

VOLUME 16

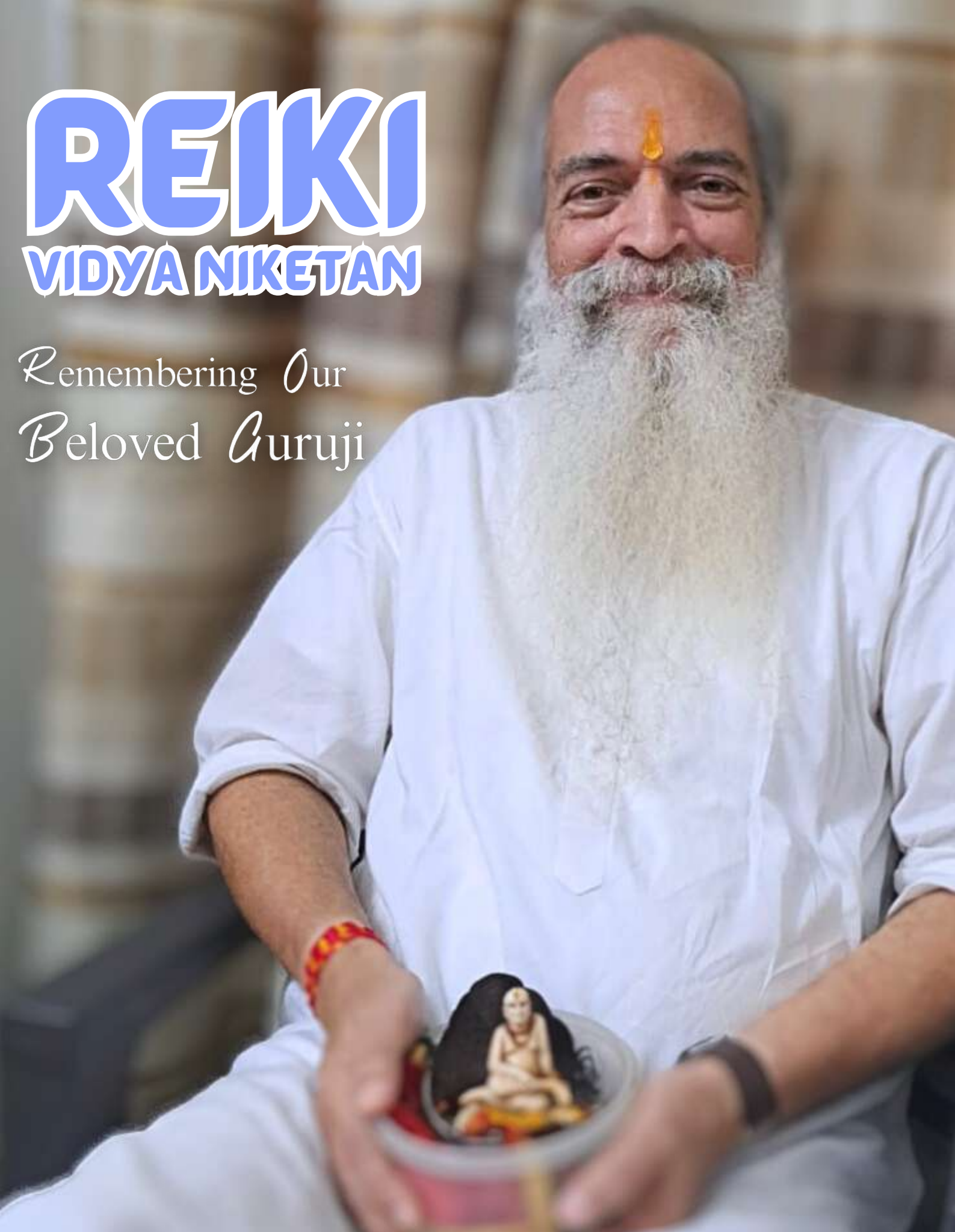
ISSUE 01

JAN 2024

REIKI

VIDYA NIKETAN

*Remembering Our
Beloved Guruji*



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



Dear Sadhaks

Jai Gurudev.

Wish you all a very happy New year!

New year begins with lot of hope, lot of aspirations and lot of resolutions which we try to follow throughout the year. This year, we have consecration of Idol of Lord Rama in Ayodhya. It is believed that Lord Rama was born there. After years of dispute, finally government is able to construction temple at this historical place. The sacred place which was under lot of controversy is now a place which everyone wants to visit. This is year is considered to be a year of positivity and is dedicated to Lord Rama. Crores/ Millions of people are chanting name of Lord Rama till the consecration happens on 22nd January, 2024. The whole idea is to awaken the consciousness of Lord Rama with us.

The Sanskrit meaning of word "Rama" means pure divine love. "Ra" means love which is common in Rama and

Radha. Within our existence love and compassion resides in our heart chakra. When our consciousness moves to the heart chakra we are full of love and compassion. We experience the same and also deal with everyone around us with lot of love and compassion. We are in total acceptance. We are totally pure. We are in Atmabhava. We are very positive and see good in others.

Just like Dashavataras of Lord Vishnu as explained by Guruji, our consciousness also changes with the time. It moves through different chakras. Our consciousness evolves from Matsya, Kurma and Varah in the womb of the mother where the fetus takes various forms. And then finally we are born as Narsinha. At this stage we have only survival instinct. Our consciousness is in Muladhar chakra and then it goes to Swadisthan chakra where we experience Vaman consciousness. Pure, innocent,

natural child. In the adolescent stage it is our consciousness enters Parshuram stage in Manipur chakra till 35 years and then it becomes of Rama consciousness in heart chakra when a person accepts everyone and thing. He is in the reaction mode. Just like Lord Rama accepted everything and everyone smilingly. He accepted exile in the forest for 14 years without any complain and also accepted everyone who came in contact with him. He was full of love and compassion. He loved everyone. When he came back from his exile in the forest, he had no grudges for even his mother Kaikeyi. He bowed her first.

In the current age of restlessness and violence, evolution of Rama consciousness is very much necessary to again go to the golden age i.e. Satyug where there were no fights. Guruji always used to say in his seminars that Satyug i.e. golden age can come tomorrow if everyone decides that no matter what happens with me, I will be good to everyone. I will treat everyone with love and compassion.

Our love is our core nature. But unfortunately most of the people have forgotten it that is creating lot of disturbance in this world. If all the human beings are free from insecurities, sorrow, fears, anger and jealousy, world can be a beautiful place to live. Lord Rama teaches us to be like him. If everyone in this world behaves like Lord Rama, we will accept everyone, there will be no insecurities. Ram Rajya will



prevail in the entire world where everyone is happy and contented. Justice will be given to everyone. But that is far-fetched dream. To change the world, we need to change ourselves. Let us learn and imbibe teachings Lord Rama from his life and let us awaken our own love and compassion. Let us be pure and positive. Let us try to see divinity within and around in everyone. Let us awaken Rama consciousness within us. That would be the true devotion to Lord Rama.

With love, light and reiki
Krupadidi
1st January, 2024

SHIVA HEALS YOU

On the face of it...

- VIVEK PANDEY



On the face of it, every person appears to be okay. They all smile, things appear to be under control. The law is observed thoroughly at all times. The societal norms are taken care of in more than what is expected of them. The possessors of worldly wisdom are outdoing and outbeating each other at every niche and corner of the world. Only a scanty number of people who can see the reality exist. People tell stories to explore the true nature of life like the Chinese wise men, now are a handful in any town. On the face of it, we all are progressing and developing at a brisk pace. However, the evolution part of our inner being has been thoroughly compromised. The world needs more storytellers and healers and less professionals and commercialized people.

Back in the ancient times, when the gods were yet to be discovered or created by the human minds. The phenomenon of being human was fantastic. When the religions were not born, humans even though still in their

rudimentary phase were far more curious and natural beings. Most religions came close to discovering the truth for the betterment of the human race with more or less the same profound principles being unearthed from time to time. Nonetheless, the same religions have now become a part of the system and religiousness is a memory game. What was meant to be realized is now memorized and in some cases forcefully imposed upon. The beauty of seeking and knowing was long lost by us.

These days we survive in a world of assumptions. One person's reality crisscrosses with the other. Just to run about their worldly business, people have developed the habit of arriving at safe reconciliations. Most normal people don't hurt the other, to keep matters sane and serene. However, with this approach, human evolution takes a back seat. In pursuit of truth, one gets many reality checks and also lashes at every stage.

On the face of it...

- VIVEK PANDEY

As Vivekananda said, “If you do not face problems on any given day, you are on the wrong path.” The path of the seeker of truth is made to go through a lot for a total annihilation of the ego. These days assuming positions of power without having the necessary competence is a new norm. These days having confidence without clarity and no hesitation is the new world order.

The word ‘Management’, ever since it was coined is an insult to humanity. A whole lot of books have been written on management. We have courses and degrees selling like hotcakes in the name of Management. The pay-scales and the efficiencies of people are based on this one word ‘Management’. However, if one looks closely, things began at the time of the Industrial Revolution. Instead of making people consciously evolve they were exploited and kept low in the name of management. The ego was consolidated a thousand times just in the name of this management. Back then, humans were looked at only as physical bodies, and the entire set of universe happening around and through him was completely neglected. Only of late have things started to reconcile with spirituality, but it has been a complete intersection after a 360-degree round. High time we coin new words for managing spirits born as man. To be able to look at the way



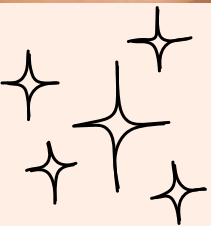
things happen through nature and not be pompous about getting the job done. The source of power for everything and every being and the principles underlying underneath all need to be understood and actualized before proceeding with any activity.

The word ‘awareness’ is used pretty casually. Most people are alert with the sharp senses that they possess. However, awareness is a different state altogether. Alertness can be a quality, awareness is always a state. When you just notice and react because something does not appeal to your senses is alertness. It is more of an animal quality that does not need any ability other than a great physicality. Awareness dawns upon you only when you realize the essence of being human. When one is aware, there is always a choice to act either way. With awareness compulsive behavior drops and decision is taken out of pure consciousness. Alas! One arrives at such a stage and only after years of seeking the truth. But, the world still stands good, on the face of it.



UNIQUE

Kaushiki Swaroopa, Thane

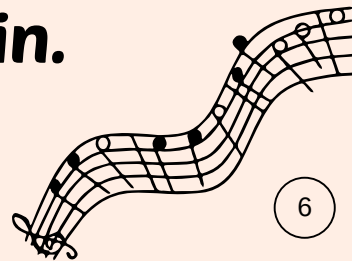


**Unique is every human being,
Like the notes that we love to sing...
Together they make noise,**



**Yet in combination when they rise,
A beautiful song can be sung...
A wonderful thought shall soon be rung,
In the minds of us humans.**

**Bringing it down to reality,
And changing the life's quality...
Life is all about knowing,
The uniqueness is always within.**



Sat Chit Ananda

- Aruna Margam,
Bengaluru

Sat is the true self, being, existence, real, essence of life. This is nothing but Brahman. As sadhaks our journey is finding the true self from What we believe to Who we are really are. We know theoretically we are nothing but the Brahman, the divine self but the realization is yet to happen. Our Guruji said the same in a simple way “Ahambhav to Atmabhav”. Body consciousness to divine consciousness is the journey. A journey means there is a destination where we need to reach. Beauty of this journey is the Journey itself is the destination. Realization is here and now. It's just a thought away. It is nothing but Atman, which is our true self. It is eternal, unchanging, the true knowledge and imperishable. It is timeless, space-less, placeless and endless. It is Self-illuminous.

Atman has no body, no form, so no old age and no death. Atman is Amara and Avinashi. When we truly see who we are we understand the immortality of

Brahman our truth the Sat.Atman is the in dweller, inner ruler, silent witness, source of the world, self – existent, independent and also self-luminous. He is the chaitanya or Atman or Brahman. We all can experience the true divinity of our beloved Guruji in spirit every moment. He is giving us the real experience so that we are also ready for this journey of our life, the very purpose of our life. The journey from body consciousness to soul consciousness.

Chit the infinite consciousness is the very substratum of life. We are all one and the same consciousness and out of ignorance we identify with the physical body and the game of life takes over. If only the knowledge and awareness is there, then we understand the essence of Vedanta that the world is nothing but you and there is no difference between you and the world. We all are one and the same. Guruji has given us the scientific knowledge through

Sat Chit Ananda

- Aruna Margam,
Bengaluru

Quantum Physics we are all energy and particles. He has given us the firsthand experience with Mirror exercise in the first level reiki session. We are fortunate to know this reality that we are immortal during the life. Normally one understands this in his or her last breath. Guruji has empowered us with this knowledge. Are we putting it to practice is the next question? If we do so Moksha, the ultimate truth is here and now, isn't it?

Ananda the Bliss the very nature, the core of the human being is so elusive due to our ignorance. We are searching for it outside us, and it is within us. The unconditional love which exudes from a human heart, a state of happiness without a reason are small examples of our true nature the Ananda the bliss the very essence of Atman. Guruji has guided us from the beginning to be in Ananda be Swastha that is connect to the very source of our being and stay connected. The famous story of the little girl Lachi, how she learnt to be happy always. Like the

peacock helped Lachi, Reiki has touched our lives to reach the state of happiness.

Reiki has given us the understanding of all the three Sat – Chit – Annada. There are not three different entities, they are the same. They are the Atman, the Brahman, the supreme consciousness and the supreme bliss. We are fortunate to be part of this inner journey which Guruji has sowed the seed in each one of us to reach the ultimate understanding who we are? Our purpose and the destination which is here and now. To reach the ultimate we have to use our own light with the support of pure consciousness flowing through us every moment and touch the permanent river of bliss flowing through and through the universe.



“Space”

By Chandresh Parmar,
Vadodara

SPACE means empty space in simple language. Empty space is very important in our physical world but it is also important in the spiritual world. However, there is a difference between the two ‘Space’.

In the physical world the value of physical space is high; Like a building plot, farm, and even in a built house, the more space inside and outside the house, the higher the value of the house. In lingual terms and reference to grammar, if there is no space between two words, those words and sentences are difficult to read.

In the modern world, space is important in computers or mobiles! (MB, GB, TB) The importance of space-bar in computer or mobile is so much that the biggest key on the keyboard is also space bar. In fact, space / sky is the most abundant thing in the whole universe - among big planets, stars, suns, galaxies!!! It is infinite, impossible to count or measure. Just as God is invisible, the sky is also invisible, infinite and vast.

In the same way, space is also very important in spirituality. Sadhus-saints-siddha-yogis always carry space with them wherever they go and even after leaving the space they leave their influence on that space. With their subtle energy that space becomes supremely sacred and blissful. It cheers up the mind and makes one feel happiness. If meditation is done in such a space, one gets to experience bliss easily.

Similarly a Sadhak who performs sadhana-dhyana-dharana, various Yajnas (such as Agnihotra, ॐ Trimbakam homa, Vrahati homa, Rudra Swahakara, etc.), Rudradhyaya, chanting of mantras, bhajan-aarti, etc. at a fixed place daily for a long time then the space is filled with extremely strong and sacred subtle energy. And whoever comes to such a place is healed easily. It is only possible for the truly fortunate to stay and practice in such a place; Such a person also carries this space with him. But then it is the responsibility (9)



“Space”

By Chandresh Parmar, Vadodara

of that person/sadhak to maintain that space wherever he/she goes.

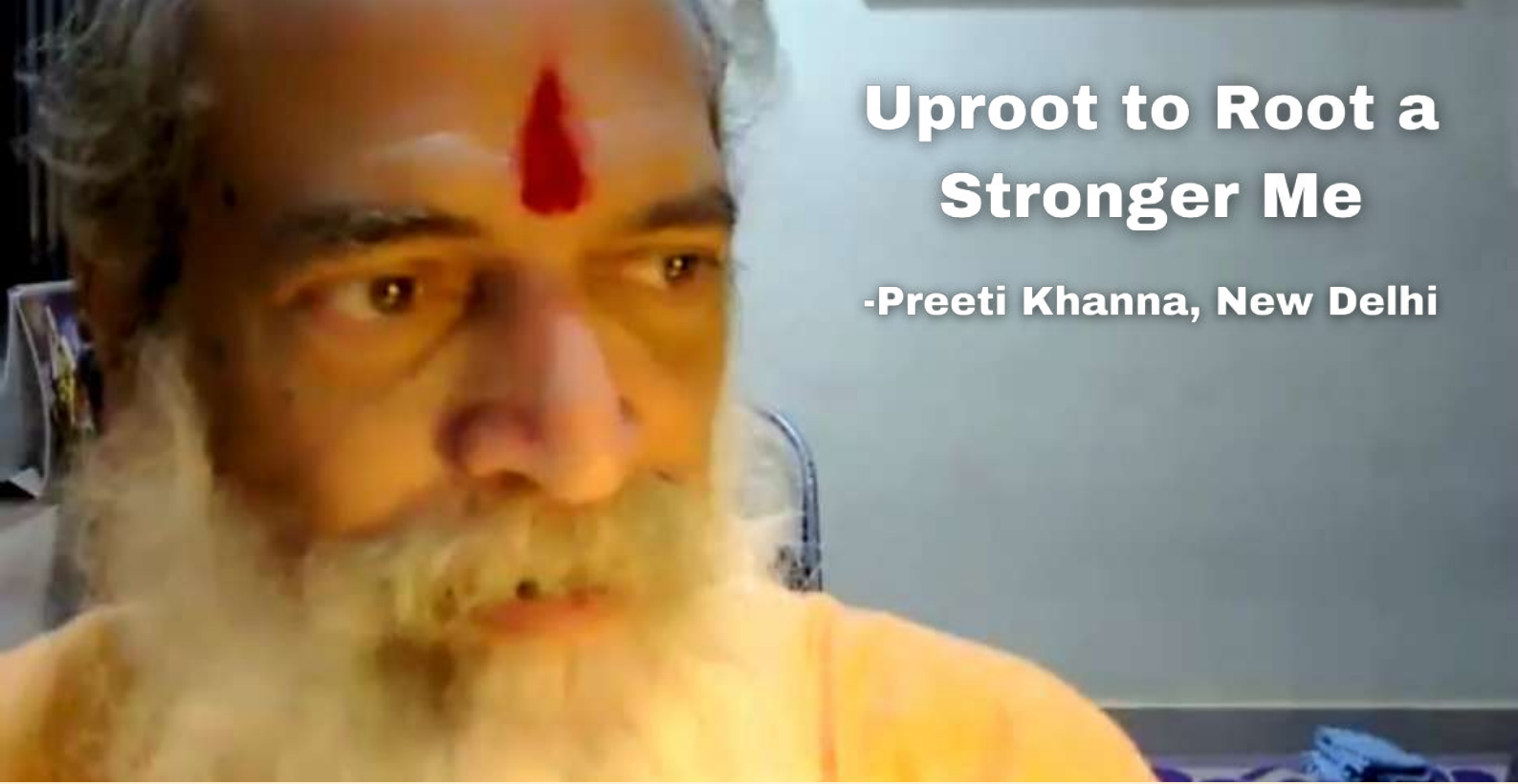
Such a space is created in a temple, Shivalaya or ashram and it is the duty of the practitioner/Sadhak to maintain it; He helps to maintain or enhance such a space by keeping a pure mind through his nishkam seva-sadhana.

How many times our Guruji asks us to stay in space, our Devrukh Ashram is also filled with such amazing space. One should stay there as much as possible and perform selfless service and sadhana. And even when we go back home from there, we should bring that space with us. And thus the sadhaka should become a space himself and spread the fragrance of Sadhana everywhere. When Guruji talks about staying in space, he means attending seminars as much as possible where Reiki seminars are held, giving Reiki to someone who is sick, doing what Guruji has taught – Reiki, Agnihotra, T.M. (Meditation), Rudradhyaya, Yoganidra, Centering (Golden Ball) Meditation, joining Wave

of Faith or other occasional Zoom meetings (on-line), listen, understand, take down the topic and use it whenever needed. By doing all this, any Sadhak himself carries a space and creates a healing space wherever he goes. Just by the presence of such a Sadhak there is an atmosphere of bliss, just as one feels it in the presence of Guruji; Because Guruji itself is a wonderful space; Just by remembering Guruji, we also get connected to his space.

Let us follow the path shown by Guruji, stay attached to his space and be instrumental in maintaining that space.

Jai Gurudev!



Uproot to Root a Stronger Me

-Preeti Khanna, New Delhi

I lit the flame

To welcome the Sun's dawning embrace

Roaring came the wuthering winds

Freezing my spine with a stony daze

My yagna stood aghast and shrivelled to ambers dismayed .

With the wink of the eye our Guru His physical form denied

Leaving the lofty banyan tree with trembling roots upright

The shocked branches in disbelief wailed and cried

Hollowness engulfed as to how the tree would survive?

Clueless stood the branches

Though deep rooted were the trenches

Knew not where the breeze would sway

The boughs to bend and dissipate Guruji's virtues under its shade.

Where in this world it's leaves would lay?

Not a breath without the divine banyan rose a day

Not a morsel without His virtuous food would find its way

Parched were the throats while tears rolled

Moaning with embrace the twigs whispered to a strong hold

Soothing and patting one another of the uprooting pain untold.



Said He:

Sulk not my gentle souls

I am with you,as in you my reiki flows

I reside deep within you my generous hearts

Through the spiritual wisdom that once I had impart

You shall stand upright as you stood with me

With a stronger vigour and firmer conviction you will see

Of the boughs that stood together and would always be

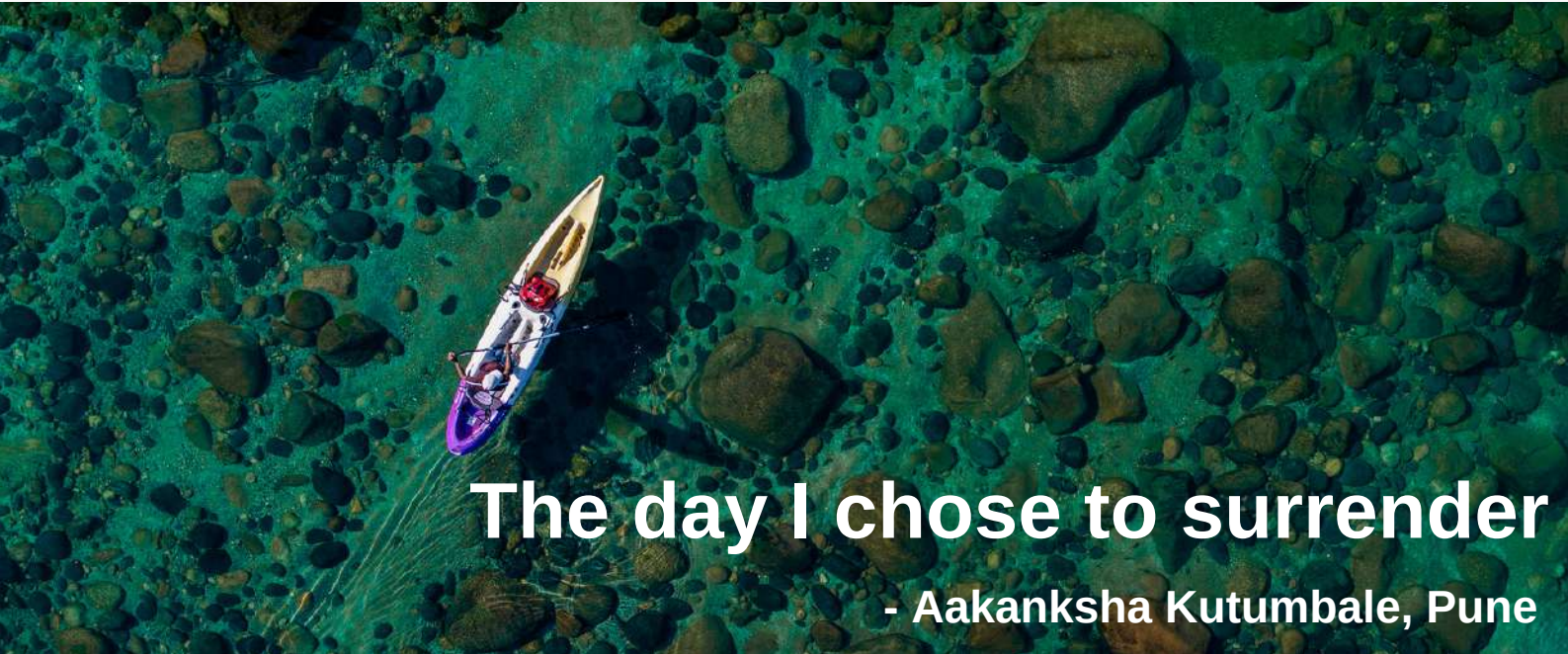
As above you is My shade and will eternally be

I am the Reiki Banyan

uprooted to root you deeper for a stronger and loftier Me !

Guruji's lamp will always glow with the rainbow in our hearts

-Preeti Khanna, New Delhi



The day I chose to surrender

- Aakanksha Kutumbale, Pune

Everyone of us has some inclination towards at least one of the natural habitats. Be it beaches for many or forest trails or mountains or just having a cosy stay in the wilderness. You will notice that you immediately feel at peace as soon as you put your foot into nature. That is the magical power it has within.

I remember this very prominently when I went to Meghalaya in 2021, it was after the first wave had passed. A lot happened out in the world and a lot happened in the inner world. I had a lot of questions and no clarity in life about what I was going to do. This trip post was sent by my brother and from Madhura, my friend. I never went on a solo trip like all alone, no known person before and yes I was 28 by then. But I was very skeptical, and was also doubtful about how I would manage it all and make it a budget trip but Madhura and one of my best friend Nivedita helped me to take this leap. To be honest, I was all clueless and felt so out of place when added in the

WhatsApp group. I would love to tag them all here. I actually don't know if we are all connected on LinkedIn. Cutting the whole story short, the first visit in Meghalaya was Wei Sawdong and the only instruction from Madhura was just to absorb nature and be conscious about what you speak when here (no cuss words). Believe me after the dip in the cold waterfall enjoying it thoroughly I did not realize that I had already surrendered to nature. The effect was prominent on the last waterfall of Meghalaya which was Krang Suri falls. I was fully immersed in the energy of nature, the water, the rocks, the trees and the walkthroughs



Ashtavakra Geeta

Chapter 19th

**क्व दूरं क्व समीपं वा बाह्यं
क्वाभ्यन्तरं क्व वा । क्व स्थूलं क्व च वा
सूक्ष्मं स्वमहिम्नि स्थितस्य मे ॥ १९-६॥**

19.6 Meaning: Having realized my own self and having established in Atma bhava, there is nothing which is far and which is near to me. Nothing is material and nothing seems to be abstract. Everything is one.

For a person living in duality things are far and near. Something is material and something is abstract but here for King Janaka everything has become one. For him there are no limitations. He has become universal. For him nothing is internal and nothing is external. Everything has merged into one. He has become samadrasta (one who sees everything as one)

**क्व मृत्युर्जीवितं वा क्व लोकाः
क्वास्य क्व लौकिकम् । क्व लयः क्व
समाधिर्वा स्वमहिम्नि स्थितस्य मे ॥ १९-७॥**

19.7 Meaning: For King Janaka, now there is no death and there is no life. I neither realize existence on (bhuloka) earth nor understand dealing with people. I am in absolute Samadhi (state of eternal bliss). I do not understand dissolution nor

Samadhi. I am established in my own self. King Janaka sees everything including him as one. The same consciousness prevails in everything and he is part of it. This is a state of Self Realization.

**अलं त्रिवर्गकथया योगस्य
कथयाप्यलम् । अलं विज्ञानकथया
विश्रान्तस्य ममात्मनि ॥ १९-८॥**

19.8 Meaning: The discussion about “Trivarga” i.e. dharma (Righteousness), Arth (earnings) and Kama (fulfilling the desires) is there for all those who live in this world of illusion. The unrealized one discuss about knowledge and Yoga too. But they do not understand that Yoga and knowledge is not about discussion but it is about experience. By realizing oneself, one gets knowledge about Yoga. The person who realizes the self is free from doingness and acts of worldly life. King Janaka is resting in his soul consciousness and hence he is free from all worldly desires, actions. He is not seeking any knowledge or wisdom.



Ashtavakra Geeta

Chapter 20th

जनक उवाच ॥

क्व भूतानि क्व देहो वा क्वेन्द्रियाणि
क्व वा मनः । क्व शून्यं क्व च नैराशं
मत्स्वरूपे निरञ्जने ॥ २०-१ ॥

20.1 Meaning: In this state of absolute bliss, where is five basic elements and where is body? Where are my senses and where is my mind? Where is disappointment and where is nothingness.

This body is made up of five basic elements viz. Earth, Water, Fire, Wind and Aakash (space) and after death is again transforms into its basic form. But self realized person who is established in the soul consciousness do feel his body nor five elements. His body gets transformed into a very pure divine body. He is free from all senses and also from mind. He neither gets disappointed nor becomes happy.

क्व शास्त्रं क्वात्मविज्ञानं
क्व वा निर्विषयं मनः । क्व तृप्तिः
क्व वितृष्णात्वं गतद्वन्द्वस्य मे सदा ॥ २०-२ ॥

20.2 Meaning: Since I am free from duality, I do not seek knowledge nor want to read scriptures. My mind is also dissolved so I do not seek freedom from senses nor fulfillment of desires.

King Janaka has reached a stage of non-duality where he is not seeking self realization nor wants to get knowledge of scriptures. With the dissolution of my mind, how can I thrive for desire-less mind. I do not seek anything. Neither fulfillment of my desires nor jealous about the ones whose desires are fulfilled



REIKI EXPERIENCES



Namaste madam, I want to share my experience in Reiki class. I have a ear ringing sound from last four years, during golden ball meditation my ear started painning and after some time sound reduced slowly. Still sound is there but while doing meditation it is reducing, I am sure it will go soon with regular practice of Reiki. Thank you for all who are being with me in class.

Sangeetha, Bangalore



Jai gurudev! I learnt reiki in the first week. Last three years I am burping badly. Doctor told it's because of BP. I used to get irritation because of the burping. Only when I lie down its not there. After first day of the seminar itself it reduced and second day it was not there at all. I am thankful to reiki for healing me.

Saudamini, Bangalore



Namaste Ma'am, I want to share my experience of attending reiki session. I had a fall on the staircase in March 2023, which led to dislocation of my left arm. While I was recovering from it, I started facing severe neck pain. It aggravated 2 weeks before attending reiki session. I attended reiki session on 6,7 Jan 2024. Immediately after the attunement, I realised that my neck pain had vanished. I want to sincerely thank reiki, Guruji and the Universe. I am so happy to be part of this family.

Jisha, Bangalore



Ashram Wisdom

Outside Eatables

not allowed...

The other day, while discussing at the early morning Tea session in the ashram kitchen, some of the sadhaks raised the topic of getting uncomfortable with the outside world and were stressing the point that carrying the love, compassion, purity in the material world makes them very uncomfortable as these virtues are not valued. Gurujii said that when you go to most of the restaurants, you would find a board stating that “Outside eatables not allowed”. This means the owners of the restaurant do not want you to carry the home cooked food. Your purity, compassion, love are cooked at your home, by your own mother (the almighty). These are your own core values. Obviously the outside world would not welcome that. How can they dispense their violence, their evil ways, hatred etc and to whom? So the best thing is that take your own tiffin and when you feel hungry, just settle down under a nice tree offering a nice shadow and have your food to your satiation. Do not have to carry your home food to restaurant. May be just go there and have a tea if you like. That will make your life comfortable. Then there will be no conflicts

The interest of the external world is totally different than the purpose that you have come to this world for. They will never match. Remember that the idea of eating is not filling stomach, the idea is to get strong and healthy. Mother’s food will just do that. One can not guarantee the outside food. Look at a board in your stomach which also says “Outside eatables not allowed”

Similarly those who have visited Ashram recently would know that in our Ashram also no outside eatables are allowed and sadhaks are wondering why? It is because the outside food will eat away our purity. We do not know the person who is preparing it has what kind of thoughts. If he/she is carrying thoughts of violence, vengeance, hatred, etc then we will also get contaminated. Our ashram is a Spiritual center where we are supposed to elevate our energies by doing sadhana/ spiritual practices. Since the atmosphere is so pure and energy level of our ashram is so high, it helps us to elevate ourselves easily. Outside food may bring our energies down.

SEMINAR SCHEDULE JANUARY 2024

Sr. No.	Scheduled Date	Master	Location	Degree
1	6th & 7th January, 2023	Vishal	Nashik	2nd
2	6th & 7th January, 2023	Aruna Margam	Bengaluru	1st
3	6th & 7th January, 2023	Kalpita	Devrukh	1st
4	6th & 7th January, 2023	Bharatiben	Ahmedabad	1st
5	11th & 12th January, 2023	Krupa/ Seema	Ayushman	1st
6	13th & 14th January, 2023	Vishal	Pune	2nd
7	13th & 14th January, 2023	Kalpita	South Mumbai	1st
8	13th & 14th January, 2023	Rakesh Kumar	Thane	1st
9	16th & 17th January, 2023	Krupa/ Bharati	Ayushman	1st
10	20th & 21st January, 2023	Sangita / Bharatiben	Surat	1st
11	20th & 21st January, 2023	Rakesh Kumar	Mumbai	1st
12	20th & 21st January, 2023	Kalpita	Ratnagiri	1st
13	20th & 21st January, 2023	Aruna Margam	Hyderabad	1st
14	22nd & 23rd January, 2023	Krupa / Sangita	Surat	1st
15	27th & 28th January, 2023	Vishal	Jaipur	1st
16	27th & 28th January, 2023	Aruna Margam	Chennai	1st