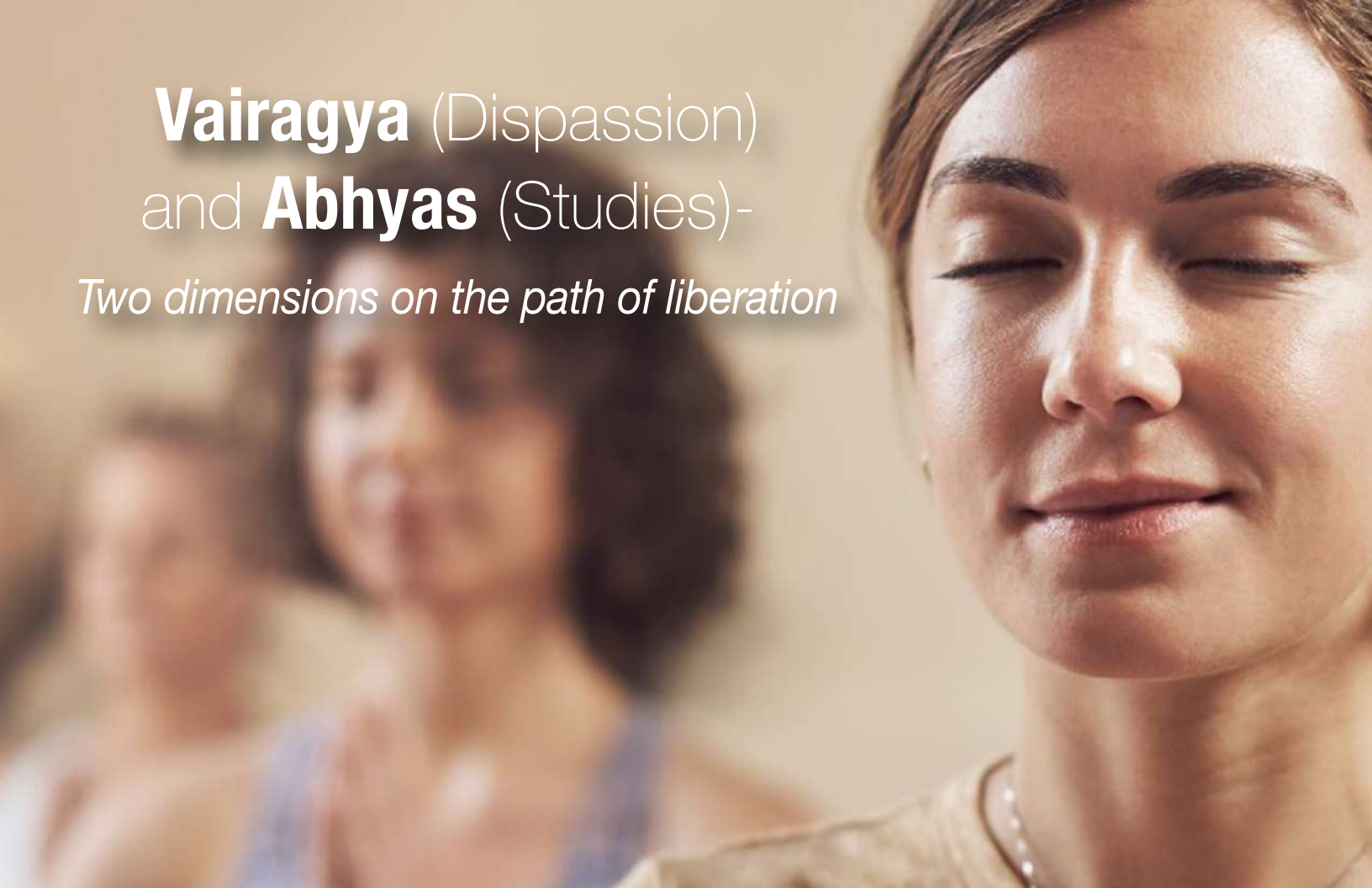


Sage Patanjali and his eight-fold ladder to reach the ultimate destination of liberation is too well-known to be discussed in this forum. This eight-fold ladder is guided by two dimensions viz. Dispassion and Studies as their pillars. There are different interpretations and opinions on these two dimensions. Studies possibly are understood as the studies of scriptures or self-study (swadhyay). But the major confusion is about dispassion. A lot many believe that one needs to sacrifice many things, drop regular activities, leave the profession and earnings, etc. These are all myths. Vairagya is not about leaving anything. It is about not getting entangled that may prove to be obstacles on your path of liberation.

Let me make this simple for our Sadhak readers. I have two examples to give. Many a time I find a lot of many Sadhaks desirous of attending the reiki seminar. Now that the restrictions on assembly of people etc. are all gone with the pandemic subsiding, the numbers of such Sadhaks are even more. They many a time come in the garb of assistants. What I find at the seminar place is that they are all in clusters sitting in another room away from the seminar hall and chatting within themselves. They seem to be extremely happy to meet each other and talk about anything and everything under the Sun except spiritual matters. In such cases, I feel pity for them as they are missing the vital opportunity of learning from the Reiki seminar which provides one of the greatest opportunities for learning and growth. They are wasting their time and the opportunity for studies- the abhyas. Sometimes I wonder whether they are in the right

place really. They might be equally or rather happier to be at a resort or a sea beach or the riverfront and chitchat mundane things. Even when I see sewekaris (those who come to serve at the ashram) in Devrukh sometimes I am amused to see that they have come to meet some other sewekaris more than meeting Swami. Even before they book their duties at the ashram they had enquired whether a particular group of Sadhaks would be there or not. That makes me feel sad as they are supposed to be there offering a service to God and not get entangled in such personal relationships. Look we are all born with our relationship, and we have enough of that. We need not come to a spiritual path to create more. Here, on this path, we are with a purpose, a mission. We are here to make a relationship with a God and not with common people. The relationships with the people on this path could lead to equally miserable experiences as in the mundane world and we will get entangled in those to find it difficult to get out of those at a later date. We are in such cases creating our own obstacles on our path and making our life difficult. Staying away from such potential distractions at a later date is what a Vairagya is all about. It is like being in present with full awareness of the future. That should explain Vairagya from the right perspective.

Once one starts moving on this path of Vairagya, the glimpses or indications are bound to come which will help a Sadhak to know in what directions he is moving. The attraction of the ultimate or the God is noticed by all those surrounding Sadhak in close quarters. These people around him/her who believe that they love him/her start getting irritated



Vairagya (Dispassion) and **Abhyas** (Studies)- *Two dimensions on the path of liberation*

and sometimes even start hating the Sadhak for his new movement. Your love towards the God will disturb those who think that they love you. The Sadhak may start getting to feel of isolation and getting pushed out of relationships. That in fact is a better choice than Sadhak himself/herself trying to cut off the bonds of a relationship that could be even more painful. Most of the saints in a later stage of life experienced this, including Meerabai, Saint Tukaram, Socrates, etc. Their own near and dear ones created huge boulders on their path of liberation.

This means all of you Sadhaks have to be ready to the observation of this phenomenon at some point of time in your life. Decide once and for all why are on this path. Where do you want to reach? When you visit the Reiki seminar space always remember that you are there to learn, it is a part of your studies. As you keep on growing, each seminar will sound different to you. Discuss the contents of the seminar, share your experience, and soak yourself in the ocean of wisdom, spend time with the Mater by being around as many a times a master teaches through his/her casual talks more than his formal teachings, experience the magic of the divine space. That will mean a lot to your spiritual growth. That abayas will open the gates of higher levels of consciousness. Do not go for gossip and mundane talks in that divine space.

When you visit an ashram at Devrukh get dissolved in that timeless

wonder. Offer services to Swami by doing whatever service given to you, go in isolation for a week or so, contemplate or meditate on your own life, hold your reactions and judgements, do not carry your baggage of sanskaras, beliefs and opinions there and be prepared for new possibilities of life. That will make a huge difference to your existence. Remember that we all have an end and do not know when it will come. Be like a King Parikshita. He had only 7 days to leave and he utilized that time to learn Bhagawat Katha from Shukamuniji to go to his abode in heaven. None of us have “enough” time so that such things can be deferred for future which may or may not be there.

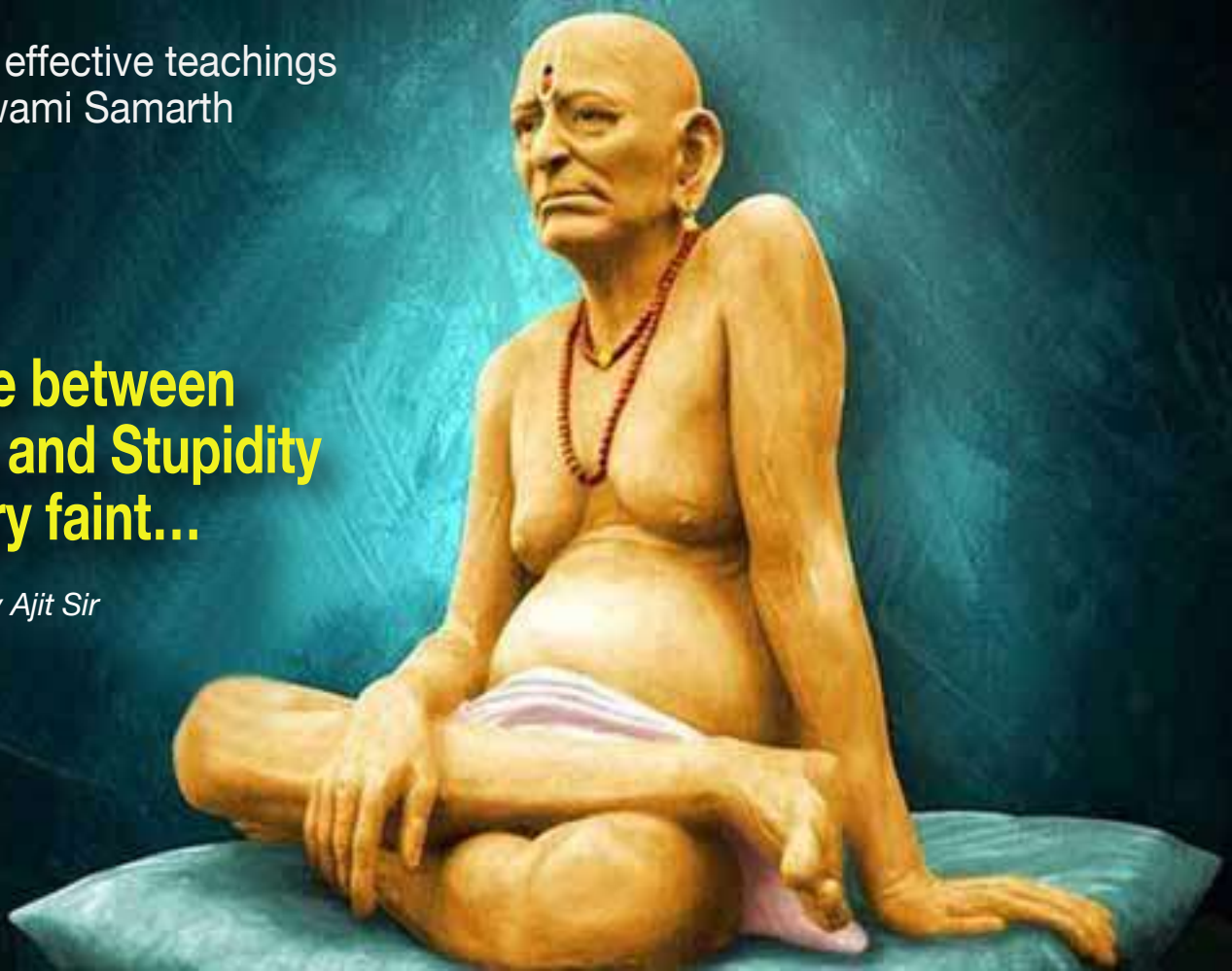
Once you achieve these two things- Abhyas and Vairagya- the Ishwari Pranidhan (the grace of the God) is bound to descend on you no matter what your account of sanskaras is as Sage Patanjali says. Keep life simple.

With lots of love to you all,

Ajit Sir
September 3rd, 2022

The line between Innocence and Stupidity is very faint...

by Ajit Sir



In one of the recent episodes of a TV serial Jai Jai Swami Samarth, Swami said this statement to his closest disciple Balappa. The backdrop is like this. One of Balappa's acquaintances Jagan who has some score to settle with Balappa comes to Akkalkot to take revenge on Balappa. Swami as usual knew about his evil designs and was well prepared. Jagan with the help of some sewekaris like Sunderabai and Narahari who are jealous of Balappa being closest to Swami, tries to poison Balappa. Fortunately, Swami in his own way manages to bring Balappa back. The criminal-minded Jagan was trying to escape Akkalkot but was stopped by Swami in the role of sepoy. He finally surrenders and falls on the feet of Swamiji in the ashram. Swami refuses to forgive him as he strongly feels that nobody has a right to take anyone's life and any attempt of that nature needs to be punished. Balappa feels sad for Jagan and pleads to Swami to forgive him one more time. Swami reprimands Balappa and says that one does not have to be kind in every situation. Kindness also needs to be deserved. That is a time when Swami

tells Balappa that one has to be discrete in seeing a line between innocence and stupidity and ensure that one does not cross the line which will create havoc in one's life. Your belief and trust on anyone has to be for those who deserve such virtues.

How true! Many a time we forget our role in a given situation and try to be goodie-goodies with everyone and in every situation. That is mainly because we are trying to project our noble nature and would want people to appreciate that. This is also an ego expressing itself in self appreciation. In the process we are not doing justice to our role in a given situation. It is said the Adolf Hitler in the 1st world war came in front of a British soldier who could just shot him down. The British soldier decided to spare him and allowed him to escape out of kindness. This act costed the world more than million lives in and after 2nd World War two decades later. So, one has to have a discretion to understand whether we are genuinely performing an act out of innocence or out of mere stupidity for which someone may pay at a later stage.

EFT

DIARIES

by Vivek Pandye



The emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure.

People who use this technique believe tapping the body can create a balance in your energy system and treat pain. According to its developer, Gary Craig, an energy disruption is the cause of all negative emotions and pain.

I learned this emotional freedom technique in 2013 (from Guruji of course) and couldn't somehow get myself to practice it regularly. It was only in the year 2018 that I could get started with it realizing that I needed some fundamental change within me. The emotional freedom technique had the word emotion in it and after some long phases of meditation, it dawned upon me to change things at the emotional level. Since I had developed a whole lot of awareness about my own being due to regular practice of meditation, reiki, and agnihotra. I was this time around able to notice the subtle, profound, and fundamental changes happening due to EFT. The reason I write this to you is, that not many appreciate how a simple tapping solution can slowly and effectively bring about fundamental changes.

The first thing I could notice was my perception was changing. After practicing EFT, I could see the leaves of trees and also take note of the different shades of green. Previously, throughout all the years that I had lived, I never bothered (or was unable) to look at the beauty of nature right in front of me. I took note of how the cleansing of energy at the emotional level

would reach the eyes. Once again, many people think but only a few perceive. Perception is a huge gift if you understand what I say.

The second big change was the volume with which I spoke. Previously, me being a teacher, use to conduct classes almost at the top of my voice. It was also natural in some ways, however, I felt I should have command over the highness or lowness of my voice. Now with EFT, I could naturally and effortlessly speak in a low voice at will. The change in emotions this time around leads to a change in the throat, which is nothing but the mind. Emotions are fundamental and once we can cleanse them, they easily change the thoughts that decide our peace of mind.

The third big thing I noticed was the amount of respect that I started to attract. Almost my entire life I was never really taken seriously by almost all. With EFT, I subtly realized the kind of attention and sincerity I invited. People became more welcoming towards me and some of the very old relations even started believing in me which they previously did not. I also did this experiment of entering a bank in the most ragged of clothes. I grew a long beard and had (deliberately) not taken a bath for some days. I seriously could not believe the way the bank people treated me. They showed a lot of respect and attention to an inquiry that was not so serious in nature. In fact, and I recall precisely, I had enquired about some air freshener which the bank had put up in their office. I did realize EFT had made me solid and confident to the core.

The fourth major thing applicable to many humans on earth is emotions and finance. I was always a large-hearted guy who spent lavishly and gave away money very casually. Even when I realized that somebody was taking advantage, I could not refuse anyone, thinking all the while that I was head and shoulders above the rest. It was only after practicing EFT that this whole attitude of giving and only giving got dropped off. I had better control over my emotions and stopped entertaining people who took undue advantage. EFT can (if practiced over a long tenure) result in the eradication of poverty. It makes you feel abundant at all times which is the most natural state for any human.

These are the only four significant changes that I mentioned here. The results can vary depending on the person. However, emotions lead to action. Changing the quality of emotions is a profound way of self-care. Also, a change in emotions leads to better functioning of the heart and when the heart functions at its best, it pumps blood nicely and the blood flow results in good health overall.

Lastly, can't thank Guruji enough for teaching me EFT in particular (apart from all the things he has in his repertoire) as this has slowly transformed me into a powerful being.

(Sorry for using personal pronouns throughout this article. Nonetheless, I felt, I should share some great results of a highly effective technique. The article is meant to be a sort of testimonial to the efficacy of the technique.)



Enemy Unseen

by Anand

Rajesh, a colleague of mine was looking shaken and with red eyes on Monday morning. The reason he told me after asking him again and again was awful. Yesterday, he unexpectedly learnt that his 12years old son was watching X-rated sites while both the parents were at work. Over the weekend when Rajesh was checking his mails, and some obscene material popped up all of a sudden. First, he thought it's a virus. Then he closed all those sites carefully and checked all the history patiently. Last three months his computer was busy for more than six hours daily in the afternoon. He and his wife were equally traumatized when they acknowledged who could've opened it. They didn't know how to address this issue. Rajesh, whacked his son for the first time. Finally, his son admitted that a fifteen-year-old friend from school comes home every afternoon and they both watch it till evening. Now my friend had no idea what to do thereafter. One of them ideally stay at home to take care of child's upbringing but since they were paying huge home loan, that they could not pay from one salary. This is a similar story of many parents these days. Income of one parent is not enough to meet needs they have

created and children are at wrong hands since families today are small and both parents are working. Cases like a sixteen years old boy from Nasik, lost total mental balance because of playing too much of the PUBG game for the entire day one teen age girl was abused by a stranger, whom she knew online, such cases are increasing rapidly and parents are unaware while addressing such issues.

We all are grown up with a mantra that 'don't speak to strangers' but we really didn't know ever as a child why we shouldn't? For generations, it's happening. We also tell children not to open the door when they are alone at home, or never give information to strangers, never speak on a wrong call, we also check who are their friends, what do they read, what TV shows they watch but most of us ignore or don't supervise our child's online experience. Maybe we are not capable handling internet efficiently or our child's awareness of internet is greater than many of us. Internet is very dangerous zone if it's not handled effectively because there is too much information which is not filtered. To teach the child

about the online dangers we have to upgrade own knowledge first. We must know about 'Online Hunters, Identity theft, financial frauds, Cyber bullying, online scams, Phishing and dirty world which can ruin life. The question is 'are we doing enough to keep our child safe in this virtual world before giving them expensive gadgets, cell phones, computers ETC? **Are we doing enough or are we aware about these online dangers?**



The data says, most children are internet users today. According to UNISEF, 1 in 3 internet user is a child. In United states 95% children aged 3-18 have access to internet. In India 66million children

aged 5-11 have internet access at home. 33% of the worlds' children have internet access. Since Covid19 they are using it for study, school reports, lectures, playing games, chatting, or even killing time. Internet access comes with risks, threats which are growing by the day. Dating sites are being introduced to young children and kids have no idea that online friends are not real. Cybercrime rate is increasing every day. Most chat rooms, social media sites are completely unsupervised and unsafe. Fake profiles, a lot of accounts are created to only black mail. **37% of teens aged 13-17 have been bullied online, 30% of them claim that they have been bullied more than once. 15% of girls have been targeted of online abuse compare to 6% of boys. 42% of respondents were harassed on Instagram at least once.** What do these figures tell us? Are they not shocking?

Parents need to monitor child's online activity every day. It's our duty to teach them to become good digital citizen just like we do it for them offline. Learning and growing from mistakes

is a part of childhood. We don't require to nag them, become detective or look at them as an offender every moment, rather we need to teach them for becoming responsible individual. Online mistakes by a child could be buried at times but not erased permanently. Those could come back haunting the child in future.

90% employers, universities go through the history of their potential student or employee's social media profile and 79% candidates are rejected based on their social media content.



The actions of our child today can hurt their chances in future. So, it's at most important that we monitor and make sure about our child's online experience today. We don't need to be an investigator snooping them, reading their emails, text messages because that would be ethically wrong. Instead, we need to monitor their online activity by meaningful dialogs every day, and by spending enough quality time with them. Watch same programs that they are watching, play same games that they are play, talking to them with confidence and without taboo on certain issues they could face if they are watching porn or chatting on the dating sites or sharing confidential information or pictures etc. We know our child the best. No expert can really tell us what we should or shouldn't do. We have to figure it out ourselves because our child is always unique. But it is always best that if your child brings the problem to you. **Just make sure that your connection with your child is very strong for keeping them safe from all these invisible enemies.**

God adopts those who adapt to every situation

By Krupa Choksi



Recently I was talking to Guruji on the phone, and he stated, “God adopts those who adapt to every situation”. I started pondering over those words and got this explanation that we must accept all situations in life willingly and happily. Normally what we do, we accept situations that we like and which we wanted in our life and reject those which we never anticipated in our life. But then this is a success in our life. Now the million-dollar question is what exactly happens when we accept every situation as it comes?

Every situation that we accept connects us with the soul while every circumstance we reject attaches us to our Ego. We always have a choice of whether to stay with our ego or our soul. The moment we get connected to our soul; we are Healthy, Happy, and Harmonized. On the other hand, we become unhappy, frustrated, irritated, and full of grudges when we get linked with the ego. What we prefer to be Happy or not to be is the crux of life. Most of the time, we tend to blame the situation or the people around us for being the cause of our unhappiness. When the mind is in the domain of the Soul (the Atmabhava) it is happy. Then we are complete or Poorna, we are whole. And when we are complete or whole, we have no complaints, no grudges, no frustrations.

This is what all the saints did. May it be Meerabai, Tukaramji, Eknathji, Narsinh Mehta, Gyaneshwarji, etc. were all adopted by God for the simple reason i.e., they adapted to every situation that came into their lives with unflinching faith. Look at the life of Meerabai, she got married even though she never wanted to get married. She was put into prison, but she was happy. Even in prison, a snake was sent in, but it turned into the garland. She was also given poison to drink which did no harm to her. How did this happen? Due to her unflinching faith, God adopted her.

So is the case with Bhakta Prahalad. The number of times attempts were made to kill him, but he did not show resistance to any situation. He adapted them and in turn, God adopted him. The same happened with Narsinh Mehta. He was so devoted to Lord Krishna that the lord gave all the things required for the wedding of his daughter – God adopted him.

When we totally surrender to the divine, we receive divine help. Total surrender happens when we are total with our souls. When we are always with the divine, we lose our identity. And when we lose our identity, we too become divine.



SHAKTHI

The Supreme Consciousness

By Aruna M.

In South we celebrate Navratri as a grand festival as it is in other parts of the country. We display dolls of gods and goddesses on steps which is known as Golu which is unique to the South. We pray and express our love to the divine Goddesses Durga, Lakshmi and Saraswati. First three days for Durga, the following three days for Lakshmi and the last three days for Saraswati. Ninth day is celebrated as Saraswathi Pooja where we do Pooja to all the books, instruments, all the things at home like vehicles, scissors, sewing machines, laptops etc. This reminds me of the reiki principle **“Just for today I will show love and respect for every living thing”**. Tenth day is celebrated as Vijayadasami day where we start paying respects to our Gurus and also start learning new skills that day. At this time, I remember my childhood days when I used to visit different houses Golu and partake Prasad from their homes. The nine days we invite ladies and young kanyas and offer food by recognizing the divine goddess in each one. Lallitha Tripurasundari is worshipped during this time. Lallithasahasranama is chanted in every house all the nine days.

The ancient literary work “Tripura Rahasya” which is a dialogue between Lord Dattatreya and Parashurama. Tripura rahasya states she is the underlying consciousness of Waking, dream and deep sleep states. Soundarya Lahari is a famous literary work attributed to Adi Shankara which praises the beauty of the Goddesses. She is also Kamakshidevi who is worshipped in the form of Sri Chakra. She is the Ultimate Shakti (energy power) of the universe. She is the supreme consciousness ruling from even above the Trinity. So as a reiki sadhak I felt she is the Universal Life Force Energy flowing through our hands. No wonder after reiki attunement we start experiencing the divine energy the shakthi the very cause of the universe flowing through our hands. We feel blissful after every reiki practice. I feel truly blessed to have been chosen by the divine to experience the divinity through reiki.

Very recently I came to know that there are three Shakthi temples in the Chennai region through our sadhaks. Vadivudaiamman temple has been visited by the great saints like Ramalinga adigalar or known as Vallalar. This temple was built 2000 years ago. The temples are

Thiruvudaiamman – Ichcha Shakthi known to fulfil wishes of the devotees

Vadivudaiamman – Gnaanashakthi known to bless us with Gnanam or knowledge

Kodiyidaiamman – Kriya Shakthi known to assist us in all our actions

It is believed one has to visit all the three temples on any Full moon day which falls on a Friday. It was an interesting knowledge for me. More so I remembered Guruji's words, We are all Poorna like a full moon and we are divine. So by being connected to reiki we get the goddesses blessings to fulfil all our wishes and slowly we get the knowledge about the divinity in us and finally we dedicate all our actions to the divine shakthi. So Ichchashakthi, gnaanashakthi and Kriyashakthi is nothing but the different forms of the divine reiki energy which is flowing through our hands till we live in this earth. What a profound blessing it is to be connected to that Mahadevi, Kamakshi, Lallitha Tripura Sundari all the time.

Remembering the first reiki principle **“just for today I will be in attitude of gratitude”** I thank Swami, Guruji and Reiki Vidya Niketan for its relentless effort in touching lives and gifting the divine energy for our health, happiness and harmony. With such divine hands all of us are blessed to experience the supreme consciousness the very cause of Life. Let us all connect more and more to the shakthi flowing during this Navratri too. Jai Matha KI.



Memories are forever

by Anand

When I grew older
I gained new insights
Life is nothing but
A pool of memories...

Not all storms come
To disturb our lives
Some come to clear
Our path as well...

Life is a mirror
So, it's necessary
To think good and
Craft good memories...

Memories travel
Along with us
Life after life and
They last forever...



MIND OVER MATTER

By Barry Rathner, Clinical Psychologist

The fifth step on the Fivefold Path is Swadhyaya—self-study. Asking the question, “Who am I?” describes this step, albeit simplistically. If I have an arm amputated, I refer to “my arm.” Who is the “my?” My arm obviously exists independently of myself. Trying to discover who the “my” is, is Swadhyaya.

Similarly, if we focus on our MIND, delving into how it operates may be helpful in distinguishing mind from other parts of us.

Patanjali’s Yoga Sutras, a commentary on all aspects of Yoga, can help with our Swadhyaya. The second, and very well-known verse or sutra describes Yoga—or self-development basically— as “the inhibition of the modification of the mind.”

Says the scholar I.K. Taimni about this—whereby the Sanskrit word CITTA refers to inhibition,—broadly, therefore, “Citta corresponds to ‘mind’ of modern psychology....” Further he writes, “the mind of modern psychology is confined to the expression of only thought, volition and feeling.”

One thing for sure is that the establishment of the Mind Training Programme by adherents of the Fivefold Path, not only honours the crucial role of MIND, but provides valuable tools for helping us get—and maintain—our minds heading in the right direction. Training our minds to react with love under all circumstances is the goal and the modus operandi.

The importance of mind may be further seen through another description of Taimni:

“It (the mind) is like an intangible screen which enables the Light of consciousness to be projected in the manifested world.” Seems pretty important to me. If we are to ‘go within,’ study--and training--of mind may be very helpful, almost indispensable.

The word, “inhibition” in the sutra, has three rather distinct meanings—‘restrained,’ ‘controlled,’ ‘inhibited.’ As it is important for us to be patient (though persistent) with ourselves as we grow, it is illuminating to again quote Taimni, “All these meanings are applicable in the different stages of Yoga (or self-development). Restraint is involved in the initial stages, control in the more advanced stages and inhibition or complete suppression in the last stage.”

Recovery from addiction lends some insight here as in the beginning, one needs to restrain oneself from compromising situations and from old impressions on the mind—in this instance, using drugs or alcohol. “If you hang around a barber shop long enough, you’ll get

a haircut,” as the saying goes. An alcoholic in recovery might do well to get a job other than being a bartender, for example. Control eventually kicks in where the compulsion has been greatly reduced.

Inhibition or complete suppression is a bit tricky in the addiction example, as AA proponents would argue that the disease of alcoholism is never “cured” as such. Complete suppression—even after decades of sobriety—thus, is not in the realm of possibility. The slogan, “One day at a time,” speaks to this.

An important part of self-development is being aware of your shortcomings—and strengths—and behaving accordingly. If I know I have an addictive personality, ‘cheating’ on a particular discipline is much more dangerous than it is for someone able to stop after one coffee, one potato chip, one beer, one partner (at a time).

Alcoholics Anonymous is built on the premise that the disease of addiction gives me an ‘allergy’ to alcohol not all that different than peanuts are to one allergic to them—and equally life-threatening.

Judgment of self and others gets in the way of our progress. Notwithstanding, the ultimate judge is my Higher Power, putting energy into self-judgment can be counterproductive to our efforts. That isn’t to say that studying or assessing our actions is not valuable. It is to say that allowing emotions in the present to be highly affected by old actions by judging situations is to be avoided. The Law of Karma takes care of consequences of our actions. We need not compound matters through judgment.

A wonderful by-product of reducing self-judgment is a reduction in the tendency to judge others—a great impediment to love. And reducing and eventually eliminating barriers to love is an achievement well worth pursuing.

Finally, the experiences of thousands worldwide is that the relationship of ATMOSPHERE to MIND is especially helpful considering how disturbed atmosphere is nearly everywhere on the planet. HEAL THE ATMOSPHERE AND THE HEALED ATMOSPHERE WILL HEAL YOU. How to heal the atmosphere? Sunrise/sunset copper pyramid Agnihotra helps to do this with minimum effort on our parts.

Note: The website www.homapsychotherapy.com has compiled the complete Mind Training Programme in detail for those inclined to study further. (See in the menu of the cite, “Homa Therapy Mind Training.”)

Ashtavakra Geeta

(Chapter 12th)



Verse 1

जनक उवाच
अकिंचनभवं स्वास्थ्यं कौपिनत्वेभि दुर्लभं ।
त्यागादाने विहायास्माद्दहमासे यथासुखम् ॥१॥

Meaning: Sometimes one experiences distress because of one's body, sometimes because of one's speech, and sometimes because of one's mind. Abandoning all of these, I live as I please in the goal of humanity.

Verse 3

Meaning: Janaka says:

The inner freedom of having nothing is hard to achieve, even with just a loin-cloth, but I live as I please abandoning both renunciation and acquisition.

कृतं किमपि नैव स्याद् इति संचिंत्य तत्त्वतः ।
यदा यत्कर्तुमायाति तत् कृत्वाते यथासुखम् ॥३॥

Meaning: Recognizing that in reality no action is ever committed, I live as I please, just doing what presents itself to be done.

Verse 2

कुत्रापि खेद कायस्य जिह्वा कुत्रापि खेद्यते ।
मनः कुत्रापि तत्पत्तवा पुरुषार्थे शितः सुखम् ॥२॥



Verse 4

कर्मनैष्ककर्म्यनिर्बन्धभावा देहस्थ योगिनः ।
संयोगयोगविरहादहमासे यथासुखम् ॥४॥

Meaning: Yogis who identify themselves with their bodies are insistent on fulfilling and avoiding certain actions, but I live as I please abandoning attachment and rejection.

Verse 6

स्वपतो नास्ति मे हानिः सिद्धीर्यत्नवतो न वा ।
नाशौलासौ विहायास्मादहमासे यथासुखम् ॥६॥

Meaning: I lose nothing by sleeping and gain nothing by effort, so consequently I live as I please, abandoning loss and success.

Verse 5


अर्थानर्थो न मे स्थित्या गत्या न शयनेन वा ।
तिष्ठन् गच्छन् स्वपन् तस्मादहमासे यथासुखम् ॥५॥

Meaning: No benefit or loss comes to me by standing, walking or lying down, so consequently I live as I please whether standing, walking or sleeping.

Verse 7

सुखादिरूपा नियमं भावेश्चालोक्य भूरिशः ।
शुभाशुभे विहायास्मादहमासे यथासुखम् ॥७॥

Meaning: Frequently observing the drawbacks of such things as pleasant objects, I live as I please, abandoning the pleasant and unpleasant.





THE FOURTH STATE OF CONSCIOUSNESS

MANDUKYA UPANISHAD

by Ashwini Telang

Few years ago, I had the privilege to visit Deccan College's Archaeology section and while viewing all the preserved remains, my curiosity towards ancient Indian literature arose.

After coming back home, I started searching for some literary called "Upanishads" (Sanskrit: उपनिषद्), also known as Vedanta (the essence of the Veda.) – is the simplified form of the 4 Vedas, viz: (1) Sam-Veda, (2) Rig-Veda, (3) Yajur-Veda & (4) Atharva-Veda.

While searching I came to know that there are more than 200 Upanishads known today. "Mandukya Upanishad" is considered to be the shortest of the Upanishads, so I thought to start with this one. It is said in Muktika Upanishad (which discusses other Upanishads) that Mandukya Upanishad alone is enough for Salvation. While I was going through the introduction of Mandukya Upanishad on internet, what enchanted me was that it not only consists of just twelve verses expounding the mystic syllable Aum and the three psychological states but also the transcendent fourth state of illumination. We all must have been aware of the three psychological states viz; (1) Wakefulness, (2) Dream & (3) Sleep; but the fourth state is normally not talked about in the western psychological parlance, though the Indian psychology under the generic name of spirituality was fully aware about such state of consciousness. This state can be experienced either during meditation or while we are either coming out of sleep or going into it – which generally are known as Hypnopompic and Hypnagogic states respectively.

The third verse from Mandukya Upanishad describes the state of wakefulness; the fourth depicts the Dream State; the fifth verse indicates the state of Deep sleep while the sixth & seventh verses help us to understand the Transcendent state of consciousness.

जागरितस्थानो बहिष्प्रज्ञः सप्ताङ्ग एकोनविंशतिमुखः स्थूलभुग्वैश्वानरः प्रथमः पादः ॥३॥

The first quarter is known as Vaishvanara which denotes the waking state of consciousness. He who is able to cognize external objects, the one who has seven limbs and nineteen mouths and who experiences gross objects is called as Vaishvanara and is considered to be in the wakeful state. In simple words, Wakefulness is the state in which our mind is Active & Alert. Here, we respond to the situation as & when required. For instance, currently the state that you are in while reading this article can be considered to be wakeful state/ Vaishvanara.

स्वप्नस्थानोऽन्तः प्रज्ञः सप्ताङ्ग एकोनविंशतिमुखः प्रविविक्तभुक् तैजसो द्वितीय पादः ॥४॥

The dream state is depicted in this verse / sloka. This is the second quarter which is called Taijasa. The one who cognizes internal objects, he who has seven limbs and nineteen mouths and the one who experiences the subtle objects is considered to be in the dream state of consciousness. In short, in Dream State, our mind is active but not alert, as it doesn't respond to the environment around at all. In dream one reacts to whatever is happening in one's dream & is totally unaware of whatsoever is going on around him/her existence outside (even if someone is calling out his/her name). The person experiencing this state of consciousness may be known as Taijasa/ Dream State.

यत्र सुप्तो न कञ्चन कामं कामयते न कञ्चन स्वप्नं पश्यति तत्सुषुप्तम् सुषुप्तस्थान एकीभूतः प्रज्ञानघन एवानन्दमयो
ह्यानन्दभुक् चेतोमुखः प्रज्ञस्तृतीय पादः ॥५॥

Where the one being fast asleep doesn't desire any desire whatsoever and doesn't see any dream whatsoever that is deep sleep. Prajna is considered to be the third quarter, which describes the state of deep sleep. The individual who has become one, he who is verily a mass of cognition, is full of bliss and also experiences bliss. The one whose face is thought is known to be in Deep Sleep State / Prajna State of consciousness. To be precise, while an individual is in Deep Sleep State of consciousness, his/her mind is neither active nor alert. S/he is totally unaware of what is happening around & within.

एष सर्वेश्वरः एष सर्वज्ञ एषोऽन्तर्याम्येष योनिः सर्वस्य प्रभवाप्ययौ हि भूतानाम् ॥६॥

नान्तः प्रज्ञं न बहिष्प्रज्ञं नोभयतः प्रज्ञं न प्रज्ञानघनं न प्रज्ञं नाप्रज्ञम् ।

अदृष्टमव्यवहार्यमग्राह्यमलक्षणमचिन्त्यमव्यपदेश्यमेकात्मप्रत्ययसारं प्रपञ्चोपशमं शान्तं शिवमद्वैतं चतुर्थं मन्यन्ते स आत्मा स
विज्ञेयः ॥७॥

This (state) is the pioneer, the knower, the inner controller & the source of all. This (state) is (considered to be) the beginning & the end of the (human) beings and was known as Chaturtham till Gaudapadacharya (the one who created the lineage in which Adi Shanakaracharya got initiated) named it as Turiyam. [This name doesn't mean anything except the fourth quadrant, as this state cannot be described in words.] However, Turiyam or Transcendent State of consciousness is not the one within which we cognize internally, externally nor do we cognize both. (Turiyam is) not the mass of cognition neither cognitive nor non cognitive (state of consciousness). It is unseen, incapable of being spoken of, unnamable; the essence of the knowledge of the one self that into which the world is resolved, the peaceful, the benign, the non-dual, and such is the fourth quarter of consciousness. It is the self to be known. In the fourth state of Consciousness - Transcendence, our mind is Alert but not Active. In other words, we are aware of whatever is happening around us but may not react/ respond to it. It is during this state that impressions planted at that time grow & enrich life. This state enables us to access the universal consciousness to gain knowledge, cure diseases, increase creativity & realize our own self. During the transcendence state, our Subconscious mind does not remain to be sub (subordinate) but becomes the prime entity pushing the conscious mind on the backdrop. The process of learning almost everything and anything becomes very quick when one is in this state of consciousness. In other words, one learns much more than when one is in transcendent state of consciousness than when one is awake. Yoga Nidra is one of the methods where one can experience this state of consciousness and can even be helpful in reshaping one's personality & also in giving a new direction to life along the positive lines. Thus, in the twelfth verse of Mandukya Upanishad the fourth state is considered to be without syllables, non-dual, benign and the very true self as "Á" – the supreme bliss.

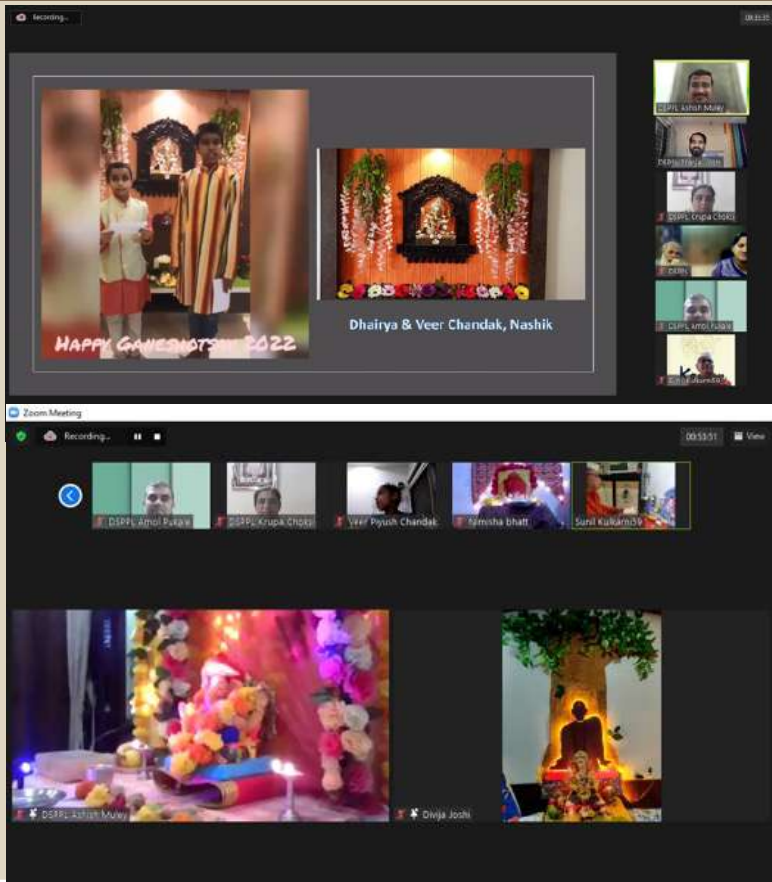
अमात्रश्चतुर्थोऽव्यवहार्यः प्रपञ्चोपशमः शिवाद्वैत एवमोकार आत्मैव संविशत्यात्मनाऽऽत्मनं

य एवं वेद य एवं वेद ॥१२॥

Ganesha display on 1st September

Ganesha has been a popular God among Indian deities in the hearts of children the world over. Children just look forward to the Ganesha Chaturthi in the Bhadrapada month of Hindu calendar. Our Devrukh Math has also been celebrating this festival every year. This year obviously was no exception.

DSPPL has been organizing an online display and discussions on the subject of Lord Ganesha on the second day of Ganesha festival (this year it happened to be on 1st September 2022) since past 3-4 years. Children and sadhaks from DSPPL community display their Ganesha idols with pride and joy on this day.



Ganesha Research

DSPPL with RVN is organizing a study on why Lord Ganesha resonates with young children the world over which will be launched soon. The details will be circulated soon for you to participate.



Teacher's Day on 5th September

DSPPL regularly celebrates the Teachers' day which happens to be on 5th September every year. This happens to be a birthday of one of our ex-presidents Dr Sarvappali Radhakrishnan who was a vedic scholar and internationally recognized philosopher. This year DSPPL team requested some of their students to talk about the most favourite teacher in life and the virtues they displayed. More than 15 students spoke about this.



RVN ACTIVITIES

Importance of Sports in Corporate Life & Career Development

- Importance of Sports – How it all started
 - Influence & motivation of parents
 - Influence of friends
- Importance of Sports in Career Development
 - Attitude – A positive attitude has significant benefits for an individual. No loss is permanent, never lose hope
 - Leadership – Lead diverse people from all walks of society to common goal
 - TeamWork – To succeed, you must be able to work with your colleagues
 - Time Management – Time is an irreplaceable asset
 - Growth mindset – To be a better person today than what you were yesterday
 - Endurance – The strong one wins at the end of the game
 - Resilience – Teaches to be humble & use defeat as motivating factor
 - Mind and Body Control – Helps maximize your strengths



Full Moon on Sports on 10th September

DSPPL has created a Social Empowerment Forum in which every fortnight a motivating speaker is invited to enlighten children and parents on various subjects of their interest. On 10th September this year, Mr Kashinath (Rohit) Khadkikar, a retired Cricketer who represented Indian team few years ago was invited to talk about the importance of Sports in youth development. Lecture was well attended and appreciated by many.

Book review Session by DSPPL on 17th September, 2022



DSPPL took initiative to have the book review of the book “Jonathan Livingstone Seagull” by Richard Bach. The event was conducted in Baroda at Odeysse at 7.15 pm in the evening and was telecast live using zoom platform for the benefit of DSPPL students and parents all over India and abroad.

Ashish Muley, the associate member of DSPPL organized the event and introduced the book as well as gave the excerpts of the book which formed a foundation for further discussion. Guruji highlighted some key factors of the philosophy of the book and elaborated upon. This was followed by questions and answers which ended with the National Anthem.



Honouring the Sweekaries of Kamakshi Mata at Devrukh ashram

Consecration of Kamakshi Mata idol has completed one year on 28th September, 2022 (Navratri Chaturthi). There is a group of 8 female sewekaries from Devrukh village that looks after the service to the Kamakshi idol on a regular basis. As a mark of respect the Math administration organized a felicitation session during which they were gifted a saree which was worn by the idol on some day or the other during the year.

Ayushman Bharat seminars between 12th and 17th September

Ayushman Bharat and RVN collaboration is getting stronger and stronger with every phase of seminars. This time a series of 3 Reiki seminars were held in State Institute of Health and Family Welfare (SIHFW) in Baroda between 12th and 17th September. The special thing about these sessions was training to Asha workers who are the backbone of health care network in Gujarat. With their learning Reiki, this divine force will reach practically in every home of Gujarat state.

No Moon session on 24th September

A lecture was organized on a topic “From Commerce graduate to a Pharma Industrialist ... An inspiring story of an entrepreneur” by Dr Aditya Devdhar on 24th September evening. The lecture was well attended by DSPPL community members.

रामजीके सन्निध
नचनेके लिए
हमे जगह रखो ॥

21

Keep a place near Ramji to dance...

This is what Swamiji told Thakurdas Maharaj when Thakurdas Maharaj met him at Akkalkot. Here Ramji means Lord Rama. Thakurdas was planning to start a temple for Lord Rama in the southern part of Mumbai at that time, which he eventually did. Swamiji could read what was going on in the mind of Thakurdas. And he asked him to keep one place near Lord Rama for Swami. Interestingly, the temple still exists at Thakurdwar, a thickly populated and prominent area in South Mumbai and Swamiji's padukas (Foot-

wear of Swamiji) have been installed next to Lord Rama.

There is also a hidden message here. Rama means the Heart in the human body. Swamiji is possibly suggesting here to all his devotees about keeping Swami near there near devotees' hearts. Another interesting thing is Swamiji here is talking about dancing near Rama. Dance means celebrations. When one keeps Swami close to heart, the whole life will become a celebration. So true that is.