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REIKI VIDYA NIKETAN



The above image is captured at our Devrukh Ashram. Image Credit: Nisarg

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



In 2022, Guruji had told all of us to increase Datt energies for coming five years. Hence, he asked us to do group Gurucharitra Parayan every month in respective centers for 11 months at different sadhak's home and 12th one would be done in any of the Datt stan i.e a place of pilgrimage where Dutt energy is there. In 2023, the last Parayan was done in Audumber where sadhaks from all the centers came and read group Guruchartira (a book describing stories/ leelas of two incarnation of Lord Dattatreya i.e. Lord Shripad Shrivallabh and Lord Narsimh Saraswati). The next was at Narsobawadi and this year would be at Akkalkot. Thereafter at Girnar and last would be at Devrukh. Guruji also started Anghastami Puja from 2022 and insisted that every sadhaks should do it.

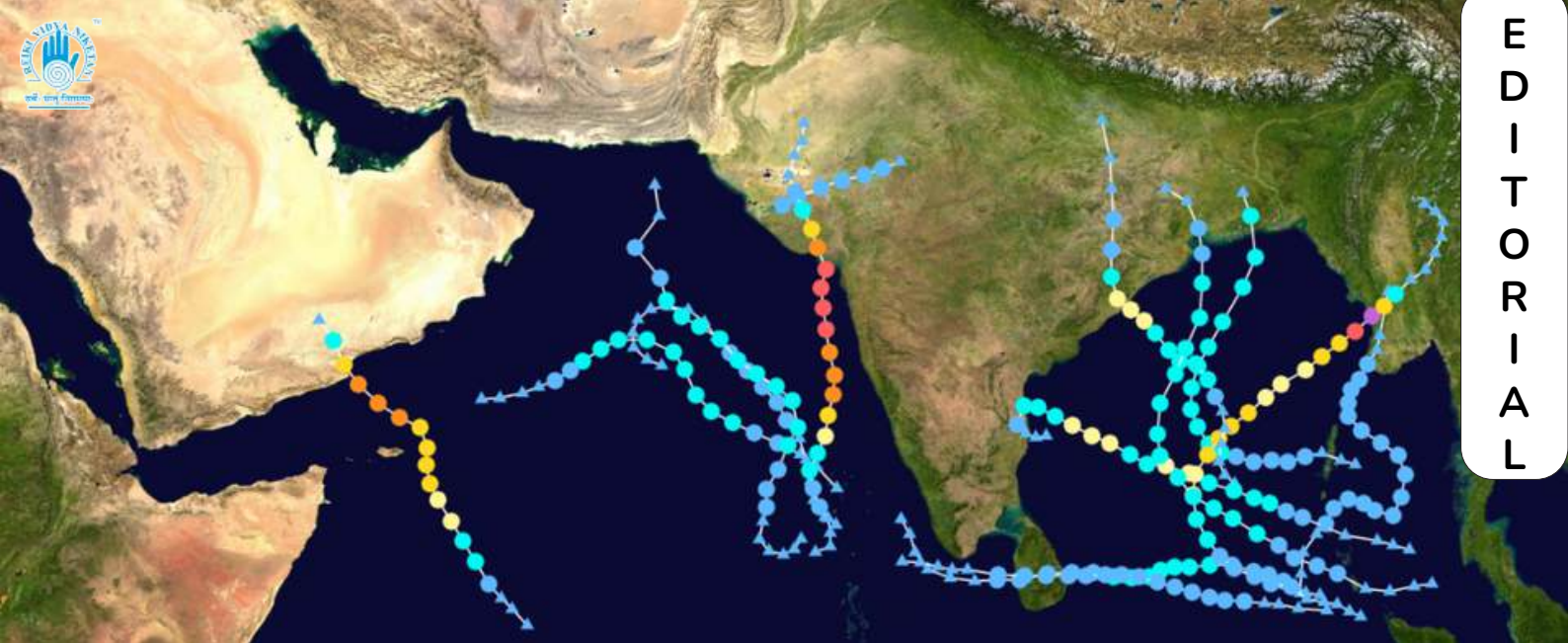
Lord Dattatreya, is the incarnation of Trinity i.e. Lord Brahma, Lord Vishnu and Lord Shiva. All the three energies are combined in him and he is called the supreme consciousness. He is Adi Guru. Lord Dattatreya is saviour and ultimate spiritual teacher. He is supreme healer who heals one physically as well as spiritual.

In one of the stotra written by Devarshi Narad of Lord Dattatreya, the shloka says
Jaraa Janma Vinashay Deh Shuddhi Karayach |
Digambar Daya Murtey Dattatreya Namostutey ||

Meaning:

My salutations to Dathatreya, Who destroys sorrow of birth and old age, Who cleans our body and soul, Who wears the directions as cloths, And who is the lord of mercy. This is the mantra with which we always perform our purnahuti (closing ceremony) of Datta Yag on Datt Jayanti.

Now the question is why did Guruji asked everyone to do Datt sadhana? If we look around, on one end the whole world is suffering from Natural calamities. Since January, 2025 till December 2025. The whole World is experiencing so many natural disasters. In the first half of 2025, was the costliest on record for U.S. disasters, featuring massive wildfires and multiple severe storm/tornado outbreaks causing billions in insured losses. India experienced intense climate disasters, including Cyclone Montha, record heat, severe



flooding, and cloudbursts, testing emergency systems, A significant earthquake struck Myanmar, Thailand, China, and Vietnam in March 2025, causing major economic damage. Africa faced varied challenges, including flooding from Tropical Cyclone Dikeledi in Madagascar/Mozambique and drought conditions in Somalia and parts of Southern Africa, Recently Japan experienced Earthquake twice.

Recently Japan and Canada experienced a massive Earthquake with 7.5 and 7.0 magnitude respectively. Sri Lanka is experiencing torrential rainfall, severe flooding and landslides as the northeast monsoon intensifies, worsened by the impact of Cyclonic Storm Ditwah which made landfall on the island's eastern coast. It is also affecting Chennai and southern parts of India.

And on the other end, due to climate change, In 2025, a range of infectious and non-communicable diseases (NCDs) are prevalent globally, with a key trend being the resurgence of preventable diseases due to declining vaccination rates and the spread of vector-borne illnesses. Due to climate change, TB has returned to being the world's leading cause of death from a single infectious agent (surpassing COVID-19). Changing weather patterns have led to a rise in diseases like dengue, chikungunya, and malaria, which are spreading to new regions. Infectious diseases most widespread, including seasonal influenza (with a notable increase in cases, especially A(H3N2) and A(H1N1)pdm09 strains), new COVID-19 variants, and Respiratory Syncytial Virus (RSV). most widespread, including seasonal influenza (with a notable increase in cases, especially A(H3N2) and A(H1N1)pdm09 strains), new COVID-19 variants, and Respiratory Syncytial Virus (RSV). Chronic conditions such as heart disease, diabetes, cancer, and chronic respiratory diseases account for 74% of all global deaths and remain the leading causes of mortality.

Mental health disorders have reached alarming levels globally, exacerbated by the COVID-19 pandemic and ongoing crises. The diseases are increasing day in and day out for which Medical science have no answer. The mortality rate is expected to be about 7.8 per 1,000 in 2025, slowly increasing to ~9.7 by 2050 due to aging populations, with major causes being cardiovascular diseases and climate change.



The food which we are eating is full of radio activity. The recent news - A protective shield covering the Chernobyl nuclear reactor in Ukraine can no longer provide its main containment function following a drone strike earlier this year.

Micro plastics is another issue about which we know but it has spread in water, in soil and also the food that we eat. Bottled water has 100s of nano-plastic particles which we consume every-day. The so called organic fruits and vegetables are no longer organic. We all are aware about all these things but we cannot do anything.

The only remedy left with the humans is to go to divine. We do not know how much plastic we have consumed and what is happening inside our body. So a divine force like Reiki, Agnihotra and Datta energy can only save us. Again I refer to the mantra “Om jara janma vinishay, deh shuddhi karay cha, digambar daya murte dattatreya namostute”. So by worshipping Lord Dattatreya, we will get rid of diseases. This energy will cleanse our bodies from all kinds of foreign elements which have come through food, air and water and make us meet every challenge of life may it be mentally, physically, emotionally, intellectually or Spiritually. Connecting to divine energy of Lord Dattatreya, will remove our aadhi (anxiety and fear), vyadhi (all kinds of diseases) and upadhi (i.e and tension and worries) and make our existence as pure as “Anagh” as Lord Anaghadev (another name of Lord Dattatreya) himself.

With love, light and reiki
Krupadidi

| | | | | | | | |
|--|--|---|--|---|--|--|---|
| 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

THE SNAKE

"The serpent moults, leaving off its old skin. So too at the end of his life Yogi leaves his body deliberately and in full awareness of his own true self and is not frightened by the phenomenon of death. On the other hand, he casts off his old body as happily as he does his worn out clothes and gets new ones. This is what my twentieth guru taught me."



Here, Lord Dattatreya is trying to tell us that we should not get attached to our body. We are soul. And soul has acquired this body to play the game of life. Even if our body dies, our existence will still be there. We are eternal being. Yogis have understood the eternal nature of the soul and so they can easily cast of the body when it withers away. In fact, many times they fell the limitations of the body. So they cast of the body willingly to reach more and more people.

This is what Ramkrishna Paramhansa did. Ordinary people think that inspite of being paramhansa, why did Ramkrishna Paramhansa got cancer? Here, we have to understand that all the yogis they put their consciousness in Agna Chakra. And because of it their muladhar chakra has got very less energy and so their immunity is less. But this is their choice. Many times they take some sanskaras of their disciples to help them to reach the



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salvation and in that process they may suffer from disease.

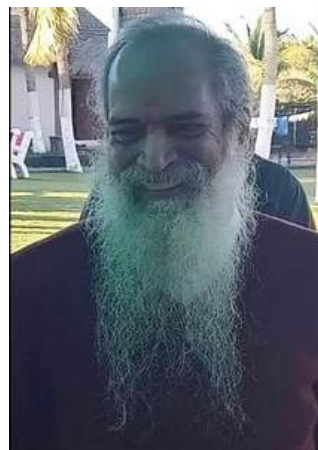
But this is always their choice. If they wish they can cure it in a second but they suffer it deliberately. As against this, a normal person has no choice. He is victim of his own prarabadha (destiny). When a yogi has got some disease, he/ she is beyond body consciousness so they do not suffer like an ordinary person. A Yogi is beyond pain and pleasure and they are not attached to their body.

Here, Lord Dattatreya teaches us that we should understand that we are not a body. And even if we die, our soul remains so our existence is there. We are eternal. So we should not fear death. All the Yogis have already understood it and so they very easily cast off their body just like a snake casts off its skin.

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

Staying Blessed

- **Vivek A Pandey, Vadodara**

What kind of people are regarded as blessed? The one's who own cars and have all the riches in the world. The people who enjoy a powerful position or the celebrities who steal the limelight. Some people are in constant prayer. Are they the ones who are blessed? Who exactly is blessed and what does it mean? Let us figure it out.

Riches can give you comfort and make you spoiled instead of disciplined. The only advantage of being rich is that one is born with an abundant mind-set. However, if one observes closely, the real blessing lies in staying poor and deliberately keeping a low profile. One appears to be poor but slowly cultivates a seeking mind. A mind that is always looking to connect with the higher realms. You may own a car worth 5 crore, or you may be sitting in a car that is ordinary. When stuck in traffic, the pain and agony for both remain the same. In a conditioned room, it becomes very easy to maintain a calm state of mind. But when you learn to get burnt in scorching heat and still develop a mind that is serene, one becomes blessed. Comfort is good in life, making it the only way, and becoming dependent is a curse. Right now, there are too many gadgets available in the market. One can use them to entertain and engage the mind. Nonetheless, the quality and content of the mind remain static. The process of learning and evolving comes to a halt. Sooner rather than later, such a person just keeps on changing their toys but never grows from within. The lesser the struggle in life, the greater the chances of being blessed. In the words of Swami Vivekananda, "A true seeker encounters problems every day in their life."

Another aspect to look at is the celebrity lifestyle. Are they the ones really blessed? We are all aware that they, too, have a personal life. And once the limelight is gone, most of them have to deal with the air they have filled within. Very few can digest the success that is showered upon them. Most of them lose their head. A common man, on the other hand, bows down in gratitude and stays humble. This does not mean that every poor guy on the street is blessed. It just means that a person who hasn't created riches has fewer cages to break free from. Who then is really blessed?



SHIVA HEALS YOU

continued...

Life happens from within. If the world is making you move, you are more of a slave and less of a human. As an individual, one needs to be absolutely clear about where they stand. The quality of thoughts and emotions continuously manifests in life. It never really happens from outside. When people doubt, they think they lack faith. However, in doubting, they are fully confident about their doubts. The wholeness of their being tells them that they have slipped into the doubting process. Even in this state, none can claim to be lacking faith. One is always wholesome and complete, and blessed. The whole act of inquiring also becomes a drama one day. The four Vedas, if one needs to sum up in a few words, would be, “One became two for the fun of becoming one again.”

When a certain sort of inquiry begins to see the real nature of life and understand closely how and why things happen is the beginning of life becoming a blessing. A time should come in the life of every human where the process of enquiring takes precedence over all other mundane aspects of life. Being born as a human and not knowing the nature of one's own existence is a real crime. The phenomenon of God. The whole process of believing and not knowing should all be put to the test separately by all individuals. Knowing the true nature of things and standing firmly in one's own clarity can only lead to a blessed life. When one has the knowledge that only they exist and nothing else is outside of their ambit, they own the space wherever they go. Such people do not remain attached to one or two persons. They also do not suffer from their memories or imagination. They just continuously stay aware and move about with the flow of life. The act of seeking turns into the habit of observing and absorbing. The vibrational and the true nature of life get revealed, and one stands firmly in their own clarity. All the Siddhas who were born had one common thing about them. Their clarity never failed them, and hence, they never sought an outside opinion or confirmation. After a long journey of seeking the true nature of everything, the mind becomes satiated, and life takes over.



Threads of Compassion

-Kaushikiswaroop, Thane

Peace of devotion,
Love of the ocean,
Makes no salvation,
but a relation—
Between you and God.
This divine connection,
established between
the creator and its creation,
Brings forth resurrection,
of the long-lost affection,
That came along with love and compassion...
Towards the whole universe.
May this be extended to our lives,
Letting us all live by the dives,
within our own hearts where love and compassion thrive.
It's only then that heavens on earth soon arrive.
Let me start by offering myself to the world today,
Letting all its pain fade away.
Everything that I am and have within,
For now, shall my work begin —
A balm for wounds, a whispered prayer,
Healing the world with love's tender care.



I had an introspection that How we were once upon a time and how we have been growing in this path every day. Yes, indeed it is true that it is Guru's grace and guidance. I have always been grateful for meeting Guruji in my life. Every time I travel it is getting even stronger as I understand the hardships Guruji has taken to touch so many lives across India and abroad too. As these thoughts were there arising I also remembered our ashram "Our Mother's home" which is a priceless gift given to us by Guruji. In those days in a remote place building would have been brick by brick with relentless hard-work and blessings of Swami. Whenever these thoughts come over I am overwhelmed that do we really deserve this unconditional love and grace of Guruji? Then immediately Guruji's voice comes in the mind "Whatever we receive without asking is what we deserve".

Character building of the disciples and the ashram space is a herculean task. Buildings are still a bit ok, it might take a little time and patience to make it happen, What about us the sadhaks? It is not easy because we are all different with different understandings and different beliefs. Our beliefs hold us like iron chains. We become the prisoners of our own beliefs stored in our subconscious mind. As per Guruji's guidance only if the person wants to change his beliefs it is possible or else even God cannot change it. We all know our subconscious stores whatever he hears and see from mother's womb to the age of 7 years. We don't even know what is stored inside us. A guru knows 360 degrees and our soul's journey too. He knows where we need to transform but he needs tremendous patience for it to happen. One sadhak my do it in a few months and another in few years and another might take a life time or even many life times. Once Guruji shared once, to be a Siddha is to be in sadhana and contribute to the world but being a Guru is to be in the world and needs to constantly guiding his disciples till they reach the ultimate.



Guru a personification of Patience Purity and Perseverance

Continued...

I have read in the book of Ramakrishna titled “Gospel of Ramakrishna” that he promises to receive his disciples at their last moment of transition even when he is not in this world. There are descriptions by his disciples how he received his disciple “M” who wrote this biography of Ramakrishna. After we also faced that sudden transition of our beloved Guruji from gross to subtle form all our sadhaks were devastated. It was all of a sudden and we got a firsthand experience of everything and everyone is so temporary in this world. At that time, I remembered one of our Guruji’s promise in our Intensive at Thirvannamalai 2015 that he will be there always till the end of all the sadhaks there. I was calculating and thinking he is going to live in this physical form for a long time. Then I remembered Ramakrishna Paramahansa’s lines and I understood he is there in subtle form and he will be receiving each one of us. Now after 2 years also we all have experience of his presence inside us, in the space and now we experience the power of his sankalpa, his grace, his unconditional love for each one of us and above all the commitment towards his selfless mission of health happiness and harmony throughout the world. Guruji has become part of each one of our lives, spirit and our existence too.

Guruji taught us through his actions. He treated all equally there was no difference between rich and the poor, literate or illiterate. Some time we find it harder to understand his simple teachings he has shown immense patience till the transformation happened. Once a Sadhak asked Do you remember us? When the sadhaks are growing in number. Guruji said “I belong to You. Do you belong to me”? It is always we lose track or keep away due to our Ego and not ready to meet him. After many years if a sadhak comes back into the fold he never asks Where were you all these days. Guruji just welcomes with open arms and a big smile. Guruji’s teachings were only Be Happy, Stay connected to Swami, follow his teachings, you are complete and whole, you are unlimited, check if you are in soul consciousness or ego consciousness. His purity will be spoken for generations to come. His unconditional love has touched many of our hearts. As his disciples, Where are we? December is his birthday I remember his guidelines “Live as though everyday is your birthday” Be childlike and stay with yourself every moment, learn from every situation and become one with the universal consciousness that is Reiki.

"HOMA THERAPY: OUR LAST CHANCE"



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



53 years after the beginning of the widespread sharing of Agnihotra and the Fivefold Path, we find ourselves at a fork in the road, if not a crossroads, if not teetering on the edge of pollution and climate change induced imbalances—(DESTRUCTION)—to say the least—that many say may soon become irreversible.

So, what decades ago might have felt like a luxury or (quaint) addition to our New Age portfolio, has morphed into a phenomenon whose importance is extremely difficult to overstate.

When “Homa Therapy: Our Last Chance” was published in 1989, (“Terapia Homa: Nuestra Ultima Oportunidad”) some may have been excused if they detected hyperbole or unnecessary crying wolf or fear-mongering. Alas, no such excuses or understatements feel anywhere near appropriate today. Even if one wishes to debate the precise time on the Doomsday Clock, what is especially worrisome is what appears to be purposeful destruction by the so-called leaders of so many countries that such behavior is threatening to become the NEW NORMAL. After all, fossil fuel companies need compassion, so ‘Drill, baby, drill.’

Just blame inequity, injustice and incredulous lack of perspective on Fake News, disinformation, or the other party (the Opposition), then those with wealth and power can proceed to increase their wealth and power at the expense of the other 95% or so of humanity.

If only they were aware of the Law of Karma and that the piper will be paid sooner or later. So, it is hoped that the more Homa Therapy is known and practiced, the better the chance that we will come to Jesus, have the time —and desire--to smell the roses, and become stewards for next generations. Nothing less is adequate now.

At first, the red flags and warning signs seemed real but somewhat subtle. Gradually—like a frog in boiling water—it dawned upon us that what we thought was a soothing mud bath, was in fact quicksand. Light vs. Dark seems to have never been so visible, so clear cut, so dystopian, at least not in our lifetime. As during the pandemic, there is nowhere to run, nowhere to hide. There’s no escaping the ATMOSPHERE that surrounds us. HEALING THE ATMOSPHERE must be the chosen behavior.

To those who feel that the world of today comes even close to being fair, proportionate and compassionate, I’ll have what they are having for breakfast. As in the Middle East, “been down so long, it feels like up.” The magnitude of current states of affairs boggles the mind—unless/until we ‘give it up,’ that is, ‘let go, let God.’

To those who can live day to day fairly satisfied with the way things are, perhaps realising that when you are in the eye of a hurricane, an illusory sense of safety occurs—until the eye passes. The calm before the storm, we might say.

"THE RECKONING or HOW DO WE COPE WITH THE STATUS QUO."

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



The antidote? As our ability to change things is minimal, why not address our efforts towards changeable things such as OURSELVES? — and the atmosphere that surrounds us. It takes time, effort and concentration to change ourselves but the alternative is not pretty. It is being stuck, feeling unfulfilled, being depressed. Changing ourselves requires patience, humility, perspective and FAITH.

Depression can make us feel as if things will never change. Faith can go a long way towards coping. The sometimes subtle but oh so real change and continued momentum to further change that Agnihotra provides are the experiences of so many regular practitioners of sunrise/sunset Agnihotra.

Nonetheless, despite the dozens of reports and testimonials attesting to nearly immediate results of Agnihotra and Agnihotra Ash that can be labeled, "miraculous," for many of us, it is a longer process. Of course, ultimately, our individual karmic debts and accomplishments largely determine if and when healing takes place. Thus, fortitude, patience, perseverance, and perspective are invaluable character traits to develop and maintain.

The elephant in the room is EGO. To counteract it, reacting with love under all circumstances is the 'way out.' Love is aligned with compassion, kindness, empathy and perspective. Most other human emotions are likely to be diluted with fear, anxiety, jealousy, attachment, etc.

And IDAM NA MAMA—not my will but thy will be done—best be our battle cry. Those who may want to PLAY GOD, best be sure the uniform fits, your skills are honed and the duties are not above your pay grade. And that you know the rules.

Challenges and tests of endurance these days should stay in the gym. Any proven, helpful tools that come our way should by all means be grabbed, and 'exploited' them to the utmost. Let's see. What tool comes to mind as an example? How's about one that takes 20 minutes a day, costs about what a cup of coffee cost 30 years ago (pre/Starbucks), and requires considerably less effort than preparing a meal?

How about a tool that has been around literally FOREVER—like Vedas, its source, but was simplified in the 1960s for the average householder, and now has exploded in popularity such that it is utilized on all continents by untold thousands?

How about daily sunrise/sunset Agnihotra copper pyramid fire? If interested, have a look at homa1.com or homatherapy.org or agnihotra.org or agnihotra.pl.

We've written before of the transformation—in our minds, at least—of Agnihotra from a means of overcoming addiction and depression to an indispensable role in Homa Organic Farming and to a great aid in manifesting happiness, well-being, and self-esteem—true pillars of Homa Psychotherapy. Believe what you experience.



PRASAD OF LIFE

– SHWETHA, BENGALURU

We regularly have our meals. To have these meals we prepare in the kitchen. We all would have kept nice, beautiful, small, big boxes to hold all the ingredients needed to prepare these meals. Rice might take bigger containers to store them which might lasts for 2 months, mustard in small box, a nice masala box to be handy. And when all are put appropriately to a needed dish it gives an amazing flavour and taste.

The thought here is just to imagine we are these ingredients and stored according to fit in appropriate containers which differs in size, shape, colour etc. As the ingredients are used up we fill them again, our energy is just refilled everyday. As the boxes gets worn out due to continuous usage, our body wears out too. The way we shift ingredients to a new box, our soul shifts to a new body. Just like the same ingredient got a new box, our soul got a new healthy body, where it is still used as the medium to do karma. The food gets cooked and karma happens. When we offer this food to God, it is Naivedya. When we consume this Naivedya it is Prasad. The karma when offered to God it is surrender and when accepted, the result it the love of God towards us (Prasad). Let us all taste this Prasad, the Bliss in life.

Jai Gurudev

The Fragrance of the Earth: My Spiritual Journey

– P.N. Subramanian,
Chennai

My father was more spiritual than religious. He performed his Sandhyavandanam every day, twice without fail, but unlike many others, he didn't believe in elaborate daily poojas. His connection with the divine was quiet, personal, and deeply disciplined.

What I remember most vividly from those days is walking with him every evening to the Siva Vishnu Temple in Mambalam for spiritual discourses. I must have been only six years old, barely understanding what was being said, but he insisted I accompany him. There was never an excuse for staying back. Often, I would return half-asleep, leaning on him as we walked the short distance home. Looking back now, I realise those evenings were my first grounding in spirituality. As they say, what enters through the ear, stays in the conscious or subconscious mind—and those words, absorbed unknowingly, shaped my thoughts for a lifetime.

Even today, I enjoy attending spiritual discourses whenever I can. I particularly look forward to the sessions of Tmt. Vishaka Hari. Her storytelling, her voice, and her ability to weave the wisdom of the epics into simple life lessons always leave me feeling nourished and clear. Listening to such sessions, I believe, is like drinking distilled knowledge—you come away not only informed but transformed.

To me, spirituality is simple. A spiritual person lives with the awareness that there is more to life than what meets the eye. Humility and contentment—that, to me, is spirituality. My father taught both these qualities by example. He repeated them often, until they became second nature to me. They have guided my thoughts and deeds for over sixty years. During my years with Utopia, I often went to my farm and set up a small table and chair under a tree. I would handle my business calls watching the paddy fields sway gently in the wind. Those moments were profoundly spiritual—peaceful, grounding, and deeply effective. It was as if nature itself participated in my work.

One of my cherished practices is planting Nakshatra trees for the birth stars of friends I wish well. It is a sacred tradition connecting the cosmic energies of one's birth star with the earth, believed to balance personal energies and planetary influences. Each tree is planted with intention and prayer—it is both a gift and a blessing.



The Fragrance of the Earth: My Spiritual Journey

Continued...

Over time, I have planted and nurtured many trees that carry deep spiritual symbolism: *Thiruvodu (Calabash)*: Sadhus use its dried shell to receive bhiksha; its white flesh is called the Elixir of Life.

Nagalingam (Cannon Ball Tree): A divine tree whose aromatic flowers are sacred to Lord Shiva.

Vilva: Its trifoliate leaves are offered to Shiva, and its fruit is highly medicinal.

Manja Kadambu: Believed to be the tree under which Krishna played his flute for Radha.

Each of these trees connects heaven and earth in its own way. When I walk through the grove, I feel their quiet power.

My journey into natural and organic farming has been equally spiritual. I learned to respect the soil—*Bhoomi Matha*—and to let her breathe. While many workers preferred a “clean” tilled field, I chose to let grasses grow naturally, cutting them just above the ground to protect the soil from the sun. “Respect the earth,” my father would have said, “and she will nurture you.”

As a Reiki practitioner, I was taught to be in harmony with trees—to hug them, talk to them, and pass energy to them. It may sound unusual to some, but spirituality is about sensitivity, not scepticism. When we allow ourselves to feel the life force in plants and soil, something shifts within us.

One of my most memorable experiences was when I had to transplant an orange plant that had already begun yielding. I gently dug it out, placed it on my lap, and gave Reiki energy, moving my hands from its roots to its tip. Then, I applied a paste of *Agnihotra* ash over its stem and leaves. My farmhand looked puzzled and whispered that I had lost my mind. Two weeks later, the plant stood upright and flowering. He was speechless. I just smiled. Touching a plant with care and intention, believing it will grow well—that, to me, is spirituality in action. I often hug trees and offer Reiki energy whenever possible. At the farm, I have fourteen cows and bulls. Feeding them bananas by hand, feeling their breath and the warmth of their heads, fills me with peace. The blessings of *Gomatha* are said to cleanse one’s karma, and I believe it. Bhagavan Krishna says in the Gita, “I am the fragrance of the earth.”



The Fragrance of the Earth: My Spiritual Journey

Continued...

This connection to the earth continues through my work with vetiver, the divine grass. Vetiver is one of Bhoomi Matha's most generous gifts to humankind—its roots purify water, prevent soil erosion, spread fragrance, and offer medicinal and spiritual benefits. It is used in temple garlands, perfumes, and sacred rituals. Promoting vetiver has become a mission for me—a way of serving both nature and people.

Over the years, I have realised that spiritual growth is not about rituals or renunciation. It is about awareness, humility, and harmony—with people, with nature, and with oneself. By decluttering both the material and emotional aspects of life, we create space for abundance, growth, and peace.

As N. Karthikeyan, editor of Vasudha: Everlasting Sustainable Living, once wrote so beautifully: “By freeing ourselves of what we do not need, we create space for sustainability, growth, and peace.”

That, to me, sums up the essence of spirituality.

My journey continues—not in temples or scriptures, but in the quiet companionship of trees, the fragrance of earth after rain, the calm eyes of a cow, and the soft rhythm of the wind in the paddy fields. In every leaf and every breath, I see the same truth my father once taught me: life is sacred, and to live with humility and contentment is the highest form of prayer.



He is Within

- Preeti Khanna, Delhi

Guruji was a fountain of love then
His compassion is now within us to take us to zen.

Guruji was a well of knowledge then
His wisdom now springs through the RVN master's glen.

Guruji was a mother, so patient and humble
He now resides in us like a mother for our anxiety to crumble.
Guruji was our father and stood beside us as a pillar of strength
He now dwells in us and pulls up with His magnificent wave-length.

Guruji was a mentor then in the fork of our life
Today he gives us clue in the calmness of His meditations sitting beside.

Guruji was then a saviour when drowned in the pond of trouble
He today keeps his hand underneath before his children fall into rubble.
He is here, He is there, He is below, He is above, He is in-front and He is
eternally our Back.

Guruji might not be here to whisper His angelic voice
But His imprinted heavenly voice within us echoes with decibel twice
On this divine day We wish Guruji happiness of the world to see his
loving stars shine with His brightness of the Sun to make RVN a
heavenly one.

Shat Shat Naman

Reiki Vidya Niketan Activities

1. Swachetna Shibir at Chandod, Vadodara

On 22nd and 23rd November, 2025, a Swachetna Shibir was organized by Reiki Vidya Niketan for 2nd degree sadhaks of Gujarat. The main objective of the Shibir was to elevate the sadhaks to the next level of spirituality. Total 70 participants had joined the shibir. Various sessions like Pranayam, Agnihotra, Inner Meditation, Gurupujan with meditation, etc. was taken on first day along with one session on question answers. A film On Spirituality was also shown and on next day discussion was done in form of question and answers. Thereafter, a session on chakra healing, and trust walk was conducted. The program ended with candle light meditation. All the participants had awesome experience and were overwhelmed with all the sessions conducted during this program.





Cleansing the past....

Invariably every spiritual practice insists that one has to clean your past as the current and future are all emanations of the past. Not many really get the meaning of that. A lot of people get foxed by this idea of cleansing the past. They ask, "Does it mean we should have no memory at all? How can we survive if we erase all our memory?" They unfortunately do not understand the real meaning of memory. The past is nothing but the event or a set of events which have occurred in the past times. The event gives birth to two entities, (i) the memory of the event and (ii) the knowledge out of that event. That knowledge truly is the essence of the past event. It is this essence which needs to be a part of you, means your existence. The event memory needs to be dropped. The way exactly what the body does to the food. It just assimilates the essence of the food and throws out everything else. Anything else retained besides the essence could be dangerous to the body. Same is the case with our mind. Many a times we try to remember the whole event without discrimination of the useful and useless. Every event of the past should make "You" more enriched in terms of knowledge and experience. That would mean a growth. That is the healthier way of managing your past. If one does not do that the memories (the events) create blockages in the path of divine energy flowing down your existence. Our thoughts can only emanate from either the divine or the memories. The thoughts originating from divine are called Inspirations while those coming from the memories are classified as Intentions. The divine thoughts lead to divine, inspirational actions. The thoughts which have the memories as the base may not have that purity and power. That is what cleansing of past really means. The incomplete memories is the cause of most of our evils.

SEMINAR SCHEDULE DECEMBER 2025

| Sr. No. | Scheduled Date | Master | Location | Degree |
|---------|---|-----------------------|--------------|--------|
| 1 | 6 th & 7 th Dec' 2025 | Sangita Kulkarni | Chiplun | 1st |
| 2 | 13 th & 14 th Dec '2025 | Kalpita Keer | Devrukh | 1st |
| 3 | 13 th & 14 th Dec '2025 | Rakesh Kumar | South Mumbai | 1st |
| 4 | 13 th & 14 th Dec '2025 | Krupa Choksi | Thane | 1st |
| 5 | 13 th & 14 th Dec '2025 | Vishal Shridhankar | Bengaluru | 1st |
| 6 | 27 th & 28 th Dec' 2025 | Seema Trivedi | Rajkot | 1st |
| 7 | 27 th & 28 th Dec' 2025 | Krupa Choksi / Meena | Bhavnagar | 1st |
| 8 | 27 th & 28 th Dec' 2025 | Rakesh Kumar / Jairam | Nashik | 1st |
| 9 | 27 th & 28 th Dec' 2025 | Vishal Shridhankar | Mumbai | 1st |
| 10 | 27 th & 28 th Dec' 2025 | Bharati Zinzuwadia | Ahmedabad | 1st |
| 11 | 27 th & 28 th Dec' 2025 | Aruna Margam | Chennai | 1st |