

Volume 17

Issue 04

April 2025



# REIKI VIDYA NIKETAN





## Let Rama born within us

The festive season has started. Today is the alignment of six planets at a time which is a very unique event in the history of mankind. Tomorrow is Gudi Padwa and day after tomorrow is Swami Jayanti. Gudi padwa represents victory of good over evil. It is also celebrated because Lord Rama returned to Ayodhya on this day. It is a new year in Maharashtra and Konkan region. The New Year represents new beginning. New year is new beginning of life.

Apart from all the rituals we perform like the hoisting of a flag (Gudi) which is decorated with copper Kalash, mango leaves, Silk cloth and garland, cleaning and decorating homes with rangolis, and enjoying traditional food, especially sweets, marking the start of the Hindu lunar calendar, we need to go deeper and understand the meaning of Gudi Padwa. Though Gudi Padwa is Marathi name of the festival which represents the Kalash. But it also means "Goodie" in English which means celebrating the goodness within us. The Gudi is the representation of victory of good over evil. To raise a Gudi on an elevated platform means to bring out goodness from within.

In our existence till we are fully purified, we have both divine and Devil within us. At times the divine takes over when we are in our Soul consciousness. We experience our own love and compassion, we are in positive frame of mind and we are in total acceptance of whatever situation comes to us.

When devil within us emerges, we are negative, we are arrogant, we criticise everyone and in non-acceptance mode. We do not experience our own love and compassion. We are totally into our ego consciousness.

We have both in us, the question is what we are experiencing now? We always ask in 2<sup>nd</sup> degree that whether Ram is fully activated or still Ravana is active? Ram is the name of our heart consciousness.

Ram depicts love. Ram is a manifestation of patience. Ram is a manifestation of responsibility and reliability. If we look at the entire life of Lord Rama, he never blamed



anyone in his life for all the misfortune. Like all of us Lord Rama also went through difficulties. Even after becoming King, he had to part with his wife to set a right example of justice. He never lost his temper and blamed God for all the miseries. He kept his cool and was always in gratitude.

Lord Rama wants to teach us from his life that no matter what happens in life. Be always good. Be in heart. Accept everything and everyone without any ill feelings. Have gratitude towards God and everyone around you. Have faith that Swamiji/ Guruji is always with you. And then Ram will be born within.

Lord Rama had infinite divine qualities. Out of those, there are some 16 great qualities of Lord Rama that Narad Muni explained to Sage Valmiki even before Lord Rama's descension or avatar on Earth.

1. **Gunavaan-** Principled and Endowed with excellent qualities.
2. **Veeryavan-** Endowed with Prowess.
3. **Dharmajnah-** Always righteous in all actions.
4. **Krithajnah-** Grateful (Remembers even a little help done by others).
5. **Satyavaakyah-** Truthful in his statements.
6. **Dhrida Vratah-** Self-determined and firm in his vows and deeds.
7. **Chaarithrena-** Endowed with Good conduct.
8. **Sarvah Bhuteshu Hitah-** Benefactor of all living beings.
9. **Vidvaan-** Knower of everything.
10. **Samarthah-** Competent in doing things that cannot be done by others.
11. **Eka Priya Darshanah-** Solely delightful in appearance.
12. **Aatmavan-** Courageous
13. **Jita Krodhah-** Conquerer of Anger
14. **Dhyutimaan-** Endowed with splendor and brilliance.
15. **An- Asuyakah-** One who is free from env
16. **Jaata Roshasya asya samuge devaah ca bibhyati-** Even Gods are afraid when provoked to war.

Strive to have all these 16 qualities of Lord Rama within us with patience, faith and perseverance and let us be the king of our kingdom. Then we will experience our own divinity.

With love, light and reiki  
Krupadidi

<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

### THE PINGALA

*"The twelfth guru that has awakened my spirit is a prostitute named "Pingala". One day, she eagerly awaited a particular client in the hope that he would pay her amply. She waited till late in the night. When he did not turn up, she was at last disillusioned and reflected thus: "I foolishly awaited a sensualist who inspires my lust and greed." I learned that renunciation of things is the sole means of realizing infinite joy."*

Here, Lord Dattatreya is telling us not get attached to worldly things as worldly things make us greedy and it invokes our desires which again makes us unhappy. Here, the prostitute Pingala was waiting for a client who would give her pleasure and money both so she was expecting him. But when he did not turn up her expectation made her unhappy. Then she realised that all the worldly things makes us unhappy.

If our wish is fulfilled, we need more which makes us restless and if it is not fulfilled, we get angry and disappointed. So both achievement of success also makes us restless and non-achievement also makes us restless. We block our energies in achieving things and if we are not in a position to achieve it, we brood over our failures. This is how a common man lives.

Lord Dattatreya teaches us here that renunciation of things is the sole means of realizing infinite joy. When we came into this world our hands were empty and when we will leave the world, our hands would be empty. All these possessions are during our lifetime but we cannot carry anything with us. So we need to enjoy if things are with us and also enjoy

## 24 Gurus of Lord Dattatreya

Continued...

if they are lost or does not remain with us. So it the case with people. We can enjoy their company when they are with us but should not long for them if they have left us or are not with us. We should remember the good days we have spent with them but should not yearn for them or else we will not be liberated.

Here I am reminded of one of the teachings of Gurujji that “Every asset becomes liability at one point of time.” So whatever we possess is useful for certain period of time thereafter it becomes a liability. Suppose a person has a car and if due to some reason, he does not drive the car, then car which was an asset earlier, it becomes a liability. He should dispose it as soon as possible or else he will have to incur maintenance cost.

This teaching of Gurujji is so apt in all the situations may lit be things, may it be property or may it be people. Suppose in a business, there is a very good salesman. He does a great job so he is an asset for the business but suddenly when business crashes down, the same person may be liability as the owner will have to pay him the salary.

We invest so much of our energy in desiring and achieving things we want then become unhappy. If we achieve it then also the pleasure is for limited period and then we want something else. And if we do not achieve, our ego is hurt and we become unhappy. So when you realise that you are “Purna” (Complete), you do not desire anything. And then whatever you get, you are happy with that.

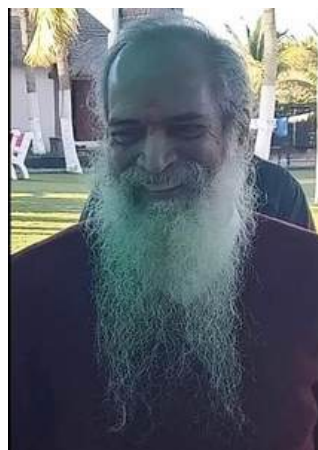
Gurujji always used to say “Do not live in the world to seek happiness, become happy and then lead the worldly life”.

### Ajit Sir Quotes

“



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



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

# SHIVA HEALS YOU

## Savings and Provisions

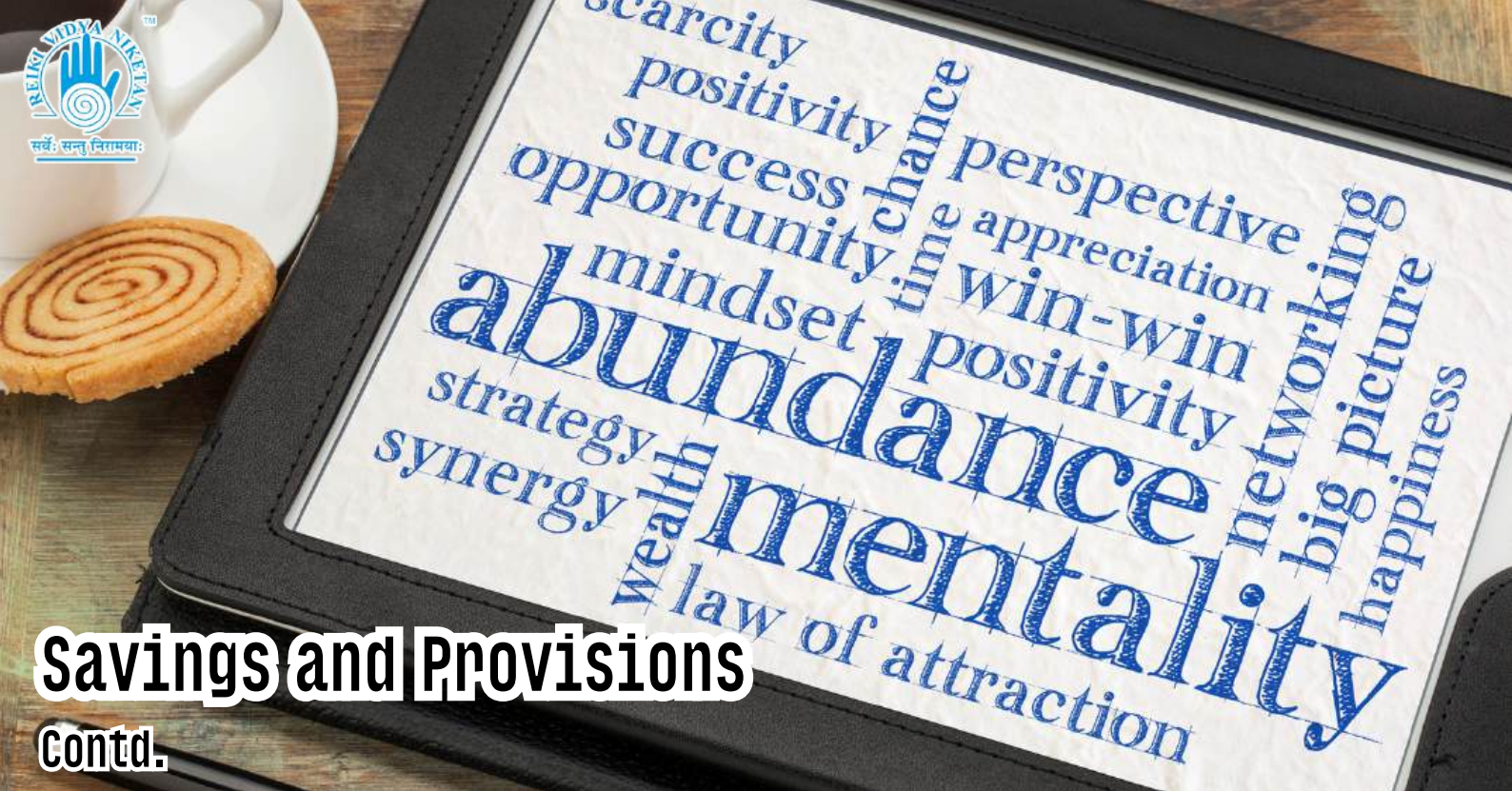
- Viivek A Pandey, Vadodara

The majority of people save money, which is a smart thing to do. However, a saving mindset emanates from future insecurity. By saving money one is trying to secure the future. The whole marketing gimmick of offering discounts is nothing but capitalizing on a scarce mindset of not having. Savings will accuse a person of a lack of faith. If one had faith, total faith, one would not think in terms of savings. Ramakrishna Paramhansa used to get a burning sensation the moment he touched money. Forget about savings, his life was free from any involvement whatsoever with money. A common man while earning and hoarding money creates some Karma for himself. What attitude should one observe to avoid money-related Karma?

People believe they earn money and it is theirs because they worked hard for it. This belief may hold from the outside. However, one needs to go back and look at how it all started. It begins with having an ambition to raise oneself in terms of societal status. To raise the bar in this relative world, people keep stretching to increase their outside worth. Within a few years, one develops some strong patterns of always looking for and expecting money. Eventually, it becomes difficult to think of life happening without money. People fail to understand that life will happen and so will money. The over involvement and greed part that takes over humans is the thing that takes them far away from the truth of life. Nothing wrong with staying on the positive side of your finances. And obviously, one should never land up in a situation of being indebted. Nonetheless, one needs to check the amount of involvement with money. These patterns of managing worldly life end up consuming life itself in most cases.

Philosophy and finance may seem poles apart but they have one common ancestor. Eventually, it all boils down to frequency and vibrations. The billionaires have a different mindset resulting in a different frequency that produces abundance. The royal people also do not have the feeling of lack in them. It is only a common person belonging to a middle-class setup, who feels scarce first and makes his life a struggle. The whole life in most people's cases is a story of struggle and survival. To search for the meaning of life and philosophize, which is the real purpose of all humans, goes completely out of the mind.

The big question is, is it wise to be sensible about money? Being sensible is related to senses, which translates in terms of body. The body is the lowest frequency and not a nice



## Savings and Provisions

Contd.

way to steer any aspect of your life. Wisdom is something that happens after several bad/good experiences. A common man, instead of begging and managing can access the universal powers and invite as much money as he wants in his life. A small shift in the mind can lead to big changes in the long run. The couple of things that a common man needs to understand is this shift in belief and perception. Before one proceeds into the intricacies of manifesting a good life, one must ensure to drop the worldly logic. If one wishes to expand, the risk has to be taken.

No matter what one's background is, one should cultivate a belief system of abundance. Poverty may be your reality, however, the truth is the universe belongs to one and all. Every individual in his/her original form is universal. The bodies may appear to be separate, and the minds may be opinionated differently, but the universe is made up of the same fabric. If one develops a mind that is connected with the universe, any problem can be solved almost instantaneously. The time taken for the solution to arrive again depends on how long one keeps his/her mind in a state of separation. This whole idea of living consciously and managing things emanates from a wrong belief of having a separate existence. If there is no separation within oneself, the universe has only solutions to offer.

The second best habit that one needs to cultivate is the habit of feeling abundant. No matter what phase one is experiencing in life, one needs to feel abundant. The universe loves people completely illogically. It is only the weak that give into logic. People cultivate belief systems as per the knowledge they receive from society or surroundings. With every new child born, one mustn't forget, to bring in new messages from the universe. Adopting the old knowledge to lead a new life may not be a wise thing to do.

Many billionaires inhabit this planet. The first trillionaire is predicted to be someone who can access the asteroids and bring resources to the Earth from space. If one is truly universal, even the sky is not the limit.



# Reflection

- Kaushiki Swaroopa, Mumbai

*Riding the waves of time's endless ocean,  
I trace the ripples of love and devotion.  
Through storms and calms, the path unfolds,  
A journey of wisdom, a tale untold.*

*Years have woven their tapestry fine,  
Moments of darkness, and days that shine.  
Each challenge embraced, each lesson divine,  
Unlocking the treasures that within me align.*

*Guided by the Mother's eternal embrace,  
Healing the wounds, granting solace and grace.  
Her nurturing whispers—a radiant call,  
Reminding every soul, we're complete, we're whole.*

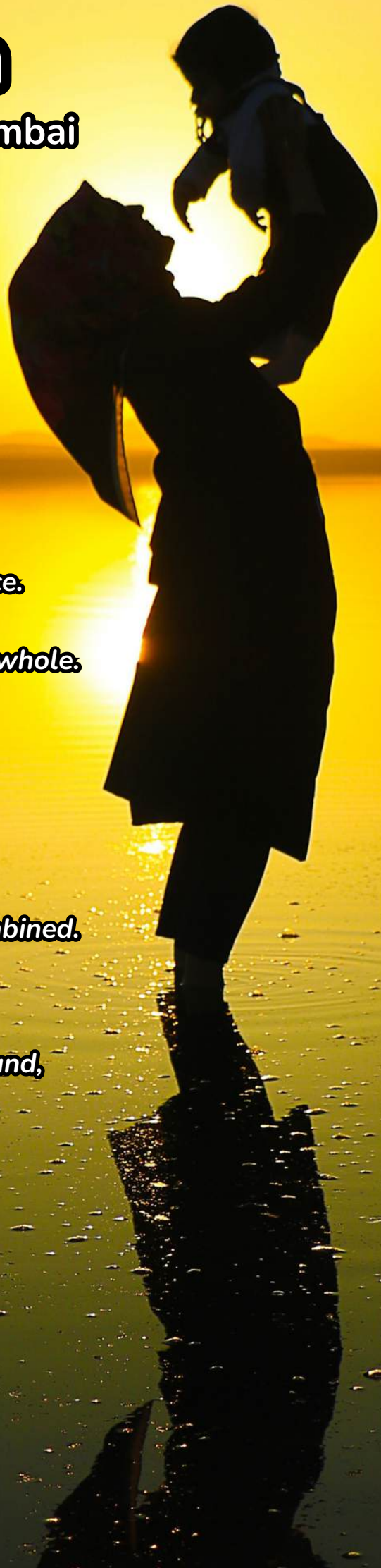
*My Guru, my beacon, my guiding star,  
A father divine, shining near and far.  
Teaching serenity, like a sacred shrine,  
A balance in life, a heart aligned.*

*With wisdom shared, he gently redefined,  
Terms like success, stress, and happiness combined.  
By embracing reality with an open mind,  
Clarity within, a peace refined.*

*Then dawned the three A's—a truth so profound,  
Ability, Approach, and Attitude that astound.  
When deeply understood, they pave the way,  
For strength to grow and doubts to allay.*

*He awakened my soul, he sowed the seed,  
Of resilience, kindness, and acts that lead.  
Through his grace, I rise, my purpose anew,  
To share and shine as he taught me to.*

*With steadfast heart, I gaze ahead,  
Grateful for all that life has led.  
The waves may rise, the winds may roar,  
Yet I stand taller than ever before.*







# Fragrance of love is divine

**-Aruna Margam, Bengaluru**

This Shivratri anushtan started with a lot of blessings. I understood that Guruji's sankalpa shakti makes a big difference. It was always true but it was crystal clear this time. Then visiting ashram for Shivratri celebration was a different experience altogether. There was a lot of peace and calmness in the ashram space. Then one more learning opportunity the environment reflects our inner space. Anushtan calms our minds and keeps us in harmony. World is your reflection. When we manage ourselves our world gets managed. Our Guruji's popular quote Manage the manageable and the unmanageable gets managed. All three days the energy kept on building and the final culmination was unfathomable.

This year after 6 years for the second time I got an opportunity to do Parayan in ashram. It was a unique experience. One week staying with Swami and Gparayan helpful in purifying ourselves and introspecting ourselves. Keeping away from digital media was one more opportunity to know how much time gets managed better. Energy started building each day and singing Aarti morning and evening was a beautiful experience. Rudra homa, Agnihotra, tryambak increases our energy. Birds were chirping all day, and felt like Symphony. Keeping silence saves our energy and we realise how much we can talk less. It just left me with a thought that how we can continue with all disciplines to purify ourselves.

Got sewa in the ashram which filled each one of us with love and divinity. Followed by the parayan I got to attend the second degree seminar at Devrukh. It was an enchanting experience to listen to Marathi seminar. It was a true blessing to be in the space with masters. This seminar's participants has expressed their journey of healing and moreso an unique experience was that they were from multiple centers.

This was followed by World Agnihotra day. Our ashram had 85 participants and it was a special experience of group agnihotra. The next 3 days 25th anniversary celebrations of the ashram was very happy, joyful and blissful experience of life. Every session was impactful and memorable. Palki was palpable and the way sadhaks from all over India



**Fragrance of love is divine**

**Continued**

enjoyed it to the fullest. This experience by itself explains Guruji's presence was felt every moment. Only he can bring love energy in each one of us. His message let all your action be an expression of your happiness and not for happiness. This was one of the experience

This again followed by training for teaching Agnihotra by Dr. Ulrich Berk. His commitment to his Guruji's mission and love for the fire was commendable. He taught us how to be as a sadhak in a Guru's mission. His simplicity and modesty were so evident. He gave us an activity to present agnihotra to different sectors of people. That brought us all together and helped us to revisit our youthful college days. In short overall memorable two days.

The end of the divine experience was the Datta yag at Girnar. The train journey was very very nice. Celebrating 25 years of Guruji's enlightenment, being part of the blissful day will be etched in our memories for a life time. It was flying high in the divine space with loads of learning opportunity. Truly feeling blessed. Thank you Swami, Guruji and all the sadhaks for giving such a wonderful time.



# Devrukh - A Home away from home

- Dr. Neeta Parekh, Kota

## Devrukh, - sadhak's spiritual abode.

During the 25th anniversary celebration of Devrukh math this is what I felt. The whole space has an unusual energy.

Long before in February 2023 when guruji was in Kota for BRICS conference, he shared that in 2025 they would be celebrating 25 years of Ashram. Even Krupa shared this detail during the program. It was such a long planning!

We reached math two days before the actual celebration began. The whole place seemed to be vibrating with energy. On 12th March, the celebration of world agnihotra day was very well arranged. The whole math was vibrating with the energy of agnihotra. From 13th March onwards when the celebration started, one could experience the simplicity yet grandeur of Guruji's life reflected in the celebration.

May it be lightening of the lamp at the starting of the program when the senior sadhaks were invited, may it be honouring the guests with Swami's/ Devi's prasad shawl or saree everything was synced with Guruji's teachings and preachings. The whole ashram was beautifully decorated with the quotes of Swami and Guruji.

The lectures held were also interesting and useful. Then what attracted the attention of everyone from the audience was launching of several books. It all reflects the efforts taken up by the organising committee.

Chanting of Gurugeeta, Lalitha sahasra Naam and Rudradhyay in group always builds up subtle but very powerful energy. Even one who doesn't know these shlokas can experience the energy. It was something really divine.

## Devrukh - A Home away from home

continued...



Everywhere around one can see the work going on in a team. Guruji's talks filled his physical absence and marked his spiritual presence. All the performances by the sadhaks were also quite engaging.

How can one forget the palkhi experience! It was as if the glimpse of real India. Gau puja, Navnath puja and Audumbar puja also gave the experience of living in tune with nature. There is always something spirituality scientific which guruji envisioned behind all these rituals!

Lastly the timely schedule floated by the organising committee needs to be appreciated a lot. The arrangements, food etc. were up to the mark. Nowhere can one listen to any kind of complain about it.

It is all about inner empowerment done by Guruji for which he travelled to many places, met and transformed the life of many sadhaks. This is how real education was imported in India. It was all experienced when the glimpses of his life were displayed on the screen and all the eyes were filled with tears of love and reverence for him. There is always lot of things to learn in life.

Aruna ma'am and Balusir's token of love and respect in the form of a gift of Lord Rama's horoscope to all the sadhaks was really touching. My regards to the entire team, all reiki masters and members of organising committee.

# "NOT 1, NOT 2, NOT 3, NOT 4 – IT'S THE 5-FOLD PATH"



## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



THE FIVE tools around which Homa Psychotherapy revolves sometimes seem to concentrate so much on Agnihotra that the other 4 can get little or no attention if care isn't taken.

Homa Psychotherapy, like the Fivefold Path, has five tools—Yajnya (Agnihotra), Daan, Tapa, Karma and Swadhyaya.

Sunrise/Sunset Agnihotra copper pyramid healing fire normally gets the most attention, as through their own experiences, people are intimately and repeatedly convinced of the manifold benefits of Agnihotra — physically, emotionally, psychologically and spiritually, So it may not be surprising that steps 2-5 of the Fivefold Path get much less attention.

The purpose here is to point out that THIS IS NOT THE ONEFOLD PATH, or twofold or threefold path. It is 5 as the number of fingers most of us have on each hand.

It is at our own risk if we forget this—risk of not availing ourselves of the AID TO TRANSFORMATION offered by this resuscitation of Vedas.

It has been said that regular performance of Agnihotra “opens the door” to higher consciousness and such.

However, if one does not walk through the open door, you can't get inside the house. (unless you climb through a window somewhere)



So, for example, an appreciation for Step 4–KARMA—whereby we take care to avoid engaging in thoughts and actions that in most cases are universally derided, and instead attempt to access our Higher Selves and, in a nutshell, behave properly at a minimum, and at high standards ideally

Failure to take advantage of the wisdom behind this step may stall our progress and potentially lead to regression—moving backward.

So, to be clear, whether one has just begun doing regular Agnihotra or has been doing it for quite some time, the challenging—some might say, ‘horrific’— times we live in demand that we push aside halfway measures, put our big persons' clothes on and at the very least see what happens if we decide to dive into the pool of Daan, Tapa, Karma and Swadhyaya.

Should that appear too daunting, perhaps choose 1 or 2 of these 4 and work at them for a specific time period. Just as Agnihotra surprised many of us with such profound benefits to our physical, emotional and spiritual progress, so may this action serve to enhance.

# "NOT 1, NOT 2, NOT 3, NOT 4 – IT'S THE 5-FOLD PATH"

## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



So far we have centered on the person doing Agnihotra. What about all of the other people in our lives? Mahatma Gandhi said, "Be the change you wish to see in the world." That is how we begin to help the planet.

And by becoming a better person, we affect all those with whom we come in contact.

Plus, the wide-ranging effects of Agnihotra—1 1/2 kilometres diameter on Earth from where it is done, and 12 kilometres vertically into a part of the atmosphere badly in need of repair—makes doing the fire truly a win-win situation. Everyone and every place benefits.

The condition of Planet Earth cries out for help. Those of us in position to hear those cries can do service beyond our wildest expectations.



A heart-wrenching encounter at the hospital left me stunned. An elderly man, experiencing chest pain and unable to afford to pay Rs 70 auto fare, was all alone and in distress. I paid his fare and asked hospital security to escort him to the emergency ward.

The doctor examined him without charge and initial tests showed normal vitals and ECG. However, for further diagnoses, treatment and admission, the hospital required a relative's presence. We understood he has married daughter, who lived 7-8 km away. After multiple attempts, the daughter finally called back, questioning the need for hospitalization and seeming calm, saying she was used to such episodes. We advised her to visit the hospital to understand the underlying causes of her father's chest pain. Instead, she scolded her father, leaving him in tears. I later got to know he was a retired lawyer, living alone since his wife's passing with a daughter seemingly indifferent to his plight.



The episode lingered in my mind, stirring memories of my brother and me rushing to hospitals to save our dad. Those difficult days taught me valuable lessons and wisdom. My friend's (Gauri Sathgare) words, be a mother to your dad, resonated with Rakesh Sir's advice from my Reiki seminar: a healer's relationship with a patient should be like a mother - with unconditional love, compassion and determination and that was a moment which broke the gender barrier between me my dad.

His illness gave me an opportunity to serve him. Caring for my ailing dad transformed our bond. I fed him, bathed him, attend to his personal hygiene, provide incontinence care and medicated him. Our connection deepened and I became like a mother to him. I realized that this experience was a blessing, helping me cleanse my past karma. Swami's words from the Tarak Mantra echoed true: स्वये भक्त प्रारब्ध घडवी ही माय!

Our Guru-Charitra's teachings during Covid times resonated deeply when my dad resisted advice and support. Ajit Sir's explanations on serving Guru, Parents and Spouse left me pondering their relevance in today's society, but experience showed me that selfless service (Seva) is timeless, never goes out of fashion and always reaches to the Swami Samartha's divine lotus feet.

I wish I could have helped that girl understand the value of a Compassion and Seva, sparing her future regrets. Though that opportunity passed, I can still tend to my own emotional wounds, healing the parts that ache when witnessing other's struggle.

# Essence of Girnar Yatra

Komal Pukale, Bengaluru

Long back when we used to go for Datta Yatras with Guruji, every yatra used to be a new learning, a new experience in itself (although places would be same at times). Recently we all were chosen to be part of Dattayag and that too at the foothills of Girnar, at the lotus feet of Dattaguru Himself..

On March 20th 2025, after soaking in the Dattayag energies throughout the day, around 10:30pm we started ascending from Prernadham ashram towards Guru Shikhar. It was a very different feeling this time. While seeing Krupa and Alhad leaving back to Rajkot, felt like a part of me was leaving away from me. My eyes were searching for Him (Guruji) when He was right within. He always used to charge our batteries to more than 100% with his Divine Vaani (words) before we ascend towards Guru Shikhar. As we reached near the entrance, saw Ashu who had come near the first step and it gave a soothing feeling as though She was representing Him.

And the journey started and so did my conversation with Him.. It was a varied sight, could see some seekers leaving behind their footwear while some in trekking gear, some were smiling while some were anxious, some were excited while some in maun.

It was around 2am or so and I reached Ambaji Mata temple where half of our group was resting. I too went and sat on one of the steps next to the temple, however it was quite windy and after some time I started shivering. I prayed Divine Mother to hold me in her arms and suddenly saw one of our sadhaks Rekha Shenoyji coming towards me. She sat next to me, opened her bag and wrapped me in a warm green woollen shawl and said something that literally astonished me. She said, "I always carry one extra shawl in case someone else needs it". I had often heard people carrying extra pair of belongings for themselves, however had never heard people carrying an extra pair for someone else. Felt deep gratitude from within and it took me back to our first Girnar yatra where Guruji's message was "Put Others First". Once Guruji had shared that there is a difference between a Student, a Sadhak and a Disciple. Rekhaji's simple yet great act displayed one of the core aspects of a Sadhak. This was one of the prashads I received in this yatra which I felt like sharing with you all..

Thank you,  
Jai Gurudev



## 1. World Agnihotra Day was celebrated in Ashram on 12<sup>th</sup> March, 2025



On 12<sup>th</sup> March, 2025, the World Agnihotra Day was celebrated in the Ashram. Many sadhaks from other centers and local Devrukh sadhaks participated in the event. In total there were 85 Agnihotras done. The whole atmosphere of the Ashram became very vibrant and energetic with the divine vibrations of Agnihotra.

## 2. 25<sup>th</sup> Anniversary of Ashram was celebrated from 13<sup>th</sup> to 15<sup>th</sup> March, 2025



The grand celebration was done on 25<sup>th</sup> Anniversary of Math which started from 13<sup>th</sup> March, 2025 and ended on 15<sup>th</sup> March, 2025. Around 170 people from other centers and 50 people from Devrukh participated in the celebrations. The whole ashram was decorated with light and flowers. Colourful Rangolis were done by Sadhaks and messages of Guruji and Swamiji were displayed on the walking pathways which caught the attention of all the people. The entire Ashram was vibrating with the energy of Swamiji and Guruji welcoming everyone in the event. Everyone was in the high spirits and enjoying every bit of the event.

The program started with Swami Kakad Aarti flowed by Gau Pujan, Navnath Pujan and Audumbar Pujan. Thereafter there was a lecture of Dr. Vinayak Dhaval (MD Ayurveda) followed by a program of Bhajan by local Devrukh sadhaks. Dr. Vinayak Dhaval explained about the importance of food and maintaining balance of 5 elements in our body. He also informed about which food is good for which organ. In the evening, Guru Geeta and Dutt Bavani was chanted by all the sadhak which was followed by a program of classical . Mr. Yogesh Katdhare who is a disciple of Shri Ajit Kade had given his first performance which he dedicated to the lotus feet of Swamiji. The performance was incredible and it was enjoyed by everyone.

On 14<sup>th</sup> March, a lecture of Dr. Lipy Shukla (MD PSM, MBBS) who is a faculty and Training Co-ordinator in State Institute of Health and Family Welfare, was arranged. She informed about the first aid and handling emergency before the patient is shifted to the hospital. She informed about the ABCD of treatment and various symptoms during various kind of emergencies.

The lecture was followed by a program of Bhajan by sadhaks from all over India. Various sadhaks sung beautiful bhajans and whole atmosphere was vibrating with the energy of devotion towards God. In the evening, Lalita Sahastranaam was chanted by all the sadhaks. After Aarti, Guruji's talk were displayed which heightened everyone spirit and clarified their doubts.

On 15<sup>th</sup> morning, after Audumbar Puja, Gau Puja and Navnath Puja, Abhishek was performed on the paduka of Swami by chanting Rudraadhyay and abhishek was performed on Kamakshi Devi by chanting Lalita Sahastranaam. At Gurusmarak, akhand naam jaap with veena was done by sadhaks from 7 am to 7 pm.

Thereafter, Udak shanti puja was performed which was followed by a lecture by Dr. Ulrich Berk, Homa therapy expert and a scientist from Germany. He informed about the impact and effects of Agnihotra on Climate change, on soil quality, Agriculture and human health. The lecture was well received by the audience and it was enlightening.

Thereafter, in the evening Swami's Palakhi was taken to the Ganesh Mandir with lot of pomp and show and from there to the temple of Gramdevi and back to the Ashram. All the sadhaks danced on the bits of drum and the entire atmosphere was resonating with the chants of "Shri Swami Samarth, jai jai Swami Samarth." After palakhi procession, Maha aarti was performed which was followed by Mahaprasad.

### 3. Datt Yag at Girnar on 20<sup>th</sup> March, 2025:



On 20<sup>th</sup> March, 2025, a one day Datt Yag was performed by pandits of Devrukh and the eternal fire was lit which was originally lit by Saint Gabinath. Around 165 people attend the same and got the blessings of Lord Dattaterya at the feet of Girnar.

### 4. A lecture in The Concept School, Vadodara on 22<sup>nd</sup> March, 2025 by Ms. Krupa Choksi:



On 22<sup>nd</sup> March, 2025, a lecture on “Riding the Wave of New Generation” was delivered to 40 parents in The Concept school of Vadodara by Ms. Krupa Choksi which was organised by Mr. Ashish Muley. The lecture was well appreciated and parents were more keen to know about the 28 traits of the children. They could relate with the problems which they are facing in upbringing of the children.

### 5. New Generation, New Challenges – a lecture in Mangla Green in Vadodara on 22<sup>nd</sup> March 2025:



A lecture was organized in the Amphitheatre of Mangla Greens by Ms. Siddhi Joglekar for the parents. Ms. Krupa Choksi addressed 30 parents and explained them about the recent issue faced by the World. She also informed about the structural changes which has happened in new generation which is making them behave differently than the earlier generation. The lecture was well received by the audience and all the parents showed interest in attending the EPIC Parenting program.

## 6. Gudi Padwa was celebrated in Ashram on 30<sup>th</sup> March, 2025



On 29<sup>th</sup> March Gudi Padwa, a new year was celebrated in the ashram by performing puja of Gudi. A very tall Gudi was placed in ashram which is a symbol victory of goodness over evil. It was Guruji's idea the tallest Gudi should be placed in ashram which will bring more faith of people in goodness. Deepstambh was also lighted on this day.

## 7. Swami Jayanti was celebrated in Ashram on 31<sup>st</sup> March, 2025

On 31<sup>st</sup> March, Swami Jayanti was celebrated in the ashram by continuous chanting the name of Swami from Sunrise to Sunset. All the local devrukh sadhaks along with the sevekaris in the Ashram did this chanting and got the blessings of Swami.

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Dates	Program	Eligibility (Birth Dates)		Fees
16th April to 16th May, 2025	EduSPOT (Daily 1 hour)	1/4/2017	31/3/2020	Rs.600
6th May to 11th May, 2025	SOFT 1 Non- Residential	1/4/2016	31/3/2017	Rs. 1200
6th May to 11th May, 2025	SOFT 2 Non Residential	1/4/2015	31/3/2016	Rs. 1350
6th May to 11th May, 2025	SOFT 3 Non Residential	1/4/2014	31/3/2015	Rs. 1500
19th May to 24th May, 2025	SOFT 4 Residential	1/4/2013	31/3/2014	Rs. 5000
19th May to 24th May, 2025	SOFT 5 Residential	Those who have attended SOFT 4		Rs. 5250
19th May to 24th May, 2025	SOFT 6 Residential	Those who have attended SOFT 5		Rs. 5500
28th May to 1st June, 2025	STRONG 1 Residential	Age Group - 15 to 25 years		Rs. 5750
28th May to 1st June, 2025	STRONG 2 Residential	Those who have attended STRONG 1		Rs. 6000



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# Ashram Wisdom

Once a sadhak asked Guruji that the entire world is created by God. He has created everything. We are also created by him. So why he does not stop us from committing crime? Guruji answered that first understand why do we commit crime/ sin? It is because our Chitta (Intellect + Mind + heart) is contaminated. Our chitta provides raw material for any action. So our first duty is to cleanse our chitta. Now the question is how our chitta gets impure? It is because of impure ideas which becomes impure thoughts and this eventually becomes impure emotions which leads to impure action. When we get disconnected from our soul consciousness/ Divine and get connected to our Ego consciousness, we do not experience our divinity and our ego manipulates our ideas and thoughts. When we are connected to our Ego, our soul has been sending message to stop the action but when we are in ego consciousness, and we cannot hear anything nor we can see that something wrong we are doing. So even if God is trying to save us, we become deaf and dumb and do not understand the signals given by God. Hence, we need to cleanse our chitta daily and keep a check on our ego through our HDFC formula.

# SEMINAR SCHEDULE APRIL 2025

Sr. No.	Scheduled Date	Master	Location	Degree
1	5th & 6th April, 2025	Aruna Margam	Bengaluru	1st
2	5th & 6th April, 2025	Krupa Choksi	Bhavnagar	1st
3	5th & 6th April, 2025	Vishal Shridhankar	Pune	1st
4	5th & 6th April, 2025	Rakesh Kumar	Nashik	1st
5	5th & 6th April, 2025	Kalpita Keer	Devrukh	1st
6	8th & 9th April, 2025	Vishal Shridhankar	Shirara	1st
7	12th & 13th April, 2025	Seema Trivedi	Vadodara	1st
8	12th & 13th April, 2025	Kalpita Keer	Goa	1st
9	19th & 20th April 2025	Rakesh Kumar	Thane	1st
10	19th & 20th April 2025	Krupa Didi	Kota	1st
11	19th & 20th April 2025	Aruna Margam	Hyderabad	1st
12	19th & 20th April 2025	Bharati Zinzuwadia	Ahmedabad	1st
13	26th & 27th April 2025	Krupa Choksi	Delhi	2nd
14	26th & 27th April 2025	Aruna Margam	Chennai	1st
15	26th & 27th April 2025	Seema Trivedi	Rajkot	1st
16	26th & 27th April 2025	Kalpita Keer	Chiplun	1st
17	26th & 27th April 2025	Vishal Shridhankar	Mumbai	2nd
18	26th & 27th April 2025	Sangita Kulkarni	South Mumbai	1st