

Volume 16 Issue 06 June 2024



# Reiki Vidya Niketan

Cover Page Photo Source: [devrukhswamimath.weebly.com](https://devrukhswamimath.weebly.com)

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





In our Ashram May is the month specially kept for the children. From 2012 onwards every year we conduct Children Retreat programs for children and Youth ranging from the age group of 9 -19 years. When children comes to Ashram, it takes a different shape. The Ashram starts bubbling with the energy of Children. And all the faculties of these programs look forward to be with the young children who are innocent, curious, naughty and pure. We look forward to connect and reconnect with them. We connect with those who have come for the first time and reconnect with those who are coming again and again every year. They rise in the ladder of our classes which starts from SOFT 1 to SOFT 6 and then these teenagers after 15 years get enrolled in the program called STRONG which has 4 steps.

When we talk to these children, we get to know about their hobbies, their likes and dislikes, they also talk about their family members, etc. etc. In short it is a gala time for all of us. Together we play games, perform dance, do Yogasanans, sing songs, enact drama and also learn values, drop unnecessary things from our existence like anger, lust, jealousy, greed, complaints, procrastination, etc. All the kids enjoy a lot.

But at times when we look into their eyes, we get to know that they are pained. They are not happy. The reason is Parent does not have time for them. Parents do not come to drop them and pick them up. They are not present when he/she is performing a dance or a drama. They tell us their grievances. They tell us how their parents ignore them and favour their siblings!

On listening to all these, we feel why Parents are not finding time for their kids? Are they too busy earning money? But for whom they are earning? Of course for their kids. To make their future bright. To give them all that they need. They may be right in their perspective but what about the feelings of their children? Who will hug them and love them when they need it. Who will a tight hug when they are scared? Who will listen to them about what happened in their school?



Students participating in SOFT 4-5-6 Program at Devrukh Ashram

Many times when we take Parenting Program parents argue we do give them time but when? We need to give them when they want or when we have time? When you are free, they are not in a mood to talk, they feel sleepy. I would say you may be giving best to the things to them but if you are not giving them enough time, you are ignoring their feelings and emotions. Many parents fight with each other, they live separate because they are happy but what about the children? Who will understand their emotions? If a child get addicted to drugs, or is in wrong company, sees some undesirable films, we blame the child.

But my question is to the Parents why you are not aware about what is happening in your child's life? Why do you come to know later when the things have worsen? When you fight with each other, do you know what your child feels? How scared your child gets? When a child complains about a sibling, without listening to them properly, we ask them to forgive them, what happens to their mental state? Have you ever found out?

If the answer to all these questions are "Yes". Then only you can be termed as a good parent otherwise one has no right to complain about the kids. Gurujī always used to tell everyone that two restless entities cannot produce a peaceful child. If your child does not get proper guidance at the right time about what is good and what is bad, they are bound to go in the undesirable direction. They are like budding flower. They have to be handled very delicately. They are like clay. We need to give them shape like a potter. A potter when makes a pot, holds the pot with both the hands and give shape to the pot the way he wants. Just like that we have to give shape to the character of a children. And that is why Parenting is big affair. Any time a child makes mistake, it is the parent to be blamed because probably, in their important years of life when their character was formed, Parents did not take enough care.

Today Parents' energies are lacking to handle their children. These divine children has to be given right kind of water, soil and sunlight to blossom. But to do that each Parent will have to raise their energy levels by increasing their sadhana.

With love, light and Reiki  
Krupadidi  
28th May, 2024



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

## 24 Gurus of Lord Dattatreya

### AIR

***"I observed that wind is pure and odourless in itself. And it blows on both sweet and foul-smelling things without any discrimination or preference. Though it momentarily seems to take on the smell of its surroundings, in a short while, it reveals its pristine quality. From this I learned that a spiritual aspirant should live in the world, unaffected by the dualities of life like joy and sorrow and by the objects of the senses. As I have learned all this by observing it, wind is my second guru."***



Here, Lord Dattatreya tell us to be in Atmabhava (Soul Consciousness) and accept everything whatever comes in our life. The same thing Gurujii has also told us. We need to be in Atmabhava and accept everything without an iota of disturbance and all the conflicts in like will vanish. In our life, we are unhappy because we do not accept situations that come in our life. We get stuck over there and then are not able to come out of our past. It hinders our spiritual progress and at the same time, it makes our energy down. We feel gloomy, sad, unhappy and get irritated at the slightest provocation. These are the signs of our existence in Egoism (Ahambhava).

## 24 Gurus of Lord Dattatreya

Continued...

Guruji always used to say that decide for once where God is there or not? If you believe, God is there then we should not panic in any situation. We should know that every moment God is watching us and protecting us. But if we believe God is not there then we can do whatever we want. But our problem is that we are not at one place. Many times we believe God exists and we are in full faith but if something bad happens in our life, we feel there is no God. We play a game of Fire and Ice in which we keep changing places the way we want. And that creates lot of confusion in life. It makes us restless and worrisome. We have our idea of life and if the situations in life deviate from our belief system or our plans, we get panic. We are not ready to accept the situation. Many time life makes us to things which we never wanted to do. For example, a person had decided to do business in life but then such circumstances comes in life that he has to do job. In such type of situation, the best thing is to accept the situation and flow with the flow of life.

But we should have full faith in the Divine. Whichever God you worship, you should have full faith that he is watching you and is also walking with you. And if God is there, why to worry. Our total surrender to the divine will make us accept whatever comes in our way. And then divine intervention happens when we show total surrender. He has to intervene to save his beloved devotee. That is the promise of God in Bhagwat Geeta.

“ —

*Ajit Sir Quotes*



- To achieve self realization, you do not need to renounce anything.
- Just leave the attachment towards the worldly pleasures



- In life every moment we have a choice to be in Atmabhava (to be with Soul) or to be with Ahambhava (ego)



# Listening or Reading?

- Ashwini Telang, Thane

A few days ago, we completed our summer camps specifically designed for children and youth. While teaching various topics, I pondered whether they preferred to read or listen more. When I posed this question to children aged 9 to 14, most mentioned they would prefer to listen and understand rather than read, write, and comprehend. However, when the same question was asked to students above 15, they preferred to read and understand with some practical examples or exercises.

Observing these different approaches, I not only delved into my knowledge bank that I had accumulated during my master's and bachelor's degrees in Psychology but also discussed this with my friend online. During our discussion, she mentioned that in today's world, audiobooks are becoming popular, while educational institutions like schools and colleges still prefer textbooks as a medium of learning. With all these considerations, one question arises – "Which method results in better learning?"

Before we discuss the effectiveness of the methods, we must first understand the differences between the two in terms of brain activation, learning approach, speed, effort required, emotional response, and information retention. So, let's start exploring!

When a person is reading, the left hemisphere of the brain is active and more engaged. On the other hand, when a person is listening, they are not only listening but also interpreting the information simultaneously. Hence, it encompasses bilateral temporal cortex activation along with overall activation of the entire cortex.

Listening is a passive learning process, whereas reading involves active learning. Since reading requires focus, it enables the reader to engage themselves, even if they may not comprehend the information completely. In contrast, while listening, people may passively absorb the information while performing other activities. This suggests that reading is more engaging than listening.

Studies have established that on average, the reading rate for adults in English is about 238 words per minute for non-fiction texts and 260 words per minute for fiction texts. Conversely, for a person to understand audio text, the speaking speed of the narrator should ideally be between 150 – 160 words per minute. In short, individuals can



Listening or Reading?

Continued...

understand a larger part of the text when reading than when listening. However, if the reading speed is less than the average speed, it may be vice versa.

Compared to listening, reading demands more effort because it involves actively engaging with the text in a book to derive meaning from it. To read successfully, one must fully immerse themselves in the text. As for listening, it is a more laid-back approach to learning where you listen to it, and even if one loses focus for a minute or two, they may still continue further as your brain is perfectly capable of filling these gaps.

The act of listening triggers an emotional response within the listeners because the narrator doesn't merely narrate the content but subtly adds nuances through their narratives, thus building a connection with the listeners. Reading may not necessarily evoke these feelings as it entirely depends on the level of understanding and involvement of the reader.

Reading and listening both have their ways of retention. Reading enables one to get actively involved in the process, enhancing information retention. Listening, on the other side, requires bilateral temporal cortex activation, which helps the listener visualize the content, thereby increasing information retention. However, one additional point that reading provides is the option to highlight or underline important points, which seems missing while listening.

In fact, a study published in 2016 confirmed that there were no significant differences in the level of comprehension and retention when it comes to reading, listening, or both. They are all equally effective.

Other factors like distractions, complexity of the subject, and learning environment affect both readers and listeners. It also depends on internal factors such as curiosity, motivation, and the like.

To conclude, both readers and listeners have their pros in learning effectively. Most people prefer to resort to both mediums, while a few strongly rely on one. Educational institutions, as well as individuals, should provide equal weightage to both methods, recognizing the unique benefits each one offers. This balanced approach can cater to diverse learning styles and preferences, thereby enhancing the overall learning experience.



# SHIVA HEALS YOU

## *Mrityulok...*

- Vivek Pandey  
Vadodara



The experience of life on this planet Earth is transient in nature. Death is inevitable. There are stories in Hinduism about seven immortals. However, those are only claims left to the belief system of each individual. The body is like a certain kind of fabric that cannot last forever. Some yogis stretch the number of years of their life beyond the imagination of common people. Nonetheless, you won't find even a single person around you. Life never began with your body. The body is a natural outcome of life multiplying itself. Biology was a small part of a seemingly very long journey. But, since we have all landed here on Earth, we need to understand both life and death.

Sadly, the majority of the population on this planet does not have the luxury to think beyond survival. Even those who manage their survival part well refrain from digging deep into the mysteries of life. Only a few curious beings get interested in this stuff called life. Interestingly, death reveals more about life. The inanimate speaks more about the living. The empty spaces disclose astonishing facts about the matter. To understand this we need to look into that.

People cry when some near accomplice leaves the body. As if they were not continuously aware of the transition that was happening within the body. They are taken by surprise when death happens. Death, in most cases, is painful. Seldom do we see people leave their bodies with politeness and serenity. Speaks a lot about the way life has been led. Even if life is a short sojourn on this planet. Things need to be studied in detail. Starting from what we accumulate in our minds and the way we perceive life itself. This whole art of living and dying needs to be explored by one and all. Studying but not carrying the knowledge in your head. Digesting it completely if it is that useful. Making money but not allowing it to stick to your heart. Raising a family without getting attached. Building a name in society but still keeping your foot grounded. Having fun without forgetting that eventually it all changes and ends. Moving outwardly but still keeping the eternal truth of nothingness in your mind.

Now, coming to the main idea of aging. In the Shiv Puran, it is mentioned that aging is a disease. This whole concept of gaining and accumulating knowledge is killing us.





Lastly, to decode the secrets of longevity, we need to look into a few words. Surrender, acceptance, the idea of time, the idea of success, and most importantly the study of five elements within us.



# WWW is the pathway to Ultimate Reality - Aruna Margam, Bengaluru

World Wide Web is the meaning of www acronym we are all familiar with. We are all entangled like a spider in our own web of limitless desires. It can be related to our successful careers, relationships, hobbies, gadgets, owning houses, driving expensive cars, traveling the world. If we are older then, children, their growth, their aspirations and so on. We are caught in our own web. Reiki as a spiritual sadhana has helped us to relieve ourselves from these desires by starting our inner journey or connecting us to the inner self. This in turn helps us all to save ourselves from the entanglement. Guruji beautifully said connection is important to live in this world. When we are connected we are also able to disconnect when there is a requirement in our spiritual path. But when we are entangled then it is not easy release or disentangle ourselves. Then What can we do?

**Work Worship Wisdom** is another interesting meaning in one of the discourses I heard recently. It just kindled a whole lot of knowledge our Guruji has given us. Pondering over it, Work is nothing but our day-to-day action or also known as Karma in Sanskrit. We all are doing action every moment. We all know Good action Good results and Bad action Bad results. This will keep us in an infinite loop of "punarapi jananam pinarapi maranam". How do we redeem ourselves then?

Our Guruji has taught us "Nishkama Karma". Everything is offered to the divine. Our Guruji has lived by example to this. He walked the talk. We all have witnessed Guruji even after saving a person's life immediately offer the same to Swami's grace , reiki mother's blessings or the Faith and surrender of the person. He kept guiding us from day one we are mere channels of reiki, we are only instruments. In each and every online session he clearly guided us even when we collectively do distance healing he used to say we are chosen by God and only the lineage is reaching out to the person through us. This has got engraved in all of us by now. There are so many stories we would have come across on this. I recently heard a story from Bhagavad Gita, would like to share it with all of you here.





Continued...

Arjuna always felt he is the greatest devotee of Krishna. He does the best pooja every day to Lord Krishna. One day Krishna and Arjuna are going for a morning walk. Arjuna sees tonnes and tonnes of old flowers, fruits and vegetables are taken away from Krishnas' palace. Arjuna was shocked to see it and he asks Krishna Who is doing pooja in such a grand way in your palace. Krishna said , yes there is a great devotee whom you also know. Arjuna got curious. Krishna says he is your own brother Bhima. Arjuna felt like laughing. My brother Bhima is known for eating food, building his body and sleeping. He doesn't do any pooja. Krishna suggests to Arjuna let us follow him tomorrow morning to know when and how he does his pooja. Next day both of them follow Bhima. Bhima goes through his normal routine. On his way to the place for exercise he crosses a place full of flowers, fruits and vegetables. He just takes a minute and appreciates the beauty created by God and says " Krishnarpanamasthu".

Krishna tells Arjuna, Worship is not about prayers, rituals using flowers, offerings. In all purity of heart, he offered everything to me. When we do any action with that thought it becomes worship. Sadhana is also equivalent to worship. It is done day in and day out without any self-improvement then the results are very temporary. If instead we focus on our inner cleansing, purity of heart it will be the real worship and which will make us Wise and we will attain wisdom. Remember Guruji's IKEW model, He wanted us to be Wise and wisdom oriented. This will be the true sadhana. Guruji always reminded us to be in Soul consciousness and not in Ego consciousness. When we do all our actions every day as an offering to Swami then we will be growing every moment to the Ultimate Reality.

What is Ultimate Reality? Knowing who we truly are. We are Poorna. We are divine complete and unlimited. This will permanently free us from the entanglement of Maya and take us towards the limitless brahman, experience our own divinity and understanding that we are that Brahman the Ultimate Reality. Let us reconnect to our own Web of purity, divinity and empower ourselves to live joyfully every moment in this World Wide Web with a new understanding.



# MESSAGE FROM MAHASHREE GAJANAN MAHARAJ

Message received on  
May 17, 2003 by Parvati  
At exactly 12:42  
His Voice spoke:

***"As the Light is delivered into the  
Universe, all hatred  
will cease.***

***All suffering will cease.***

***All violence and threat  
of violence will cease.***

***And in the end as in the beginning,  
there will be  
PEACE, BLISS and PROSPERITY FOR ALL.***

***And though you may be uncertain, those  
of you whom Our Hand has blessed will  
come to know a greater TRUTH, a more  
wondrous LOVE than you can imagine.***

***We take you by the hand and lead you  
like a small child through the darkness,  
EVER PRESENT...  
WE ARE EVER PRESENT,  
to the LIGHT.***

***WALK IN LIGHT***

***HAVE NO FEAR***

***OM TAT SAT."***



## From Orion Transmissions

### Received via Parvati

Now then, how to ensure the awareness of your CHILDREN? You see, if those in control have any sense of how to achieve control over the masses, they will easily note that it is the children in whom seeds of control can be planted. Children are open, pliable and ready to receive any new stimuli. It is, therefore, vital to include the children in your own efforts at self-sufficiency and awareness. Indeed, children must also be given the freedom to choose what direction they wish to travel through their lives. However, if you as adults do not take interest in leading them or at least sharing some of your realizations with them, then the direction of their lives will be open to many other influences ranging from negative, dark energies and drugs to governmental thought control tactics. Of course, we do not suggest that you use military tactics to maintain control of your own children, but instead to impart a spiritual base for them to begin from. It is a delicate line, is it not? However, many have successfully achieved it, due to loving hearts. Therefore, again, open your own hearts.

We see many whose focus is their own spiritual development. They leave their children in the hands of relatives and friends while going off on retreat or to workshop and meditation courses. In some instances, this is actually a benefit to the child, but in many cases, the adult forgets that the child is also a work in process and more attention needs to be paid to his or her development than you think. Assist them in their search. They may find a different path or a different Master, for example, but the direction still may be to the Light. INCULCATE VALUES OF HONESTY, LOVE, UNDERSTANDING AND COMPASSION IN YOUR CHILDREN. If you practice Yoga, share it with them. If you pray, pray with them. If you meditate, teach them simple meditation. Keep these things simple, so as not to complicate what is intended to be light. Yes, yes. Answer their queries. Do not miss the opportunity to awaken together, for indeed, the ones who are your children now may very well have fathered or mothered you in past times. HONOR EACH OTHER.



# *simplicity over clutter*

## **THE ILLUSION OF IT ALL**

**HOMA PSYCHOTHERAPY**

**By Barry Rathner**

**Clinical Psychologist**



If you think you understand it all, think again. Just as we use a small percentage of our brain/mind capacity, so we understand a small percentage of 'reality.' Now this is not necessarily as depressing as it sounds. Just as very high Masters have said they know only what they need to know, it may be a blessing that we don't see, hear, or feel everything. There's nothing wrong with filtering out not only dross, but other irrelevant or less relevant material.

Serenity may very well use SIMPLICITY as a valuable tool. And simplicity is what it is, isn't it? Pretty simple.

Why burden ourselves with information that is not useful to us—or to our purposes? When there were only 3 TV channels available, it may have made sense to channel surf.

The advent of cable, however, with its hundreds of channels makes it propitious to pick and choose. Likewise, the internet or the Worldwide Web, as we used to call it, puts it all at our fingertips—the good, the bad, and the ugly!

Hence using our power of discrimination and judgment (the good kind) to saunter and meander through life are less luxuries and more indispensable tools these days.

Then, when we make decisions that appear to be less sattvic and even 'wrong' at times, best we manage the other kind of judgment (of self) and quickly move on after short periods of assessment.

That is one of the joys of living in the present. What was done is done. What's next?

Can we learn from the past so as to not repeat mistakes? Surely. But overanalysing or obsessing over the past is counterproductive.

Since we have spoken of changing ourselves as a mechanism for changing the world, rather than focusing on the trees of what happened in a particular situation, why not look at the forest—changing ourselves—which takes care of the trees as well?





## Continued...

Since we have spoken of changing ourselves as a mechanism for changing the world, rather than focusing on the trees of what happened in a particular situation, why not look at the forest—changing ourselves—which takes care of the trees as well?

Another beauty of focusing on ourselves as a step towards effecting change not only internally, but externally as well, is that changing ourselves has the highest possibility of success. Changing others....not so much.

Even on the world stage, looking at so-called world leaders likely reveals the underlying causes of events—dictators pursue fascist agendas, narcissists by definition seek first their own welfare, not the welfare of those they are meant to serve. Crooks act crookedly.

Big Pharma pursues profits, Big Oil is not interested in Climate Change. The result: MOTHER NATURE SUFFERS.

So, if it feels like we are left to our own resources, this may indeed be the case.

Of course, we who have learned and practice Agnihotra copper pyramid healing fire, can take comfort in the fact that this process goes a long way towards addressing much of what ails us—individually and collectively.

We notice that our minds are subtly pushed in proper directions and that nature around us thrives. And these changes, both subtle and palpable simultaneously, are so, so real.

But don't take my word for it. Believe what you experience.



*"When mind desires something, mind accepts, rejects, mind becomes sad or happy, then bondage is created. When mind desires nothing, worries about nothing, then it is liberation. When mind is engrossed in sense pleasure, it is bondage. When mind becomes unattached, it is liberation. Desire is bondage. "Thy will be done" is liberation. Non-attachment means totally, "Love thy neighbor." Then you experience the state, "I am in the world but not of the world."*

*- Master Shree Vasant*



# Reiki Vidya Niketan Activities



## 1. DSPPL STRONG Program at Devrukh Ashram :

DSPPL completed STRONG Youth Empowerment Program from 31st May to 4th June, 2024. In this program, subjects like Communication, chakras, Molecule of Emotions, Emotional Freedom Technique, Kinesiology, Meditation, etc. were taught to the participants along with its practical implementation. All the participants enjoyed this program and they appreciated the course content very much. They are looking forward to more such programs.

## 2. Non-Residential SOFT (Spiritual Outlook for Future Times) Program for 9-12 year old students conducted at Bengaluru, Devrukh, Mumbai & Pune in May'24





# Reiki Vidya Niketan Activities

## 3. Lecture on Reiki in Drs. Kiran & Pallavi Patel Global University:

On 13th May, Ms. Krupa Choksi delivered a lecture on "Reiki for Holistic Health" to the students of Drs. Kiran & Pallavi Patel Global University, earlier known as Babaria Institute of Technology. The students from Nursing and Physiotherapy college were present in the lecture. The Dean of the university also attended the lecture. The lecture was well appreciated and the entire staff, faculty members and students showed interest in learning Reiki.



## 4. SOFT 4-5-6 Residential camp held at Devrukh - 23 to 28 May 2024:



**SOFT 4-5-6 RESIDENTIAL CAMP**  
**Devrukh Ashram 23 to 28 May'24**



# Ashram Wisdom

## Being with a Master is not easy ...

A sadhak who was under training with Guruji once asked;” Why do you hurt me many a times. Are you trying to smash my ego?” Guruji answered, “No. The idea is not to hurt. The idea is to teach you. You get hurt. Remember, in human existence only one thing hurts, your ego. The hurt only brings out that you have found your ego now. So you can remove it if you like. It is like a Doctor who injects a patient. The patient may get hurt. But the idea is not to hurt a patient. The idea is to heal. You need to manage your hurt while I teach and you learn. I am not here to please you or hurt. I am here only to teach you and you are here to learn” No wonder being with a Master all the time is not easy.



# SEMINAR SCHEDULE JUNE 2024

Sr. No.	Scheduled Date	Master	Location	Degree
1	8th & 9th June, 2024	Bharati Zinzuwadia	Ahmedabad	1st
2	8th & 9th June, 2024	Kalpita Keer	Vadodara	1st
3	8th & 9th June, 2024	Vishal Shridhankar	Devrukh	1st
4	15th & 16th June, 2024	Sangita Kulkarni	Pune	1st
5	15th & 16th June, 2024	Aruna Margam	Chennai	1st
6	15th & 16th June, 2024	Rakesh Kumar	Thane	1st
7	22nd & 23rd June, 2024	Krupa Choksi	Rajkot	1st
8	22nd & 23rd June, 2024	Seema Trivedi	South Mumbai	1st
9	22nd & 23rd June, 2024	Aruna Margam	Bengaluru	1st
10	22nd & 23rd June, 2024	Vishal Shridhankar	Mumbai	1st
11	29th & 30th June, 2024	Rakesh Kumar	Nashik	1st
12	29th & 30th June, 2024	Aruna Margam	Hyderabad	1st