

Volume 16

Issue 12

Dec 2024



Reiki Vidya Niketan

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

Be with the mother all the time.....

Dear Sadhaks,

Life is full of events. Some events we like and some we do not like. Our belief system, our patterns and our fears have come from our life experiences may be from this life or our past life. We are fearful of future because every new event which is unforeseen scares us. We plan so many things in life but most of the things does not manifest as we want. This makes us disappointed and fearful about the like. Our nature becomes worrisome and gradually we starting thinking that nothing is working for me and we lose the enthusiasm of life.

Remember when we were small, we were so happy. We wanted to explore everything. We were not fearful at all. We would like to touch wild animals, snakes, insects as we were very natural. We considered ourselves and them as same. We were in our Atmabhava (soul consciousness). We were also not fearful of ocean, fire, heavy rains, etc. because we had no reference what impact it can do. We were clueless and hence we were fine with everything.

Besides this, we knew that mother was there to take care of us. We were all the time connected to the mother in her womb and then mother was there to take care of us. We were in total surrender as we knew nothing. There was no mind to worry and to be fearful. We were at ease. We were happy all the time.

But now, we are fearful, worrisome and full of doubts. Why? Because we have lost our connection with the divine. We have forgotten that divine mother has planned our life and is there all the time with us. It is as if we have a mobile phone but we have switched off by being in our ego consciousness. And then we are complaining that our phone is not working. Even if our divine mother wants to talk to us, it cannot happen as we have switched it off. And then we also complain that mother is not calling us. How can she reach you when your phone is off?



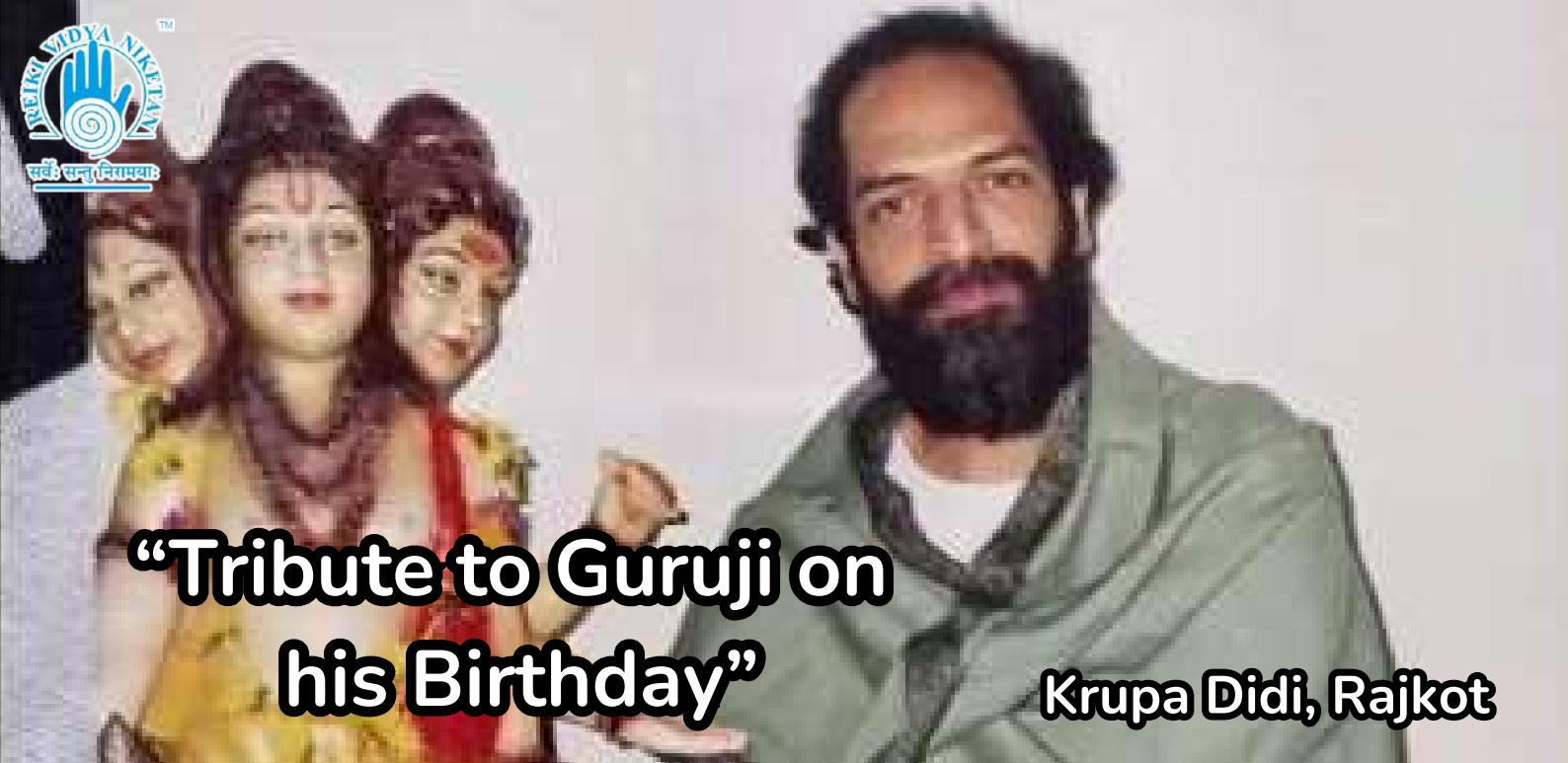
We need to switch on our phone and also should be in the network area i.e. being in space by attending Reiki seminars, Sewa at Ashram and attending Wave of faith program so that divine mother can contact us. We need to charge our mobile with our daily practice viz. Reiki, Agnihotra, TM, Yog Nidra, Golden ball meditation, etc. and then be available to pick up the call when divine mother call us. All these will keep our connection with divine and with our Guru intact.

We are not only worried throughout our life but we are also fearful about death. Though death is more beautiful phenomenon then our birth as we will be in our Atmabhava (soul Consciousness) but still we are fearful. After death we will be in total bliss but while living this life, we have no clue about what will happen after death. The uncertainty and fear of unknown makes us uncomfortable and fearful. We are always comfortable in our comfort zone. The comfort zone is created when we are familiar with all the happenings, places, people, situation, etc. because the same thing we have done it repetitively. That is the reason, people are comfortable with the same routine. Any change makes one uncomfortable as they may have to face any unforeseen situation.

Why death makes us fearful is because we feel we are alone. There will be no one with us and we do not know what will happen so we are fearful. But death is a beautiful phenomenon if we understand that we will be united with our divine mother from where we have come. The mother with whom we were very much connected. The mother whom we loved the most. The mother with whom we were most comfortable. So why to worry? We worry only when we are disconnected. If we are not connected with our Guru/ God in life, then idea of death will also scare us.

In all our scriptures, it is mentioned that we should worship God/ Guru throughout our life. We should have divine connection all the time so that we are guided by the divine force. Besides this it is also mentioned that if we worship God/ Guru throughout our life, at the time of your death, they come to take you along. And if our mother comes to take us, then why to worry where we have to go and where we have to reach? But this can happen only when we are constantly connected to the divine. When we are approaching towards the end of our life we feel like worshipping God only if we have worshipped enough during our life time otherwise we do not feel like worshipping at all. So the key is to stay connected to the divine mother. And when our Guru/God is holding our hand and making us walk on the path of life and death, why to worry? Just be happy like a child.

With love, light and reiki
Krupadidi



“Tribute to Guruji on his Birthday”

Krupa Didi, Rajkot

The 2nd day of December happens to be the birthday of Guruji. It is a historical day as our beloved Guruji was born on this day. Guruji had told us that when he was born in 1952, the 2nd December happened to be Datt Jayanti. A day on which Lord Dattatreya was born. Guruji was a great personality. An epitome of love and compassion. He was ocean of knowledge and love both. On this day this time there is a mixed feeling. Feeling of joy and sorrow both. Though he is omnipresent and always guiding us, we miss his divine company physically. We used to long for to be with him. His presence made us feel complete. Our energy levels used to get raised and we would in total bliss in his presence.

We all know Guruji since years together and he has transformed our lives. All the sadhaks of Reiki Vidya Niketan who have met Guruji would agree with me that his personality was mesmerising. He was expert in everything and made us feel that he is not human. He was direct manifestation of Divine as if Datt Avatar has been reborn. Though we all miss his physical presence, heart in heart we will want to make him happy. We all want to pay tribute to him. May be our ways would be different but we always want to feel connected to him. We always want his guidance and his blessings. He was a friend, philosopher and guide for everyone. He used to walk the talk and given divine messages through simple examples or by creating situations in our life from where we have learnt so many things. He has taught us how a sadhak should behave.

If we really want to pay tribute to him then we should follow all his teachings and imbibe all the qualities he had in ourselves. He always used to say I want to multiply myself. When people will see his reflection in all of us, on that day we have paid a real tribute to him. He used to love and respect everyone. He was very humble and would not demand anything. He had selfless love for all his sadhaks. No matter whatever we did, he would embrace us just like a divine mother. We have experienced divinity because of him. He had immense patience and tolerance. He lived all the five principles of Reiki throughout his life.



contd....

He was always in gratitude towards everyone. He has never showed anger. And if at all he has said some words, it was to remove our sanskaras. Guru never does harm to anyone. He explained the great secrets of spirituality in such a simple language and has moved a magical wand on all of us. He has invested his energies in all of us. Time will make us realise what he has done for us.

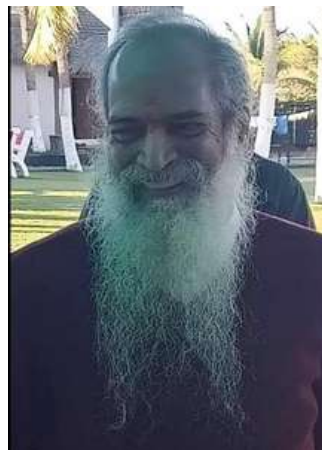
To such a divine entity what we can offer? We can only offer our love and devotion. We can only try to imbibe his qualities in us so that we also become like him. In any situation, we can think what would have Gururji done in this situation and we will get the answer. He would be very happy if we imbibe all his teaching in our life. If we do that we will be always with him as he used to say I live in my teachings. Do not follow me, follow my teachings. Let us transform ourselves and unveil our divinity by following his teaching and working for his mission. This will be a real tribute to Gururji on his birthday.

Ajit Sir Quotes

“



- Do not hurt anyone
- Accept everyone and everything as it is
- In every situation we have a role to play. Play that role positively.



- We are on this planet not to prove anything
- We are here to improve

”

Earth  Tolerance	Wind  Detachment	Sky  All-encompassing yet steady	Water  Impartial love	Fire  Be austere	Moon  Unaffected by phases	Sun  Have thought for others	Pigeon  Detachment
Python  Have faith in destiny	Sea  Remain unaffected	Moth  Control your desires	Honeybee  Refrain from amassing wealth	Elephant  Refrain from sexual desires	Bumblebee  Refrain from object pleasure	Musk-deer  Refrain from attachment	Fish  Refrain from self gratification
Courtesan  Renounce all desires	Lapwing  Discard sense objects	Child  Lead a carefree life	Bangles  Live in solitude	Artisan  Concentration	Serpent  Behave wisely	Spider  World is unimportant	Wasp  Meditate upon God

24 Gurus of Lord Dattatreya

OCEAN



"Contemplating the marvellous nature of the ocean, I have gained much wisdom. Any number of overflowing rivers may join it, yet the sea maintains its level. Nor does its level fall even by a hair's breadth in summer, when all the rivers dry up. So too, the joys of life do not elate the sage of wisdom, nor do its sorrows depress him. The ocean, which has taught me this, is my eighth guru."

Here Lord Dattatreya points out how a sadhak should be. He should be like an ocean who accommodates everyone. Just like ocean remains calm even if gushing rivers merge into them. The ocean maintains its level. It is not overjoyed by merging of river. And when all the rivers dries up, still it maintains its level. So neither happiness pleases him nor does sorrow displease him.

This is the state which is mentioned in Shreemad Bhagwat Geeta as "Stithpragna stithi" means a state of steadfastness. In chapter 6 of Bhagwat Geeta, definition of Yogi is given as

jitātmanah praśhāntasya paramātmā samāhitaḥ |

śhītoṣhṇa-sukha-duḥkheṣhu tathā mānāpamānayoh ||6.7||

It means the yogis who have conquered the mind rise above the dualities of cold and heat, joy and sorrow, and honor and dishonor. Such yogis remain peaceful and steadfast in their devotion to God.

A Yogi is someone who has achieved this state of steadfastness through years of arduous discipline, self-control, and devotion According to the Bhagavad Gita, a yogi is someone who has achieved a state of transcendence and God realization. The Gita describes

Continued...

A Sthithaprajna person sees all things and all creatures as plays of divine light and shadow. He is merged with the divine consciousness and sees everything as a play of divine. He has become faith himself so is neither happy nor unhappy on happening of any event. HE is just a witness of the game of life.

This reminds me of a story of King Janaka. King Janaka was a king of Mithila. He was disciple of Guru Astavakra. One day he was sitting in the hermit of Saint Astavakra and news came to him that his palace has caught fire. Someone had deliberately put the palace on fire. All the disciple of Astavakraji starting running towards the palace to save their belongings which was kept in room given by King Janaka in his palace. They had only loin cloths and the simple necessities of life. But they all left the Master's presence and ran to save what little they possessed. Meanwhile, King Janaka stayed with his Master.

The Master Shri Astavakraji asked, "Why are you not concerned about saving your palace and all your precious possessions?"

King Janaka replied, "I have come here to acquire God-realisation. Do I need those things? When I am with you, I am mere your disciple, I am not King."

The master was very happy with his dedication and conviction and later on King Janaka became a true Yogi.

There are many such examples of such Yogis in our mythology and history like Lord Buddha, King Harishchandra, Maharshi Dadhichi, etc. who fall into the category of a true Yogi as per the definition given by Lord Krishna in Bhagwat Geeta.

As a sadhak we also need to go beyond pain and miseries to experience the divine bliss. A yogi is totally established in his Atmabhava and is in total surrender thinking whatever happens, happens for good. He is just an observer in the divine play of God. We too can become like a yogi when we will become witness of the events in our life and accept smilingly what comes in our way. This will happen when we will empower ourselves from within by practising all the spiritual practices taught by Guruji.



SHIVA HEALS YOU

Touch and distance healing...

*- Vivek A Pandey
Vadodara*

Humanity needs healing, the rest of existence is pretty sorted. To all those people who have been fortunate enough to be initiated for healing, please feel the pressure of the immense responsibility that has been placed upon you. On one hand, we need to explore our own existence, on the other hand, we need to be clear about the healing process. The process of healing for Mother Earth is unending as it is inhabited by humans. Touch reiki is more of a child's play as the healing happens through the universal life force energy and there is no personal skill needed. However, once one is initiated for the third eye, one has the added responsibility to take every case personally.

The moment one is attuned for second-degree reiki, the third eye gets decalcified. One becomes completely clear about the laws of the universe. However, people tend to go back to their old mundane ways. They deliberately keep the divine light away as the burden of keeping faith in its entirety cannot be lifted by them. To live in total faith is a different ball game altogether. To not worry about personal finance or relations and to move about freely in the service of the divine is a different way of living. To walk gently on this planet Earth and remove friction wherever the divine puts you is symbolic of the supreme divine. To heal, one has to be whole. To heal, one has to be above management. If you still have a clutter to sort, you cannot heal with authority. One needs to explore the way life operates. One needs to be aware of destiny playing its role and life unfolding beautifully for each one of us.

People say that the universal life force energy has its intelligence. Reiki works even if you don't pay attention. Nonetheless, such a thought process needs to be handled with care. Even though this is just a hypothesis, however, one needs to notice the difference between: talking and giving reiki, keeping quiet and giving reiki, and maintaining absolute silence, and giving reiki. The thought that one is giving reiki or one is healing also needs to be averted. The state of a healer while healing assumes a whole lot of significance.

A close-up photograph showing two hands performing Reiki on a person lying down. The hands are positioned over a bright, glowing point of light on the patient's back, which is covered by a white, ribbed cloth. The hands are light-skinned and appear to be of a different ethnicity than the patient.

Contd.

The person has to register his total presence. A wandering mind or person sitting with volatile emotions may not be appropriate for healing. If one is thinking about something, the energy is leaking as the attention gets diverted. The more poised a person is in the moment the better the prospect of healing.

Touch reiki works for sure, distance reiki may work even better. The receptivity of the patient holds the key while healers offer touch reiki. In the case of distance reiki, it's the command of the healer that works. The more accomplished one is in his/her Sadhana the better the result. A Yogi would manage to heal a person in a split second. A Yogi's third eye would take him exactly to the root cause within a patient's body leading to miraculous results. Huge results can be accomplished if one has mastered the mind and is surely above emotions. The problem with touch reiki is the fact that it ends up as a get-together. People gather to heal their past rather than to offer any help. Nonetheless, reiki is capable of healing all the parties involved it cannot become a regular practice. Before one leaves his/her home for a healing session, they need to be in a commanding position to heal. Just like a beggar cannot offer any financial assistance to anyone, similarly a person carrying baggage from the past cannot address the process of healing in its entirety.

The procedural part of healing is well taken care of by most healers. It is the process that needs to be looked at. Just by observing and finding the root cause healing begins. The more deeply one observes the faster the process of healing happens. Healing is not the job of a person who has his consciousness rigged in the root chakra. One needs to rise above gravity and probably go beyond time and space for the beauty of the process to be revealed. The great Albert Einstein once noted that time goes slow with the impact of gravity rising. That is, the more grounded one is, the lesser the prospect of healing. One needs to be light, one needs to be ethereal to get results of any sort. Please remember, we are all born to heal, there is no other job. Be in gratitude, be in love, and heal every moment.



Unveiling the 6 essentials for Happiness in Marriage

- Dip. SAC Ashwini Telang, Thane

Marriage is a beautiful partnership built on love, understanding, and respect. With some of our dear friends embarking on this exciting journey, and me being a co-author of the book *Holistic Parenting*, I thought it's the perfect time to share some essential elements that can significantly influence a strong and joyful marriage.

1. Apologize and Forgive

We have seen around that often apologizing and forgiving are seen as weakness rather than strength. However, I would say the reality is opposite. The ability to apologize and forgive is the base or rather the core of any strong relationship. Saying sorry when you've made a mistake and expressing genuine regret can be tough, but it paves the way for healing. Something even saying sorry for other's mistakes may mean a lot. It may sound weird but it's true everyone who makes mistake knows within but may not be able to apologize thinking that the other may not forgive him / her for that mistake. On the flip side, forgiving means letting go of resentment or anger towards someone who has wronged you. It doesn't mean forgetting, but rather allowing your relationship to move forward. Forgiving is difficult, as it needs graceful attitude. It means one is giving the other a chance to make up for his/ her mistakes of the past. Needless to say, this definitely strengthens the bonds between the spouses. It creates a safe space for open communication and enhances trust. This foundation is crucial for overcoming challenges and deepening one's bond.

2. Interdependence and Autonomy

True happiness in marriage also comes from understanding and respecting each partner's interdependence and autonomy. Interdependence does not mean giving up being self-sufficient or making choices without relying on one another. It allows individuals to grow, explore their interests, and develop their identities while exploring each other's strengths and filling up the weaknesses of the other spouse.

Autonomy, on the other hand, emphasizes the right to make choices based on personal values and beliefs. Striking the appropriate balance between interdependence and autonomy is crucial.

In a healthy marriage, both partners support each other's individuality while covering up each other's flaws using one's strengths. This support leads to a more enriching relationship where each person feels valued for their individuality. Encouraging each other's distinct paths ultimately strengthens the connection the couple shares.

3. Gratitude and Appreciation

Another powerful ingredient for a happy marriage is fostering an attitude of gratitude and



Contd.

appreciation. As a Reiki Sadhak, we all are aware of the attitude of gratitude, the very first principle of Reiki. The attitude of gratitude has the magic to transform our lives in totality. Most of us would agree that gratitude is all about recognizing the best traits within your partner and being thankful for their contributions to your life. Whether it's their support during tough times or their ability to make you laugh, expressing gratitude deepens emotional connections.

Appreciation is all that one needs in the world, as appreciating means recognizing one's existence. As a matter of fact, each individual on this planet is constantly seeking to be recognized, which in terms of psychology is known as recognition hunger. It is said that this psychological hunger of being recognized, if not satisfied, is fatal. Any relationship, be it parent-child or husband-wife, has its base in recognizing and appreciation is the best way to enhance it.

Therefore, one can say, appreciation takes it a step further by recognizing the inherent value in your partner—their unique qualities, their ambitions, and the little things that make them special. By regularly showing gratitude and appreciation, partners can create a positive atmosphere that enhances their relationship and encourages a more profound sense of joy in their lives together.

4. Shared Goals and Values

The concept of threefold surrendering - सत्यम् शरणम् गच्छामि, सत्य-धर्मं शरणं गच्छामि, सत्य-धर्म-संघं शरणं गच्छामि - suggests "I surrender to the ultimate truth, I surrender to the path that takes one to the ultimate truth, and I surrender to the companion accompanying me on this path of reaching the ultimate truth." This sentence from the Vedas reminds us that we all have shared goals and values. Understanding this can help us build a stronger relationship. This also suggests that a strong marital relationship often thrives on shared goals and values.

Shared goals are the outcomes both partners are striving to achieve together, such as travel plans, career aspirations, or even starting a family. When couples work toward common objectives, they foster teamwork and unity, which builds a solid foundation for their partnership.

Shared values, meanwhile, are the beliefs that guide behaviour and decisions within the relationship. When partners seek to align their principles—like honesty, respect, or commitment—it can lead to a harmonious partnership where both individuals feel understood and valued. Working together towards common goals and aligning core values can create a sense of purpose and direction in marriage.

5. Emotional Support

Providing emotional support during challenging times is crucial in a marriage. Life will inevitably throw obstacles in anyone's path and having a partner who can listen and empathize makes a world of difference. Being emotionally available means being there for your partner when they feel down or uncertain, offering love and reassurance. Again, there too it's the psychological hunger that needs to be satisfied as and when it occurs. Most of the time, unfortunately, we try to give our spouse the emotional support when we are available and not when they want it. Let's say, you are hungry in the afternoon, and someone gives you food in the evening. Technically speaking, you were hungry, and that person provided food but was it when you needed it the most? By that time probably you had eaten something and were not hungry at all when that person got you food. This is exactly what we do in the case of emotional support. We provide the emotional support after everything happened. Do you think it will be effective then?

This support fosters an environment where both partners feel safe expressing their feelings and thoughts, creating a deeper connection and trust. A marriage where both individuals provide and receive emotional support can navigate tough times more effectively.

6. Conflict Resolution Skills

No relationship is without conflict; it's how couples handle disagreements that matter most. Each individual forms an opinion about the surroundings based on their concepts and perceptions. These concepts and perceptions usually come from his or her own life experiences. When two individuals with different perceptions and concepts about the same situation are together, it's natural to have frictions between them. This is what conflict means.

So, conflict resolution skills are essential for maintaining a healthy marriage. Effective communication techniques, such as using "I" statements, can help express feelings without blaming the other person. For instance, saying, "I feel upset when..." instead of "You always do this..." can prevent defensiveness and promote understanding.

Learning to find compromises is equally important. Striving for solutions that benefit both partners helps strengthen the relationship and reinforces the idea that both individuals' feelings and needs are valued. Cultivating these skills contributes to a more harmonious marriage.

Guruji you are the Rainbow in all our Hearts - Aruna Margam Bengaluru

I just picked up the book Rainbow in the Heart written by our beloved Guruji. It has 21 Spiritual Insights and Meditations shared by Guruji for the benefit of all of us. Incidentally this December its completing 25 years. The forward written by Nityananda Giri from Tapovanam was stirring the importance of a Guru and specially about our beloved Guruji and his valuable Insights. Guruji has written in his preface that he wanted genuinely to be in touch with his students through the world. He got all these 21 Insights and meditations during his meditations on Thursdays. After reading the intention of Guruji and the source of the Insights and meditations I feel so privileged to be his student and also to read through it after a long time.

He has a big heart to also say that the big contribution has come from his students. He also has written “ I believe that the God created all of this for them through me, as they are very close to God, I am just a medium”. I learnt reiki in February 2000 I still can vouch Guruji through his life stayed true to this above statement and guided all of us in this direction, saying “Idam na mama”. The very first time I had referred to this valuable insights during one my speech during our Students Grade 12 Graduation day 2009. The favorite one was the first Insight “Shine like a Star”. He says there are star like bodies in the sky which do not shine. They are the Black holes. Stars and Black holes receive the same light from the sun, the stars reflect and shine and black holes absorb them and do not shine. He says we have a choice as sadhaks to be a shining star or a black hole.

Another beautiful topic “The Game of God”, in which he says look out for God today. He plays hide and seek. Catch him and never leave him once you get hold of him. This is going to help us stay connected to the “Atmabhav” and be alert and aware of God in every person isn't it? Following this he says “Guru belongs to every disciple”. We disciple try to add, subtract, multiply or divide our Guru, he emphasizes that “Guru is not Mathematics”, whatever mathematical calculations we do his 100% remains the same. He has time and again shared many spiritual experiences with all of us. We all have fulfilled many of our desires just by listening to him. He says a real master shares his experiences he makes the disciples live that experience. How true it is. Another heart touching Insight when a student asks Guruji to give her something belonged him, Guruji has written he was rattled. He realized nothing belongs to him in this world not even his heart. He says that belongs to me is YOU. He is asking can I offer you to yourself? Do you really belong to me? This question rattled me, may rattle all of us. Such a pure thought, we are fortunate to be his students residing in his divine heart.

When one of his second degree student wanted to stay happy forever how she felt after the seminar and had a doubt clouding her mind will this go away. Guruji answering her



Continued...

very beautifully says “The only way is to merge yourself with the God, the universe, with the “Adishakti”. When you become one with the God, you have no choice to be happy”. So simple and so profound. Guru’s specialty is in simplicity. He is guiding us how to merge with God, by following the 5 S theory. Do SATSANG, SEVA, SAMARPAN, SADHANA, SAMADHI (meditations).

Our Guruji was so connected to our Devrukh Ashram. He has named the Ashram as “Brahmakamal Ashram”. He says God wants you to blossom now, he adds that every sadhak is like a Brahmakamal. This flower blooms when there is darkness and creating a spectacle when least expected. He has lived by example and guided us many times during Covid that this is the time we need to change the wave of fear into wave of faith. Further to this he writes just go along and bloom. Do not bother about the darkness, do not bother about who is watching bloom for yourself. When you bloom for yourself you would have realized the purpose of your existence. How intense and do practical to reach the purpose of our lives isn’t it?

Guruji has told us in different sessions, its important to be empty and void and then only God can fill you with the divinity and knowledge he wants to spread through you. For that we need to be letting go, drop all unwanted and become empty. Then you will be light and happy. He further writes in his next insight about his sadhaks that whenever he speaks to them or think of them or read their thoughts makes him happy. As usual he shows his attitude of gratitude and thanks God for being kind to him and has offered himself to Guruji in so many forms. He has written “You are all part of HIM. You are HIM”. Twenty five years before he has written this and he always connected to our soul consciousness and accepted all of us unconditionally, loved all of us as he loved swami, shared all the time his experiences to guide us through the path, helped us every moment to grow. On his birthday we promise you to play our role in this world positively and be part of your mission and spread Health, Happiness and Harmony.

Rainbow is seen only when there are certain conditions around. Guruji has shared his thought to experience Rainbow in one’s life we need divine grace, lots of dewes of love and compassion in Heart. Experience the bliss and joy around, add the grace of the universe and the rainbow will just come.



“The Journey towards Natural Farming”

***- P.N. Subramanian,
Chennai***

My path to embracing natural farming has been a transformative journey, deeply rooted in reflection and learning. It was not an overnight change but a gradual awakening influenced by decades of experience, observation, and a realization of the impact of modern agricultural practices.

The Green Revolution: A Necessary but Costly Change in the 1960s, India was on the brink of crisis. Between 1964 and 1966, severe droughts and famines struck the nation, and food security became an urgent priority. The Green Revolution emerged as the solution, introducing high-yielding crop varieties, chemical pesticides, and fertilizers. It was a necessity of the time, ensuring survival and feeding a rapidly growing population.

As a child, I witnessed a different environment. The soil was fertile, water was pure, and the air was fresh. Farming was harmonious with nature, and food production felt organic and untainted.

However, the Green Revolution shifted focus to maximizing outputs. Chemical farming became the norm, and its adverse effects were not questioned. At the time, the excitement about increased yields and food security overshadowed any concern for environmental and health impacts.

Awakening to the Damage

By my 50s, the picture had changed dramatically. I began to see the consequences of indiscriminate chemical usage in agriculture—degraded soils, polluted water sources, and a rise in unknown health conditions. Many of the pesticides and fertilizers we used were banned in Western countries due to their harmful effects, yet they continued to be a staple in Indian farming.

The sight of farmers spraying toxic chemicals without proper protection stayed with me. Their faces covered with cloth masks, they would return exhausted and rationalize their exposure by gulping down alcohol to "counter the mess." The long-term health effects and unknown diseases this practice caused were alarming.

I started educating myself about these harmful chemicals and their impact. This quest for knowledge ignited my desire to explore natural farming methods.



The Influence of a Guru and the Start of Change

I owe much of my early learning to Dr. Gurumurthy, who served as my mentor during the initial phase of this journey. His insights and guidance were invaluable in helping me transition from conventional farming to natural and regenerative practices.

My chemical farming stint lasted less than two years, but it left a lasting impression. It made me realize that sustainable farming was not just a choice but an imperative for the future. For the past eight years, I have been fully committed to practicing regenerative natural farming.

From Terrace to Farmlands: A Journey of Experimentation

My first steps were small. In Thorapakkam, I utilized 3000 square feet of terrace space to grow crops. Initially, I relied on chemicals, as I was still unacquainted with natural farming practices. Gradually, I shifted to sustainable methods and experimented with hydroponics and aquaponics. The joy of growing vegetables like tomatoes, okra, eggplants, and ridge gourds naturally was unmatched. Encouraged by this success, I expanded to farmlands. Initially, I grew commercial crops like sugarcane, paddy, BT cotton, sesame, and groundnuts using chemicals, as the scale required it. I leased lands and aimed to cultivate up to 100 acres. The commercial farming system revealed its harsh realities—the exploitation of farmers by middlemen and mills. Most farmers are forced to sell immediately at low prices to repay debts, but I was fortunate to hold my produce until prices improved.

However, I felt increasingly uneasy. Chemical farming was stripping the soil of its vitality and eroding my sense of purpose.

The Philosophy Behind Natural Farming:

What struck me most was the mindset of farmers in their 60s and 70s who encouraged the indiscriminate use of harmful chemicals. These were people who had witnessed the degradation yet continued the practice out of habit or necessity. Their philosophy contrasted sharply with my growing awareness. The realization that we were not just feeding ourselves but also the soil, the ecosystem, and future generations shifted my perspective. Farming became more than a livelihood—it became a responsibility.



continued...

Rediscovering Traditional Wisdom:

Walking through my farmhouse in Mudaliyar Kuppam one day, I was struck by the wisdom of our ancestors. The so-called "weeds" we often uproot and discard are, in fact, medicinal plants used in Ayurveda and Siddha practices. Using Google Lens, I identified several plants growing naturally, such as Kuppaimeni, Oodha Mulli, Kundu Mani, and Thazhuthazhai.

This exercise reinforced my belief in natural farming and the ancient wisdom of using nature's gifts for health and sustainability. These plants, which we label as weeds, are a reminder of the interconnectedness of life and the need to respect our environment.

A Commitment to Regenerative Farming:

Today, I am proud to be practicing regenerative natural farming, which goes beyond avoiding chemicals. It focuses on replenishing the soil, restoring biodiversity, and fostering a harmonious relationship with nature. The journey has been filled with challenges, but it has also brought immense satisfaction. Every crop I grow naturally is a step toward healing the land and leaving a better legacy for the next generation. Natural farming is not just about techniques; it is about philosophy. It is about respecting the earth, understanding its rhythms, and embracing sustainable practices that benefit both humans and the planet.

As I look back, I am grateful for the guidance of mentors like Dr. Gurumurthy and the lessons from my experiences. The journey toward natural farming is ongoing, but the path is clear. It is a path of hope, resilience, and reconnection with the roots of agriculture.



REIKI EXPERIENCES

Message from Nistha Rajguru:

Jai Gurudev. My name is Nistha Rajguru. I live in Rajkot. I have learnt Reiki 2nd degree and have been practising it regularly. Two day back I was going with my husband on bike to a temple which is at a 2 hour distance. We were riding on boke and suddenly I felt like giving Reiki to the bike. I gave Reiki and we reached Rajkot. Before going home, my husband took to the petrol-pump and also asked the man to fill up the oil. The serviceman when opened the tank there was not a single drop of oil. He was really surprised and asked from where you have come. My husband answered that we have gone to a temple which is at a distance of 2 hours. The serviceman said that you people are saved that is miracle. Your bike could have stopped at any moment without oil and there could a fatal accident. On hearing this, I thanked Reiki Maa, Guruji and all the Reiki Masters who taught me Reiki. I thank Reiki to be in my life. This is biggest blessing of my life.



Message from Rahul:

My name is Rahul. I have recently learnt 1str degree. I had a wonderful experience of Reiki. I was riding on bike and suddenly in front of me 2 people riding the bike slipped from the bike. They got injured. The ride was badly hurt and bold was profusely coming out. I gave reiki to him and immediately the blood stopped. Another person was also injured and he was about to get unconscious. I gave Reiki on his solar plexus and he came into his senses. Thereafter he was conscious till he was taken to the hospital and then he declared that he was absolutely fine. I am really thankful to Reiki that I could help those people.

Message from Rakesh Rao

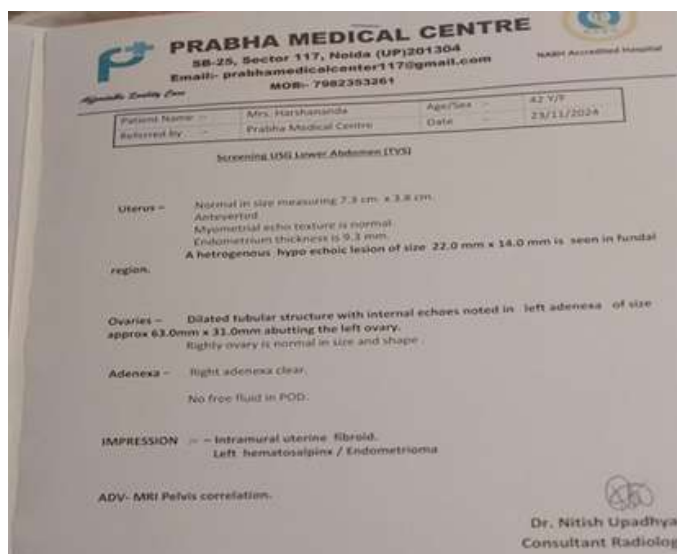
My name is Rakesh Rao. Last week my father got stroke and he was in ICU. I had requested didi in the Wave of Faith program to send Reiki. All the 2nd degree sadhaks attending the program gave Reiki to my Father and within a week my Father got discharged. He is able to walk and talk properly. No damage has happened to his body due to stroke. Thanks to everyone and Reiki for saving my father.

Message from Harshananda

Jai Guru Dev! I'm Harshananda from Delhi. In October 2023, I was diagnosed with a fibroid (35x42mm) and a left ovary cyst (21mm). My doctor recommended surgery, but I started Reiki in November 2023 and continued it along with medication. After a recent scan in November 2024, the fibroid has reduced to 22mm and the cyst to 9mm, so surgery is no longer necessary. I'm out of danger! Thanks to Reiki for avoiding my surgery.



REIKI EXPERIENCES



Reiki Vidya Niketan Activities

One Day “Swadhyay Shibir” at Devrukh Math – 10th November, 2024



Shri Swami Samarth Chaitanya Trust has organized one day “Swadhyay Shibir” for Devrukh Reiki Sadhaks on 10th November, 2024. The concept of shibir was to do Swadhyay (self study) based on teachings of our beloved Ajit Sir. The true homage can be paid to our Guruji only through sadhana. Considering this, one day shibir was organized.

The theme selected for the shibir was “Karma Puja – Manas Puja – Chaitanya Puja” spread over 3 sessions. The shibir started at 7.00 in the morning with lighting of the lamp, prayers and inauguration. Then 25 Shri Satyanarayan Pooja were performed simultaneously in front of Swami. Kanta Guruji guided all Sadhaks in performing the Pooja. Actual puja was followed by session on “Science behind Shodash upachar Pooja”.

Reiki Vidya Niketan Activities



Afternoon session comprised of “Memories of Guruji” sharing of experiences, Quiz on Reiki 1st Degree seminar, Games and puzzles. It was then followed by “Manas Puja and science behind it”. Shiv Manas Puja by Adi Shakaracharya was taken as theme. Similarities of Shiv Manas Puja with shodopachar puja, and uses of Manas Puja were discussed in the session.

Evening sessions comprised of Bhajans, Uttar Puja of Shri Satyanarayan and closing meditation. All Sadhaks who participated also lighted lamps on Deep Stambh and the event ended at 9.00 pm by taking Prasad.



Ashram Wisdom

Recently one lady informed that she had some gynec problem and for which Doctor had suggested surgery. Now with the help of Reiki and Yog Nidra as we had suggested to her, her reports have come normal and Doctor have advised that now there is no need to do surgery. Her problem has been subsided and the cyst has reduced to a considerable size which can be treated with medicine. This was a very great news but again she called up and asked with a fear that will this cyst grow again? The lady was asked why she is living in fear? She should have a faith that Reiki has healed to so much so it will heal her totally. It is the fear which leads our body towards disease and faith which leads our body towards healing. The faith which we have in medical science, inspite of knowing that is not a complete science and diagnosis and treatment of Doctors is not always right, why can't we have it in Divine? Our faith can move mountains we all know that then why we do not believe in the ultimate Divine Doctor? We should take suffering also as a part of divine will and once we do that it will end soon.

SEMINAR SCHEDULE DECEMBER 2024

Sr. No.	Scheduled Date	Master	Location	Degree
1	7th & 8th Dec 2024	Kalpita Keer	Devrukh	1st
2	7th & 8th Dec 2024	Krupa Choksi	Palanpur	1st
3	7th & 8th Dec 2024	Vishal Shridhankar	Delhi	1st
4	21st & 22nd Dec 2024	Bharati Zinzuwadia	Ahmedabad	1st
5	21st & 22nd Dec 2024	Vishal Shridhankar	Mumbai	1st
6	21st & 22nd Dec 2024	Aruna Margam	Bengaluru	1st
7	21st & 22nd Dec 2024	Kalpita Keer	Goa	1st
8	21st & 22nd Dec 2024	Rakesh Kumar	Airoli	1st
9	28th & 29th Dec 2024	Kalpita Keer	South Mumbai	1st
10	28th & 29th Dec 2024	Krupa Choksi	Rajkot	1st