

REIKI

VIDYA NIKETAN

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

EDITORIAL



FEAR

A DRIVING FORCE BEHIND EVERY DISEASE

I have been getting lot many cases of nerve damage, brain strokes, tumors, and many more. I always like to go to the root cause of the disease and personally am of the opinion that there is always a story that leads to these kinds of diseases. This as I believe was also a line of treatment for the ancient health sciences like Ayurveda and even Homeopathy. Possibly modern medicine as well as the variants of



ancient health sciences mentioned above also must have gone away from such methodology. Maybe they have their own reasons to do that besides the commercial ones.

One of the cases that came to be lately was of a teacher who was hail and hearty till about 3 months ago. She suddenly developed a stress situation due to certain conditions in her workplace. A colleague teacher had to leave the organization due to her being erratic and psychologically not sound. This colleague kept on blaming this teacher to such an extent that this teacher almost went into a nervous break-down condition believing that she is the cause of the miseries of a colleague. This is what happened exactly 3 months ago. This teacher started losing confidence in herself and started getting into depressive attacks. Finally, a few days ago she became a victim of a brain tumor. The medical profession traced the origin of the tumor to a situation about 3 months ago. Can you see the direct correlation?

Fear is extremely negative in nature as we know by now. Corona pandemic should have left us a little wiser. But no one seems to be taking lessons from the events like that. I am seeing more and

more people becoming victims of negativities. They carry fear, guilt, depression, and so on. We are creating situations that we can't handle. Why can't we be a little more alert about negativities? Why can't we see these fears and negativities lurking around us and become aware of such things and prevent them from entering into our existence? Don't you think prevention is better than cure? Why can't we embrace the whole lot of positivity surrounding us on all sides?

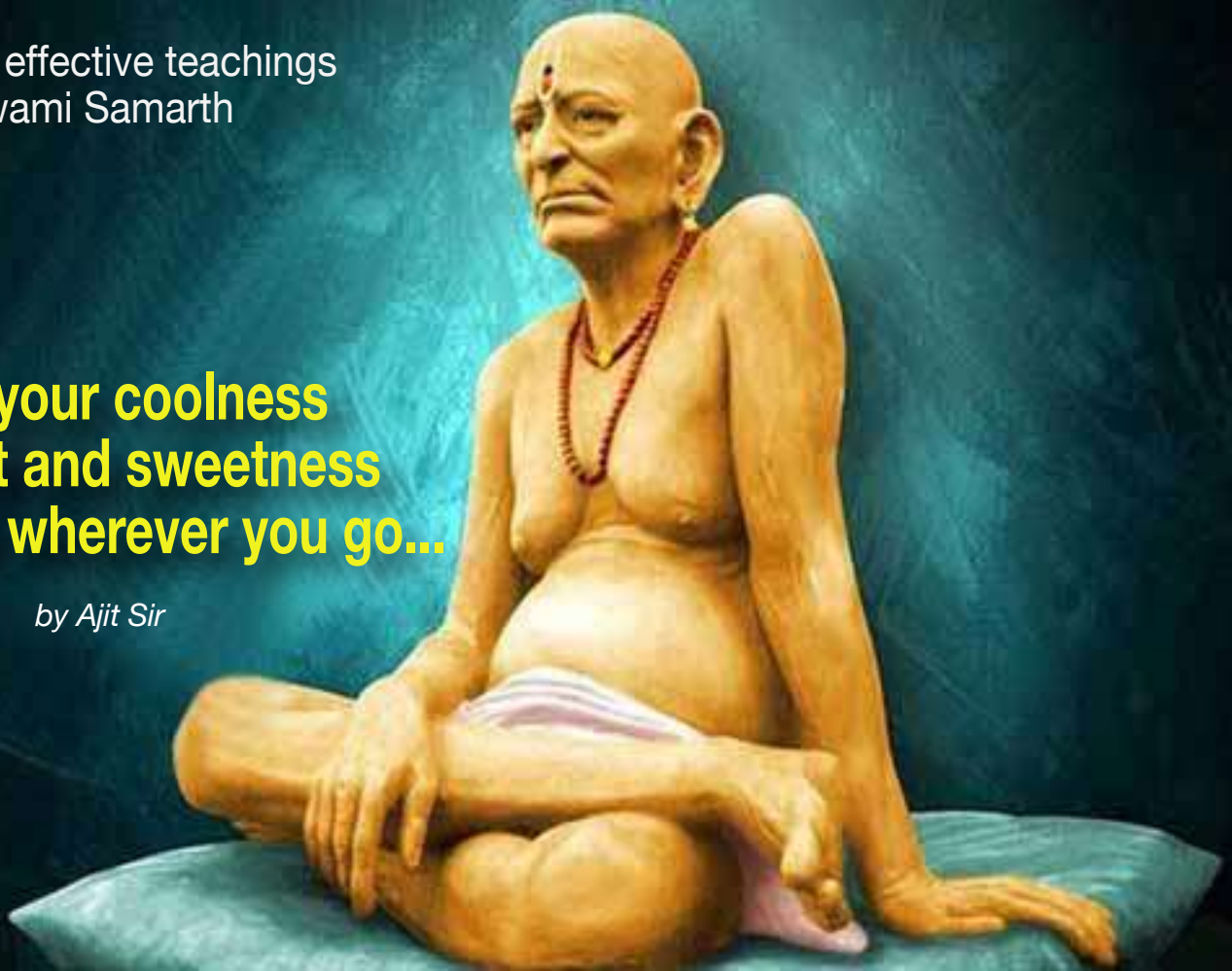
Let us declare this year as a year of Positivity. No matter what happens we need to be positive. Only positivity will save all of us from the disaster. Be positive in every sense, in thoughts, in emotions, in behaviour. Positivity is that faith within you. Ignite that so that the darkness of faith will vanish.

With lots of love and positive energy to you all,

Ajit Sir
April 5th, 2023

**Take your coolness
of Heart and sweetness
of tongue wherever you go...**

by Ajit Sir



In the last episode in a serial of Swami Samarth on Colours TV, Swami gave this as a message to all his devotees and disciples. It is our Heart and Tongue which both connected to our mind which expresses our feelings towards others. Mind just expresses those after proper articulation. If you look around in today's hostile situation the world over, you will realize that what is missing is these two things from our life. The sweetness of tongue and a coolness of our heart. Tongue is related to our taste sense while heart is connected to that wind element that brings us a fresh breeze or a hot blast.

Tongue has a choice to be bitter or sweet.

We always have a choice. We always have two paths to choose from. This is obvious as we have arrived from the domain of duality. Duality itself connotes the choice or option. There is not a single moment where we have no choice. All that we need to do as a sadhak is look at the options and then weigh those in terms of spin-offs. Select the most appropriate one. But when it comes to a supreme Master like Swami Samarth, he even chooses for his own disciple or devotee. He helps you to choose the right option. All that you need to do is to follow his guidance. And be happy in life.



A Gurus Ultimate touch to reach Ultimate Truth

by Aruna Margam

Shree Swami Samartha

We all know over a period of time that the Reiki seminar is nothing but the essence of Vedas. It's a small effort to introspect the divine knowledge reiki touching our lives for years now. The three pillars of vedantic practice is Sravana, Manana, Nidhidhasana which leads a Sadhak to Awakening and in turn to realisation. Reiki is nothing but the same. So profound yet so simple like our beloved Guruji.

Sravana is Hearing, hearing the truth . Hearing when it happens from our heart and the core of our being is truly Sravana. This is possible only between a Guru and shishya. A true Guru shares his realized truth and when shishya hears the internal churning and complete transformation happens.

We as reiki sadhaks are indeed fortunate to have an enlightened Guru who is exuberating love and compassion to all of us. We have this sravana due to his dedication and commitment all through in some form or another. The seed in us dropped by our Guru lineage keeps sprouting in us to reconnect to our inner self all the time. This is very easy for reiki sadhaks wherever they are, the minute they connect with reiki sadhana the seed inside gets an opportunity to sprout and grow. Guruji also said, "Whenever we do reiki sadhana it's equivalent to an attunement". How blessed are we? Isn't it? Thank you, Guruji from the bottom of our hearts for giving us such a beautiful lifetime gift. Sravana takes you to step by step of Patanjali ashtanga yoga from yam, niyam, asana, pranayama, and Pratyahara , directly to the fifth stage.

Now we will come to Manana, means contemplating the truth like reflecting on the truth told by our Guru. In simple terms for us to apply the five reiki principles will help us to grow from sravana to manana. We repeatedly meet some sadhaks who tell us that we practice reiki but still have certain struggles in life physical, emotional or mental issues. If we remind them about the princi-

ples, they are not applying those in everyday life. Guruji repeatedly tells us reiki is not just the process of taking reiki in all 26 points. It's about applying everything we learn in those two days. This piece of guidance will help us to revisit ourselves to cleanse and in turn purify. During the Attunement process, cleansing of our chakras is done by Guru lineage. To keep it clean we need to apply all the knowledge shared by our Guru in those two days and also in other sessions. This is not immediate, it takes time, with repeated practice we introspect and try to separate water from the milk like the swan. This is why maybe Guruji patiently answers all our questions. This way he is helping us to clear our doubts and develop a firm faith in ourselves. This is the second step Manana, which is equivalent to Darana. This requires discipline and devotion. With our Guru's support, we will be able to continue this manana to achieve our goals in life.

The last step is Nidhidhasana means living the truth all the time. This is equivalent to Dhyana and Samadhi stages. Reiki practice takes us to a meditative state. When we repeatedly practice, we reach the state where our asanas don't trouble, we are calmer and more balanced. Like Guruji says our mind has a choice to listen to the Soul or the Ego. Now at this stage very easily our mind turns towards the soul. The soul is our guiding inner guru. So then our path to our Goal in life is smooth. We do all our actions as an expression of love. Moksha or freedom is here and now. We start operating at the soul level and we become one with everyone. There are no two, it's only one that is You. This state is nothing but Aham Brahmasmi. Thatwamasi, you are that. Oh our beloved Guru, we revere all your efforts to help all sadhaks to cross this ocean of life and take us toward the ultimate truth, We are all one. You spend every moment of your life inspiring and empowering us. You are a true Guru with immense forbearance and patience. Your very presence Kindle our hearts. We are blessed. Thank you once again, Guruji. I remember your words, " I belong to you, Do you belong to me?". Yes, Guruji we all belong to you however far or near you are there for us when we need you the most.



Break the Branch...

by Anand

It was a nice and cool morning. There are two huge Banyan trees next to my bedroom. I love watching hundreds of unusual birds' early morning while sipping my tea. The other day I was witnessing something really unique. A mother bird and two grown babies were enjoying their morning meals. Mom bird flew and caught something and fed babies one after other. After the good breakfast, mom bird decided that it must be the last day of such rituals and babies must fly, face the world and get their food themselves. So, she flew over their head and landed back side branch of the babies and abruptly pushed one of them from the nest. It was a sudden shock to the baby because it was watching the busy road below. If the baby had not opened the wings, it would have come down crashing on the moving cars or road. But after 20 feet the baby managed to open the wings and flew slightly above on one of the branches of another tree and tried to settle down from that sudden shock. Same thing happened with another baby as well. It came down crashing and could not open the wings but there was a building wall. Unfortunately, there was a cat waiting for her breakfast. The baby landed five feet away and before the cat could dive, it managed to open the wings and could fly ten feet above to a safe house. After this event the mom ignored their pain and silently kept watching them from above. Next morning, I saw both the babies flying effortlessly like their mom. Two days after they were gone. **This is may be a simple experience for the bird but it was a magic for me. We do not allow our kids to open their wings and take a leap.** We are either scared of our own old age and become hurdle for them or we don't believe that they could also fly high and find their own sky while over protecting them. Why can't we behave simply like that mom bird?

I remember one of my friends. He acted unwell to stop his only son from going abroad for higher education even after good

scholarship and today his son is blaming him for missing opportunity. I don't think both of them are enjoying life now. There are many parents tries to control their kids and when the child gets an opportunity, it leaves them in a second to run away from them. And then never come back. Some kids get used to the protection of parents and ignore own potential. They both suffer even more because they could see mediocre children progressing faster while they can't. They have to stick to an ordinary job which they hate for life. They blame parents for their failure.

I remember a story of a king who found two eagle babies while hunting. He looked after them really with love but put them in gold chain for their safety. After growing larger in size, one day he took them out in the garden and threw them in open air. One of them flew really high in the sky and enjoyed it. The other one sat on a branch and didn't try to move also. The king tried a lot but it didn't move. So, he sadly announced a big reward for the one who could make it fly. People came and tried their luck but the baby eagle was adamant and didn't move an inch from the branch. Finally, an old farmer came and did something. The baby flew higher in the sky and didn't come back again. The curious king asked him what did he do? The farmer said nothing much I just broke the branch which the baby eagle was sitting.

We must do the same thing. 'Break the Branch'. Let the kids leave their comfort zone and know their own ability. Let them go find their own sky. Let them take their own decisions. May be sometimes they will make mistakes but we can always be the support for them silently. They can learn from errors but they will get happiness for their achievements. All old mediocre jobs, family businesses are old concepts. It's really wonderful watching children taking responsibilities and growing at the same time. We should make it simple and witness the golden period of children rather than becoming a golden chain.

This urge to ensure progress makes a child work like a donkey. Also with this, a belief gets transpired to the child that the mind is a constant faculty incapable of any sort of upgradation. The story of Vivekananda memorizing things in one reading remains a fairy tale. How come schools are not working at all on this aspect of sharpening the axe and not counting the number of hours of work? The teachers need to simultaneously work on both the subject and the student's mind and that is where homework will get reduced to a minimum. Society needs more Vivekanandas at every workplace, not Vivekanandas who turn into hermits. We surely need to find methods whereby the ability of the child is enhanced, making education less punitive. It is a fantastic process after all.

Another thing in operation is these tests which naturally make people sick. I mean physically sick. The brilliant ones manage pretty well, however, the majority of students suffer a lot throughout their journey of learning. Their minds get blocked before the exams as they cannot find people to help them out from where they stand. Crushed with the burden of numbers, their fear and anxiety result in degradation at the cellular level which is evident to the naked eye. The teachers take it as an opportunity to thump their authority over children, judging them only in terms of marks. The temperature and the atmospheric pressure

are that of an industrial boiler during an examination. Any sort of movement results in turbulence within the invigilator. Surely, we can't be allowing copying while writing tests, but also a question needs to be asked as to why a failed result has become such a big demon in the minds of the students. Why could we not find an alternative for most children below par?

The third most routine aspect of education is the class that goes on every single day. Children are rarely enchanted by the beauty and the positivity of the teacher. On most occasions, it is fear which is used as a tool to suppress the wild minds so that the teacher could stand high on a pedestal made up of ego. Maintaining a distance for better teaching is one thing, however, crushing the other just to support your personal belief system is also not the way. The problem with the right people is their only solace is the fact that they are right. They discount life completely. No room for any sort of deviation outside of the limits they set for themselves.

So many things that need to be reviewed, nonetheless, we will end it here with a simple question. Most students lose consciousness (they don't go down) when they first see the question paper (for a few minutes). Can we design or create a question paper that renders consciousness instead of depleting it?

Reiki Experience



I would like to share my experience of Reiki which I felt in the weekend course with Aruna Ma'am on 18th to 19th March in Bangalore. I got wisdom tooth extracted on 17th March, in which I was advised to have pain killers over the next two days. On Friday night I couldn't sleep in the night due to pain but still went on Saturday for the course. But after the morning Yognidra, I couldn't feel any pain. And the magic happened as during the complete two days I didn't have any pain killers and no pain at all. In fact, I totally forgot that there was any extraction done. Thanks to Reiki. Jai Gurudev

Ankita Bhowmik, Bangalore

"HITTING BOTTOM"*By Barry Rathner, Clinical Psychologist***HITTING BOTTOM: IT MIGHT NOT BE SUCH A BAD THING -
- THE ONLY WAY IS UP**

"I'm Sitting on Top of the World," is a popular, 90 year old song from USA.

When our lives are going so, so well, with little disharmony, much good health, and good wealth, we could very well feel as if we were 'sitting on top of the world.' If, however, things may not be as they appear, let's look at this.

When one has not been successful treating a serious disease using conventional, allopathic, often western, medical practices, frequently people turn to alternative healing modalities seeking relief and healing. It might be said that such situations are like 'hitting bottom,' where we feel that we can't go any lower. It could be physically, mentally, spiritually, even financially.

In addiction circles, this concept is widely used as until addicts' lives have fallen so low and found to be destructive-to self and others--it is unlikely the desire to become clean and sober will occur.

Many turn to a spiritual path when their lives become extremely difficult. If things are going so wrong on the outside, going inside for insight, peace and solace may be just what the doctor ordered.

Some of us may have turned to Agnihotra when our lives had become extremely difficult. 'Hitting bottom' often serves as an impetus to change. The change may have a better chance of succeeding because returning to the 'bottom' is too scary and painful.

So as alluring as 'sitting on top of the world' may be, sitting at the bottom of the world may indeed carry with it greater opportunities. So let us look beyond the trees and see the forest. Let us not lose the moon while counting the stars.

Let us take to heart the dictum that things are not always as they seem. Let us try—try hard—to be grateful even for misfortune in our lives because on the other side may lie transformation, self-development and lasting joy.

This attitude is more than 'making lemonade out of lemons,' i.e., making the best out of a temporary, challenging situation. It is a makeover of mindset, often ripping up of the dross of our lives and replacing it with good thoughts, good words, and good deeds...always! It is training the mind to react with Love under all circumstances—not some of the time, not occasionally, not just on weekends or holidays—all the time.

Just as truth can be told in a palatable manner, so can the makeover be done with care, affection and perspective. 'Tough Love?' Perhaps. But surely, we can agree that any kind of love is preferable to none at all. So, if it's tough—difficult—so be it. *Idam na mama*—not my will but Divine will be done.

Self-sabotage, supposedly part of all of our archetypes, may be considered unfortunate or just part of our human experience. The 'lemons' may be the push that pain can provide to help us

become better.

So maybe I am self-sabotaging my old or current damaged self in favor of creating a better version. Old roads are destroyed before better ones take their place. Old buildings are demolished as precursors of better construction.

So, if I must sacrifice some parts of myself in order to become better and happier and a better servant of the Divine—if that is on my wish list—so be it—especially if it is Divine will.

Might Faith be a necessary, invaluable tool during these transformative periods? Indeed.

Need we trust that the universe has our best interests at hand—especially if we 'get with the program?' In essence, we may be trusting ourselves even despite our bad track records in the past.

Once the realization dawns that "People won't change until the pain of not changing is greater than the pain changing brings," (Just B. Jordan) healing and transformation are on your doorstep. Or understanding and feeling that, "Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't "belong" (Mandy Hale), are a blessing.

Pain and misfortune may be temporary arrows aimed in our direction. Besides the possibility the arrows may change course, is the distinct chance Divine intervention may manifest. Some call this Grace.

I know it's You

by Anand



I know you were there

When I was struggling in the dark

I know you were there

When Sun was shining in the heart...

I could feel your presence

When I was sinking in the mud

I could recall your company

even in the happiest time...

I can see you in the dew

I can smell you in the rose

I can feel you in the breeze

I can touch you in the rain...

Wait for me don't go away

I will be with you soon

And we will be together

It will be a new life again....



Ashtavakra Geeta

(Chapter 18th)

Verse 1

अष्टावक्र उवाच ॥

यस्य बोधोदये तावत्स्वप्नवद् भवति भ्रमः ।
तस्मै सुखैकरूपाय नमः शान्ताय तेजसे ॥ १८-१ ॥

Meaning: I salute the one and only who is peaceful, blissful, and glorious that remains when the truth stands up leaving all the illusion as a dream dissolving when one wakes up.

This particular chapter is known as “Atma Jnana Shataka” (means hundred verses of self-realization). Here in this verse Ashtavakra salutes that infinite, all prevalent, omnipresent Self that is peaceful, blissful and glorious. One is complete when one enters this life as one is nothing but that complete soul. However, the life experiences and the fall outs of our karmas make us feel that we are incomplete and try to complete through various activities of the mundane life resulting into a life of illusion. Once we understand and experience our complete nature, suddenly a fog of wrong knowledge vanishes and he reality dawns. Then what emerges is peace, bliss and a glory.

Verse 2

अर्जयित्वाखिलान् अर्थान् अर्जयित्वाखिलान्
अर्थान् भोगानाप्नोति अर्थान् पुष्कलान् ।पुष्कलान्
न हि सर्वपरित्यागमन्तरेण सुखी भवेत् ॥भवेत् १८-२॥

Meaning: Humans enjoys the luxuries of life by accumulating the wealth. But becomes peaceful and happy only after dropping them all.

Human beings have designed their lives around the wealth of different kind. It could be money, real estates, even relationships as he thinks that all these would be useful in his difficult times. Today we can't even imagine a society without the concept of wealth. We enjoy luxuries of life using this wealth and related matters. However, one can't experience peace and happiness with them. In fact, we are in constant fear of losing what we have accumulated. Only when we detach ourselves from all these manifestations of wealth do we attain real peace, bliss, and perfect glory? A state of no fear.



Verse 3

कर्तव्यदुःखमार्तण्डज्वालादग्धान्तरात्मनः ।
कुतः प्रशमपीयूषधारासारमृते सुखम् ॥सुखम् १८-३॥

Meanings: The one whose mind is burnt by the flames of the Sun symbolizes the sorrow and created by the wrong ideas of duties & responsibilities, where else can he find happiness but standing in the blissful shower of peace?

The one who has already taken the bitter experiences of mundane life is burning in the flames of the sorrowful sun and is always seeking the cold shower of bliss and peace. Humans are all tired of the fields of activities they have created for themselves and trying to wriggle out of that trap. We have created our own ideas of duties and responsibilities which become a load of burden that we try to get rid of throughout life. Realized are the ones who have found the way out and hence they always bask under the cool showers of peace and bliss.

Verse 4

भवोऽयं भावनामात्रो न किञ्चित् परमर्थतः किञ्चित् परमर्थतः ।
नास्त्यभावः स्वभावानां भावाभावविभाविनाम् ॥भावाभावविभाविनाम् १८-४॥

Meaning: This life is only a feeling, an illusion. It is only a reflection of one's feelings. If our mind believes there is a world, the world comes into existence.

This existence is just imagination. It is nothing in reality, but there is no non-being for nature that knows how to distinguish being from non-being.

Verse 5

न दूरं न च सङ्कोचाल्लब्धमेवात्मनः पदम् ।पदम्
निर्विकल्पं निरायासं निर्विकारं निरञ्जनम् ॥निरञ्जनम् १८-५॥

Meaning: The realm of one's self is not far away, nor can it be achieved by the addition of limitations to its nature. It is unimaginable, effortless, unchanging, and spotless.

Here Ashtavakra says that the Self is not something to be searched outside us. It is neither on cloud nine nor on the mountains or at the bottom of the Sea. It is within us. In fact one can't even say that it is within us as Self is not a thing to be here or there. It is not an entity, not a "thing" that can be anywhere. It is the state of consciousness. It is a supreme understanding that I am the Self and hence I am complete, desireless. I am the peace and bliss. I do not need activities to attain that state.



Verse 6

व्यामोहमात्रविरतौ स्वरूपादानमात्रतः ।
वीतशोका विराजन्ते निरावरणदृष्टयः ॥ १८-६ ॥

Meaning: By the simple elimination of delusion and the recognition of one's true nature, those whose vision is unclouded live free from sorrow.

As mentioned above, it is a recognition of our own self that I am the Self. What truly stops that deeper understanding is that there are layers of our impressions and imprints that create a veil called Vikshepa. For reaching the truth of you being complete, one does not need to make many efforts. All that one needs to do is to bring down that curtain or veil of ignorance. And lo! You experience the truth.

Verse 7

समस्तं कल्पनामात्रमात्मा मुक्तः सनातनः ।
इति विज्ञाय धीरो हि किमभ्यस्यति बालवत् ॥ बालवत् १८-७ ॥

Meaning: Knowing everything as just imagination, and himself as eternally free, how should the wise man behave like a fool?

Once we know that everything is imagination, we are free from that Avidya (Ignorance), free from the mundane world. Knowing that the life is imagination and getting entangled in that is a foolish act.

Verse 8

आत्मा ब्रह्मेति निश्चित्य भावाभावौ च कल्पितौ ।
निष्कामः किं विजानाति किं ब्रूते च करोति किम् ॥ किम् १८-८ ॥

Meaning: Knowing himself to be God, and being and non-being just imagination, what should the man free from desire learn, say, or do?

The Yogi understands that the infinite Self is nothing but God. He understands that everything is an illusion. (December 2022 Noble Prize has been given to 3 scientists who have proven that this life is nothing but imagination. They proved the law of entangled particles. The same thing that Vedas and Upanishads said thousands of years ago but were never recognized by modern science). The enlightened understand this truth.



Verse 9

अयं सोऽहमयं नाहमिति क्षीणा विकल्पना ।
सर्वमात्मेति निश्चित्य तूष्णीम्भूतस्य योगिनः ॥ १८-९ ॥

Meaning: Considerations like “I am this” or “I am not this” are finished for the yogi who has gone silent realizing “Everything is myself.”

When a Yogi realizes that everything is himself and experiences his holistic nature how can he deny or accept certain things? He accepts everything as a whole. There is nothing to deny or accept. He sees himself everywhere.

Verse 11

स्वाराज्ये भैक्षवृत्तौ च लाभालाभे जने वने ।
निर्विकल्पस्वभावस्य न विशेषोऽस्ति योगिनः ॥ १८-११ ॥

Meaning: The dominion of heaven or beggary, gain or loss, life among men or in the forest, these make no difference to a yogi whose nature it is to be free from distinctions.

The enlightened is always free from any divisions based on anything. He is beyond the duality or multiplicity. He has no accounting of losses and gains. The urban or rural or civilization or a forest does not make any impact on him. He is beyond all that.

Verse 10

न विक्षेपो न चैकारयं नातिबोधो न मूढता ।
न सुखं न च वा दुःखमुपशान्तस्य योगिनः ॥ १८-१० ॥

Meaning: For the yogi who has found peace, there is no distraction or one-pointedness, no higher knowledge or ignorance, no pleasure, and no pain.

Peace is union-ness. There is no duality in peace. The yogi who has attained such a stage, according to Ashtavakra, does not bother about pain or pleasure, ignorance or knowledge. He settles in his own Self free from all.

Verse 12

क्व धर्मः क्व च वा कामः क्व चार्थः क्व विवेकिता ।
इदं कृतमिदं नेति द्वन्द्वैर्मुक्तस्य योगिनः ॥ १८-१२ ॥

Meaning: There are no religious obligations, wealth, sensuality, or discrimination for a yogi free from such opposites as “I have done this,” and “I have not done that.”

Here Ashtavakra talks about the symptoms of being a yogi of supreme nature. He does not have to put on any masks. He is authentic in nature and comes out as absolutely original. He does not have to fake anything. He has no ego in doing something or not doing anything. He does not identify himself as an activity or inactivity.

DSPPL's Social Empowerment Forum

The full moon and new moon versions of SEF movement started by DSPPL a few years ago are now getting stronger with time. The full moon session on 8th March was conducted by Ambassador Manju Seth on the subject of Ideal Global Citizen for a Better World. Ambassador Manju Seth is a career diplomat and last served as India's Ambassador to Madagascar and Comoros having served in different capacities at Headquarters and Embassies abroad. Ambassador Manju Seth was posted as Consul General in Reunion Island before being appointed as Ambassador. Ms. Seth is an analyst of international affairs and has presented

papers at Conferences and lectures/writes on international relations, Diaspora matters, trade policy, economic issues, public diplomacy, and soft power, gender issues, Indian cultural assets and strengths, soft skills along with motivational elements and mentoring of students, etc. Ambassador Seth is an Advisor with the Organization for Diaspora Initiatives (ODI), JNU (Jawaharlal Nehru University), Advisor with the Indian Council for International Cooperation (ARSP), and an Advisor with Anambra Foundation (She Speaks Program) which works on women's empowerment issues. Ambassador Seth has published a book of poems in English, 'The Fifth Element'. The program went very well and a lot of our members of the audience enjoyed and benefitted from the experiences shared by Ambassador Seth.

The new Moon platform was addressed by DSPPL Director and Reiki Master Ms. Krupa Choksi. Ms. Choksi spoke on the importance of Gudhi Padwa in particular and festivals in general. The scientific explanation and understanding of this Hindu near festival was well received by the audience on zoom platform.



Full Moon & New Moon Online Program Series'23
"Gudhi Padwa Special"
DSPPL New Moon Online Session

Invitation for the forthcoming Online Session by "Social Empowerment Forum"

- ❖ Significance of Gudhi Padwa
- ❖ Objective understanding of Festival
- ❖ Science behind Rituals

22nd March 2023 At 7.00pm IST
Zoom Meeting ID : 215 834 7930 Passcode : DSPPL

About the Speaker -
Company Secretary (CS) and MBA in Marketing and a Reiki Master conducting training programs in India and abroad faculty with S.O.M.E. training series for more than a decade
Co-Authored books like 'Holistic Parenting' & 'Personality Development' for modern Youth
CEO of Synergetic Business Research firm. and a member of NHRD

Speaker:
Krupa Choksi

For Historical Events - Connect through YouTube Channel - "DSPPL Devrukh"

23rd Anniversary of Devrukh ashram on 15th March

Our Devrukh ashram completed 23 years of existence on 15th March this year. The celebration began on 14th March and ended on 16th March as usual. Udak Shanti (purification of water elements in the body and the environment) was performed on the 15th of March morning. 21 recitations of Shree Swami Saptashati, Continuous chanting of Swami's name on Veena, Rudra chanting and satsangs occupied every single cell of the math environment.



Swami Samartha Samagra Darshan exhibition at Devrukh ashram

Mr. Sanjay Vengurlekar is a huge name among the Swami Samartha devotees in India. He has been doing detailed research on the Shree Swami Samartha regime during 19th century and has provided many deeper insights about Swami's leelas and miracles of the past. The exhibition displayed Swami's original photographs, the photos of Swami's devotees, and his Charan Padukas, as well as many things which Swamiji had touched. There was a total of 125 original photos which are well preserved by Mr. Vengurlekar were displayed at the exhibition. Mr. Sanjay Vengurlekar has established that Shree Swami Samartha had visited physically the areas of Konkan – a heartwarming fact for all those Swami devotees in the Konkan area. Swami was sighted in Rajapur, Jaitapur etc. as per the official records found out by Mr. Vengurlekar.

About 3000 people from Devrukh and nearby places visited this exhibition held at Dnyansabha hall of our ashram between 15th and 17th March 2023.



W.I.S.E. program at Devrukh ashram on 18th & 19th March 2023

DSPPPL and Synergesic jointly conducted a W.I.S.E. (an acronym for Women's Innate Self-Empowerment) was conducted at Devrukh ashram on 18th & 19th March 2023. 35 ladies participated in this residential program that was packed with education and entertainment. WISE is a life-changing program conducted by Ms. Krupa Choksi, Ms. Ashwini Telang, and Mr. Pranjal Joshi under the guidance of Guruji. This program addresses various dimensions in the lives of women and helps them to look objectively at the root cause of the problems in married life as well as family life more holistically.



कलीचा करूनी संहार,
तुम्हा रक्षीन साचार ।
अवतार माझा निर्धार,
आता भिऊ नका जी ॥

(कलीका संहार करके
मैं तुम्हारी रक्षा करूंगा ।
अब नहीं डरना तुम ॥)

26

Do not have any fear, I will protect you, I have arrived...

These are the words that make the devotees of Shree Swami Samarth fearless. Swamiji has always been giving that kind of assurance to anybody who has devoted oneself to his lotus feet and something that has made his millions of devotees live life in full vigor.

Swami has been a tremendous force that has helped many to overcome fear which is the most dreaded disease in modern life. Many of you have seen the victory of faith over the fear created during the Pandemic days of the Corona. Faith is an antidote to fear. Today

fear has become the biggest disease affecting the largest number of people. Dr. David Hawkins, a modern-era sage from the western world and the one who established that human consciousness is measurable on a courage scale has also established that Fear has a scale of 40 that is pretty close to the consciousness at death which is zero.

When one surrenders to Swami, one can experience freedom from fear, and freedom from doubts. And life becomes a huge celebrating event.