

Volume 17

Issue 02

Feb 2025



# REIKI VIDYA NIKETAN





Image Courtesy: Mahakumbh Official Website

## Significance of Mahakumbha

This year the Mahakumbh Mela started on the auspicious day of Paush Purnima, which fell on January 13, 2025, and will continue until February 26, 2025. This year's Mahakumbh Mela is unique in itself since the constellation alignment is witnessed once every 144 years. Maha Kumbh Mela is one of the largest and most revered religious gatherings in Hinduism, celebrated every twelve years at four sacred locations: Prayagraj (formerly Allahabad), Haridwar, Ujjain, and Nashik.

It is believed that the origins of the Kumbh Mela are linked to the Samudra Manthan, or the churning of the ocean, where gods (Devas) and demons (Asuras) collaborated to obtain Amrit, the nectar of immortality. According to legend, during this process, a pot (Kumbh) containing Amrit emerged. To prevent the demons from claiming it, Lord Vishnu, disguised as Mohini, took the pot and fled. In the process, drops of Amrit fell at four locations: Prayagraj, Haridwar, Ujjain, and Nashik.

These sites have since become sacred pilgrimage destinations for Hindus, believed to bestow spiritual benefits upon those who bathe in their waters during the festival. The central ritual of the Maha Kumbh Mela is the Shahi Snan, or royal bath, where millions of pilgrims immerse themselves in the holy rivers at auspicious times.

This act is believed to cleanse individuals of their sins and liberate them from the cycle of rebirth (samsara), ultimately leading to Moksha or spiritual liberation. The confluence of the Ganga, Yamuna, and the mythical Saraswati at Prayagraj is particularly revered as a site for attaining salvation.

During this time, all the divine frequencies that are activated and so this time is very auspicious for sadhana. Taking a dip during this time activates these frequencies in our existence. There are few only who could go and take a dip in the sangam sthan but what about the others who could not go?



They may be facing many constraints viz. availability of tickets, financial issues, family bondages, job restrictions, long distance, etc. Does that mean that they will not get salvation? The answer is “yes” they are eligible for salvation if they do their sadhana seriously at home also. Do not get disheartened. A second degree sadhak can declare any snan as Kumbh snan. What we need is immense faith in Guru. In Guru Geeta, it is mentioned by Lord Shiva himself that in Guru’s feet there are all the pilgrimages. Connect to Guru and pray sincerely then he will bless. Gurutatva is always active. We do not need Guru’s physical presence to get his blessings. His blessings are everywhere but sometimes we are not able to receive it because our vessel is inverted or it is full. We have to empty our vessel to get the divine blessings of Guru. That means we have to leave our ego behind.

When we do that, divine grace will descend. There is a confluence of Ganga, Yamuna and Saraswati in our Third eye chakra i.e. a place where ida, pingala and shushumana meets. We need to activate that place as that is the route to Moksha. Mahashivratri Anusthan has started. If we really want to activate Shiva energy in our existence and get his blessings, start Anusthan if you have not yet started. This is the time to elevate our energies.

Many of our sadhaks have become too busy. They do not find time for doing sadhana the reason could be too much office load, health issues, too much of social functions etc. But this is the time we have to take ourselves seriously and stick to our sadhana. As both types of energies are getting activated these days. Divine energy is trying to pull us to our upper chakras and evil energy is trying to drag us down to the lower chakras. Such energies will make us feel lethargic, make us more socially active, frustrated, irritated, will give depressive thoughts and put us in guilt. All these are the traits of lower chakras. While if we do sadhana, divine energies will make us feel light, calm and composed Even though things may be adverse, sadhaks doing regular sadhana will keep patience without getting depressed while those away from sadhana and space will feel frustrated and stuck in life. Choice is ours, whether to be on the divine path showed by Guruji which will lead us towards our divinity or to get dragged in the oceanic waves of samsara created by our impressions. Let us not miss this opportunity to elevate ourselves. Shed all your sorrows and pull up your socks, start doing your sadhana regularly if it is left out, be in the space of ashram and seminar..... divine blessings are waiting for you.

With love, light and reiki

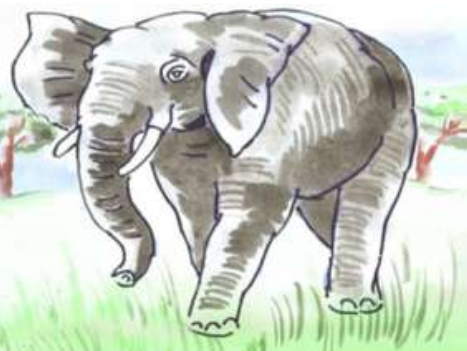
Krupadidi

29th January, 2025

<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 ELEPHANT



*"The elephant was my tenth guru. The human beings raise a stuffed cow-elephant in the forest. The wild tusker mistakes it for a mate, approaches it and then skilfully bound in fetters by the cunning human beings. So too, the unregenerate man is tempted by the opposite sex and gets bound by the fetters of infatuation. The seekers seeking liberation should learn to be free from lust. The elephant was thus one of my teachers."*

Here, Lord Dattatreya is trying to teach us that if we are sincerely seeking liberation, then we should create lot of awareness in our existence. At every step there are fetters of infatuation. The path of a seeker is slippery because a seeker gets temptation every now and then. There are chances of deviating from our path without our knowledge.

A man is a social animal and the moment one gets along with someone, feelings are bound to come and relationship starts building up. Then one starts enjoying the company of that person and gradually, the infatuation develops which often termed as a divine love. Then one wants to be with that person all the time and purpose to do sadhana is defeated. Then mind starts giving justification that in order to complete ourselves, relationship is necessary otherwise we will have to take rebirth, etc. etc. And finally a sadhak who had come to do sadhana, enters into samsara and sets aside the opportunity of liberation as all his/her energies are pulled into lower chakras.

Does that mean that a sadhak should not get married? Can two people not go on the path of liberation together? It is very difficult to give the answer as it is individual perspective. It depends on what one wants in life? Nothing is good and nothing is bad. Everything is appropriate and inappropriate. Gurujī always used to quote Gurucharitra where after



completion of sadhana, a Guru will bless the disciple to get married and live in samsara. This is what all the Rishis have done. I remember Guruji's words that do not do anything in life to become happy. Instead become happy and play the game of life with lot of consciousness.

Our happiness is not dependent on outer happenings/ situation. It is internal. We all were born happy and we will become happy after death. The question is of the happiness during the life time. The main purpose of sadhana is to find that sat chit anand which we have lost. Once it is lost, everything is ok in our life.

Lord Dattatreya, though being reunicate, he had his sansari swaroop - Anagha Swami. His consort was Anaghadevi. He has showed the same path. Again if we see the marriage between Lord Shiva and devi Parvati, first Lord Shiva made her realise her divinity and then he got married to her.

A sadhak has to stay away from all kinds of temptations till the time liberation is achieved otherwise we will be stuck in this cycle of life and death. And in next life, again we will have to do sadhana.

A human being can never stay detached. If we detach from someone, we get attached to someone else. Attachment is not a problem, but the question is to whom we are getting attached? If we are getting attached to God/ Guru, it is perfectly okay. Getting connected to their divine form which is omnipresent, which is permanent and which will never perish This is what all the saints and great disciples have done. A sincere seeker has to make a right choice which will lead her/ him to liberation.



# SHIVA HEALS YOU

कोटा  
KOTA



## Kota Deaths

- Viivek A Pandey, Vadodara

My innumerable train and bus journeys make me recall a few things about Rajasthan. Besides the scenic beauty that the state is, in lies a whole lot of societal rubble. Whether one is traveling by train or bus, the moment you enter Rajasthan, you will be greeted with murals of Vimal Gutka, displaying the V-sign in its full glory. Enter Kota and the same V-sign gets converted into advertisements for coaching classes meant to make careers of aspiring young Indians. Be it JEE, NEET, or IIT Kota stands at No.1 both in quantity and quality of results. Kota is the center of India's test-prep industry, estimated to be worth 10000 crore annually. Students register in residential test-prep institutes and also enroll in schools, most of which are largely for purposes of certification. Students attend classes only in the test-prep institutes, which prepare them for their class XII examination, but more importantly, entrance exams such as NEET and JEE. Some students find the grind stressful, especially because they are away from their families. Despite the glorious records that the institutes hold, every year close to 20 students have been committing suicide. This fact lies in the public domain and is there for everyone to fact-check.

What compelled me to write this article is one of the recent headlines. It read and I quote, "24-year-old aspiring doctor ends life". A person sets out on a journey to heal the world and ends up taking her own life. Let that sink in! Was the intention really to heal or to just make a career out of life? More importantly, people who wish to heal the world, aren't they supposed to be full of life rather than being a victim of society. Raises a whole lot of questions on the very premise of our lives. Surely, the majority of the population in order to become something has destroyed its own being. Having said all this, I feel the order in which life is made to realize one person needs to be looked at seriously. We need to be full of life first and then pursue a career. Imagine a doctor having stress and depression trying to heal a patient. It just doesn't work that way. You can't give what you don't have.

Unfortunately, this whole rat race of survival comes as a dead end for many students. When one is born into a middle-class family, the urge to earn both money and respect is huge. Since childhood, the children are trained to score more and get ahead in the queue.



कोटा  
KOTA



**Contd.**

Anything less than 90 invites capital punishment in the form of public humiliation. More than 90% of the population still looks at life only from the survival viewpoint. Sadly, this is just animal behavior. This two-dimensional perspective and inability to look at life through higher dimensions is turning life into trauma. Human beings were born to evolve and not just survive. The sense of insecurity bred among children needs to be corrected and healed. It needs to be refilled with faith and love. Life is eternally beautiful only the minds get corrupt. A being needs to realize first that he or she is full of life. The entire cosmos is there to support them and whatever they wish will easily manifest. To study for excellence and not success. Success takes the ugliest form when combined with the grading system. One human by securing a few extra points starts feeling superior over the others. This whole sequence of ensuring financial stability and then choosing to understand life may not hold good. The path of knowing oneself and building a career can go together. However, the latter being put in the forefront as a lifegoal, may not be a good idea.

A few simple principles, taught within the family may do a world of good to safeguard the lives of young aspirants.

- 1) Be happy first, the rest of the things will follow.
- 2) Don't choose a career based on success or money.
- 3) Follow your passion, sooner or later the money will come.
- 4) Learn to survive with less, this is the highest form of richness.
- 5) Even if 100 people are chasing something that brings stress, drop that group of 100.
- 6) One can be 100% happy with or without external resources.
- 7) Become powerful and attract rather than chase.
- 8) With every thought, teach your own mind to be strong and not weak.
- 9) With every thought, think of the larger good and not just the individual benefit.



# Chidananda Roopam Shivo Ham Shivo Ham

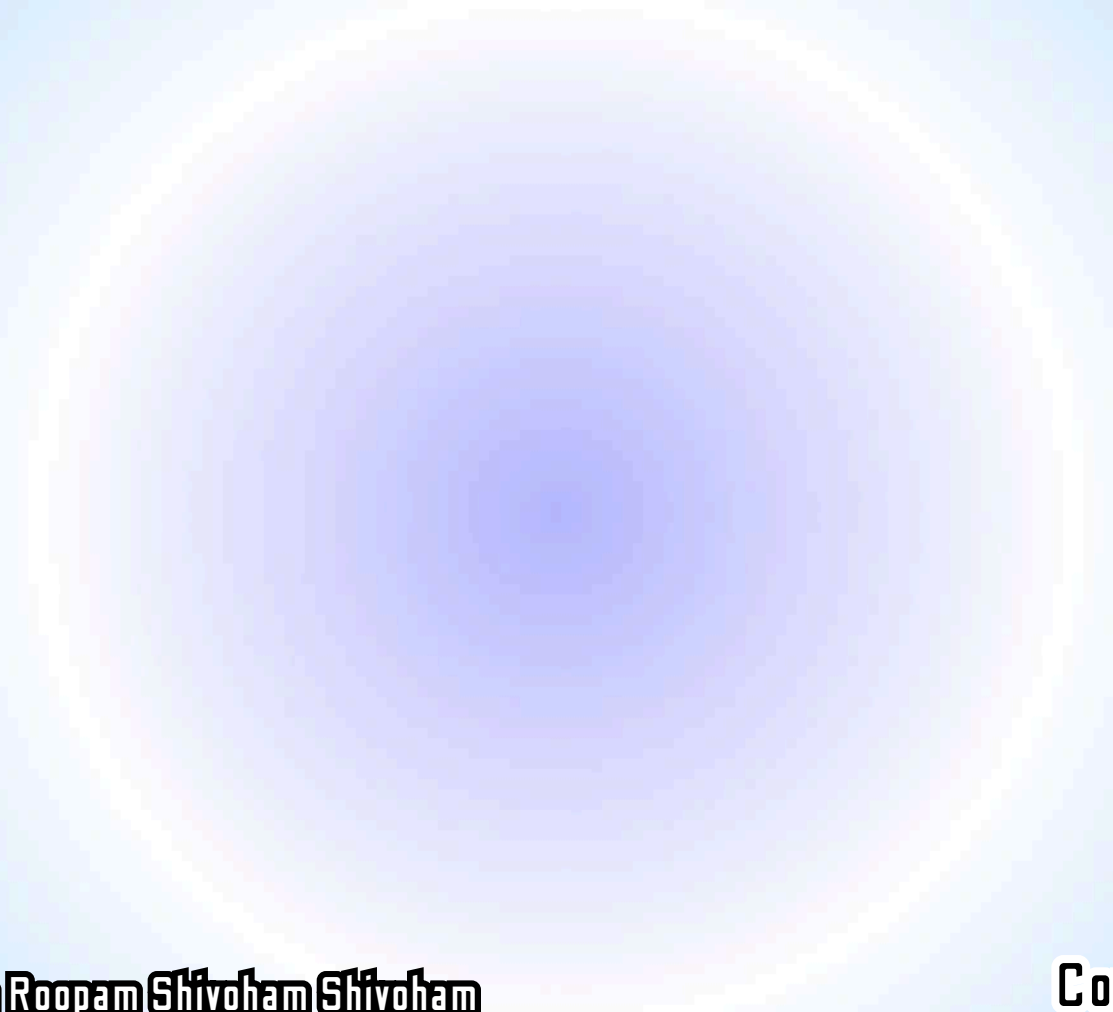
= Aruna Margam, Bengaluru

We all experience the “Tat Tvam Asi” during Yoga Nidra. As per the Nirvana Shatakam we are that Shoonya or Nirvana the complete divine self inside. Ignorance keeps us away from the real self. This is the divine self in each and every one. If we train ourselves to recognize the divinity in each one of us we can connect to the sentence this world is a dream. The divine self is the Chidananda roopa, Shivo Ham Shivo Ham.

Our true form is Ananda or bliss and Peace. We all experience peace and bliss in the deep sleep known as “Shushupti”. As there is no mind in the deep sleep we experience the true self which is nothing but bliss and peace. We are not just the physical body, we are made of 7 components. Out of that physical body is visible to the eyes. The rest are not visible but one can experience. As our Guruji has taught us in reiki seminars, we are made of Soul, Intellect, Mind, Emotions, Physical body, Memories and Ego. Soul is the Chidananda Roopam Shivo Ham Shivo Ham.

Out of this the Soul is our divine self which is light itself “svayamprakash”. In Panchakosh meditation Guruji helps us to reach the inner-self, the divine or the soul. It is in the form of light and when we connect to that light within then we can fill our life with peace and happiness moment to moment through our life. We are the light, we are pure, whole, complete and divine consciousness. Guruji has guided us multiple times that we are “Poorna”. We don’t have anything to add to complete us, nor can take away anything from us. We are that divine Chidananda Roopam Shivo Ham Shivo Ham.



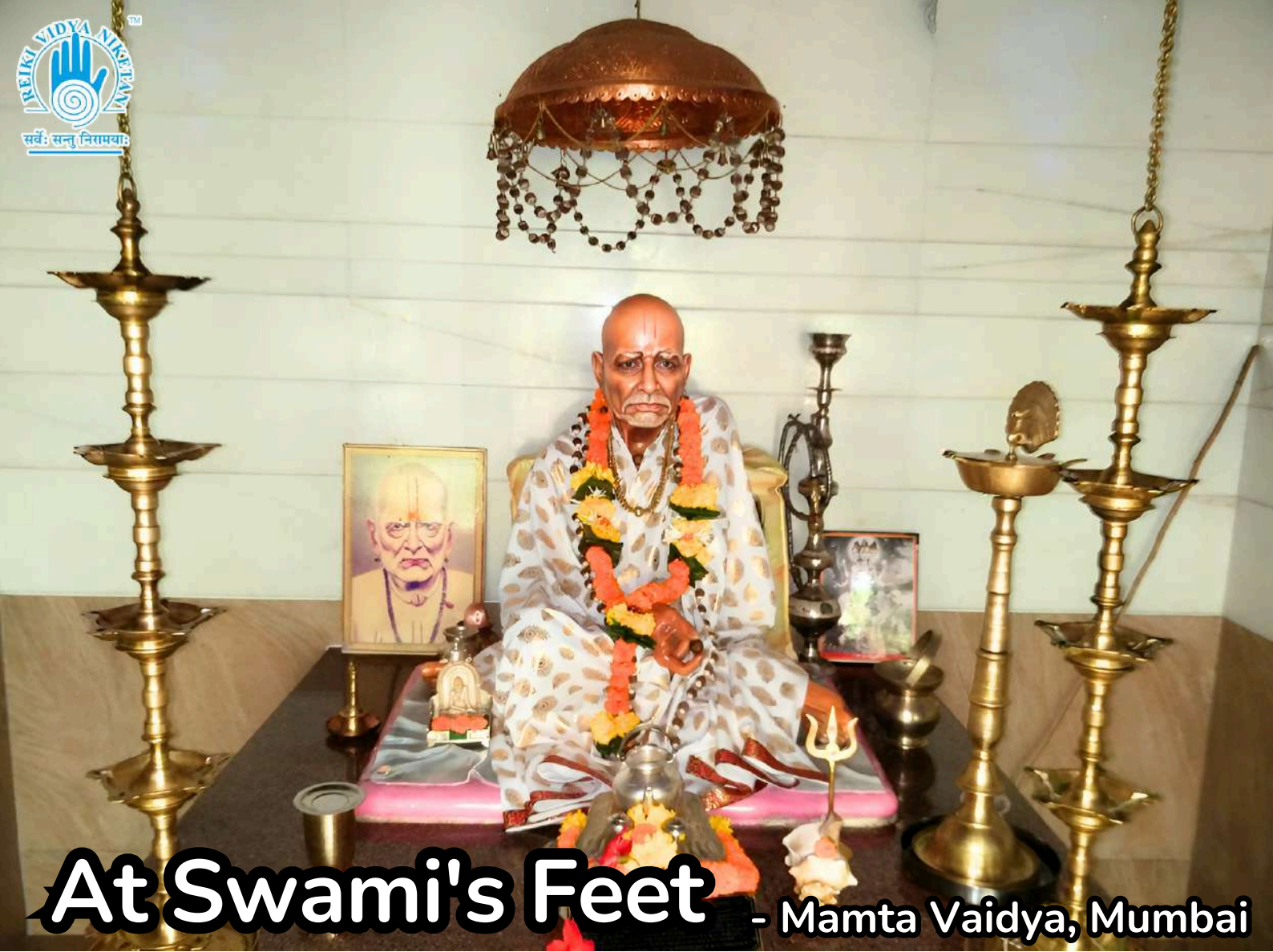


## **Chidananda Roopam Shivoham Shivoham**

**Continued...**

We have listened to the gems of knowledge from Guruji that “World is your reflection”. Another famous quote of Guruji, “Manage the manageable, the unmanageable gets managed”. If we apply this in everyday life then we can improve. We also have known from Guruji that “We are here to learn and improve and not to prove”. Are we empowered with “IKEW” of Guruji? Information to Knowledge, Knowledge to Experience and Experience to Wisdom. Only when we apply all the guidance of our Guru and understand the waking and dream state is not real then we can taste the Chidananda Roopam Shivoham Shivoham.

We all have experienced Wakeful state, Dream state, Deep sleep state every day. The last state is the Fourth state or the Turiya state. What is Moksha? It is our ultimate experience. This is nothing but experiencing our own self, our true divine self. This can happen here and now. Once we get the first hand experience for this famous question from Ramana Maharishi “Who am I?”, then it is “Moksha”. “Moksha” is not a place, it is here and now. We need to connect to our inner-self. For that Guruji has empowered us with Reiki hands, meditations, Yoga Nidra, Agnihotra, Rudra, Tryambak homa, Gurucharitra parayan, Anagha ashtami to touch the divinity in us and become that Chidananda Roopam Shivoham Shivoham.



## **At Swami's Feet** - Mamta Vaidya, Mumbai

*"In Swami Samartha's sacred shade, I find my home,  
The only refuge where my heart is never alone.  
Each breath I breathe, a gift from his divine hand,  
A debt of gratitude, forever to withstand.*

*My soul, a flame, that flickers with his gentle might,  
Acknowledges his guidance, through day and endless night.  
My heart, a drum, beats out a rhythm true and clear,  
Shree Swami Samartha's name, the mantra that dispels all fear."*



# ***Divine design and Sadhak's Role***

***Jairam V Athalekar, Mumbai***

It was Sunday' 30th June 2019, the second day of Level-1 Reiki seminar in Chicago and attunements of all participants were over. I received a call from Guruji from the attunement room to come in and I entered the room. Guruji directly asked me without any preamble whether I would like to be Reiki Master and I was taken by a complete surprise. Somehow I gathered a courage and asked Guruji whether he thinks I am capable of getting into that role and Guruji replied saying that "It is Swami's wish". Rest is history now. I was attuned for the responsibility bestowed on me and my journey as a Reiki teacher started on that day.

Five years passed with a Covid pandemic in between along with few other events as Guruji and Mai left us from their physical form bringing in a lot of uncertainty about the in-person Reiki seminar in US by Reiki Vidya Niketan. During these years, Guruji jokingly used to say that we have only one International Master amongst us while he himself was not so and we all used to take a good laugh on that.

In Sep-2024 I decided to visit USA in the month of Dec-2024 for a family function and I informed Vishal Sir about it. He suggested that we can have few seminars there by extending my stay there and with a collective decision of all masters it was decided in Nov-2024 that we can have at least two seminars on the first two weekends of Jan-2025 in Chicago and Virginia respectively while the time was short with many people on their vacations in US in Dec-2024.

Looking back, now I realize the significance of the statement "It is Swami's wish". Now was the time to deliver as a sadhak and I prepared myself to fulfill this responsibility. I had watched Guruji conducting Reiki seminars in USA in 2018 and 2019 primarily as an assistant and not as a master except for the last two seminars of June-2019. Nevertheless, I prepared myself for the seminars which obviously would be predominantly in English as the majority of the participants although of Indian origin, don't understand Indian languages well and there is always a possibility of Americans participating in the seminar.

During his last few days Guruji always used to refer to the ATMABHAV and AHAMBHAV and how important is the ATMABHAV all the time. At Virginia, I was given to understand on the night prior that two American white ladies are participating which left me with no option but to conduct the entire seminar in English while briefing those participants with specific references from Mahabharat which we use in the seminars. I was surprised myself



## ***Divine design and Sadhak's Role***

***contd...***

with the fact that I accepted the situation calmly as it was and probably that is what the ATMABHAV would be with an understanding that the Divine and Tradition will take care of this Guruji's sankalp. We just need to remain empty in the seat to accept the divine grace. It goes without saying that the seminar went well.

As it happened, we had to arrange one more seminar in Chicago on weekdays and we landed up conducting three seminars of two days each at two distant places in a span of nine days with a travel time included. In spite of the tough winter of 2024 with freezing temperatures of sub-zero and snowfall, all seminars went well with an encouraging response from all our local coordinator, old sadhaks and repeating sadhaks willing to participate ensuring that the seminars happened without any kind of hassles. Our sadhak from Virginia Mrs. Purva Lalani was more than happy to host the seminar at her place which was the first one at Virginia in the history of RVN but with a strong support of Ilaben, Sheetal, Vaishali, Rakesh, even this was an amazing experience.

We were happy to witness three members of the same family (son, daughter and mother) learning Reiki in the initial two seminars at Chicago since the father in the family is in a hospital since few months and needs a lot of healing currently.

Incidentally we also had an opportunity of meeting a cancer patient of Afro-American origin at Virginia on the day of leaving from there. He was eager to know about what Reiki is and how it works. I briefed him about the Reiki in a simple language. I was reminded about Guruji's advice during the training when he had said that "just think how you will explain the Reiki to a layman traveler travelling with you in a train". Since the patient was willing to take his first experience of Reiki, few of us completed his full body Reiki after which he got an amazing "out of the world experience" to quote in his own words.

The entire design of my visit to the US for some personal reason ultimately culminating with three Reiki seminars at a short notice in spite of the cold winter season and Christmas vacations, reinforces Guruji's teaching to us that "Nothing happens without purpose" and I am sure that Swami and Guruji already had the plans in place, had their presence, but someone had to be prepared to execute that. All of us were part of that preparation either directly or indirectly. This was biggest learning for me as I witnessed the entire game unfolding so smoothly and hence happily sharing it with you all.

Guruji's precise words in 2019, "It is Swami's wish" were not without a purpose.

Jai Gurudev!

## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



Often we wonder about and search for lessons available to us from events that unfold in our lives. Sometimes it seems as if the lessons may have more value than the events themselves—or be the 'karmic reason' for the events.

'Hitting bottom,' for an alcoholic—falling so desperately low as to be an impetus for realization of the seriousness of the disease and the fruitlessness of continued denial—for example, may be oh so more important than details of what this person's bottom consists of (whether it be becoming homeless, surviving a suicide attempt or losing all friends and family). Romantic relationships that end may have less to do with how and why, and more to do with heightened perspective regarding attachment and expectations.

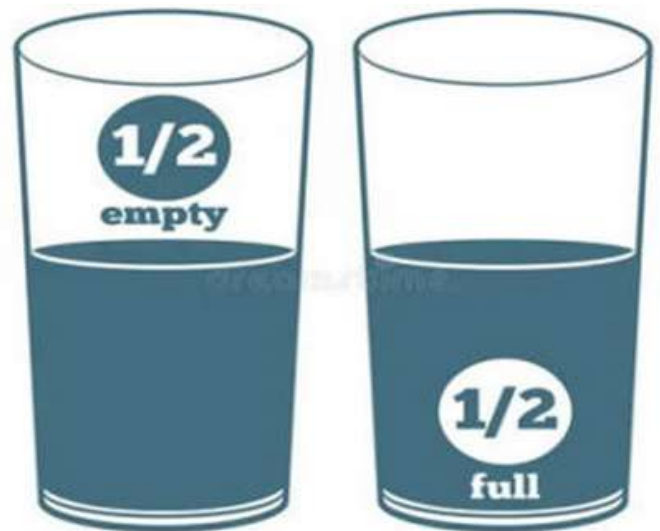
Repetition of past mistakes and problematic patterns, furthermore, rarely proves helpful to improving the present. And so it goes. Until we learn, school is not out, we remain tethered to the schoolroom. If not, our homework seems never ending.

"Love with detachment brings about the state of bliss," Shree Vasant said.

Love with detachment sounds curiously like 'unconditional' love, does it not? With a partner, this may involve either looking the other way at times. With God, it may be similar though with some important differences.

Not my will but Thy will be done. Fine if He and I are on the same page. When, however, a 'difference of opinion' arises, then what? Who gets the deciding vote? If it is I, we may have a problem here. If the intonation was 'Not Thy will, but MY WILL be done,' then we may proceed unhampered by something so disruptive as Divine intervention.

So it may be wise to carefully assess situations before jumping to conclusions. As more often than not there is more than meets the eye, this careful assessment may be very important. In any case, if there is a tie, God wins!



To a great extent, this process is one of trial and error. Believing what we experience involves taking stock of how this has worked out previously. If following my will has produced optimal results, that's one thing. As this is usually not the way it goes— if we are seeing things clearly—our inclination should be to take the side of the Divine. If it ain't broke, don't fix it, is another way of looking at it.

## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



So it might be said that detachment from our ego and our points of view are worthy goals. That this is easier said than done, is a given. In the Serenity Prayer, we ask for “wisdom to know the difference” of what can be changed and what cannot. So, it is a process.

Though this sounds complicated and complex, there is a way to simplify. Just as our reaction to others needing help can be to ask, WHAT OTHERS? — we are all the same— we can also evolve to feeling that whatever be the question, the answer is LOVE.

Thus, we can relabel the six crocodiles that beset our minds to be: **no fear, just love. No anger, just love. No attachment, just love. No pride, just love. No jealousy, just love. No lust, just love.**

With love as our guiding principle and the light at the end of the tunnel, we can be secure in knowing—and eventually feeling—that we cannot only withstand any challenges, we can, in fact, rise above them.

That may be when we see things as they are, not as the illusions they heretofore appeared to be. And ‘more than meets the eye’ no longer derails us.

It is way more than looking at life through rose-colored glasses. **It is becoming the rose.**





# "In the Forest"

- Janani Manu, Bengaluru

*In the forest, I wandered one day,  
Seeking answers, I went on my way,  
I asked every animal, big and small,  
"How does God look, can you tell me all?"*

*The elephant said, with a gentle grin,  
"God is a giant, with tusks within,  
Big ears that hear, and a heart so kind,  
A reflection of me, one of a kind."*

*The bird said, "God has wings so wide,  
Feathers of beauty, gliding with pride,  
A beak that sings, with a voice so sweet,  
A heavenly form, that can't be beat."*

*The fish said, "God is a shimmering scale,  
Glistening fins, with a flowing tale,  
A school of love, that swims in the deep,  
A divine presence, in the ocean's keep."*

*The lion said, "God is a mighty roar,  
A mane of glory, that echoes evermore,  
A fierce protector, with a heart of gold,  
A sovereign ruler, forever to hold."*

*The peacock said, "God is a dazzling sight,  
A plumage of colors, shining so bright,  
A dance of beauty, with steps so fine,  
A radiant splendor, all divine."*

*The rabbit said, "God is a gentle,  
loving light,  
A warm burrow, where  
we can hide,  
A comforting presence,  
always inside,  
A nurturing spirit, that  
guides with pride."*

*Each animal spoke,  
with a unique view,  
Describing God, in a form anew,  
Yet in their words,  
a common thread,  
A loving essence,  
that's present in every head.*

*So I learned that day,  
in the forest so grand,  
God is the essence that  
connects us all,  
Beyond rituals, religion  
and creeds, a universal call,  
A divine power that  
resonates deep within us all.*

*(Inspired by a memory of a long-lost poem, its essence lingering in the edges of my mind, author and lines now faded into the past.)*



# REIKI EXPERIENCES

## Divine Response of Reiki - Madhuben Desai (Chicago)

Dear friends, I feel very humbled sharing a wonderful experience of instant gratification of Reiki. I live in Chicago and as most of you may know we experience extreme winter conditions as we fall under a direct arctic effect not to mention the lake effect snow that makes the driving very treacherous and dangerous during the winter months. Past ten days of Jan 2025, we experienced the peak of season which proved very brutal for commutes. My car battery went dead and I dreaded stepping out in negative temperatures! I took an appointment with my car dealer for the battery check-up, which was given for today. Last whole night I was contemplating as to how to take my car to the dealer. The options I was considering was to call AAA for help in towing or get the car jumped!

This morning, I sat in the car and gave Reiki to my car. Pressed the ignite button to start the engine. It made a weird sound and went dead. Tried second time, made the same unusual sound and started for brief time before going dead again. Third time was a charm, when engine roared to life and the car started!!! I successfully drove the car to my dealers shop on the icy roads! They changed my battery replacing the new one. Drove car back safely home again on the roads which were not yet cleaned up by the salters and shoveler trucks. Upon reaching home I closed Reiki thanking for the safe return!

This was a very gratifying experience which I got compelled to share with you all, as many times we conveniently forget the Divine help which is so handy to all Reiki Sadhaks! Thank you Guruji for making us capable of using this Divine tool that protects us in our need of hour!!

## Experience of Nithya Velu

Jai Gurudev! I have completed Reiki level 2 in the year 2023 at Bengaluru. In the month of September 2024 I got a call from one of my far relative sister named Monika requesting to heal her aunt named Megala admitted in Hospital at TN. who is suffering with cancer and, was in ICU due to Chemo issue during treatment her multiple organs were not responding to the medicine and also her pulse rate was going down doctors advised to discharge her as there is no use of giving treatment to her and told she will be alive upto 24 to 48hrs inform your relatives and make other arrangements.

At that time I started giving distance healing for 7 days on the 1st day of distance healing her organs started to responding to the treatment and rest 6 days her health got improved and she got discharged from the hospital after 1 month.

Trying to get her hospital records like summary etc... but hospital is denying to provide it. Recently I got update that "Now her aunt is doing well and **she don't have Cancer now**". Thanks and Jai Gurudev.



## 1. Reiki Seminars in Chicago and Virginia:



Reiki Seminars were conducted in Chicago and Virginia in USA by Shri Jairam Athalekar after 2019. Two seminars were conducted in Naperville, Chicago on 4th & 5th January, 2025 ND 7th & 8th January, 2025 which was organised by our Chicago co-ordinator Ms. Vaishali Vedvyas and one on 11th & 12th January, 2025 Ashburn, Virginia which was organised by Mrs. Purva Lalani. Total 21 participants learnt Reiki. The center was restarted and many old sadhaks also attended the seminar to refresh their knowledge of Reiki.

## 2. Online program “Unleashing Natural Intelligence” by DSPPL



Online Program Only For RVN Teachers and DSPPL  
Faculties, Associates and Students of STRONG 4

Fees: INR 2000 | 11-18 JANUARY 2025 | 8.00 PM TO 9.30 PM

Registration Link in the description

### Program Content

- \* The Connection between Humans
- \* Biology and Vedic Concepts
- \* Ganesha and Human Physiology
- \* Mandukya Upanishad ant TM
- \* Science of Breath \* Nakshatra & Health
- \* Fabric of Immortality \* 9 Grahas in Physiology
- \* Shri Yantra - the blueprint of Universe

From 11th to 18th January, 2025, DSPPL had conducted an online program “Unleashing Natural Intelligence” for the STRONG 4 students and DSPPL faculties. This program was conducted for the first time in the history of DSPPL. The senior faculties and Directors of DSPPL viz. Ms. Ashwini Telang, Ms. Krupa Choksi. Mr. Pranjal Joshi and Mr. Amol Pukale had conducted this program. The program was very much appreciated by all the participants who attended the same. The subjects like Connection between Human Physiology and Vedic Literature, Fabrics of Immortality, Navagraha and Human Physiology, Ganesha and Human Physiology, Mandukya Upanishad, Shri Yantra – the blueprint of Universe, Science of Breathing, etc. were taught.

### 3. Online Ramraksha Stotra was taught from 13th to 21st January, 2025:

DSPPL had conducted online Ramraksha stotra classes for children and elders from 13th to 21st January, 2025. The stotra was taught by Shri Babasaheb Kirpekar. The program got overwhelming response and participants learnt the stotra.

### 4. Program on "Riding the wave of New Generation" on 19th January, 2025



A program on "Riding the wave of New Generation" on 19th January, 2025 was organised by NMV 1995 Batch at Dnyanada Prathishtan Pune on 19th January, 2025. 40 parents attended this program. Everyone appreciated the theme, contents and validated the research findings. All of them expressed willingness to attend such kind of programs and also showed interest for participation in the students program.

# Ashram Wisdom

Once Guruji had explained the meaning of Anusthan. “Anu” means single pointedness and “stan” means to stay. The whole idea of doing Mahashivratri Anusthan is to develop a state of concentration. To be conscious all the time. Guruji had also explained that why there are so many rules and regulations viz, sleeping on mat on the floor, not cutting nails, hair, beard, one meal a day, etc. etc. These rules are to break our patterns. When we are in discomfort, we are in our atmabhava (soul consciousness) hence we have to sleep on floor. And why we have to refrain from cutting nails, beard and hair is to stay away from violence. Guruji had told us that the very idea of cutting something is an idea with violence and it affects our energies so we do not have to think about it. All the rules and regulations of Anusthan are to elevate our energies so that during Mahashivratri, we get the maximum benefit of Shiva energy.

## 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.



- Do not search for bliss, let bliss manifest itself.

”

# SEMINAR SCHEDULE FEBRUARY 2025

Sr. No.	Scheduled Date	Master	Location	Degree
1	1st & 2nd Feb, 2025	Vishal Shridhankar	Mumbai	1st
2	8th February 2025	EPIC Parenting	Dadar, Mumbai	
3	8th & 9th Feb, 2025	Kalpita Keer	Pune	1st
4	8th & 9th Feb, 2025	Aruna Margam	Chennai	1st
5	8th & 9th Feb, 2025	Sangita Kulkarni	Vadodara	1st
6	8th & 9th Feb, 2025	Vishal Shridhankar	Thane	1st
7	10th & 11th Feb, 2025	Krupa Choksi	Ayushman	1st
8	12th & 13th Feb, 2025	Vishal / Krupa	Ayushman	2nd
9	14th & 15th Feb, 2025	Vishal Shridhankar	Ayushman	1st
10	15th & 16th Feb, 2025	Seema Trivedi	Rajkot	1st
11	15th & 16th Feb, 2025	Kalpita Keer	Devrukh	1st
12	15th & 16th Feb, 2025	Bharatiben	Ahmedabad	1st
13	15th & 16th Feb, 2025	Aruna Margam	Bengaluru	1st
14	22nd & 23rd Feb, 2025	Rakesh Kumar	South Mumbai	1st