

Volume 15

Issue 3

MARCH 2023

REIKI

VIDYA NIKETAN

WISHING YOU HAPPY NEW YEAR



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



What to gain and what to leave?

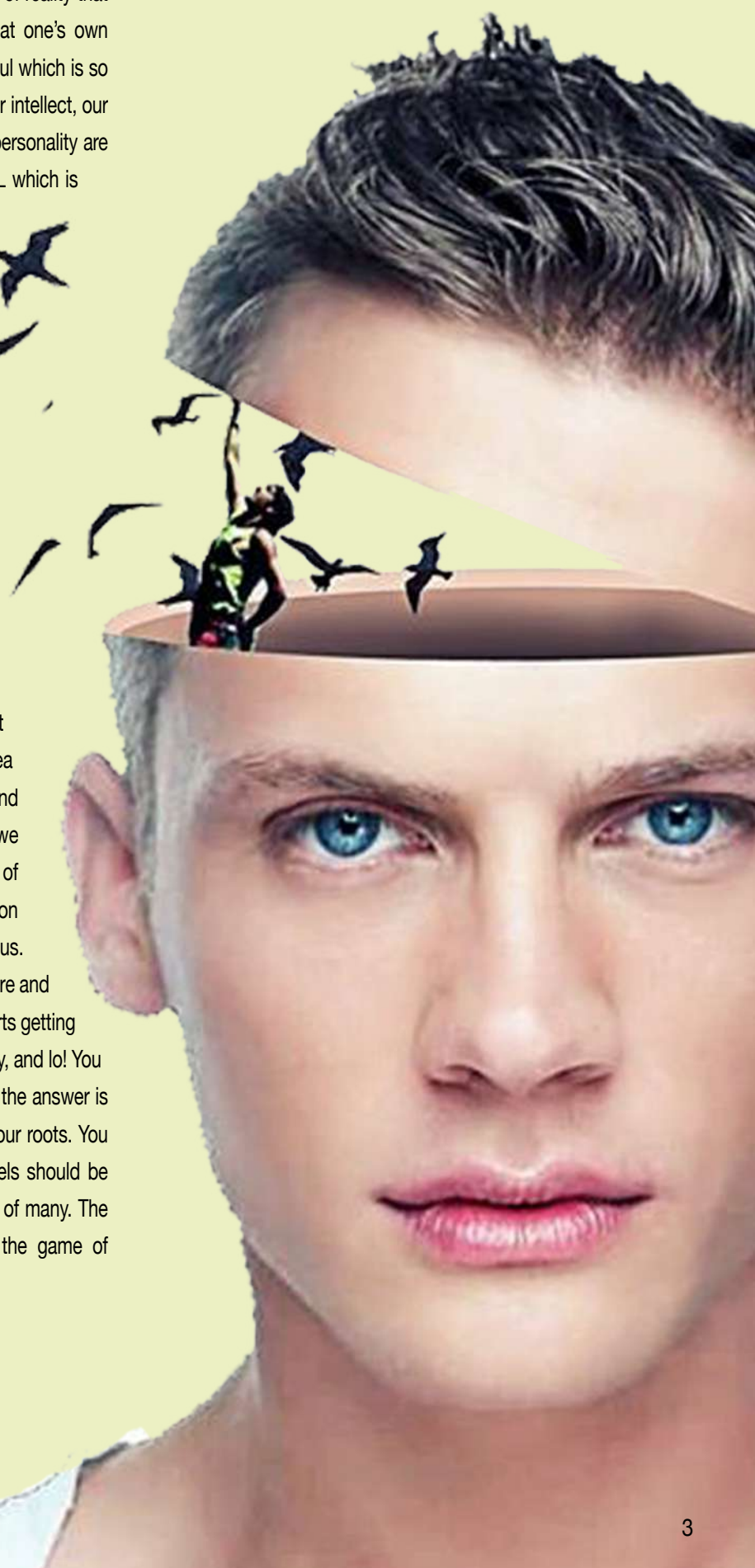
A young guy came to me the other day and told me about all the spiritual practices that he s involved in. He wanted to share his experiences on this path. He must be in his early forties and had come a long way from his academic background of being an IT engineer shifting over to some other business not connected with his academics. He is a family man but still aggressively follows spiritual practices that he has learned with various schools teaching divine methods. He is highly elevated on his path as I could see from his experiences and his expressions. He possibly wanted to share with someone and chose me for my opinion about his further progress.

He asked me two simple questions. One of which was what he needs to attain or gain and what things he needs to drop from his life so that he can cruise on the spiritual path of liberation. This is one question that lurks in many minds who have the will to walk on this path sincerely. So that way the questions were simple and common. Obviously, the expectations are that they would get a long list of do's and don'ts. I started pondering these questions and got insights I shared with him. Today I thought that I should share with all my readers of RVN newsletter.

What do you need to get or obtain? Obviously, the understanding that you are complete. Understanding is if you have deeply seen the thing already in existence. It is like a small enlightenment. It is like a realization of reality that was not sensed before though it was around. If one looks at one's own existence, one can see that we all originate from that divine soul which is so complete, so unlimited, so infinite. Everything else including our intellect, our mind, our heart (emotions), our body, our memories, and our personality are all the manifestations of this divine soul. So we are that SOUL which is eternal in nature. That is what we are. That consciousness, that energy, that wholeness, that brahman. That is a fact. Understanding that fact is all that one needs to gain in life as sage Ashtavakra says to his disciple King Janaka in his preaching through Ashtavakra Geeta. There is nothing else that one needs to get or obtain. If you get this understanding everything else will just happen in your life, the way the soul unrolls in other existences without any effort.

Having answered the first question let us look into the question related to dropping things. What is to be left? Surprisingly here too the answer is single and simple. Just drop the idea that we are incomplete. The movement one does that the first question gets answered. Unfortunately, we carry this idea of incompleteness too far. When we are born somehow and somewhere we know that we are complete till the idea that we need to do something to feel complete. The seed of the idea of incompleteness starts getting deeper here. Thereafter we keep on growing with idea that grows possibly faster and bigger than us. Our whole life we do activities to feel complete reaching nowhere and getting frustrated. The idea of helplessness and depression starts getting rooted. Go to the first thought, follow your life in the reverse way, and lo! You reach the origin that you were looking for as a destination. So the answer is only one. Drop everything, unlearn everything to go back to your roots. You do not need anything to be dropped. Everything that one feels should be dropped is there on this veil of ignorance. Drop one to get rid of many. The search is over then. You have arrived now. Go and play the game of consciousness now.

Ajit Sir
March 6th, 2023





External Validation

By Vivek Pandey

People need to have a small rebellion working at all times within them. The way the minds are shaped by the societal framework, it becomes quintessential to figure ways out on your own. Right from the time we are admitted into a school, a very high need for external validation is forced upon every being. Every soul born has some or the other gap within their persona. None is born complete. The more the weak personality, the higher the need to get our own things validated by the outside world. Strong individuals do not seek external validation. It may appear to be a sign of arrogance at times, but it is just the wholesome personality operating from a strong self-possessed person.

The child getting admitted into a school is never really looked at holistically. He or she is always under pressure to get validation from the outside world in terms of numbers. A woman, afraid of body shaming will always seek outside validation in terms of weight and looks. The fact that beauty parlors and gyms are a big hit is good proof that people are hollow from within them and can't be wholesome without getting a compliment or at least avoiding criticism. What is it which tells us to look at things from an outside agency's perspective? Again that outside agency may have a mind that is again some accumulation of some old-age societal norms. Rarely do people find individuals who reflect upon things with wisdom. On most occasions, you encounter people with a mindset that may or may not be suitable for your life.

Imagine the level of ignorance fed into our minds that even for our own health we need external parameters or individuals to understand what is happening within us. Almost all the concepts that came from the west have been based on external validation. Previously, Indian society was full of values. Every family appeared very strong and separate because none cared for certificates from outside. Due to the influx of the west, a whole lot of pompous lifestyle has crept into our minds. Staying connected with the world, and listening to all but following one's own wisdom should be the norm.

Parents should refrain from force-feeding their children with what they gathered at a young age.

Most businesses run on this fundamental cunning attitude of finding fault with the employees. The employee falls into the trap by believing them and hence does not ask for a salary hike even when deserving. The managers usually communicate partially so that they may repeat the cycle of their bossism instead of displaying leadership. People still believe that a lack of self-belief in someone else is their gain. When it comes to money, almost the entire world believes that a lack of it may not result in a good life. People surely rely on this factor as a confidence booster in their life. Forget even money, people buy an iPhone just to enhance their self-esteem.

Not everyone is your mother-in-law, you cannot get bogged down by every other individual. Neither should one dominate others to get their tasks done. Surely, everyone has a different construct of the mind and they all have to be dealt with differently. However, it needs a master leader to uplift all souls around them. The world needs to drop the rudimentary ways of the past. We need a new consciousness to heal first and then demand anything else. Nature constantly engages with the universe for a give and take. However, it is only humans who are eating up other humans to survive. Humans are the last and perhaps the most evolved species on the planet. They were supposed to further their evolution process but they choose to live horizontally. Causing emotional damage by not learning to communicate, applying maths, and the resultant cold logic to business instead of manifestation, and getting involved in relationships but not being able to express love are a few achievements of mankind.

One needs to make this one person better at all times. An external opinion should never become a part of our own persona. One needs to learn to keep things coming from outside slightly loosely. Not allowing opinions to stick to your emotions is a sign of wisdom.



The Best Offer

Sometime around the 19th century, the concept of 'Buy One get One Free' became very popular in America and Europe. People loved that 'something free' so much that unwanted impulse purchases increased in life. Supermarkets were full of people buying supplies, food, drinks, and clothes just because they were getting things free. At the end of the month, all the expired or dated products were given free to homeless people to create space on the shelves for new ones. Two things happened in society instantly, people who were not

hungry started consuming double because after buying one pizza they were getting one free also and as a result, they became overweight very soon. Different diseases were discovered, and the entire society became fat. Most people started living on the pills. Many children suffered by obesity. Youngsters got into drugs, and many ran away from their parents and lived as homeless. They could survive on expired food products without working also. Society became really sick.

Indian Sanatan dharma knew this issue very well and therefore they kept educating people through the masters and literature that 'just live simply'. Buy things only what is required. Don't eat after sundown and that kept Indians healthy. When the American and European economies suffered because people believed in spending than saving. While Indians were taught to save some part of their income for the hard time ahead and also spend some part on the poor, and needy from society as a service and the remaining part should be divided for education, home, and food. India is having largest middle class in the world and they were following this wisdom faithfully. India could sail easily from the global economic slowdown while many large nations suffered. Today, India is the fifth-largest economy and becoming a global spiritual leader as well.

India could produce people like Sudha and Narayan Murthy, Prakash Ambedkar, Anil Avachat, and Abhay Bang who never ran behind in money, but they kept getting enough to accomplish their dream. Ambani or Bill Gates is not happier than all of them because having billions more. I read one beautiful article about Lata Mangeshkar's last words. She said, 'There is nothing in this world more real than death'. I've many expensive cars in my garage but I'm in this wheelchair now. My

wardrobe is full of expensive clothes and jewelry but I'm going to die in this hospital gown. My house is like a palace but I'm living in this small hospital room. I could afford the most expensive hair stylist in the world but today I've almost no hair on my head. I was dining in the most expensive hotels around the world and today just having these pills as my diet. People were eager to be with me all my life but at this last moment, I'm dying alone. My bank is full of million bucks, but they are useless to me. I'm not sure if she really said all this but even if she didn't say it... this is a cruel truth. Money is not handy at the last minute. One has to leave every material thing behind while going for the next journey. That's why Sanatan Dharma always educates people not to run behind those untrue desires or the **'Buy One Get One Free'** Concept. When we buy anger we get acidity, when we buy Competition we get fear, when we buy hate, we get 'ulcer', when we buy Stress, we get 'Blood Pressure' but if we buy trust we get 'friendship', if we buy peace we get 'progress', if we buy honesty we get 'good sleep', if we buy workout, we get 'good health'. So, we can always plan for buying something worthy for our next journey. Being kind, helping everyone, loving all, and becoming a good human being helps more than gossiping, cheating, and fighting. After all, we all have free will also.



Women's day a fond Reminiscence

by Aruna Margam

Each woman is a representation of our universal mother Shakti. Shakti is Prakriti. Prakriti is the flow. As women's day is approaching, I was reminded of my three mothers. One is my mother, and the other is my Mother-in-law who was also my mother in every way and thirdly Guruma fondly called Mayi. Though all three are not in the world now it was an opportunity to introspect and how they are role models of life.

My mother-in-law very divine was the epitome of patience. She behaved so wisely in every situation. Never interfered unnecessarily and did not impose her ideas on us. She was always positive and handled her ailments or diseases of old age with courage with her guru Swami on her lips. She had zero expectations from her children and daughter in law. She trained so many students on Bhagavad Gita chanting through the Bala Vikas program from middle age. She kept herself busy with God's name on her lips all the time. So much to learn from her. Thanking her at this moment for inspiring us through her life and even to this moment.

My mother was a great leader, socially active, and helped so many lower rungs of society. She has selflessly taught for more than 15 years after middle age to improve the basics of primary school children. She has helped older poor women to reach the eye camps and get back their vision. She has trained students of humble backgrounds with shlokas, dance, and drama

and helped them to win many prizes in the regional Bala Vikas program.

As I was in her womb, she did two activities that became my foundation for my future life and also brought purpose to my life. One is listening to pravachan in a temple. Stories on Bhakta Vijayan. It's stories of saints of Maharashtra like Namdev, Tukaram, and Eknath Maharaj. It's helped me to bond with divinity at this point in life. Journey started from the womb. Secondly, she was completing her degree in the Hindi language. She used to take classes at home. All this is helping me today to communicate in Hindi, read Marathi bhajans as a script, and Devanagari.

She also introduced me to reiki in the year 2000. Reiki has become part of my life, a breath of my life. Unknowingly our mothers help us in every way possible. We need to patiently introspect to understand and also to imbibe those qualities in our life. Finally, our Mayi is an inspiration for me. I always remember her sacrifices, her support for this mission, and also her love for all of us. I was fortunate to have experienced the divine touch of Mayi, when I needed it the most. I am also grateful to have met so many sadhaks in our reiki family from whom I learned to live a meaningful life. Overall feeling very blessed to be a woman. Expressing gratitude to all the women in this beautiful journey of life. Of course to guruji and Swami for blessing our lives.



BEWARE, THIS IS INSIDIOUS

By Barry Rathner, Clinical Psychologist

The title here may need some explanation in any language. I don't think 'insidious' is used that frequently—in English, at least. Thus, its meaning may be a bit obscure.

“Proceeding in a gradual, subtle way, but with very harmful effects,” is one definition.

Examples of insidiousness may not be difficult to find. Addiction is one vivid example, as the substance that initially may bring the user positive experiences, gradually (insidiously) becomes so negative as to become possibly life-threatening.

The subject I would like to address here is MIND-ALTERING SUBSTANCES, and the possibility of becoming addicted to or seriously impacted by them. Though they are just one source of addiction, they do carry with them some unique qualities which we ignore at our own risk.

And then some behaviors should be avoided even in 'moderation'--addictive or not.

This is a subject that I need not address hypothetically. I have been there, done that. Yes, it has been 24 1/2 years since I tried this route. But it is indeed 'a day at a time.'

My drug of choice is insidious. Why? Because marijuana's legalization in so many countries and states in the US tends to imply that it's not such a source of concern.

Yes, alcohol is legal for adults--except at the World Cup--but at least there is no illusion of 'medicinal alcohol,' as there is for weed. So, unless you have an open wound that needs cleaning, alcohol and medicine are

rarely used in the same sentence.

Still, though legal for adults, alcohol has its own cadre of detractors and dangers. Perhaps some of us 'self-medicate' as many pot users claim—but getting caught in the throes of illusion can also be insidious.

Marijuana nearly killed me, no hyperbole intended. Finding Marijuana Anonymous meetings in 1998 was a godsend. That Anonymous Programs are part of the Homa Therapy Drug/Alcohol Detox Program certainly is not accidental.

So-called recreational use of alcohol or pot certainly is different than self-medicating. Or is it? If recreation is a form of medication....

With Homa Therapy, I was able to stop my use of pot nearly immediately. After 3 years of sobriety—interrupted by one joint, I remained clean for another 15 years. I then resumed smoking in 1994 as I stopped practicing Homa Therapy for some time. Hmm....

I resumed Agnihotra 5 years later and have continued to abstain from all mind-altering substances for the ensuing 24 1/2 years. So basically, I became my own experimental guinea pig. I am so far happy with the results.

Then there's DEPRESSION. First it might be said that depression is no doubt one of the more prevalent conditions that lead to self-medicating—whether via marijuana or other drugs.

Much is known about addiction—or “heavy use,” if you prefer—of such substances as cocaine, heroin, methamphetamines, etc. A newer and more of a grey area to

some, are several other 'natural' substances including ayahuasca, magic mushrooms, etc.

'Public relations' and social media descriptions often attempt to lend airs of spirituality and respectability here—for ayahuasca especially, as one allegedly requires a shaman to 'process' the trip.

And, truth be told, as with several parts of life, the spiritual and the material can be difficult to distinguish from each other.

In fact, I have heard—from an impeccable source—that depending on how the mind approaches it, the spiritual and the material may be considered to be the same.

That being said, putting aside the quality, and truthfulness of the shamans on the market, an important concept should be mentioned here.

It may be true that mind-altering substances can open us up to positive glimpses of higher consciousness or 'psychedelic experiences', as they were more often described in years past, etc. But equally true is that negative, dark energies are likely to enter also. It is a risky and often not a beneficial tradeoff. Quite the contrary. Is it a 'pact with the devil?' Who knows? If you leave the doors of your house unlocked, you may have unwanted guests to go along with welcomed ones. Aldous Huxley titled his book about his experiences under the influence of mescaline, "The Doors of Perception." So, our doors analogy may be apt.

The current state of our world makes it very dangerous to 'roll the dice' or 'play with fire.'

Big Thing

by Anand

I've learned a big thing,
It's not what I was but
Who I am in life that
Matters the most...

I've learned a big thing,
Happy are those who take life
As a present with no complain
stay thankful for everything...

I've learned a big thing
Stop being afraid of
What could go wrong, It's
exciting what could go right...





When the going gets tough, the tough take a nap!

by Beena P G

Sleep is a very important routine in a human's life but most of us do not follow it diligently. While so much importance is given to nutrition and exercise, a good night's sleep helps our body recharge completely. It helps the body relax and repair so as to have good energy for the rest of the hours which we are awake.

Did you know? On an average, a human being sleeps for about 33 years of his/her entire lifetime and the longest one has survived without sleep is about 11 consecutive days although it is said that not sleeping for three nights and more causes hallucination, paranoia, delusions etc.

A healthy body and mind are achievable only if one follows few regular habits.

- Good nourishment to body through wholesome food
- Regular exercise and physical activity
- Positive and healthy relationship
- Having a purpose in life
- A good night's sleep.
- Regular practice of reiki and meditations.

It is also important that we sleep at the right time. Most of us do not follow a proper sleep routine. Many city dwellers hit the bed after long working hours using a laptop or by watching media until

the body is tired. But little do we know that, this only relaxes the body and not the mind.

The ideal time to sleep is between 10 PM and 2 AM in the night. This means that one should switch off from gadgets/work at least by 8 PM. Finishing dinner by 7 PM aids the body in completing digestion and removal of toxins from the gut and recharging the mind. One could also include sleep inducing activities like, practicing reiki or yognidra before sleeping, listening to soothing music, playing a musical instrument or simply reading a book.

This routine is important as it helps our body's vital force or Prana-shakti cleanse the body, remove the toxins and recharge us for the next day. If we are addicted to gadgets till we fall asleep, the body cannot produce the sleep-inducing hormone Melatonin secreted by the Pineal gland as a response to darkness. The result of which is that we wake up tired even after sleeping for about 8 hours. This is also seen in birds whose Melatonin synthesis is suppressed due to light pollution.

So, my friends, by practicing reiki, yognidra and maintaining a proper sleep routine, I am enjoying a good night's sleep and a lovely day that follows.

Ashtavakra Geeta

(Chapter 17th)

Verse 1

अष्टावक्र उवाच ॥

तेन ज्ञानफलं प्राप्तं योगाभ्यासफलं तथा ।

तृप्तः स्वच्छेन्द्रियो नित्यमेकाकी रमते तु यः ॥ १७-१ ॥

Meaning: *The one who is fully satiated and has the purity of senses and is happy to be alone only attains the fruit of wisdom and yogic studies.*

All spiritual practice ultimately leads to wisdom. It does not matter whether it is samadhi or simple worshipping, whether it is Sankhya or is just a simple yoga practice. The wisdom leads to liberation. However, even after someone attains wisdom and still has desires left in him or is worried and irritated most of the time indicates that he has not attained his ultimate fruit of liberation. He is still bonded in spite of his wisdom.

Verse 2

न कदाचिज्जगत्यस्मिन् तत्त्वज्ञो

कदाचिज्जगत्यस्मिन् हन्त खिद्यति ।

यत एकेन तेनेदं पूर्णं ब्रह्माण्डमण्डलम् ॥ १७-२ ॥

Meaning: *The knower of Truth is never miserable in the world, for the whole universe is filled with Himself alone, in solitude.*

In isolation we are all without any tendencies, without any properties. We are neutral, we are neither good nor bad. The moment we come in contact with other people we acquire the

properties. The duality and multiplicity emerge. That brings a lot of egos, desires, expectations, their fulfillment & unfulfillment, and many other reactions. We get trapped in the wheel of life. That leads to dispassion, and we try to run away from all these. But here Ashtavakra says that a person who has known the truth that we are all one and there is truly no multiplicity but only an illusion, even in the midst of the crowd, we are peaceful and undisturbed. We are beyond reactions and sorrow as you can't be creating sorrow for yourself. He is complete and knows about it. That knowledge is vital.

Verse 3

न जातु विषयाः केऽपि स्वारामं हर्षयन्त्यमी ।

सल्लकीपल्लवप्रीतमिवेभं निम्बपल्लवाः ॥ १७-३ ॥

Meaning: *As the foliage of the neem tree does not please an elephant who delights in sallaki leaves, so do sense objects not please he who delights in Self*

We all know that the material world offers a lot of joy. No wonder the whole world is after those desires and waits for their fulfillment. But all this joy vanishes the moment you consume those things. And again, you have to run after something like those things. Leaving in this mundane world is not bad but getting entangled in this is bad. That leads to sorrow and misery as any fulfillment attaches you to those mundane desires. They never end. The wise and enlightened person does not get into these things. Not that he leaves them but they get left behind as he starts enjoying things that give him eternal bliss. It

Is like an elephant knows which leaves to eat and which not to.

Verse 4

यस्तु भोगेषु भुक्तेषु न भवत्यधिवासितः ।
अभुक्तेषु निराकाङ्क्षी तदृशो भवदुर्लभः ॥ १७-४ ॥

Meaning: Rare in the world is one who does not relish past enjoyments, nor yearn for enjoyments to come.

Here Ashtavakra is very firm in saying that leaving desires may not make anyone a complete man. Many people leave everything but still think about those desires. That does not take anyone on the path of enlightenment. The one who is realized is rare to find as he is the one who does not miss on anything that he has experienced nor does he get distracted by the desires which may come in future.

Verse 5

बुभुक्षुरिह संसारे मुमुक्षुरपि दृश्यते ।
भोगमोक्षनिराकाङ्क्षी विरलो हि महाशयः ॥ १७-५ ॥

Meaning: Those who desire pleasure and those who desire liberation are both common in the world. Rare is the great soul who desires neither enjoyment nor liberation.

A common man either desires pleasure or desires for liberation. Both are common according to Ashtavakra. They make effort for either of these. But there are hardly any people who do not desire either. They are free from all desires. They are effortless.

Verse 6

धर्मार्थकाममोक्षेषु जीविते मरणे तथा ।
कस्याप्युदारचित्तस्य हेयोपादेयता न हि ॥ १७-६ ॥

Meaning: Rare is the right-minded person who neither covets nor shuns religion, wealth, pleasure, life, or death.

Normally we take positions in life saying that something is good, and something is bad. Something to attain and something to drop. This happens because most of us believe that there is a multiplicity. That happens due to a divided mind. But the person who has experienced his Self will neither get attracted to anything nor will get rejected by other things.

Verse 7

वाञ्छा न विश्वविलये न द्वेषस्तस्य च स्थितौ ।
यथा जीविकया तस्माद् धन्य आस्ते यथा सुखम् ॥ सुखम् १७-७ ॥

Meaning: The man of Knowledge neither cares for the universe nor desires its

dissolution. He lives happily on whatever comes his way. He is blessed.

The one who is realized never cares for the universe, whether it exists or not. He has nothing to do with the universe as he does not look to the universe either to make him fulfilled or unfulfilled. The question of fulfillment or otherwise just does not bother him as he knows he is complete with or without fulfillment.

Verse 8

कृतार्थोऽनेन ज्ञानेनेत्येवं गलितधीः कृती ।
पश्यन् शृण्वन् पश्यन् स्पृशन् शृण्वन् जिघ्रन् स्पृशन् जिघ्रन्
अश्नन्नास्ते यथा सुखम् ॥ सुखम् १७-८ ॥

Meaning: *Knowing Self, mind empty and at peace, the sage lives happily, seeing, hearing, touching, smelling, eating*

Here, Ashtavakra talks about the limitations of human intellect. This intellect only creates an ego that plays havoc with our life. The ego separates us from that divine Self. We start believing that we are different from the Soul and we can live the way we want. The moment we know our infinite, unlimited, formless entity the intellect is dropped and so does the ego which originated from it. Then one can live in this world using all the sense organs but without getting entangled in anything. Then one is at peace.

Verse 9

शून्या दृष्टिर्वृथा चेष्टा विकलानीन्द्रियाणि च ।
न स्पृहा न विरक्तिर्वा क्षीणसंसारसागरे ॥ १७-९ ॥

Meaning: *There is no attachment or non-attachment for one in whom the ocean of the world has dried up. His look is vacant, senses still. His actions have no purpose.*

The ocean of the material or mundane world gets dried up in the realized soul. He is neither attached to that ocean of illusion nor detached from that. His eyes show no emotions as there is nothing that he waiting to get or drop. He does not have any purpose for any action as any action with the purpose means a desire.

Verse 10

न जागर्ति न निद्राति नोन्मीलति न मीलति ।
अहो परदशा क्वापि वर्तते मुक्तचेतसः ॥ १७-१० ॥

Meaning: *The sage is neither asleep nor awake. He neither closes nor opens his eyes. Thus, for the liberated soul, everywhere there is only this state.*

The sage is beyond all senses and their manifestations. Sleeping, dreaming, and awakening are related to the body. It is the fourth state of Turia is that is beyond all those. Sage

experiences this state. He does not make a conscious effort to sleep or wake up. He does not have any effort to open or close his eyes. They happen beyond his awareness.

Verse 11

सर्वत्र दृश्यते स्वस्थः सर्वत्र विमलाशयः ।

समस्तवासना मुक्तो मुक्तः सर्वत्र राजते ॥ १७-११ ॥

Meaning: *The liberated soul abides in the Self alone and is pure of heart. He lives always and everywhere, free of desire.*

The liberated person is always welcome at most of places as he brings his energies and purity wherever he goes. His whole presence itself gives pleasure to the environment. He is comfortable wherever he goes and makes everyone else comfortable in such situations.

Verse 12

पश्यन् शृण्वन् पश्यन् स्पृशन् शृण्वन्

जिघ्रन्न् स्पृशन् अश्नन् जिघ्रन्न् अश्नन्

गृह्णन् वदन् गृह्णन् व्रजन् वदन् । व्रजन्

ईहितानीहितैर्मुक्तो मुक्त एव महाशयः ॥ १७-१२ ॥

Meaning: *Seeing, hearing, touching, smelling, eating, talking, speaking, and walking, the great soul exerts neither effort nor non-effort. He is truly free.*

Here, Ashtavakra describes the symptoms of a free man in the real sense. He is effortless in every act he does. He uses sense to perform activities, not actions. This is because he has no desires and does not expect anything from anyone or any activity. He is truly free.

Verse 13

न निन्दति न च स्तौति न हृष्यति न कुप्यति ।

न ददाति न गृह्णाति मुक्तः सर्वत्र नीरसः ॥ १७-१३ ॥

Meaning: *The liberated soul does not blame or praise, give or take, rejoice or become angry. He is everywhere unattached and free.*

The liberated soul is free from any reactions. He does not find faults, does not become angry, does not praise etc. He is unattached and hence free from all mundane things consistently.

Verse 14

सानुरागां स्त्रियं दृष्ट्वा मृत्युं वा समुपस्थितम् । समुपस्थितम्

अविह्वलमनाः स्वस्थो मुक्त एव महाशयः ॥ १७-१४ ॥

Meaning: *The great soul remains poised and undisturbed, whether in the presence of a passionate woman or observing the approach of his death. He is truly free.*

Human beings are generally affected by lust and fear. These are the driving forces behind

most life processes. The attraction towards attractive women just ceases as one reaches the ultimate destination of Self-realization. Attraction due to lust is a major barrier on the path of liberation. The other is a fear of death. The realized one does not get affected by this fear as he knows the whole life as it is an illusion. No one is born and no one dies. The birth and death also are illusions.

Verse 15

सुखे दुःखे नरे नार्यां सम्पत्सु च विपत्सु च ।
विशेषो नैव धीरस्य सर्वत्र समदर्शिनः ॥ १७-१५ ॥

Meaning: The sage sees no difference between happiness and misery, man and woman, adversity and success. Everything is seen to be the same

When everything is one and the same, where does the division come from? In the universe, there are no divisions. It is the human understanding that divides things so that the mind can relate. Remember, only the forms can be divided, formless can't. But we can't relate to formless which falls in the non-linear side of life and can't be understood by the linear domain. The Sage is beyond all linear, tangible, divisible aspects of life.

Verse 16

न हिंसा नैव कारुण्यं नौदधत्यं न च दीनता ।
नाश्चर्यं नैव च क्षोभः क्षीणसंसरणे नरे ॥ १७-१६ ॥

Meaning: In the sage there is neither violence nor mercy, arrogance nor humility, anxiety nor wonder. His worldly life is exhausted. He has transcended his role as a person.

A Sage is free from all contradictions like violence and mercy, arrogance or humility etc. All these are expressions of duality. When he knows that everything is one, where is duality? And if duality does not exist all these vices and virtues dissolve. These are all relative terms. The Supreme is beyond all these sorrows and joys and has no references for these terms. No wonder a common man always gets lost wondering why God should create sorrow. They do not understand that all these ideas of sorrow and joy, sadness & happiness are created by the human mind. God is above the level of mind consciousness.

Verse 17

न मुक्तो विषयद्वेष्टा न वा विषयलोलुपः ।
असंसक्तमना नित्यं प्राप्ताप्राप्तमुपाश्नुते ॥ १७-१७ ॥

Meaning: The liberated one neither avoids experience nor craves it. He enjoys what comes and what does not come.

This is a very interesting statement. The one who is liberated does not get excited with what he has neither he gets excited with what he does not have. He is not even concerned about what he has and does not have. He is beyond all that. As he is attached to the supreme Self he is not bothered about something that a common man believes is a reality of mundane world.

Verse 18

समाधानसमाधानहिताहितविकल्पनाः ।
शून्यचित्तो न जानाति कैवल्यमिव संस्थितः ॥ १७-१८ ॥

Meaning: The sage is not conflicted by states of stillness and thought. His mind is empty. His home is the Absolute.

All these vibrations of thoughts, ideas, emotions create a karma. When all those cease the karma just can't happen. The sage is all the time still and there are no reverberations. There are no reactions. There is nothing good and nothing bad. When the mind becomes empty, the soul rests in his own space.

Verse 19

निर्ममो निरहङ्कारो न किञ्चिदिति निश्चितः ।
अन्तर्गलितसर्वाशः कुर्वन्नपि करोति न ॥ १७-१९ ॥

Meaning: Though he may perform actions, the man of Knowledge does not act. Desires extinguished, free of thoughts of "I" and "mine," he knows with absolute certainty that nothing exists.

The elevated soul may perform activities but they can't be termed as karmas as he has no motive to perform such activities. He does it only for the sake of doing them. Without motive, karma can't be performed, and it has no residual karma either. The game of karma stops there.

Verse 20

मनःप्रकाशसंमोहस्वप्नजाड्यविवर्जितः ।
दशां कामपि सम्प्राप्तो भवेद् गलितमानसः ॥ १७-२० ॥

Meaning: The sage is free. His empty mind no longer projects delusion, dreaming, dullness. This state is indescribable.

It is the mind when it gets connected consistently with the ego that becomes a barrier on the path of self-realization. The moment it understands that it is a manifestation of the supreme soul, it starts getting dissolved in the Self. And that state of consciousness can not be explained in any words.



DSPPL's Social Empowerment Forum

DSPPL's SEF platform is getting wider and wider. On 5th February 2023 (Full Moon) DSPPL invited two top-notch faculties- **Dr. Aparna Sisode**, Clinical Psychologist and **Dr. Shirish Sane**, Professor and Head of Dept. of Computer Engineering. K. K. Wagh Institute of Engineering Education & Research, Nashik to enlighten the audience on the subject of Holistic Preparation for Exams. The program was repeated on 20th February (New Moon) considering that these are the exam times and the students preparing for the exam get good guidance.

Mahashivratri at Devrukh ashram



Mahashivratri was celebrated on 18th February this year. More than 75 sadhaks from Devrukh and from other centers converged on the ashram right from

the night of 15th February. Three groups as usual- Trishul, Ganga, and Damaroo did recitation of Rudra, Abhishekam, and Rudra Swahakar completing more than 2 Maharudra.



Reiki Masters' felicitated in BRICS -University of Kota International Conference

It is a proud moment for RVN community that on the 13th and 14th of February 2023, Ajit Sir, Krupa Choksi, and Ashwini Telang were invited to read their research papers at the BRICS international conference organized jointly by BRICS and the University of Kota. About 579 delegates from Brazil, Russia, India, China, and South Africa participated in this 2 days conference. Ajit Sir was honored as a Co-Chair for one of the Symposiums. He also presented his research paper on **"The immense possibilities of Managing the Pollution problems through technologies from Ancient wisdom"**. Ms. Krupa Choksi presented a research paper on **"Corporate Governance & Ethics in Business - through Attitude, Ability, and Approach"** while Ms. Ashwini Telang read a research paper on **"Nurturing Creativity and Innovation."** All these papers have been published in BRICS-University of Kota journal.



जय देव जय देव जय अवधूता,
सारे त्रिभुवनमे तेरीही सत्ता ॥

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Hail Avadhoot, the whole universe is ruled by you...

These are the words in praise of Swami. He is an Avadhoot, the enlightened, and pure soul. Because of his purity and his Self-realization, he is hailed by the whole world. He is the most powerful entity in the universe. No wonder Swamiji is also termed as Anantakoti (infinite levels of energies), Brahmand Nayak (the leader of the Universe), Rajadheeraj (the King of all

kings), Yogi Raj (the King of Yogis) Satchidanand (totally liberated).

Swami devotees believe and have a strong faith based on their own experiences that Swami can do anything and nothing is impossible for him. He is the one who runs the universe and is a basic driving force behind the universal expressions.