

Volume 16

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**Reiki Vidya
Niketan**

In the midst of chaos, Experience the divinity within...

Dear Sadhaks,

The world faces several pressing challenges today. According to the World Economic Forum's Global Risks Report 2024, the most severe short-term risk is misinformation and disinformation. These false narratives can widen societal and political divides. In the longer term, climate-related threats dominate the top risks global populations will face.

During the 2016 US presidential election, for instance, Twitter identified over 50,000 Russian-linked spam accounts that were spreading divisive content related to the election. Climate change denial, the Russian invasion of Ukraine and war in Syria are other issues that have been steeped in disinformation. The COVID-19 pandemic has also been plagued by disinformation. In fact, the issue has been so severe that pandemic-related disinformation was dubbed a so-called infodemic.

The young generation is being distracted by this disinformation and they are not in a position to judge which information is true and which is false. Such information is misleading them and because of that we see so many suicides happening in young generation.

One of the doctors in US which we have met told us that young people call them and describe their health issue and ask them to prescribe a particular medicine after searching from the internet. He said they do not give chance to us to diagnose their health issue. Why is this situation? Today every person Googles everything believing that whatever Google tells them is correct.

But Guruji always used to say the in Google, good and bad both things are given. For a particular topic, there are articles for it and there are articles against it. Which one to believe? Somewhere we are now too much dependent on internet. But in all kinds of media there is a threat of disinformation. People can fake identities, make fake news, morph videos and viral it and whoever sees it believes it to be true. Because of misinformation, youth is misguided and violence is created all over the world.



In this world of infodemic, we need to light a lamp within to survive in such chaotic situation. We need to lit the inner light which will reveal the true wisdom. Which will guide us to a path of peace and happiness. We should regain our natural intelligence with which we were born. When we were born we had the knowledge of the Self, we had knowledge of energy science because of which we used understand the vibrations of our mother. We could see the aura of the people and used to decide whether to laugh or cry, to go with them or not. We used to keep our fist folded while sleeping because we knew this is Adi mudra which will help in developing our brain. Our 50% brain develops after birth in the first three years.

Question is where this natural intelligence has gone? Too much of information and knowledge has dampened our divine intelligence. We were intuitive when we were child, but now that power is lost because we have gone after Artificial intelligence. We have gone after material comfort which eases our life but we have lost our spiritual comfort. With the advancement of the technology, the restlessness has also increased. Everyone is stressful. Various types of diseases have cropped into the bodies of various people it is because of this restlessness and the stresses which we have accumulated inside our existence.

We are too much dependent on gadgets like phone, tv, etc. as we have forgotten that our existence is capable of performing all the tasks if we channelize our energies in the right direction. We can make things manifest by our power of intention, we can pass on message to a person by developing our third eye and can also receive messages by increasing our power of telepathy.

Today the new science which is developed is called Kinesiology. It says we have 6 indicators muscles in our body which gets pain if any information coming in front of us is a lie. But understand this, we need to be more sensitive and we should be able to understand the language of vibrations. So why not to rely on our internal means to judge the information rather than relying on the external means where there is a risk of misinformation/ disinformation. Let us look within and reconnect to our natural intelligence.

With love, light and reiki
Krupadidi



Since past 3 days, Gujarat is experiencing heaving rains. It is raining cats and dogs without stopping. Trains are getting late. There is water logging in the cities and the whole transportation system is haywire. In Gujarat Janmashtami is considered to be a very big festival. Since Lord Krishna was a King of Dwarika, there is lot of devotion toward Lord Krishna. People enjoy mini vacation of 4 days. Most of the people have plans to travel but with this kind of situation, I am afraid whether their plans will fructify or not.

People celebrate this festival with lot of pomp and show. In the every corner of the street, one can see a statue of Lord Krishna depicting some event of his life. On the day of Janmashtami, there is a road show on the main roads of the cities having floats depicting an event of the Life of Lord Krishna. Everyone stays awake till 12 midnight for the birth of Lord Krishna. The whole atmosphere is filled with joy. Everyone is happy.

But on this Janmashtami, we could not go out to see these floats neither could go to any temple for darshan because of rains. I wished Happy Janmashtami to Swami at home. But while doing my daily puja, I heard a song which we sing on the birth of Lord Krishna i.e. "Nand gher anand bhayo jai kanaiya lal ki". I got up and saw from the window, there was a procession who was celebrating the birth of Lord Krishna.

It was raining profusely but nobody was bothered about the rains. They were dancing and singing and enjoying the procession. They had placed idol of Lord Krishna in a basket and everyone was holding it on head for some time just like Vasudevji had kept Lord Krishna while crossing Yamuna River.



Krishna is born in our Heart...

Continued

On seeing this sight, I got goose bumps. I got tears in my eyes looking at that divine moment. I felt as if Krishna consciousness has descended in that idol. The music, the song and the enthusiasm in the people spreading gulal and the divinity in the atmosphere made me feel that Lord was actually invoked in the hearts of those people. I had a feeling of reverence for everyone who had participated in that procession for their faith in Lord Krishna. They did not bother about the rains. They were all walking barefooted. Nobody was concerned about their body. They were all simple people innocent people. There was no showoff no drama. But these people might not have been aware that their simple prayer had reached the God. They were not refined civilised people but they were very pure at heart. God only see the devotion of the devotee and he coming running towards them. Here I could actually see that. It was the inner call of those people that brought the divine. At that moment I was reminded of the song “Achutam keshavam rama Kaun kehte hai bhagwan aate nahi, hum Meera ki jaise bulate nahi”.

This is what we have to do. We have to keep our lamp lit. No matter what conditions we are experiencing in the outer world. We may be in the midst of chaos, in the midst of hardships in life, in the midst of stress and anxiety. But that should not affect your inner faith. We should always remember the words of Swami, “Bhiu nakos, me tujihya pathishi aahe” means “Don’t be afraid in any situation, I am standing behind you.” This means Swami will bring us out of any difficult situation, he is standing behind us to support us to hold us when we lose our grip of life. We just have to stay connected and look within for his help. This is what Guruji has taught us. Stay connected to the divine. When we walk with the sun, there is no darkness in our life.

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

SUN



"My fifth guru is sun. Though the sun we see in our daily life is one, it appears as many when reflected by water in different vessels. Similarly, the one real Self manifests itself as many selves of living creatures when reflected by their physical structures. As Sun illuminates the many forms in nature to our visions, the sage too illuminates the true nature of all things to his devotees."

The sun is the source of life on the earth. The sun is the closest star to Earth and is essential for life on the planet. Its light, heat, and energy sustain life in many ways. Plants need sunlight to grow through photosynthesis, which produces oxygen and food for humans. The sun's heat provides vitamin D, which helps strengthen bones and may also promote good mental health and lower blood pressure. The sun drives the water cycle, which provides water for living organisms and helps maintain Earth's climate. The sun generates weather patterns and warms the seas. The sun helps form fossil fuels, which can be burned for energy. The sun's gravitational pull also keeps Earth in orbit around it. It drives weather, ocean currents, seasons, and climate. Sun is considered most important in our solar system. In Vedas it is said, "Yathapinde tatha Brahmande" which means that which exists in the Universe exists in us. So in our existence also, there are suns, stars, planets etc. There are thousands of Universe in the milky-way and each Universe has a Sun. Just as sun is a cause of life in outer existence, similarly it is cause of life in our inner existence. The physical energy is produced and distributed by our Solar plexus.



24 Gurus of Lord Dattatreya

Continued...

The “Agni” in our body maintains our body temperature. Ayurveda has described an important factor of digestion and metabolism in our body as Agni. Ingested food is to be digested, absorbed and assimilated, which is unavoidable for the maintenance of life, and is performed by Agni. In Ayurveda, the term “Agni” is used in the sense of digestion of food and metabolic products.

Agni converts food in the form of energy, which is responsible for all the vital functions of our body. Therefore, Ayurveda considers that Dehagni is the cause of life, complexion, strength, health, nourishment, lusture, oja, teja (energy) and prana (life energy).

About the importance of Agni, Acharya Charak has mentioned that after stoppage of the function of Agni, the individual dies, and when the Agni of an individual is sama, then that person would be absolutely healthy and would lead a long, happy, healthy life. But, if the Agni of a person is vitiated, the whole metabolism in his body would be disturbed, resulting in ill health and disease. Hence, Agni is said to be the base (mool) of life.

The Sun is a manifestation of Agni as a Tatva (element). Here Lord Dattatreya compares Sun with a Yogi who gives his own reflection by passing on light of the divine just as sun does. In water when sun rays falls, it illuminates everything. In every drop of water, the reflection of the sun is seen. Similarly, the divine energy is in everyone but it is seen only when a person like a Yogi or guru makes his devotee/ disciple see that. The Guru or Yogi is a representation of divine. And anyone who comes in the contact of the divine, is able to see his/her own divine light. Guru makes everyone realise one's true nature and also makes them realise that God resides in everything. Thus a sincere seeker is able to experience “Aham brahmasmi” and “tat twam asi”.

Besides this, we also need to understand that Sun is shining all 365 days. It is doing its duty. It is available all the time just like God. But we experience night, we experience we experience darkness if we do not travel with the Sun. Similarly, if we remain all the time with the God, we will always experience our own divinity but why we experience unhappiness in life is due to our own limitation of not being with God all the time.

Sun is a source of creation and cause of life on earth. It does its duty but for some rising of Sun must be a blessing and for some rising of Sun must be curse depending on the situation the people are experiencing in life. Some must be cursing Sun for its scorching heat and some must be appreciating its light. But nothing reaches to be Sun. Sun is totally indifferent. It is just doing its duty. So here we have to learn that we have to stick to our goal/ mission in life and do our job perfectly. No matter whether our work is appreciated or we are humiliated for our work. If one throws feast full of sand towards Sun, it finally goes in his eyes only. Similarly we have to elevate to such a height wherein nothing bothers us.



Seeing Isn't Always Believing

- **Dip. SAC Ashwini Telang, India**

Since childhood, we've all heard the saying, "Seeing is believing." This phrase suggests that witnessing something with our own eyes is the ultimate proof of its truth. However, as I grew older, I began to realize that this isn't always the case. Sometimes, what we see is carefully curated by others, leading to misunderstandings and misconceptions.

In today's world, where digital manipulation and deepfakes are becoming increasingly sophisticated, the idea that seeing is believing is more questionable than ever. Deepfakes, for instance, use artificial intelligence to create realistic but fake images and videos, making it difficult to distinguish between reality and fabrication. This technology has advanced to the point where even experts can struggle to identify what is real and what is not. The implications of this are profound, affecting everything from personal relationships to global politics.

Moreover, our perceptions are influenced by various factors, including our biases, emotions, and the context in which we see things. We are aware that to experience anything, space, time, length, height, and depth are required, but there's something else that makes us perceive and interpret differently, and that is consciousness. This means that two people can witness the same event and come away with entirely different interpretations. Our brains are wired to fill in gaps and make sense of incomplete information, which can lead to false memories and distorted perceptions.

Even today, we believe in the existence of the universe because we're taught about it. We are shown photographs of the multiverse, nebulas, galaxies, and stardust, so we believe there must be multiverses or universes around us. Yet, most of us haven't seen these phenomena firsthand. Similarly, we accept the existence of atoms, molecules, and even quarks, despite never having seen them ourselves. Scientific instruments and experiments provide evidence for these entities, but they remain invisible to the naked eye.

The air we breathe and the heat we feel aren't visible, but does that mean they don't exist? Feeling the touch of air or the warmth of the sun is enough for us to believe in their existence. My question to all the readers is: Do you still believe that seeing is believing?



Continued...

Consider the countless things we accept as real without ever having seen them. Love, for instance, is an emotion we all experience, yet it cannot be seen or touched. Its presence is felt deeply, influencing our actions and decisions.

In the spiritual realm, the concept of a Guru provides a profound example. A Guru may shed their physical body, but their essence, teachings, and principles—known as “Gurutatva” in Indian language—continue to live on. The Guru is not merely a person but a principle that manifests through their teachings and the wisdom they impart. This principle transcends the physical form and continues to guide and inspire long after the Guru’s physical presence is gone. The teachings imbibed in us are the true manifestation of the Guru’s essence, illustrating that seeing the physical form is not the only way to believe in the Guru’s presence and influence.

Through my readings and reflections, I’ve come to understand that seeing isn’t necessarily believing. It’s crucial to question and verify what we see, rather than accepting it at face value. By doing so, we can avoid the pitfalls of deception and gain a more accurate understanding of the world around us. In an age where misinformation is rampant, developing a critical mindset is more important than ever. We must learn to look beyond appearances and seek the truth through multiple sources and perspectives.

SHIVA HEALS YOU



Glycation

- Viivek A Pandey
Vadodara

Aging is considered to be a natural process. By the time one reaches the age of 80 or 90 death is considered to be natural. Only accidental death or death by coercion is regarded as unnatural. Ever wondered why some people look older than their actual physical age while others appear younger? What exactly are the factors resulting in the fast or slow decay of the body? Is there a way to at least slow down the process of aging?

People eat all kinds of food these days. Mostly, it is well-cooked. Even if one is Vegan, they must have looked at both raw and cooked chickens. The raw chicken (uncooked) is pink in color and the cooked one turns brown slightly. It is because of the heating process that the pinkish chicken turns brownish. If you look at a section of the colon of a young child it will be pink and fresh. Whereas, the colon of an aged body may be brown or even black. Glycation in simple terms is, that we all are cooked for this life span. The moment we are fully cooked we die a natural death. All other kinds of deaths are unnatural. The fire that cooks us from within is called Jathragni in Ayurveda. Even before the chemical imbalance comes the elemental imbalance. It becomes a matter of quintessential importance to know your elemental type.

As we all are aware there are five elements within and without the body. Of these five elements, the fire element becomes the deciding factor in the rate of aging. One has to be meditative enough to know the dominant element in the body. If your earth and water elements are high you will have a different mind and body. If the fire and air within you are ruling your system, the resultant mind and body will evolve differently. Whatever your case may be, the fundamental thing is to keep a check on all the five elements functioning well within their territories.

There can be more than one way to keep a check on your system. Allopathy does it with the help of machines where all the parameters are kept under a certain range of numbers to keep the system going. However, the chemicals injected may not suit a person on two

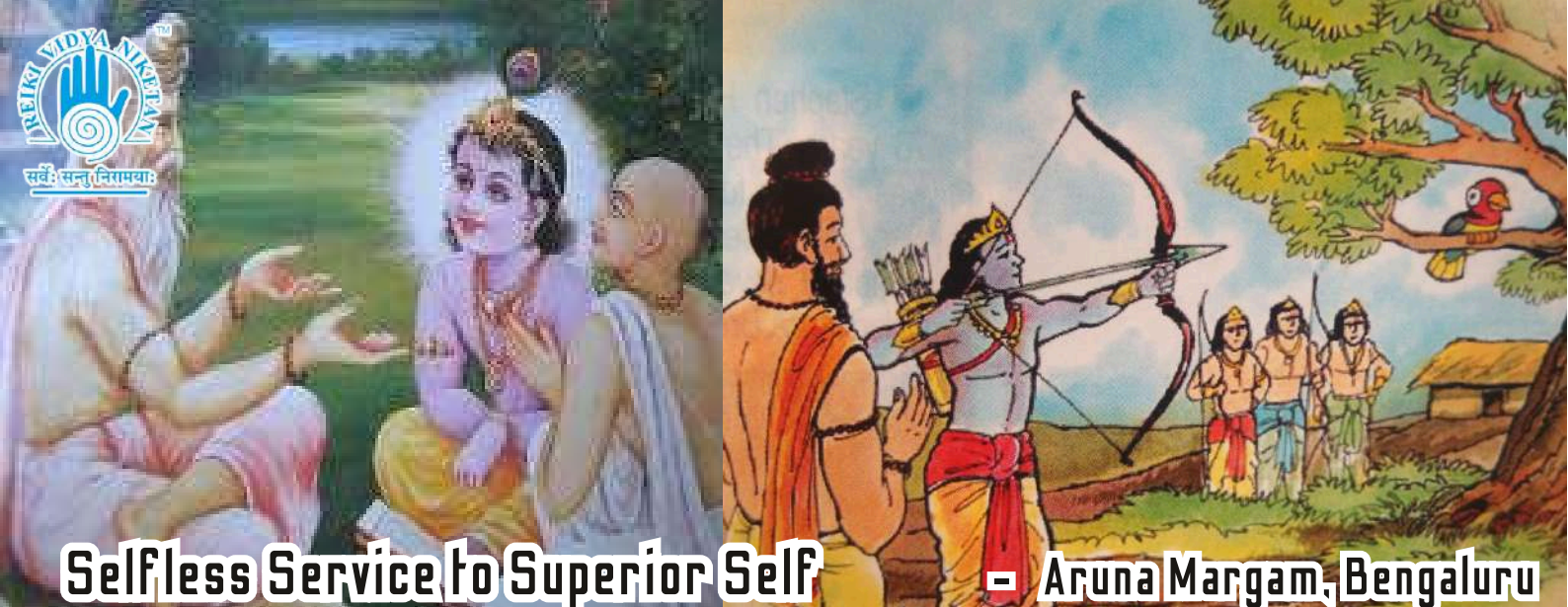


grounds. One is their chemical composition and the other is the sensitivity of their body. Allopathy operates like a strict teacher who will get you the numbers but may just end up distorting an individual. It seems to be useful only in case of emergencies and pregnancies.

Another method which is popular among people is to control their diet and do physical exercise. This seems to be working best as it adheres to their logic and belief system. They understand the basic math and get along easily with the amount of calorie intake and the calories burnt. However, the moment the logic breaks, people lose faith in their system and drop their practice of eating right or exercising at all. The rules of the two-dimensional world succeed only till the higher dimensions open up. When one walks on the terrace, one cannot feel the grass.

The universe is infinite, the fundamentals are the same. It is common knowledge now that the cell exhibits all functions akin to the human body taken as a whole. What is the factor that keeps 50-odd trillion cells functioning well together for a few years? Is it the same factor that decides the fat and thin body type of a person? There are Yogis capable of retaining their physical body for hundreds of years. What have they exactly discovered within them that makes them command their own body? The answer probably lies in one word, "Chitta".

Chitta is that part of one's intelligence that makes them digest or not digest food (just to quote one example). If the chitta is unsullied by memory it will work best for the individual. On the other hand, we get a distorted or derelict person who possesses a 'Chitta' that is against nature. Spirituality assumes a lot of significance in exploring our nature. In this whole process of exploration, we end up discovering some principles governing the universe and this body. When somehow one catches up with 'Chitta' and uses the same with universally beneficial intentions, one starts to command their own body. This whole process of mastering your existence may need a lot of years to understand and get back to nature. Interestingly, to know the intricacies of the body, one needs to rise above the body. If one wishes to know the mind, one has to go beyond the mind. When you witness the universe with only one factor left which is witnessing the universe, you have the key. Start with gratitude, that you have a body to experience life and witness the universe.



Selfless Service to Superior Self - Aruna Margam, Bengaluru

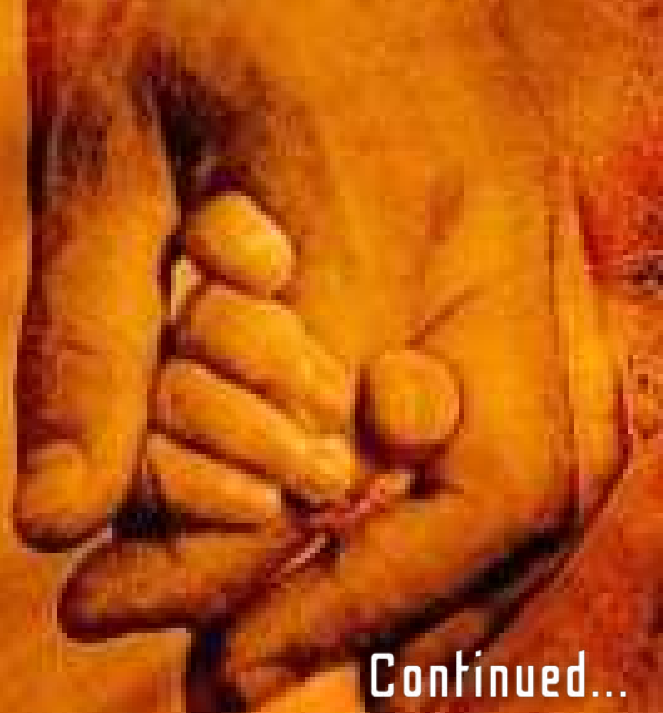
Service to the mankind is the ultimate one needs to do to reach the superior self. Service helps our Ego to be in place and helps in our purification. This will take us to the soul consciousness and that is the ultimate purpose. Our Lord Rama went to Gurukula and did service to his Guru Vashishta. Also he served Vishwamitra in fighting the Rakshasas and helping the Yagya. Lord Krishna and Balrama too went to Sandipini Ashram to serve their Guru. Every person whether a Prince or an ordinary citizen first has to serve the Guru and then the Guru transferred the knowledge when they are ready, which empowered them to handle their family or for the Prince to become the King of their kingdom. Few hundred years ago too the tradition was there in India that the students were sent to Gurukulam at the age of 8 years and they stay there to serve the Guru and also learn. They were allowed to return only when they were ready for contributing to the society.

During Mahabharata period the Guru Dronacharya came to Hastinapur to teach the Kauravas and Pandavas. May be they were in their comfort zone and their Ego was never tested and crushed for them to reach the ultimate goal of life. They fought for the Kingdom when they had their Lord with them. They didn't know to ask for the Lord and were fighting for a small piece of Land. Service is the important part of sadhana. If you take all the Guru's even in the recent times make it a part for their disciples. Like Ramakrishna Mission, Sathya Sai Organizations, Chinmaya Mission naming a few gives so much importance to service. I was fortunate to be in the midst of parents and in laws who were doing self less service till their last breath. My uncle who brought me to reiki was a great role model to all of us in doing service to the needy. He had a model "DOS" where even a common man can contribute to the society. Each person can give Dhal / Oil/ Sugar for the needy and a volunteer went door to door to collect it every month. Service can start at home in a small way. His idea is helping 40 NGO's every month.

Our Guruji is the ultimate role model for service. He gave all of his life every moment for the mission of health happiness and harmony. He believed the first step starts from the family to achieve this. He relentlessly travelled across the country and also some parts of USA to touch families and help all of us to grow towards a better society "Sathyuga". Healing by itself is part of service which he and his students were helping many patients for a better quality of life by giving reiki. This is one of the greatest service one can do. As we all know we can help anyone in many ways but taking away the pain is unheard of.



Selfless Service



Continued...

Reiki has the power to remove someone's pain and get them the happy healthy and a harmonious life back. Guruji did not waste a single moment of his last 29 years in helping, empowering or sharing the knowledge with his students and patients who reached out to him. There was no advertisement and only word of mouth. This kind of service is a very rare phenomenon.

Another opportunity he has created "Brahmakamal Ashram" where we are all welcome to stay, pray and also to do service. I had the golden opportunity along with some sadhaks from Bangalore to visit and do service. We are welcomed like mother's home. He has left a beautiful serene place for us to work on ourselves. We are given all kinds of service right from Swami's sanctum to kitchen. The nature and its beauty brings out the beauty within us. We are out of our comfort zone and also on Nature's lap. Especially the rainy season has its own beauty. Of course every season will have to give us something special always. We get to meet people from across the country speaking different languages come from different culture, educational background. We all are one is the knowledge which is coming from our vedas. We can experience the same at our Ashram. In today's scenario we are all blessed to have a home which is our mother's home where there are no expectations from any one. Just come and enjoy rejuvenate and get back empowered. Guruji is to often say like a car going to garage every year we too shall come and get cleansed and purified to get back to our families filled with love and happiness. Ashram visit is nothing but visiting our own self.

Guruji's and Swami's love can be felt in every inch of the space. We are truly blessed to have a place where we are always invited to be part of the superior self and get connected to ourselves the experience of Self-awareness, Self - love and Superior self. Thank you Guruji for creating a wonderful heaven on earth.



REIKI EXPERIENCES

1. Dear Rakesh Sir, Jai Gurudev!!!

My name is Venkat and I have been a student of Reiki for the last 10 years. I have experienced a lot of benefits while practicing Reiki.

- Energy- I meet a lot of people, who are depressed, have financial issues or they are undergoing personal problems. After doing Reiki, I am not affected by their problems and feel energetic. Also, I remain joyful throughout the day, irrespective of the environment.
- Health- Stress has played an important part in my life, because of the nature of work. Reiki has helped to keep me healthy and joyful, irrespective of the stress involved.
- Family - I give reiki regularly to my family for their safety, health and protection, This has enabled me to be more at peace.

I was not a regular practitioner of Reiki. However, over time, I saw a lot of benefits and I do it every day.

I recommend everyone to practice it and experience all the benefits.

Jai Gurudev!!!

Yours sincerely

Venkat

2. My name is Amrutlal Thakar. I am living in Dantiwada of Banaskantha District.

I had a brain stroke before 4 months. I was totally unconscious when I was taken to hospital. Gradually with medication I got revived but still my brain was not functioning properly. I could not recognise people and places. Then my neighbour Mr. Madrupji came to meet me and asked me to attend the Reiki seminar. I was not knowing what Reiki is so I asked my elder brother who is working in bank. He informed me that it is an energy science. I want to learn Reiki and since then I am practising it regularly twice a day. I have recovered fully. My brain is functioning normally.





1. Lecture in Sardarkrushinagar Dantiwada Agriculture University:

On 12th of August, 2024 a lecture was organised in Sardarkrushinagar Dantiwada Agriculture University on “Homa Therapy and Homa Farming” which was delivered by Ms. Krupa Choksi. Ms. Krupa informed them about Agnihotra – the healing fire and its benefits and also informed them about the benefits of Homa Farming by giving research data from the Farmer all over the world which was given by Dr. Ulrich Berk. The lecture was attended by Dr. A. G Patel -Director of Extension Education, SDAU, S. . Nagar, Dr. K. P. Thakar- Director of Students Welfare, SDAU, S. K. Nagar, Dr. S. D. Solanki - Principal and Dean, C. P. College of Agriculture, SDAU, Dr.Dipak Anavadia- Taluka Health Officer, Palanpur, Er.J. M. Chavda - N.S.S. Officer, C. P. College of Agriculture, SDAU. Around 200 students and professors attended the lecture. The lecture was very much appreciated and at the end of the lecture, Ms. Choksi was also asked to speak about Reiki. On listening to the lecture, all the professors are now very keen to learn Reiki.

2. EPIC Parenting Program in Angel English School on 8th August, 2024:

On 8th of August, 2024 a lecture was organised in Angel English School on Parenting. The lecture was delivered by Ms. Krupa Choksi in which she informed about the new challenges posed by the new generation and how parents needs to get empowered to face such challenges. Around 30 parents who attended the lecture were very much convinced by the contents and they demanded 15 months course to empower themselves so that they can manage their children well.

3. Online Shiva Aradhana in Shravan:

The Shravan month which is considered very auspicious for worshipping Lord Shiva started on 22nd July and ended on 2nd September, 2024. Almost 90 participants participated in the session on every Monday and worshipped Lord Shiva and got his blessings.

4. Online Shravan Festival on 18th August, 2024:

On 18th August, 2024, an online Shravan Festival was organised with varied programs in which the entire family could participate in various sessions. The program started with a session on Yog in the morning, followed by Bhajans, followed by Satyanarayan Katha was done live from Pune by a Panditji. Right after Katha, there was a story telling session. Thereafter there was a quiz which was enjoyed by all. Followed by Shiv Aradhana and Rudra Chanting. Then there was a session on Agnihotra and lastly the program ended with Geeta chanting.

5. Janmashtami Celebration in Ashram on 26th August, 2024:



On 26th August, 2024, Krishna Janmashtami was organised in our Ashram where all the sewekaris in Ashram and local Devukh sadhaks celebrated Krishna Gokul Ashtami. In the evening Krishna Katha was narrated by Mr. Pranjal Joshi which was enjoyed by everyone. He made the entire atmosphere vibrating with the vibrations of Lord Krishna. Everyone could feel the presence of Lord Krishna. This was followed by Satsangs by all the local sadhaks of Devrukh.

6. Science of Learning Program in Ahmedabad:



Reiki Vidya Niketan Activities

Our senior Sadhaks Rakesh bhai Pandya and Dr Nirav Thakkar organised this event of science of learning specifically for 10th standard students. The program was attended by about 400 students and parents and teachers. Valuable suggestions were received from participating principals of different schools, as well as Nirav Bhai and Rakesh bhai requested to make this program more interactive and tailor made for 10th standard students. DSPPL Director Krupa Choksi, senior reiki teacher Bharti Zinzuvadia, as well as principal advisor to DSPPL- Shri Sunil Kulkarni also attended this program.

7. Reiki Bandhara in Palanpur on 27th August, 2024



On 27th August, 2024, Reiki Bhandara was organized in Palanpur for all the yattris of Ranuja Yatra by our sadhaks of Palanpur. All the arrangements were done by Dr.M.N. Rathod, Dr. Hasmukh Patel, Mr. Jagdish Makwana, Dr. Kiran Patel and Dr. Jigar Chaudhary. Reiki was given to 30 people. Sadhaks of Palanpur participated in Bhandara. All the yatri were very much overwhelmed by the sewa done by the sadhaks and gave them lot of blessings.



Ashram Wisdom

This time I was watching the TV serial of Swami and he gave the messages of being Fearless. He said in life you will get moments of happiness and moments of sadness but you should not get afraid of the same. All the obstacles in life makes us strong. We should not get bothered by the difficulties of life but we should face them fearlessly as HE is standing behind us. He said when we are fearless, we do not find obstacles as obstacles in life. We can overcome it easily and the obstacles easily will easily get vanished even without our knowledge. What we need to understand the Swami/ Guruji is behind us all the time guiding us and watching us. Whenever we will get stuck they will come to help us. So why to worry and why to get frightened? We should flow with the flow and should not think difficulties as hindrances in life but we should accept it as a situation. In life every situation is for learning. When we come across a new situation which we have never handled, we may get fearful but when we face it boldly we will easily overcome it.

SEMINAR SCHEDULE SEPTEMBER 2024

Sr. No.	Scheduled Date	Master	Location	Degree
1	31st Aug & 1st Sep,2024	Rakesh Kumar	Thane	1st
2	31st Aug & 1st Sep,2024	Kalpita Keer	Pune	1st
3	31st Aug & 1st Sep,2024	Krupa Choksi	Ahmedabad	1st
4	7th & 8th Sept, 2024	Bharati Zinzuwadia	Dantiwada	1st
5	14th & 15th Sept, 2024	Krupa Choksi	Delhi	1st
6	14th & 15th Sept, 2024	Rakesh Kumar	Vadodara	1st
7	14th & 15th Sept, 2024	Seema Trivedi	Rajkot	1st
8	14th & 15th Sept, 2024	Krupa Choksi	Ahmedabad	1st
9	21st & 22nd Sept, 2024	Kalpita Keer	Devrukh	1st
10	21st & 22nd Sept, 2024	Vishal Shridhankar	Mumbai	2nd
11	21st & 22nd Sept, 2024	Aruna Margam	Hyderabad	1st
12	23rd & 24th Sept, 2024	Krupa Choksi	Palanpur	1st
13	28th & 29th Sept, 2024	Sangita Kulkarni	Thane	1st
14	28th & 29th Sept, 2024	Rakesh Kumar	South Mumbai	1st
15	28th & 29th Sept, 2024	Krupa Choksi	Bengaluru	2nd