

# REIKI

## VIDYA NIKETAN



## Redefining Progress and Development is Essential...



Dear Readers,

Jai Gurudev

While writing this, I am in Ahmedabad and witnessing an event that occurred a couple of days ago nearby. A young boy of 17 driving recklessly his undeserving Jaguar car at a speed of 160 kms rammed into a group of people assembled on the road to observe another car accident in the midst of the dark

night and finally killed 10 innocent lives besides injuring many more. The flamboyant careless boy had three more young girls in his car and had gone for enjoyment of a kind.

We as a society expect the governments to build the fast roads and expect the automobile companies to produce jazy cars with fast moving abilities. These are considered to be the signs of a national progress and the performance of the governments is decided



by these parameters. The fast super highways and the speedy cars are leading to more fatal accidents and a loss of lives that can never be filled up again. Obviously these two parameters when satisfied can't make any country great as it will always be boasting about the record number of deaths. That can be termed as a killer country more than a progressive unit of happiness.

I think we are missing the vital elements of the progress and that is a peaceful mind. We forget that if a steering wheel that can be swerved to direct the car with four massive wheels underneath is not held by a matured and peaceful mind, we are driving on the path of violence and toward the destination of death. The driving then will become a pleasant experience for not only the driver but also for the people around. Then that fast-moving car creeping through the lovely woods on the smooth roads as shown in the car

advertisements may give one more of a thrill than the multiple shrills. While the governments work on the roads and the cars, someone has to take care of creating matured and peaceful minds. That may be the responsibility of ashrams and those spiritual masters who claim to be the Gods of a different hues and shades and serving the people who follow them. The excellence of technological leaders, the great leaders with tremendous political acumen and the spiritual guides coming together in the appropriate way may ultimately converge on the heaven-like world moving towards an ideal society of the future.

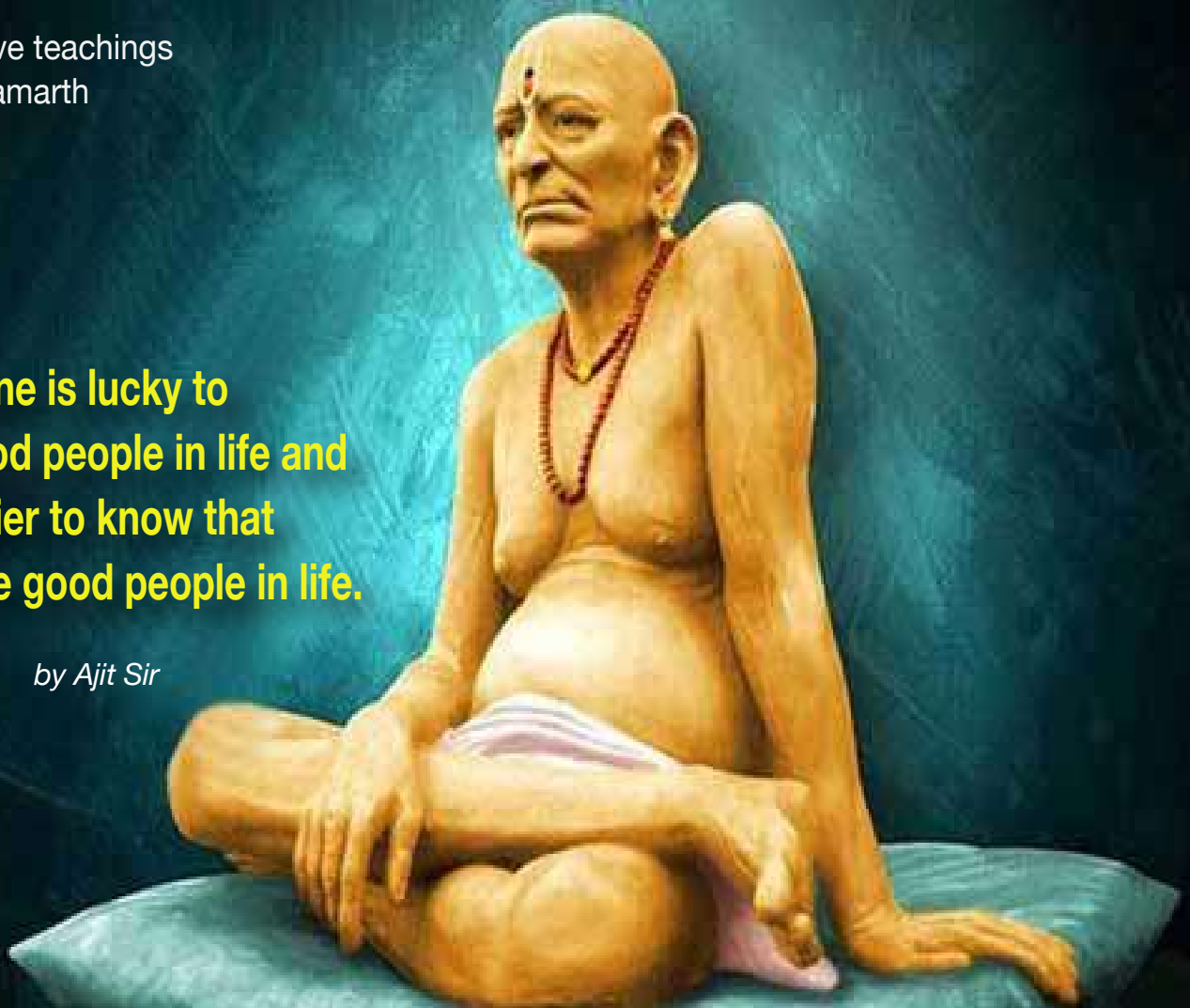
With deep love, light & Reiki

*Ajit Sir*  
July 26<sup>th</sup>, 2023



**One is lucky to  
have good people in life and  
luckier to know that  
they have good people in life.**

*by Ajit Sir*



Shree Swami Samarth, a great reincarnation of Lord Dattatreya in one of the recent episodes in the serial Jai Jai Swami Samarth says this. Getting Good people around one in this world is one of the biggest blessings one can experience in life. However, there are many challenges one may have to face during this search on this path of goodness. To get good people is one and to sustain those relationships in our lives is another challenge. One needs to be good at heart and value the goodness as a measure of happiness. As Swami says, many people can't even recognize the goodness of the people around. To be aware about someone's goodness, one has to have that goodness within. One has to resonate with the

goodness in the other heart and that can be possible only when one has those divine vibrations of love and compassion within.

The whole idea of a spiritual path is to keep love & compassion awakened in one's heart consistently so that you can answer to that clarion call of another heart offering the same divine feelings. It should not be difficult because the love & compassion is your second nature and all that you need to do is go back to yourself. Then everything will fall in line. First know your goodness within. That is where the game begins. That qualifies you to sense the goodness around you. That is a definite way to create a good world around you.

# My experience of the Divine

*by Kaushiki Swaroopa*

Few days back while we (few of our sadhaks) were surfing through YouTube to search for a film on Tailang Swami, we came across a small clipping where the person was narrating Tailang Swami's story. I asked others whether we can listen to it as the film on Tailang Swami was only in Bengali without subtitles and none of us could understand that language. Everyone agreed to switch to this clipping. In that clipping, the narrator mentioned that Tailang Swami used to say that divinity resides in every body and mine is not an exception. And he never experienced pain at any point of time. He lived for almost 300 years.

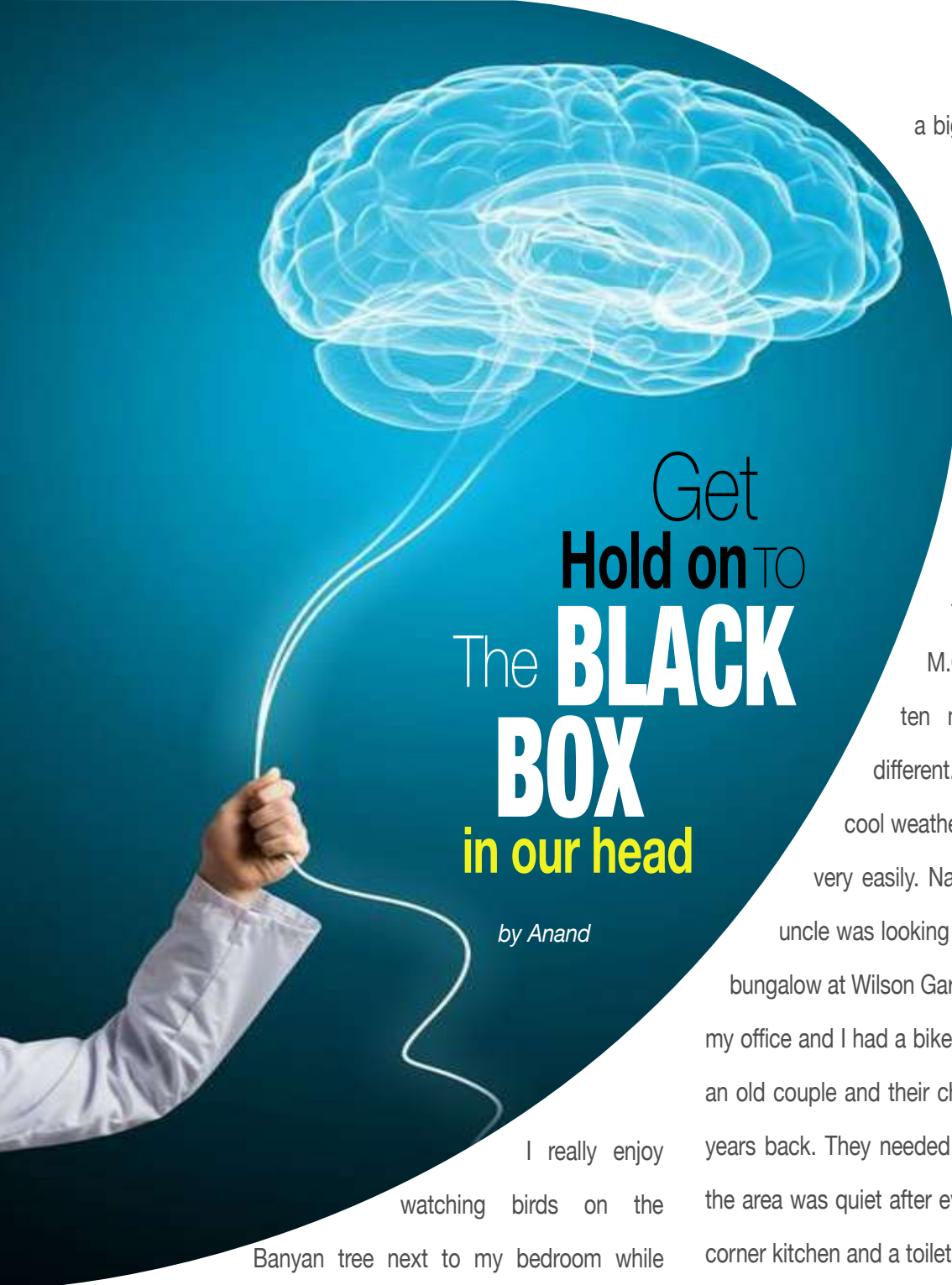
On listening to this statement, I could recall similar statement "We are not the owners of this body; we are just the tenants." Our beloved Guruji had mentioned it way back and probably was even discussed in one of our newsletters too. The same message coming again for the second time meant that we need to take it into consideration and bring it to practice on immediate basis. Thinking so, I thought to

make it a practice to persistently be aware of the fact that we are just observing and that the body in which we reside is indeed the property of the divine.

In order to practice it, the divine had already given me the opportunity to experience this. Few days back I had developed abscess on my thigh and the cleaning as well as the dressing of the same was hell of the pain. So, on the next day while cleaning and dressing, I told the divine (mentally) to take care of his body and I started observing the body. To my surprise, I experienced no pain; in fact, I felt the warmth of divinity within. After this incident, even the abscess was almost completely healed. This is where I realized that everything that happens in our life happens for our learning. It was then that I felt, if shared this experience probably many would benefit.

Understanding that everything is divine and observing the divinity acting not only through everyone around but also from within us is indeed a great experience in my life...





# Get Hold on TO The **BLACK BOX** in our head

by Anand

I really enjoy watching birds on the Banyan tree next to my bedroom while sipping the morning tea, that starts my day wonderfully. The song by Pandit Bhimsen Joshi ***'Bhagyada Lakshmi Baramma'*** could be heard softly from somewhere. It took me thirty plus years back in a second. It was 1989 and I got an opportunity to work with one of the greatest advertising legends. Without a second thought I moved to Bangalore. Everything was so different for me. People talking in Kannada, Tamil or Malayalam were sounding completely alien to me. Conversation was

a big issue since people expected to speak none other than these languages. The food was different. But my goal at that time was career. In 1989, Bangalore was totally different place, not like today. It was not even an IT hub then. After the green signal few vehicles would pass and the M.G. road would be empty for next ten minutes. Bangalore was totally different. The entire year it would be really cool weather. One could get accommodation very easily. Narayanan a colleague told me his uncle was looking for a tenant. It was a lovely small bungalow at Wilson Garden. It was three miles away from my office and I had a bike, so it was working well. This was an old couple and their children had moved to abroad few years back. They needed someone to be around because the area was quiet after evening. A large room with a small corner kitchen and a toilet outside on the terrace was working perfectly for a bachelor like me. Room had basic furniture like a bed, table and a chair, a cupboard. Rupees three hundred fifty was the rent. It was little more than my expectations but I fell in love of this place instantly and moved in next day. Sadashivan and his wife Parvatiamma were very sweet. All the rules were very strict but Narayanan stood for me and had informed them that I work hard every day and would be home late so they had allowed me for it.

By the time I would come it would be midnight and every morning I would wake up by eight thirty when Parvatiamma would get me hot coffee in a flask. It was not part of our agreement but still she would feed me good food with love over the weekends also. Every morning at seven 'o' clock sharp Mr. Sadashivan would play **'Bhagyada Lakshmi Baramma'** record and I couldn't understand all the words but I started loving it. I would slowly go into deep sleep mode again until Parvatiamma gets the hot coffee. She didn't know my language but her smiling old face with big Kumkum on forehead was so expressive that we never required words or language to express. She kept talking endlessly in Kannada as if I understand every word and trust me, I could understand her mom feelings. Mr. Sadashivan never even smiled at me. He was very strict and had angry face. We hardly spoke with each other but after two years when I decided to move back to Mumbai to get married, he sent me a cheque along with Parvatiamma, it was the full rent I paid for last two years. I refused to accept it and tried to return it. His eyes were slightly wet. He said consider this as a wedding gift from both of us and he went away. Obviously, he was sad but didn't want to show it. He made a point and went out even when I was finally living. Parvatiamma was crying holding her saree in her lips. I saw her last time when she waved in tears.

I settled back in Mumbai quickly. I got married and with new life forgotten Parvatiamma very soon. In the beginning, I wrote her few letters but none of them

were answered. After few years I had some work in Bangalore office. After 6pm I bought some sweets and went to meet Parvatiamma eagerly. Some other lady opened the door. She had no idea what I was talking about. I met the uncle from the neighboring house. He said Mr. Sadashivan passed away three years back and Parvatiamma finally moved to US with her son permanently. I was feeling so sad for not visiting before. This one song, **'Bhagyada Lakshmi Baramma'** has a power to take me back thirty years but make me happy for good days and unhappy for Parvatiamma as a trigger. Fortunately, I've only pleasant memories attached to it.

There are certain things become a trigger point to evoke certain memories within us and that create different emotions like anger, sadness or revenge. We have a largest hard disk inside us that contain hundreds of billions of memories within us. They are there sometime inactive and layers on layers stored within us. We associate them with shapes, sizes, colours, sound, smell, places, things, situations or people. For example, someone is having garlic allergy and that could stimulate just by smell of it or even by looking at the picture of it also. Certain memories make us happy. We face thousands of situations during the day with an unaware mind and forget about them but the memories get stored exactly like everything get stored in the black box. Therefore, It becomes very important to talk good, think good and act good.



# Reiki Experience

Dear Guruji,

Pranaam

For the last two years, I had gradually started having difficulty in breathing. In the last two months, my condition was such that while coming home on foot from the hilly road here (Goa), I started having difficulty in breathing and a lot of pain in my back. I started feeling that my heart has become so weak that I can have a heart attack anytime. Wave of faith zoom meeting is held every Thursday for Reiki seekers. During that Guruji answered someone's question about Yoga Nidra practice. Then I started regular practice of Yoga Nidra with full body REIKI. During Yoga Nidra, I realized that the reason behind my shortness of breath is suffocation of the lungs due to holding back of emotions. As soon as I got these signs, I searched and found that the possible cause of my back pain is chronic lungs deficiency. I used magnet therapy for three days to get quick relief. I got 90% relief from pain on the first day itself. But my shortness of breath still persisted. But I experienced the immense grace of God directly in the last few days. Got to know about a distant relative of the family being admitted to the hospital ICU. The doctor had replied that we have done as much as we could, till now the patient is on ventilator. When I came to know about this, I immediately contacted the family of that relative. I prayed to him that the doctor has given the answer, if you agree then we do Reiki healing and alternate therapy. For some four days, we tried to make him healthy through distance Reiki healing and alternate therapy. But on the fifth day in the middle of the night, our relative died. But in these five days my shortness of breath was almost cured. I was comfortable till about 80/90 percent. I was trying to solve this

mystery. Then one day during meditation I got the answer. Two years ago today, my dear family member had died at a young age due to Covid under the same circumstances. At that time, this feeling of guilt sat in my mind that even though I wanted to, I could not help them. This feeling became stronger as she repeatedly saw other members of her family suffering from this misery. As a solution, I started studying alternative therapy. The moment I heard the news of my loved one's death, the flow of energy in my legs stopped and my feet became cold as ice. This is where my shortness of breath started. But two years later, after hearing the news of Admit in the hospital being in a similar situation, I tried to do whatever I could in every way. Although the life of our loved one could not be saved, but I did not have any guilt feeling in my mind. In fact after these five days my shortness of breath was mysteriously cured. Two years back the effects of the guilt feeling that caused me shortness of breath had healed.

I got to learn a lot from this experience. The first is that according to the law of life and death, they are preordained. In such a situation, due to our uncontrollable emotions, we unknowingly create glands in our mind, which then become the cause of disease. By the grace of God, I got the opportunity to get rid of this knot. How good it would be if we keep on practicing to easily accept the divine law. It was wonderful how God brought healing to me in different ways. I bow down before the grace of the Gurus, Reiki and God.

With love and gratitude

Meenakshi G.





Most complex minds gathered garbage around

Some with beauty cunning patterns profound,

Shadows surrounded mostly big were dark and grey,

Perhaps a tiny God fell to the world a helpless prey.

The blended noises heard were of different kind

To which the focused and moving ahead were mostly blind,

As if the one body the only thing they had,

Remained the sole subject-matter, neither good nor bad.

Only few awakened could manage to empty through look

One or two with eyes and hundreds with a book,

The effort making beliefs wanting unending success,

Fake smiles above saddened hearts sought temporary bless.

Some thick rules and hard feet trampling upon a delicate earth

Cleanest concrete buildings indifferent to death and birth,

The shadows around had a strong personal presence,

Appearing normal, shattered within, ignorant about the one subtle absence.

# SEARCHING SILENT SHADOWS

By Vivek Pandey

# Makeover

by anand

Wanted to sing a song  
But life swallowed all the words  
So, I listened to the silence  
And cried, and cried, and cried  
Until my tears watered the earth  
to produce a garden and now  
I am surrounded by the flowers  
Once again...



# Ashtavakra Geeta

(Chapter 18<sup>th</sup> contd.)

## Verse 71

शुद्धस्फुरणरूपस्य दृश्यभावमपश्यतः ।

क्व विधिः क्व च वैराग्यं क्व त्यागः क्व शमोऽपि वा

**Meaning:** For one who of the nature of pure consciousness and is not even conscious of the visible where is an obligation to perform an action, where is an abandonment and where is the non-attachment to actions. There is no serenity either.

Having attained one's own nature of purity the consciousness does not respond to any action then how does it perform or even abandon such actions, that is what Astavakra has been asking to his disciple. The purity of consciousness is beyond duality and obviously beyond any activity.

## Verse 72

स्फुरतोऽनन्तरूपेण प्रकृतिं च न पश्यतः ।

क्व बन्धः क्व च वा मोक्षः क्व हर्षः क्व विषादिता

**Meaning:** For one who experiences infinity, there is no prakruti or nature then where is the question of bondage and breaking those bond-ages which do not exist and where is the pleasure and the pain?

Here sage Astavakra is asking Janaka about how can one tries to achieve a freedom when one knows that he is not bonded. Where does the idea of pain come from when one is not even aware about the idea of pleasure. For the elevated Soul everything is beyond mind.

## Verse 73

बुद्धिपर्यन्तसंसारे मायामात्रं विवर्तते ।

निर्ममो निरहङ्कारो निष्कामः शोभते बुधः

**Meanings:** The material world co-exist with the intellect and superimposes the Atma by the action of illusion. However, the sage who is free from all senses of I and who has gone beyond desires alone shines.

Here, the Janaka has been specifically told by his master that it is the illusion of intellect about the mundane world based on the domain of ego that gives rise to desires. You have now gone beyond your desires as you have already attained the wisdom that you are complete and you are the atman.

## Verse 74

अक्षयं गतसन्तापमात्मानं पश्यतो मुनेः ।

क्व विद्या च क्व वा विश्वं क्व देहोऽहं ममेति वा





### Verse 76

**Meaning:** For the Sage who sees his soul to be free from destruction and pain, where is knowledge, where is the World, where is his body and where is his I or Mine?

The one who is beyond the idea of destruction and pain the knowledge ceases to exist as the observer and the observed has already merged into oneness. Then the world, the body and the identity 'I' as all dissolved.

मन्दः श्रुत्वापि तद्वस्तु न जहाति विमूढताम् । विमूढताम् ।

अष्टावक्रगीता निर्विकल्पो बहिर्यत्नादन्तर्विषयलालसः

**Meaning:** The fool does not give up his folly even after hearing which truth represents. Outwardly he might have suppressed his mental actions by force, internally he is attached to the objects of sense.

This means that a fool believes that by showing that he is mental actions like thoughts and ideas have been curtailed by separation, he is still internally connected to all the desires. He is still attached to the objects of sense at subconscious level but as a fool he does not understand the reality.

### Verse 75

निरोधादीनि कर्माणि जहाति जडधीर्यदि ।

मनोरथान् प्रलापांश्च मनोरथान् प्रलापांश्च कर्तुमाप्नोत्यतत्क्षणात् ॥

**Meaning:** The moment the man of the weak intellect gives up his practice of his concentration of the mind, he begins to have divorce thoughts and desires in it.

The man of weak intellect as said by Sage Astavakra has to concentrate on the mind. The moment he gives up the practice of concentration the mind gets scattered into diverse thoughts and desires. Then he is all lost having given up the only thread of spirituality.

### Verse 77

ज्ञानाद् गलितकर्मा यो लोकदृष्ट्यापि कर्मकृत् ।

कर्मकृत् नाप्नोत्यवसरं कर्तुं वक्तुमेव न किञ्चन

**Meaning:** After the destruction of karmas by Supreme knowledge the elevated may be acting in the sight of men does not get involved



and speak about or express anything related to his karmas.

Here Astavakra says that though outwardly looking to be involved in activities for common people, he does not hold to the activities and does not talk about it all the time as the whole idea of karma or action has been destroyed and dissolved by the presence of knowledge.

### Verse 78

क्व तमः क्व प्रकाशो वा हानं क्व च न किञ्चन ।  
निर्विकारस्य धीरस्य निरातङ्कस्य सर्वदा

**Meaning:** For the man of wisdom who is free from fault, free from fear where is the darkness and where is the light? What to renounce and what to retain? This is the state of an elevated soul or a master.

The one who is not fearful, the darkness can't create a fear and the light does not create an assurance. The one who has freed from the fault and is faultless, perfect entity, what will he drop out and what will he retain?

### Verse 79

क्व धैर्यं क्व विवेकित्वं क्व निरातङ्कतापि वा ।  
अनिर्वाच्यस्वभावस्य निःस्वभावस्य योगिनः

**Meaning:** Where is fortitude, where wisdom, where even fearlessness itself, for the Yogi of indescribable nature, who transcends nature itself.

The Yogi is beyond everything and can't be identified by fortitude or wisdom, or even fearlessness. Obviously he can't be described.

### Verse 80

न स्वर्गो नैव नरको जीवन्मुक्तिर्न चैव हि ।  
बहुनात्र किमुक्तेन योगदृष्ट्या न किञ्चन

**Meaning:** There is no heaven, no hell, not even release in life. What need is there to say much in the view of the Yogi there is nothing whatever?

Yogi stands for nothingness. He is beyond the ideas of heaven and hell. He is beyond bondages and ideas of freedom based on those bondages. These are all the terms of references for the mind to live in this world. The Yogi is beyond all these references and the terms. Yogi may say nothing about all these.



## Guru Purnima Festival at Devrukh ashram

A Guru Purnima utsav was celebrated with great pomp and vigour at Devrukh ashram on 3rd July 2023. More than 100 sadhaks converged at ashram on the eve of the festival to wish Guruji special thanks on this day.

The day started with a Devi Yaga in honour of Goddess Kamakshi whose idol was consecrated at the ashram on Navratri day two years ago. This was the first Yaga for the goddess in the history of the math. The same was performed by a team of proficient brahmin pundits from Devrukh village in the purest form. It ended at sharp noon time with Poornahooti.

This was followed by the Paduka Pujan (worshipping the lotus footprints of the Swami). The Abhishekam was offered on the Padukas by chanting Rudra mantras as well as Guru Geeta shlokas. Guru Pujan was performed thereafter at Dnyana sabha in ashram premises. Sadhaks sang some bhajans praising the lord and the master. Five Sadhaks viz. Ms. Kalpita Keer, Mr. Rakesh Pandya, Mr. Mayur Patel, Mr. Hemant Gore and Mr. Manoj Gokhale were felicitated for their outstanding contributions in various fields in the service of the ashram.



Kalpita was felicitated with Sadhak Mahila Vikas Gaurav Puraskar for her efforts in managing the Math administration. Mr. Mayur Patel, Mr. Rakesh Pandya and Mr. Manoj Gokhale displayed the great spirit in renovating the ashram. Mr. Hemant Gore single handedly installed the Solar system at Math's main building in a record time of 2 months and showed a tremendous spirit in fulfilling the dream that Guruji saw two decades ago of running the ashram on renewable energies. The other side of ashram (Bhakta Niwas) has now also been put on the solar system by another sadhak Mr. Akshay Subramaniam & his family.

## Guruji's lecture at Rashtriya Raksha University on 25th July

Guruji was invited to deliver a lecture on Parenting Pathways: Raising Resilient Kids organized jointly by Rastriya Raksha University and UNICEF at the RRU auditorium on 25th July.





## Reiki Swachetana Shibir at Karla, Maharashtra

Reiki Swachetana Shibir for RVN centres in Maharashtra that was long overdue was held at Karla near Lonavala hill station between 15th and 17th July 2023. Around 65 participants including Reiki Masters of RVN participated in this wonderful event. The sessions started with Guru Pujan (worshipping the master) on both the days of the event. The event was fully packed with sessions on Yoganidra, Q & As on spiritual matters, Inner Meditation, Omkar waves, Games of awareness etc. under the theme of moving from Ignorance to Unknown (from I to U). The management at Karla (Mata Durga Parameshwari Mandir Ashram) was supreme and all participants enjoyed their stay.



## 8th Patotsav of Datta Kutir at Chicago, USA on 2nd July 2023



Datta Kutir a temple of Lord Dattatreya was founded by one of our Sadhaks Ms. Heena Pandya & Mr. Jatin Pandya in 2015, in Chicago in Illinois state of the U.S.A. on 2nd July.

The eighth anniversary of the same was celebrated on 2nd July this year. The days was celebrated with Rudradhyay chanting, Trimbak Homa and Satsang followed by a Prasad for all who were present. Many of the Sadhaks participated in sharing their divine experiences during their association with this temple.

## RVN online Reiki appreciation program for Nepali Police Force at R.R. University

Rashtriya Raksha University near Ahmedabad in Gujarat conducts training programs for police forces from other countries. One such program is currently being conducted in which RVN participated by Guruji's online lecture on Reiki for Life enrichment on 26th July 2023. Fifteen Nepali Police officers attended this program.

परी तुझी-माझी सवंगडी,  
तुच माझा शोभशी गडी ।  
तुझी पुरवावया अडी,  
मीच असे तुझा॥

(तेरी और मेरी जोड़ी, तू मेरा शोभता हैं गडी,  
तेरी इच्छा पूरी करने, मैं ही तो हूं तेरा ॥)

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**You are my partner in the game,  
you are fit for me, I am there to fulfil your dreams...**

Swami said this while he appeared in the form of a small child and started playing with another small child called Vijay Singh. Swami's name then was Ramsingh. This happened in Chheli, a small village in Rajasthan. Vijay Singh was a great devotee of Lord Ganesh and used to play marbles with the idol. He was praying to lord to manifest in human body. Swami once responded to his

prayers and started playing marbles with the boy.

Though these words were spoken then, they are still valid for all his devotees even today. Swami makes each of his devotee a partner and hence makes him/her comfortable. No wonder Swami is not only a God for his devotees but a friend, a family relative and a guide to everyone in every situation.