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सर्वे: सन्तु निरामयाः

Reiki Vidya Niketan

Cover Page Photo Credit: -Sachin Gadre, Devrukh

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



Dear Sadhaks,

Recently we all celebrated Navratri. Since childhood, we had an idea that Navratri was the festival where people dance and pray to Goddess Durga. This was the idea of the festival. But after meeting Guruji we came to know the real essence of Navratri.

He has taught us that during Nine days of Navratri, nine frequencies of Devi gets activated. These nine frequencies are the representation of the nine months which a baby in mother's womb experiences.

We all perform a ritual at home wherein we do "Ghat stapana". And everyday we light a lamp inside it. This "Ghat" is also known as "Garba" in Gujarat. The word "Garba" has come from the Sanskrit word "Garbh" which means womb. So this Ghat/ Garba is representation of Mother's womb and the lamp inside is representation of Atman which has entered into the foetus in the womb of mother.

During these nine days, whatever imprints/ impressions (sanskaras) we have accumulated before our birth in mother's womb, gets cleansed. Normally we do not have access to these frequencies as after taking birth our frequency level has changed but during this time, we have access to these frequencies. Each form of devi is connected to this frequency. Worshipping that form of Devi, gives access to us to remove the imprints in our existence.

When Devi kills Mahishasur, who was half buffalo and half man, it depicts that we have to rise from our animality to Humanity and from Humanity to Divinity. The nine forms of Devis are Shailputri, Brahmacharini, Chandraghanta, Katyayani, Kalaratri, Mahagauri, Kushmanda, Skandamata and Siddhidatri. All these nine forms depicts three gunas i.e.

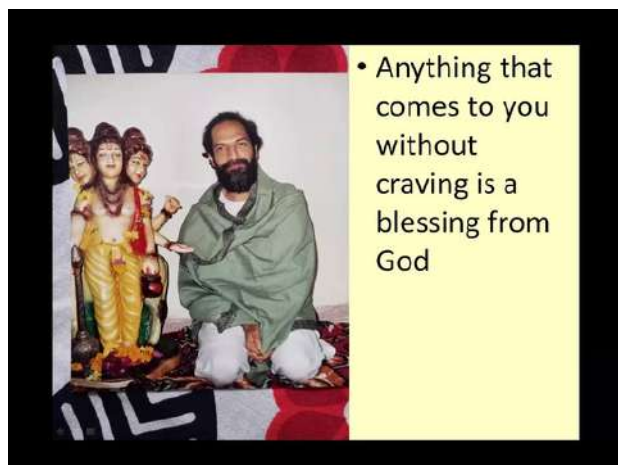


Tamas, Rajas and Satva. Before we took birth, we were in our Atmaswaroop. We were totally connected to our soul consciousness. When Atma entered the womb of the mother, it started getting trigunas. During Navratri we can rise above these three gunas the go towards our Aatmic (soul) consciousness by removing all the sanskaras (impression) when we have gathered in mother's womb and realised ourselves as Atman.

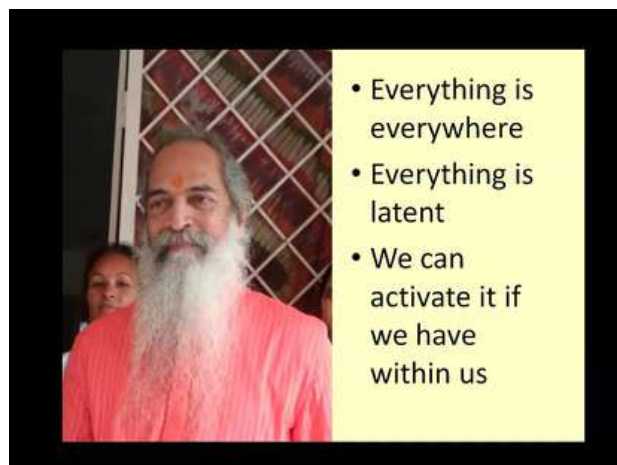
Navratri is an opportunity to cleanse our sanskaras which we have obtained in our mother's womb. This is the first layer of imprints which is difficult to access in ordinary days. These impressions can only be removed by worshipping these frequencies which is of purest form. These frequencies are connected to the each stage of mother in during 9 months. For example, to treat Heart disease we will go to Heart Specialist, for Kidney disorder we will go to Nephrologist and for any eye disorder we will go to Ophthalmologist. Likewise, when we connect to these devis, they can heal our wounds which have happened during our life in womb. We start Devi sadhana from Muladhaar chakra to Saharastrahar chakra and thus go to our real self i.e. Atma Swaroop, Sat – chit-Anand swaroop.

With love, light and Reiki
Krupadidi

“ Ajit Sir Quotes ”



- Anything that comes to you without craving is a blessing from God



- Everything is everywhere
- Everything is latent
- We can activate it if we have within us

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

PIGEON



"I have gained wisdom from a pigeon too. Once a pair of pigeons lived together on a tree. They bred their young and were bringing them up with deep affection and love. One day, a hunter caught the young fledglings in a snare. The ladybird saw their plight and unable to leave them, she leapt in the snare to share their fate. Shortly after, the male pigeon also jumped in the snare. Seeing this I realized how man brings about his own destruction."

Lord Dattatreya here is pointing towards the human nature which under the influence of Maya, the illusion that everyone belongs to us. He is trying to teach all of us that human life is precious and we should value our life. Human life has purpose to go towards liberation, Moksha. We are on this planet only to complete ourselves. So when a person in our life leaves, we should not die with them. We should understand that that person's role in our life is over. Our game of transaction is over. So we should not feel incomplete.

Guruji always used to say that we all are passengers travelling in a train. So if one of our co-passenger's has arrived to a destination, we should not cry when he leaves the train. We should understand that his/ her companionship was available to us only for that much time during our journey. Likewise in our life, we should not repent for loss of any near and dear ones. We should understand that we had come alone and when we will leave this planet, we will be alone. In between there was game of life. Why we fail to understand this is because of the veil of ignorance which is called Maya.

24 Gurus of Lord Dattatreya



Continued...

In the influence of Maya, we feel that the world is real and we cannot live without our near and dear ones. This veil of Maya influences us when our Ego consciousness is developed. When we get identity and gradually when we start connecting with the outside world, we miss our mother. A child when is born is not aware about his mother also. He cries only when he is hungry. Only survival instinct prevails at that moment, But gradually our ego consciousness get developed and we come into duality. Hence, we can differentiate between our mother and others. And then gradually when we are totally established in our ego consciousness, we forget that we have come alone. And from there the game of pleasure, pain, love, hatred etc. starts. We totally forget that we are Atma (soul).

Here, the mother pigeon was so attached to her baby pigeon that she forgets that everyone is just a passenger. And Father pigeon is also too much attached to his wife and baby, that he also decides to jump in the snare and share same fate. Here, the father and Mother pigeon had an opportunity to liberate themselves by detaching themselves from baby pigeon and attaching to God but they did not take this opportunity. They started brooding over their fate and finally chose to take rebirth as death with any kind of incompleteness makes a person liable to take rebirth as his wish is still remaining and the person has not gone totally into atmabhava. Attachment to God is being in our Atmabhava as we are connecting to the source of our creation. And attachment towards family members is again getting connected to our ego consciousness.

Gurujiji always used to say that get totally established in our Atmabhava and be happy all the time. This does not mean that we should leave family life and become Sanyasin, but this means to play the game of life with knowledge that I am Atman. I am pure divine consciousness.



The Power of Unconditional Acceptance and Awareness

Navratri Special

- Dip. SAC Ashwini Telang, India

Most of us, have heard our elders emphasising on the importance of responding to the situation rather than reacting. They often highlight that the thoughtful response stems from understanding the scenario holistically before acting. The million-dollar question here is: How do we truly understand any circumstance to respond appropriately? The answer might be right in front of us in the occasion that we recently celebrated – Navratri. As it signifies the victory of Goddess Durga over the demon Mahishasur, symbolising the triumph of good over evil. In fact, this battle isn't just physical one but it also represents an inner spiritual struggle.

To understand this the first, need to understand what Goddess Durga represents here. Goddess Durga embodying the diverse aspects of divine feminine and embracing her full power without judgment or hesitation indeed represents unconditional acceptance. She accepts her role with the full awareness of the challenges and the ultimate goal. Throughout the 9 nights of Navratri, each day is dedicated to a different form of the goddess signifying the myriads of possibilities and strengths within us by being aware and accepting these different aspects of ourselves and our surroundings, we can navigate our challenges more effectively.

Goddess Durga's journey to defeat Mahishasur required immense awareness and strategic decisions at every step. This mirrors our journey towards realisation, where awareness of our inner and outer worlds helps us to create options while realization enables us to choose the best possible path forward, that can lead us to profound personal growth and wisdom.

Unconditional acceptance with awareness transforms our approach to life. A guru teaches us to navigate our journey with compassion mindfulness and clarity. It helps us to embrace the present moment fully and to approach each situation with an open heart and mind. This, in turn, leads us to more profound realisation of our true potential and the endless possibilities that lie ahead.

Understanding this itself is a common commemoration and that might be the reason we celebrate Dussehra after this - turning and rising victoriously from it. Every step we take guided by acceptance and awareness brings us closer to understanding ourselves and the world around us. This understanding, by itself is realization. However, to accept anything unconditionally one needs to stay open to every possibility that comes on this path.



SHIVA HEALS YOU

Ideal world citizen

*- Vivek A Pandey
Vadodara*

The world is not a burden to be lifted on the shoulders of one individual. Neither it is something gross to be transpired to the next generation. Every being residing on this planet is assigned a limited time and space. Animals come and go. They do not hamper the planet in any way. Even if they kill another animal, the law of karma cannot uphold them. They do not have the responsibility or capability to evolve. Survival is the only thing they need to take care of. Humans on the other hand are a species meant to take care of many things apart from survival. Human beings are supposed to operate within the societal and legal framework. They have to inculcate many aspects related to the outside world and also they have the responsibility of being responsible from within.

Initially, one identifies with the family. As life moves on, one starts making friends and the consciousness expands. As an adult, the whole world is open to all. One can take any decision and shift to any part of the planet. However, what constitutes that individual will decide the fate of the surroundings he embodies. Indians, whichever part of the world they go and settle, do not bring a bad name to their country. Pakistanis on the other hand do not carry a good reputation. While this Russia and Ukraine war was happening, many of the neighborhood citizens escaped by proclaiming themselves to be Indian citizens. Is it because India is economically better off than most of our neighbors? Or is there something else to it?

Most countries have a constitution. Constitution is what constitutes us. It is a lot earlier than a legal fixture was put upon us that we had in our beings. The culture and tradition followed by humans who presided over this land for eons are what make India the country that we are today. In the case of all of the countries neighboring India, they were a part of our culture not so long ago. This whole idea of separation led to their downfall. The spiritual ethos that India has followed and retained has helped us manage to survive a struggling phase exceeding over a thousand years. Despite being a cosmetic chaos, what exactly holds us together?



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The land of scientists whom we call Rishis discovered the secrets of the universe and life ages back. They had no access to any Yantra, so they went ahead with both Mantra and Tantra. Soon they realized that the universe within is the same as without. They also figured out that life proceeds with the way the mind is constructed. They discovered time and space and the interconnection of stars and planets over human life. The set of discoveries made by them is overwhelming even today. Back then, they never had to worry about being a good citizen as the consciousness dawned upon them to be aware of their karma. The higher realms of consciousness also taught them to not perceive anyone as separate as all beings and the universe were woven in one fabric. None was trained to imbibe or inculcate values, they were a result of natural realization of the unity of existence. The culture that emanated from this part of the world was more about seeking and dissolving rather than imposing. Indians attracted foreigners due to their wealth and education. They never conquered any land as it was found to be futile and transient in nature. They ended up being ideal world citizens not because they followed a few rules. They evolved, realized and the unnecessary part got dropped off automatically.

Here we see the world in tatters in the year 2024. Most countries are at war with each other or have some other kind of civil disobedience nagging persistently. They have education trying to teach the same ethos and values to their citizens. Nonetheless, it doesn't seem to work well. To fill the mind with some values without removing the unnecessary idea of separation can be fatal. To educate a person with only words and without a guiding light is a crime against humanity. Just like people are scanned at the airports, a child needs to be scanned with the proper knowledge of his horoscope. What constitutes his mind and emotions should be measured and corrected at an early age. Educational institutions need to be fully funded by the rich. The insecurity emanating due to lack of funds should never be allowed to enter the mind of a child.

The nature of life itself is random. Getting organized was something created by humans. With such a huge cosmos surrounding an individual, the idea of creating ideal citizens is arduous. In a limited way, all one can do is lead their own body without harming anyone and if possible being a source of help for everyone around. Being a joyful person is the biggest service to the world.

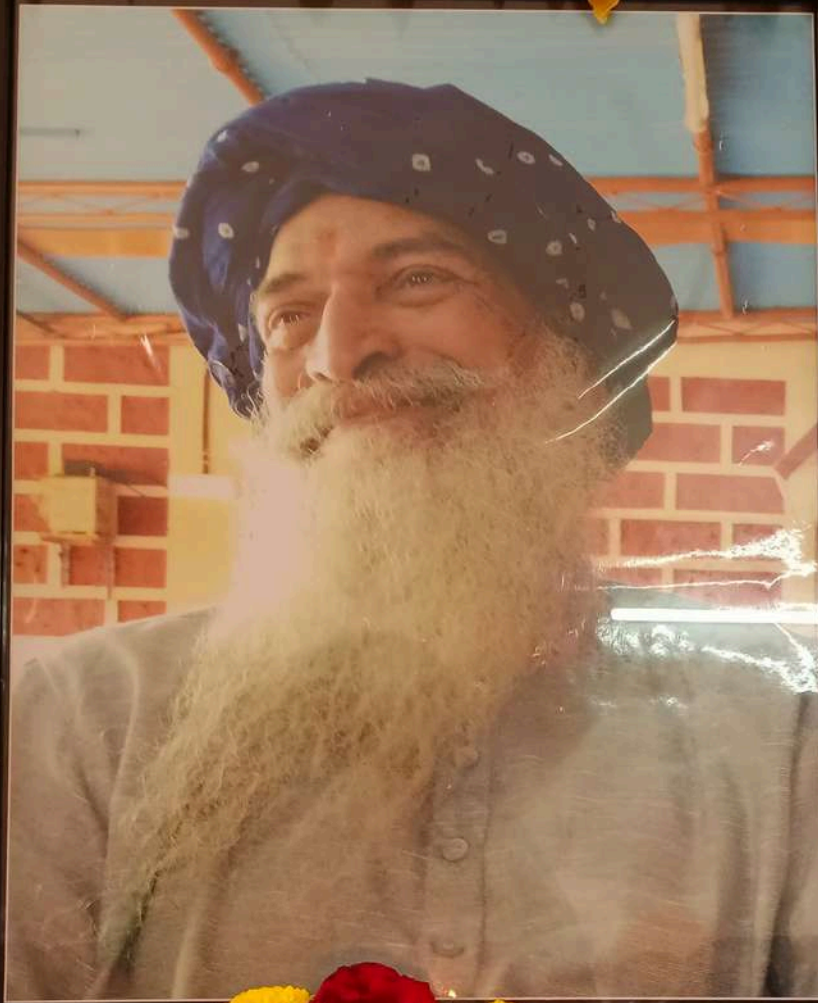


We had a satsang at Hyderabad. One sadhak asked what does “satsang” mean. Her husband who is also a sadhak replied “sat” means truth and “Sang” mean to be with it. “Satsang” means to be with the truth always. I too gave my answer “sat” means the truth that is which does not change. In our reiki seminar we do discuss about our seven components soul, intellect, mind, emotions, body, memory, ego. Out of this soul (atma), which is the actual truth or satya, rest are all temporary or expressions of the soul. To be with the soul is the satsang in the real sense. These satsangs are also an opportunity for us to be with ourselves. This knowledge also we discuss in the seminar to be happy we need to be connected to our soul (Swashta means Swa +Tha , Swa means source and tha means to be with that). Reiki as a spiritual practice which keeps us connected to our soul (Swashta) which in turn brings us immense happiness every day.

Another introspection was “Sat” is our soul, “Chitta” is a combination of Intellect + Mind + Emotions . If the Chitta is purified then we connect to our own soul which is the sat and this will lead us to the permanent happiness which is nothing but Ananda. Sat is the existence, Chitta is the consciousness and Ananda is the bliss. This is nothing but as per Hindu philosophy Vedanta "Satchidananda" the ultimate reality. No wonder our Guruji kept telling us reiki is a simple spiritual practice which can help us to experience the ultimate reality the Brahman. what a profound knowledge we all have received from our beloved Guruji.

Guruji in one of his sessions he also said the meaning of the "Satyam sharanam ghachami, satya dharmam sharanam ghachami , satya dharma sangham sharanam ghachami". First is I will take refuge of the truth, second is truth and the dharma and finally truth, dharma and the group (sangham). It's so important for us to not only follow the truth and dharma but also to go in surrender to the satsanga. Satsanga means group who are like minded and who work towards a mission like our reiki family. We need to stay connected to our good and also see good in our group. Only then we can grow in this path and reach the ultimate Ananda or the bliss.

Our Guruji has been our role model in choosing Swami, the first embodiment of the truth, followed dharma in every way and of course he embraced all of us with all our varied limitations. His mission is in front of us and will continue for many years too. This is such



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a great knowledge we need to apply in our lives to take ourselves and also the mission forward. Guruji has provided us with opportunities to be part of the group like reiki seminar space, wave of faith an online platform, Gurucharitra Parayan and also by openly inviting us to Devrukh Ashram space. It's our choice now to use all of it and improve ourselves towards the ultimate goal.

Another beautiful anecdote from Mahabharata will explain how the first step choosing Swami will make the rest of it very easy and simple. Ashwathama was wanting to take revenge on Arjuna for killing his father Dronacharya. Whenever he attempted he couldn't see Arjuna separate from Lord Krishna. After many attempts he left the battle field disappointed. While he was walking away he met Duryodhana. Duryodhana asked him What is the matter for his disappointment. He replied it is all false over there I cannot see two people, not able to differentiate between Krishna and Arjun. Whenever I tried I see only one that is Krishna. Essence of this is as Arjuna chose Krishna they became one and there were no two people. Krishna protected Arjuna in every way. Same way our Guruji has told us many times choose Swami and the rest will be taken care of. One should not waver in that, when things go our way we feel that its true that Swami is with us and otherwise He is not. He lived till the last moment with that faith "Swami is with him every moment". Now its our time to follow our Guru to reach the "Sachidananda" that is Sat, Chitta and Ananda which is nothing but Existence, Consciousness , Bliss the ultimate reality Brahman.



Divine Guidance: A Personal Journey of Faith and Connection with Guruji Ajit Telang"

**- S Ramakrishnan,
Thane**

Guruji Ajit Telang often reminded us of the phrase "Swaminchi Iccha," which translates to "the desire of the Swami." This saying has proven to be true in my life and family, and I can wholeheartedly attest to its significance.

The teachings of the Tarak Mantra resonate deeply: "Nishank hoi re mana, nirbhaya hoi re mana..."—these words hold true for everyone, at all times. I would like to share a recent personal experience that not only brought me joy but also reinforced the wisdom of Guruji's teachings, a memory I will cherish forever.

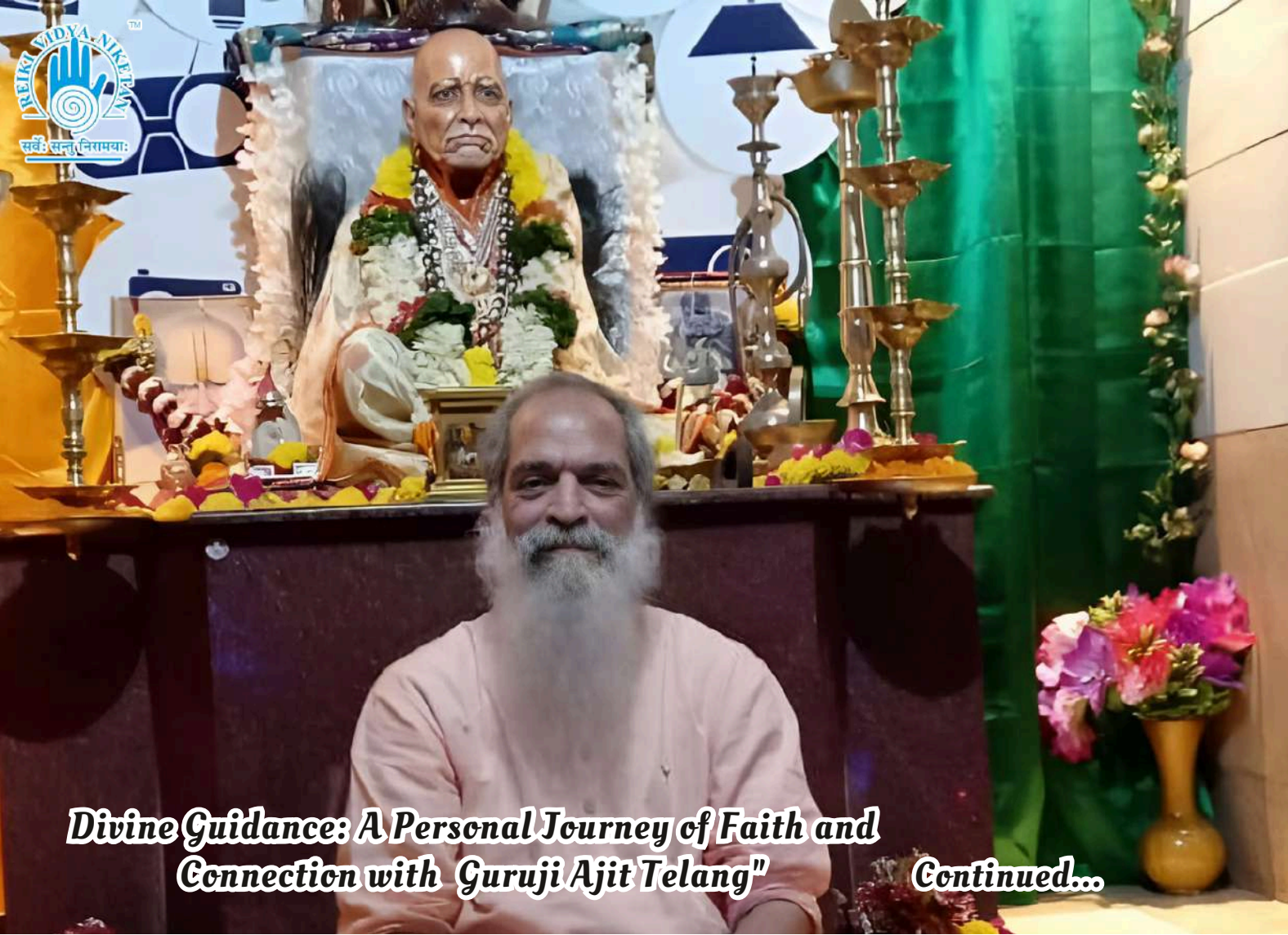
On August 8, I participated in a day-long Gurucharitra reading at the home of a fellow devotee. As an ardent practitioner, I have been inspired by Guruji and have benefited immensely from his encouragement and blessings. After my reading, I learned that the family hosting the event would be relocating permanently to Pune.

Now, here's where the story takes an interesting turn. My married son had been searching for a rental home for months, exploring options in Thane, Mulund, and Ghatkopar. Despite their efforts, they had yet to find a suitable place. I, too, had joined in the search, but our attempts yielded nothing, leaving us feeling disheartened and uncertain about what to do next.

Just as we were discussing our concerns, my son received a reference for a house in a complex in Thane, just a stone's throw from where I live. Remarkably, this lead came through a personal connection rather than a broker. They were actively negotiating the deal, and as September 1 approached, we were all anxious about the transition.

Eventually, they secured the rental agreement and planned to move by the end of August 2024. Until that point, I hadn't learned any specifics about the new home. On an auspicious day for the traditional custom of boiling milk—a rite of passage for moving into a new house—my daughter-in-law shared the details of the flat.

I overheard her telling my wife about the complex and the specific building. Curious, I confirmed the details with her, but I still had no idea where the flat was located. When she finally revealed the address, I was utterly astonished—it was the very same flat where I had recited the Gurucharitra just ten days earlier.



Divine Guidance: A Personal Journey of Faith and Connection with Guruji Ajit Telang" Continued...

When I shared this revelation with my family, their joy was palpable. This serendipitous connection became a topic of excitement not just within our family, but also among my son's in-laws. It felt as if Swami was guiding us directly to him, affirming that my son and daughter-in-law are now under his protection. I felt a deep sense of pride and gratitude for the guidance we've received from both Swami and Guruji throughout our lives.

I want to emphasize that for the past six years, my connection with Guruji and Swami has felt like a bond spanning centuries. Our family has been profoundly blessed and benefited from this spiritual guidance. This experience alone is a testament enough that Guruji and Swami are always with us, guiding our steps.

As I reflect on this varsh-shraddha of Guruji, I am filled with gratitude. Whenever we met, he took delight in asking me, "What's the news today?" His encouragement has played a significant role in my career, helping me reach heights I never imagined.

In honor of this great man, a master and a role model for countless devotees, I can only express my heartfelt sentiment.

Jai Gurudev!

Importance of

चतुर्मास

-Sachin Gadre, Devrukh

We know that Chaturmasa is performed throughout Bharatvarsha (India) to the months July, August, September and October. Typically it falls between Ashadha Shudhda Dasahami, (10th tithi), to Kartika Shudhda Dashami, (10th tithi). Considering the certain physiological, sociological, and atmospheric conditions, our ancient Rishis have asked to follow certain life style to the period.

During the months, the monsoon is there throughout India. When the Sun enters to fourth house, Cancer, it starts Dakshinayana, the days become smaller and nights are bigger. Due to the tilt of earth which is reflected on earth's axis, days are smaller, damp, cloudy and in atmosphere there is not enough Sun energy to the earth. The digestion system is weakened, rain clouds are obstacles to the Sun rays, so the human mind-set is little shaky in the period, and thus the atmosphere leads to illness. So, our Rishis have asked to take the light diet in the period; asked to perform penance in order the mind to be stable; invoke the divine energy to remain balanced. In this period, 'Sanyasis', who do not stay at a place, more than one day, prefer to stay at same place within Chaturmasa. They perform Anushthana. During this period, certain festivals are also celebrated, which are also related to the farming. Though those are celebrated in the form of festivals by common man, the paper describes how the Sadhak should look to the festivals in the aspect of Sadhana.

At Aashaadha Purnima (Gurupurnima), Sadhaka surrenders to Guru and gets initiation, Sadhana from Guru. In month Shravana, he/she performs various vratas or penance as a preparation Of Asana for Sadhana, which is Yama, Niyama which are parts of Ashtang yoga. Month Shravan is also known as holy month and is dedicated to Lord Shiva so Sadhak is praying Lord Shiva for to meeting him.

Importance of

चातुर्मास

Continued...

In month of Bhadrapada, Sadhak prays Lord Ganesha and later in Pitruapaksha, by performing Shradha, removes obstacles in Muladhara and Swadhisthana, we are aware that, Lord Ganesha is situated to the Muladhara to the junction of Muladhara and Swadhisthana, so by praying or connecting him, he corrects the references coming from Swadhisthana, to Muladhara for performing Karma. So, he is worshipped first as Vignaharta (remover of obstacles in the way) in the beginning of any task. Ganeshpoojan is important here for purification of Karma chakras Muladhara and Swadhisthana.

In the month Ashwina, Sadhak starts Shakti sadhana, which is known as Navaratri where we remove the impression from our existence. We have an opportunity to bring our existence in Adyna chakra. If this happens, at Dusshera, Shakti does Simolanghan. If this happens, a Sadhak celebrates Diwali. Within next 15 days, if the consciousness reaches Sahastrara, Sadhak experiences, as flying peacock like Lord Kartikeya and celebrates Kartik or Tripurari Pournima, by enlightening lamps everywhere. So, this is the inner celebration of awakening the Shakti.

Winter starts from Diwali; there is enough Sun Energy available to the earth; soon when Sun enters to 10th house, Capricorn (Makara), we celebrate Sankranti when Uttarayna begins. So within Chaturmasa, certain life style is designed to make the energy available. Sadhak should be aware of the essence though the common people are celebrating festivals.



"KNOCK KNOCK KNOCKIN' ON HEAVEN'S DOOR."



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



If we discount (for a few moments) the saboteur matrix—that humans have an archetype characteristic of engaging in self-sabotage at times, we might realize that at our core, we don't wish to exert pain upon ourselves or others. We really do seek comfort, balance, perspective, peace & serenity. How all of this exists in consonance with SURRENDER TO DIVINE WILL as in NOT MY WILL BUT THY WILL BE DONE, may take a bit of study.

No one truly or naturally wishes to surrender. Is it not the loser who surrenders to the winner, the victim to the perpetrator, the weakest to the strongest?

Well, this is a different kind of surrender; it's not "stop resisting to an enemy or opponent and submit to their authority." It's not any of the following synonyms to surrender:

-capitulate -give in -give (oneself) up -yield -concede -submit -climb down -give way
-defer -acquiesce -back down -cave in -relent -succumb -quit -crumble -be beaten
-be overcome - be overwhelmed -fall victim -lay down one's arms -raise/show the white flag
-throw in the towel/sponge -accept defeat -concede defeat

IDAM NA MAMA- not my will but Thy will be done. And "Thy" is not our enemy. "Higher Power," as something like the Divine is referred to in Alcoholics Anonymous and other 12-Step programs, is not an adversary.

It may feel at times as if we are at war with our tendencies—but not with God-- to act in ways contrary to Divine standards, but, in truth, it is less a war and more of an evolving into the higher beings we are destined to become.

On the spiritual path, surrender is the result of realizing Step 3 and turning over the wheel to a power greater than ourselves.

Step 3 of AA: "Made a decision to turn our will and our lives over to the care of God as we understood Him". Not only is this not CAPITULATION. To the contrary, it is a decision borne of faith, devotion, experience and to some extent, hope. Just as persons unable to find a cure for a physical problem with allopathic or mainstream medicine often turn to non-traditional, herbal and other naturopathic substances and methods, so surrender—and performance of Agnihotra—is often sought when all else has been tried and found lacking.

If you have a modicum of I.T. skills, fine, have a go with them. Should they result in less-than-optimal results, why not turn over the matter to one much more able to fend the way through the maze? Indeed, why not? Some may 'want to do it themselves,' some may cherish the challenge of trying—and failing. Some may lack the self-love—or be overcome by forms of self-loathing—and, thus, not choose to surrender even though all evidence points toward the wisdom of doing just that.

As we wrote last month, the condition of our planet and of us, its inhabitants, is pretty much approaching a danger zone or tipping point.



"KNOCK KNOCK KNOCKIN' ON HEAVEN'S DOOR."



HOMA PSYCHOTHERAPY

Continued...



So putting additional challenges on our ability to be happy, healthy and holy is silly at best, and stupid at worst—not to mention those more vulnerable than we whom we might help and who hardly need more challenges.



I had a strong aversion to wearing hats—and long pants—and having moved to Arctic Poland rather quickly cured me of these tendencies. Not very many souls climb Mount Everest without hats or long pants. Ones who might try this, normally don't live long enough to tell their tales.

The point is extraordinary times and situations demand extraordinary efforts as well as an openness to living out of the box. Failure to thinking, feeling and intending out of the box might very well results in your box resembling a jail cell. Lest we become enslaved to our stubbornness, obsessions.....surrendering to Divine Will may be the only way out of the miasma and the maya. "...you must learn to merge your will into His will. This is surrender, total surrender, the culmination of all spiritual discipline."

"Various events unfold in time. Have faith that it is His will. If the events bring about grief, it is the result of accumulated Karma out of which our present life is just a speck."

"For Self realization, surrender is the way. All progress and joy can come only through surrender."

"Unless we truly surrender to God's will, no progress on the spiritual path is truly made. This is the basic requirement. Agnihotra puts us in a mood of surrender to the Supreme and hence Agnihotra is a great material aid on the Divine Path."

From Ten Commandments of Parama Sadguru—commentary by Vasant V. Paranjpe.

To love another person is to see the face of God" (Victor Hugo).

Putting another's needs before our own may be considered a surrender to a Higher Power. Certainly, such altruism paves the way to an enlightenment of sorts. Do it enough and this enlightenment can become Enlightenment.

Should the idea of behaving as an instrument of the Divine be a craving of yours, your work here may be approaching its end.

For no other more noble endeavor exists. When you can honestly answer, "What others?" when faced with opportunities to serve, as your self-interest merges with others'—and others' with yours-- you may or may not enter the Kingdom of Heaven, but at the very least, you are at Heaven's doorstep—knock, knock, knockin' on Heaven's door.

"Praise to all, oh travelers of Kingdom of Heaven.

Light of the World has descended on earth, Divine Light is spreading throughout the whole planet. Kingdom of Heaven is near at hand. Blessed are who saw the light. Fortunate are who walked in light, for they will enter the Kingdom of Heaven. Om."

Words pronounced by Parama Sadguru Shree Gajanan Maharaj from Akkalkot, India.



REIKI EXPERIENCES

Message from Urmila Prasad:

Hello Krupaben,

Thanks for giving me Reiki training. I didn't know Reiki prom.but my Nephew Hiren shah pick up me this program .I went Hathijan at my Brother's house for Ganpati celebration. I had a talk with Hiren regarding Reiki.

I told I want do something to improve my life. Hiren Shah asked me Urmila Foi can you come to Reiki program? He hold me you will enjoy. I told okay.14/9/24 and 15/9/24. Two day Reiki prog. This 2 days I will not forget in life.1st day after training I went home and did all 26 pont Reiki.

I had pain in my left leg I gave reiki.and I felt much better. On that day I talked about reiki with my son Ashish and my daughter in law Nirali. and I gave Rekito Nirali and she also get relief in per pain.I thanks Bhartiben. She has given Reiki training.

My son Ashish also had some problems in right hand I gave him Reiki and he got relieved from pain. Thanks to Bhartiben and all my friends.and Krupaben for giving me this opportunity.

God bless you for everything My kind and warm regards.

Urmila.Prasad

Message from Saraswathi Deora:

Jai Gurudev! With deepest gratitude, I would like to share my my sincere thanks for all the guidance and Reiki healing I and my family have been receiving. Reiki has been a life transformation experience for me. My Mother Geetha who is 75+years old was diagnosed with Aneurysm in 2022. Since then we have been having difficulties with her falling sick every now and then. This year after Ganesh Chaturthi she suddenly fell sick and became bed ridden. I did seek guidance from Aruna Ma'am also requested for Reiki healing to be sent to my Mom. Due to my hectic work schedule and being single bread earner of the family I had no Options but to keep her under 24/7 Medical Care center with family visit options. With deep seeking spirit I did pray that I

should be able to attend the 2nd Level Reiki seminar on 28th &29th Sep and Mom should be stable. On 28th after receiving Attunement for Reiki Symbols I gave distance Reiki to my mother with an intention that my Mom is able to walk and healthy. On 29th Sep, when Krupa Ma'am did inner child healing, I dissolved all the guilt, all the pain, all the anger and all the hurt that I had due to my Mom's condition. I visuialized my mother being healthy walking. I did seek forgiveness from my mother and enveloped her with White Light Reiki





REIKI EXPERIENCES

energy. That experience was so intense and I felt light. I felt a big baggage has been removed from my body. Next day when I visited my mother, I was surprised to see that she was sitting on the bed waiting for me to take her home. When I checked with fellow patients and Care giver, they mentioned to me that my mother is able to walk. For a minute I thought should I take her back or wait for some more days. Immediately I felt that I have the divine power Reiki to guide me and help me take care of my parents, without any delay I finished formalities. I also gave touch healing to patients who agreed to receive Reiki and also set my intention with Reiki Symbols that every one in that Care center is happy and healthy. I am happy to share that my mother is back home and my heart is filled with gratitude to Reiki. Thank you Krupa Ma'am and Aruna Ma'am for all your guidance, love and Reiki.

Love and Gratitude

Saraswathi Deora

Reiki Vidya Niketan Activities

1. Online Teacher's Day celebration on 5th September, 2024:

DSPPL had conducted online Teacher's day celebration on 5th September, 2024 to make students understand the importance of Teachers in our life and to pay tribute to all the Teachers in the world. The program was conducted by Ms. Krupa Choksi wherein she had shared an insight of Guruji about Teacher's day. Thereafter 4 teachers narrated their journey as a teacher and what inspired



them to become a teacher in life. This was followed by a drama in which it was explained that google only gives information but teacher gives knowledge. Teacher puts her experience in that information which becomes a knowledge for students. Students when they listen to that knowledge and experiments it,, it becomes experience and that experience leads to wisdom.

2. 12 months Parenting Program started in Angel English School in Ahmedabad on 22nd September, 2024:

An EPIC Parenting Program for 12 months has started in Angel English School in Ahmedabad on 22nd September, 2024. Parenting will learn every month about new generation how they are different from the earlier generation, upcoming challenges and how to meet those challenges. The program though named as Parenting is all about life which covers the entire gamut of life including Self Introspection, Relationship, Martial Relationship, Pregnancy and upbringing of Children

Reiki Vidya Niketan Activities

3. Ganesh Chaturthi celebration on 16th September, 2024:

Students of age group 5 to 14 years also participated in creative activities which were showcased in Ganapati Vandana Program on 16th Sept'24. Here are some of the highlights:




DSPPL Ganesh Festival
Age Group: 5 to 14 years



Drawing / चित्र





Essay / निबंध




Ganesh Decoration Photo
गणेशाच्या सजावटीचा फोटो




More than 35+ students participated across various centres like Pune, Nashik, Ratnagiri, Hyderabad and even some sadhaks from USA





DSPPL Ganesh Festival
Age Group: 5 to 14 years


गणेशाच्या गोष्टी  Stories of Ganesha




Students have to tell the stories. They will record and send it to us.
We will give opportunity to the selected ones in our online program



Double Click above to watch the video



गणेश वंदना
Ganesh Vandana
Monday 16 SEPTEMBER 2024 07.00 PM - 8.00 PM



Ashram Wisdom

The faith towards Life will drive fear towards death...

A person came to Guruji and started telling him that he was fearful of death and was asking about what he should be doing about that. Guruji quickly asked him whether in school days when that person was in 2nd or 3rd standard, did he ever had a fear of leaving school once he passes his tenth or twelfth? No. Because, when he was in school, he used to enjoy the school days. Somewhere the school had become our comfort zone, and we never thought of an idea of leaving this. In childhood we always think of the present moment. No wonder we are always happy in that life. The fear comes when you think of future, something unknown and un-treaded. The second thing is that the very fact there is a fear means there is a lack of faith. Faith and fear can't stay together the way light and darkness cannot stay together. Wherever there is darkness it means there is a deficiency of light. So is the presence of fear in absence of faith. The one who has a deeper faith in life can't have the fear of death. One should be able to love oneself. One should be able to celebrate the life. But then one should also remember that the life is impermanent. But if we live it through responsibility, if one can live purifying his deeds at every moment then one does not have to do anything else at all. Then the life automatically becomes a celebration. And while celebrating itself one will walk into the lovely embrace of the death. Just the way a kind mother embraces her dear child. Then what is to be feared about?

SEMINAR SCHEDULE OCTOBER 2024

Sr. No.	Scheduled Date	Master	Location	Degree
1	12th & 13th Oct 2024	Bharati Zinzuwadia	Dantiwada	1st
2	12th & 13th Oct 2024	Vishal Shridhankar	Pune	2nd
3	19th & 20th Oct 2024	Bharati Zinzuwadia	Ahmedabad	1st
4	19th & 20th Oct 2024	Kalpita Keer	Devrukh	1st
5	19th & 20th Oct 2024	Aruna Margam	Bengaluru	1st
6	19th & 20th Oct 2024	Vishal Shridhankar	Mumbai	1st
7	26th & 27th Oct 2024	Rakesh Kumar	South Mumbai	1st
8	26th & 27th Oct 2024	Aruna Margam	Chennai	1st
9	26th & 27th Oct 2024	Kalpita Keer	Kudal	1st
10	26th & 27th Oct 2024	Sangita Kulkarni	Vadodara	1st