



सर्वे: सन्तु निरामया:

all that is

HUMILITY now create

guidance SOUL abundance

SACRED SUPPORT healing

unconditional oneness

forgive SHARE intention JO

essings REIKI inspir

connect REIKI compass

LOVE REIKI nurt

ring VIDYA NIKETAN div

sk VIDYA NIKETAN wis

AITH VIDYA NIKETAN energ

gratitude VIDYA NIKETAN receiv

believe VIDYA NIKETAN purpose

HOPE kindness growth

FRIENDS community

trust celebrate

PRECIOUS





Dear Sadhaks,

Today the whole world is preparing for the upcoming New Year. Many people are hopeful that New Year will bring lot of goodness. Science and Technology will bloom and there will be lot many innovations taking place as far as organ transplant is concerned. There will be better treatment for Cancer. In 2025, personalized medicine will be the norm for patient care due to innovations in AI for chronic disease treatment. Anti-aging therapies that operate at the level of cells and genes will advance, and these technologies will become everyday practices. It is also predicted that in 2025, humanity will continue experiments in deep space exploration and take a baby step toward the commercialization of outer space by forming permanent habitats on the moon through private business ventures and government initiatives. This is just a beginning but there will be times when there will be dawn of a sustainable economic presence on the moon.

Asteroid mining will be a concept that turns into reality as firms such as AstroForge aim to launch a compact refinery into space, designed to extract minerals from asteroids and transport only the precious metals back to Earth. Improvements in technology will keep making space tourism easier, allowing the ultra-elite to go to space. 2025 will mark the key year when humanity will experience the change of its goals and dream to start a new life on a new planet and move from being an earth-bound species to a multi-planetary species.

With the advancement of AI, Ethical AI, in terms of its use and accessibility, will stay at the forefront as interest and deployment continue to spread. Generative AI is increasingly used every day by industries and individuals, creating an increased focus on verifying human identity and identifying and preventing deepfakes. Leaders will increase their emphasis on the ethical use of AI or face internal and public backlash. Companies will ensure their use of AI matches what their workforce feels is fair and ethical.



All these are good change which may take place in 2025 but at the same time, 2025 is expected to witness catastrophic natural events, including dormant volcano eruptions. This year the world is going to see massive floods that may wreak havoc. There will be massive economic crisis in America and devastating war in Europe. And many more to come. We do not know whether this will become true or not but we can atleast be mentally prepared.

All these advancement is driving us towards human evolution. We should not get worried about all these natural calamities as we never know what will happen to us. This evolution may help us to realise ourselves and let us go towards the next realm of reality which right now we are not aware of. So instead of getting worried about how we will cop up with the situation, we should live in present with a faith that we are protected, we are guided and we are caressed by Swamiji and Guruji. Guruji has made all these predictions and have written insights and meditation for all these situations in his book “Rainbow in the Heart” right in the year 2000. He was much ahead of time. He has prepared all of us for the worst situations which may come so why to worry. His teachings and training will help us to swim across the ocean of difficulties.

Let us start this New Year with three Ps – Patience, Perseverance and Positivity. It is said that when the night is darker, the dawn is about to happen so in your life so have patience. In order to withstand the situation, we need to have perseverance. And our continued effort will make us reach the goal. May it be material, may it be spiritual. And let us not allow any kind of negativity to enter into our existence as we all are born positive. Positivity is our core nature i.e. nature of our Soul. Many times due to our life experiences, people with whom we mingle and our worries about future brings negativities. So explain yourself that every time life experiences may not be disappointing. It can be exciting also. Look around with what kind of people you are interacting and if you find them gloomy, pessimistic, change your company. And for taking care about your worrisome nature, increase your faith. Have consistent consciousness that God/ Guru is always there with me. If anything wrong is going in my life, he is aware and when appropriate time comes, he will correct it. Try to see positive side of everything and eventually you will become positive. Let this New Year bring a bigger transformation in your life by following Patience, Perseverance and Positivity.

With love, light and Reiki  
Krupadidi  
31st December, 2024

Welcome {

2025

- Kaushiki Swaropa, India

*As the clock strikes the midnight,  
Our hearts and souls take flight,  
To a future shining very bright,  
Welcoming the year 2025,  
Awaiting new vistas to arrive*



*It's time for reflection,  
A moment of transition  
New centuries quarter celebration,  
Leading towards a huge transformation*

*The game of numbers five and two,  
Provides us with life's different view,  
Balance and harmony are to renew,  
Freedom and adventure add their hue*



*Together, they blend in a perfect way,  
Paving the path without going astray,  
From the track of new beginnings and growth,  
Advancing through technology's oath*



*Rapid progress of AI in every field we see,  
Yet natural intelligence holds the key.  
Amalgamating the wisdom of new and old,  
Digging within, awaits sands of gold*



# Navigating Emotional Sync in Relationships: Complementing the Essentials for Happiness in Marriage

- Dip. SAC Ashwini Telang, Thane

In my earlier article, "Unveiling the 6 Essentials for Happiness in Marriage," I shared some vital elements that contribute to a strong and joyful marriage. These include apologizing and forgiving, balancing interdependence and autonomy, fostering gratitude and appreciation, aligning shared goals and values, providing emotional support, and developing conflict resolution skills. Each of these elements lays a robust foundation for a harmonious relationship.

Building on these essentials, it's equally important to address the moments when we feel emotionally out of sync with our partner. Emotional synchronization isn't always constant, and there are times when disconnection and frustration can creep in. Here's how to navigate these challenging moments, in alignment with the principles previously discussed:

## 1. Open Communication

Referencing the first essential, the ability to apologize and forgive, open communication is vital during moments of emotional disconnection. Discussing your feelings openly and seeking clarity can bridge the emotional gap and reinforce the trust you've built.

## 2. Self-Reflection and Self-Improvement

In line with interdependence and autonomy, when feeling out of sync, it's important to turn inward and focus on self-reflection and self-improvement. By working on ourselves, we not only become better partners but also maintain a healthy balance between needing our partner's support and being self-sufficient.

## 3. Self-Preservation and Emotional Regulation

Over-dependence on a partner for emotional support can lead to suffocation and the encroachment of personal space. Recognizing the importance of self-preservation and emotional regulation helps maintain individuality while fostering a supportive relationship, echoing the principle of gratitude and appreciation.

## 4. Self-Validation

While shared goals and values are crucial, it's also essential to remember the power of self-validation. Seeking validation from your partner is natural but understanding that you can also self-validate reinforces your self-worth and contributes to a healthier relationship dynamic.



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### **5. Balancing Interdependence**

Navigating emotional sync involves recognizing the need for both interdependence and independence. By maintaining this balance, you can prevent feelings of suffocation and ensure that both partners feel valued and respected.

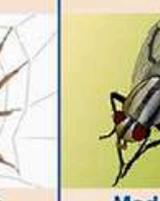
### **6. Consistent Emotional Support**

Providing timely emotional support, as highlighted in the essentials, is key. Being there for your partner when they need it most strengthens your bond and ensures that both partners feel secure and valued in the relationship.

### **7. Effective Conflict Resolution**

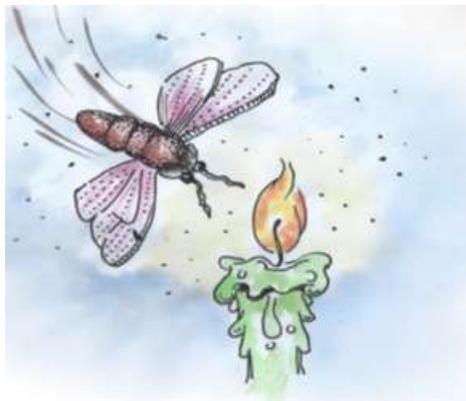
Finally, effective conflict resolution skills are essential when navigating emotional disconnection. Using techniques like "I" statements and finding compromises helps address issues without blame and fosters mutual understanding.

By integrating these additional insights into the foundational elements of a happy marriage, you can create a deeper connection and navigate the complexities of your relationship with grace and mutual respect.

<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 MOTH



*"I often observed that the moth (or, more precisely, a grasshopper) is tempted by fire to jump in it and get burnt down. So too, the unthinking man is enticed by the illusory pleasures of the senses and thus gets caught in the ceaseless cycles of birth and death. On the other hand, the wise one, when he catches even a glimpse of the fire of wisdom, leaves everything aside, leaps in it and burns down the illusion of being a limited self. Thus the moth was my ninth guru."*

Here, Lord Dattatreya explains that just like Moth, man is enticed by the illusory pleasures of sense and instead of going towards liberation, he falls into the cycle of birth and death. Instead of that, a wise person when gets a glimpse of truth, he leaves everything and burns his desires and frees himself from the cycle of birth and death. A fool keeps on repeating the mistakes but a wise man learns from the mistakes of others and liberates himself. Just like Lord Dattatreya. He tells all of us to learn from the mistake of others so we may not have to suffer what they are going through.

In the 16th chapter of Bhagwat Geeta, the good and demonic characteristic of a man is described. He has described that there are 26 divine qualities which a man can invoke to remove the 6 bad/ demonic qualities. All these demonic qualities emerge from our ego. With ego a wish becomes a desire (Kama). And then one tries to fulfil it by hook or crook. Lord Krishna has mentioned that there are three gates to hell.

*Tirividham narakasyedam dwaaram naashanamaatmanah*

*kaamah krodhastathaa lobhastasmaadetattrayam tyajet // 16.21 //*

**Meaning:** Triple is the gate of this hell, destructive of the Self -lust, anger and greed,

# 24 Gurus of Lord Dattatreya

Continued...

(Kama, Krodh and Lobh) therefore, one should abandon these three. These three emerge from Mada (ego). We get desire because of Moha (lust). If our desire is fulfilled, now this lust leads to lobh (greed). When our worldly pleasures are fulfilled, we want to have again and again. We lack “Santosh” (contentment) and if the kama (desire) is unfulfilled, it leads to krodh (anger). We fall into the trap and again and again and we live in the lower self. To come out of this hell, Lord Krishna tells us to burn the desire which is the root of Kama (lust), Krodha (anger) and Lobh (greed).

A Yogi is a person who had freed himself from all the shadripus (six enemies) Kama (desire), Krodha (anger), Lobha (Greed), Moha (lust), Madsar (Jealousy) and Mada (Ego). In order to experience our Atmabhava (soul Consciousness) we need to get rid of all the six. We need to get rid of our desires because act as a blockage towards achieving Vairagya (dispassion). Unless we have dispassion, we will get attached to the people and the things and will feel like coming again and again to this world. There is a possibility that we may remain incomplete if our desires are unfulfilled. So Lord Krishna advises Arjuna to remove the root of the problem. We need to burn the desires as if we get rid of it, it may come back. So ruthlessly we have to burn it.

A Guru creates a situation in disciples life so that he/ she burns his desire and realises himself/ herself. Here I am reminded of a story of Bhrgu Rishi and his disciple. Once a disciple of Bhrgu Rishi does an intense penance to please Goddess Lakshmi. His sincere penance pleased Goddess Lakshmi and she was about to give him a boon. At that time, Bhrgu Rishi pleased Goddess Lakshmi not to give boon right now but only when he tells her. Goddess Lakshmi told Bhrgu Rishi that his intense penance deserves a boon. Bhrgu Rishi said, “Yes. I know he has done intense penance but right now he is full of desires so please give the boon only when I tell you otherwise he will not get liberated.” Goddess Lakshmi understood the intent of his Guru and waited till Bhrgu Rishi tells her to give the boon.

This disciple prayed and prayed to Goddess Lakshmi and she did not appear in front of her for years together and finally he lost his interest in getting the wealth. He got vairagya (dispassionate) about the worldly pleasures and at that time Bhrgu Rishi asked Goddess Lakshmi to shower Gold coins from everywhere. At that time, the disciple had lost interest and did not touch those coins. And he got realised. This is the grace of Guru. He sees the bigger and long term benefit of the disciple. Many times Guru will not give all the things which a disciple demands but will give at an appropriate time.

Lord Dattatreya also tells us to learn from the moth so that we may liberate ourselves.

# SHIVA HEALS YOU

## *Smashing old beliefs*

- *Viivek A Pandey, Vadodara*



Knowledge is regarded as a sacred thing. It is looked upon as something that dispels our ignorance. However, knowledge comes from outside in most cases. If it comes from the sky, it is an epiphany. Knowledge coming from outside may not be good always. Especially if it comes from the belief system of another person. The belief system is framed by repeated thoughts made to experience as truth. These repeated thoughts may again emanate from some other person's painful experiences. That is exactly why the

game of knowledge is dangerous. Another problem with knowledge is the fact that it leads to conclusion. The conclusion means the end. Concluding without absorbing the essence leads to a fixed thought lying within your existence. Such undigested and accumulated beliefs lead a person to death. Just like a teacher writes on the board and teaches but also erases everything on the board once the lesson is absorbed. If one can understand, the purpose of knowledge is to take one beyond knowledge.

People accumulate some or other thoughts over a while in their lives. These thoughts when backed by experience get concretized. Believing in something may be true to your reality and experience. However, it may have nothing to do with the universal truth. Some beliefs imposed upon people for several years become the truth. People find it difficult to identify the difference between a principle and a belief. A universal principle will always stand the test of time. There are many beliefs doing circles around the world. Most people take them as absolute truth. Let us take some proverbs to see if they stood the test of time.

1) Rome wasn't built in a day: Surely this doesn't hold good in the current times. With the technology available in the yester, years it is obvious that Rome took a lot of time to be built. However in the year 2025 with 3D printing technology at hand, Rome may just be built in a day (Someday).

2) The early bird catches the worm: Surely, people who get up early will be more successful. Nonetheless, the Gen Z does not have anything to do with this proverb. Their sleep cycles are different from the previous generation. Some of them work less and earn more. Most of them are late birds that don't chase the worm but get home delivery instead.

3) When the disciple is ready, the master appears: This holds good when we pray earnestly for a master. However, the opposite also holds good in many cases. The master disappears when the disciple is truly ready.



*Contd.*

- 4) **Time is money:** This saying conveys the monetary costs of laziness. Laziness was always looked at as a negative trait in a person. However, lazy people find better ways to execute a task. This leads to innovation and excellence. Some kids have become billionaires by playing video games.
- 5) **Money can't buy you happiness:** The proverb means that real happiness lies deep within. But if we take a closer look, the proverb was written at a time when there were no resources. Only the rich could buy luxurious stuff and a common man's life was just a struggle for survival. In the current times, most people have an array of mind-engaging activities. They need money to spray their desires on such stuff. They end up feeling satiated once the desire is fulfilled. Probably in the 21st century, money can buy happiness.
- 6) **A speaker of truth has no friends:** The question is who is speaking the truth. A powerful person's lies are heard as truth and a weak person's fact may just be ignored by the masses. In common parlance, truth is appreciated and well received as these days the gap between the elite and the vulgar has narrowed down. So, speak the truth and have more friends.
- 7) **A drowning man will clutch at a straw:** Hope is a big thing. A drowning man surely will hold on to anything necessary to keep him alive. However, if the man is wise, he will choose to surrender to the circumstance rather than rely on a straw that may not serve the purpose.
- 8) **A leopard cannot change its spots:** One cannot change one's own nature. This again does not hold good as in recent times people have started talking about epigenetics. The importance of space around which a person's life evolves. The environment surely dictates the change in the nature of anyone.
- 9) **Love is blind:** Probably it has more eyes now. The pupil of an eye can grow a hundred times its original size. This proverb was written in an era when the options were limited and commuting was difficult. With the advent of the internet and the speed with which things are done, love is surely not blind. However, marriage continues to be an eye-opener.



# Life is not our Right it is a Blessing

- Aruna Margam  
Bengaluru

I read this message in Guru Gita book of our beloved Guruji, I was taken aback how often I forget this. When we reach a particular stage we start taking that for granted. When we are taking a step to another new year 2025 I thought of sharing this powerful message of our Guruji . If we understand and apply it in our daily life, it will be a celebration every moment as we will be in gratitude every moment. Just remembered Guruji's question and answer "Do you believe Swami is there every moment in your life?" If No then we can do whatever we feel correct, but if it is Yes then we should have immense patience as he is the sole care taker of our life. Swami knows our 360 degrees so we should take our life as a Prasad always.

A popular anecdote of Guruji came to my mind. When a small kid goes shopping with the mother, the kid is care free and just accompany the mother. Mother finishes her chores and comes back with the kid in an auto, Who will jump out first? kid only isn't it? Kid does not have the key and still runs to the door. Now the kid has to wait for the mother to open the door. When the mother opens the door the kid is the first one to enter the house. Same way our divine mother is always there with us to open the right door with the master key. As divine kids we need to have the patience to wait for the right moment. We need to trust Swami knows the right time and the right door. Once we believe it is always true. Another beautiful thought Guruji had shared in the online session. VIP's have Commandos outside protecting us, and sadhaks like us have swami and Guruji who is our commando who protect us from inside all our life.

Guruji also taught us that sadhak has to be out of comfort zone to grow in the path. Nowadays we are so used to comfort zone and we have become unnatural. When we are natural then we are very close to divinity. He has created so many opportunities for us to taste the space of purity. Wave of Faith online sessions, Reiki seminars, Gurucharitra parayan, Devrukh Ashram. This year we are completing 25th year of our ashram. We all know it's a gift to all of us which Guruji has left for us as a blessing. We all met recently during Datta Jayanthi this year 2024. I got a chance to play the snake and ladder with other sadhaks. It was a great learning opportunity for each one of us. For me it was like the movie "Life of Pi". All our right and wrong actions became so obvious and we were either coming down through the snake or climbing the stairs. Ego is the important virtue as a sadhak we need to be alert and aware and get quickly shift to the soul. Awareness can get better only with sadhana.



Once again we all know as sadhaks that Guru always helps the sadhaks to correct him/her if they are in Ego consciousness. Wanted to share another beautiful story shared by our Guruji. It is about Goraknath from Nath parampara. When he was traveling he was very hungry and did not have any food to eat. He used his siddhis to create food for himself. When he was about to eat it a “Yati” appears in front of him. Goraknath wants to share the food he had with him. The “Yati” refused to have it as it is created using the siddhis. Goraknath asks him how do you manage your hunger. The “Yati” says he does not need much food and he takes milk from his kamandalu which gets filled automatically. He even discourages Goraknath not to have the food created by siddhi and asks him to have a little milk from his kamandalu. Now Goraknath takes it and at the same time feels that “I am a great siddha myself who is he showing his power to me. I need to test him.” Goraknath asks “Yati” if you are so powerful find me when I hide myself. Three times “Yati” finds him in a moment. When it was Goraknath’s turn he is not able to find him even after weeks and months.

Goraknath tells “Yati please come out and I have lost the game. “Yati” appears but with a form of Lord Dattatreya. Now Goraknath understands why it was difficult to overpower him as he is his Guru. He does namaskar and asks him where did you hide? Lord Dattatreya tells him that I was inside your heart and you were searching everywhere. This story tells us that a Guru will never leave his shishya and never leave an opportunity to correct him and take him in the right path.

We are all blessed as we have a Guru. Our Guru has merged with us in each one of our hearts and keeps on guiding us protecting us every moment. I am sure we all have such experiences already. Let us all remember this in this new year and wait for the opportunities to learn and improve. Nothing is permanent in this universe and when we deeply dive into this thought then nothing seems to be difficult in life. This new year let us remember that life is a blessing and not our right. We have a safe path if we know we have to wait for His way. Let us purify ourselves so much that we can see only Guruji’s reflection in each one of us. Happy new year to all of you.

With love light and reiki  
Aruna M

# **The 'Sanskrit effect' and how rigorous memorising helps the memory**

**(Excerpt from The Hindu magazine 2018)**

**Contributed by Mrs. Bharati Zinzuwadia, Ahmedabad**

Considerable excitement has been triggered through email and social media across India due to a recent "observation" reported by one Dr James Hartzell in the journal Scientific American. This neuroscientist has coined the term "The Sanskrit effect." He writes that memorising Vedic mantras increases the size of brain regions associated with cognitive function such as memory (both short-term and long-term). He writes in his report that Indian tradition holds that rigorously memorising and reciting mantras enhances memory and thinking. In order to test this idea, Hartzell (and his colleagues from the University of Trento in Italy) teamed up with Dr Tanmay Nath and Dr Nandini Chatterjee Singh of the National Brain Research Centre (NBRC) at Manesar in Haryana. They chose to study 42 volunteers — 21 professionally qualified Sanskrit Pandits (aged around 22) who have been trained full-time daily for 7 years (total of over 10,000 hrs) in their childhood reciting the Shukla Yajurveda. These Pandits were recruited from Vedic Pandit schools in Delhi. As control, they chose 21 age-matched males, students from a nearby college.

The brains of all the 42 participants were examined using the method called structural magnetic resonance, with the magnetic resonance imaging instrument at NBRC. This method allows the study of the size and shape of individual parts of brain. The so called grey matter (GM) of the brain is a region full of neuronal cells, and contains areas involved in muscle control, sensory perception, memory, emotions, speech and decision making. And connected to it is white matter (WM) — bundles of nerve cells that carry signals to GM. The hippocampus is a small organ located within the central region of the brain, and it registers and regulates emotions associated with memory (particularly long-term memory) and has front and back sections. The back part appears associated with better memory and supports recollection of memory. And the cortex, which is the outermost layer surrounding the brain (essentially a cover or envelope), with its tightly packed nerve cells, is responsible for higher thought processes such as decision making.

# "THE EXAMINATION ... THE PAIN"



## HOMA PSYCHOTHERAPY

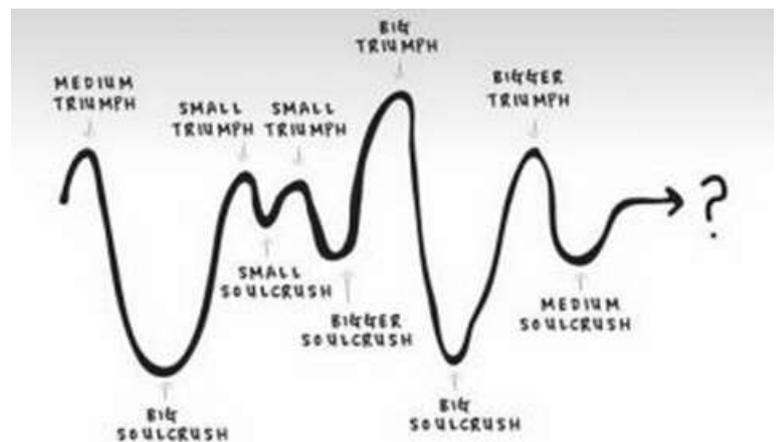
By Barry Rathner, Clinical Psychologist

Whoever expected the spiritual path—Fivefold Path or otherwise—to be a trajectory always going upward had best take an extra dose of reality or ‘get real-ness.’ Whoever assumed that happiness, bliss, or God-consciousness automatically meant an absence of pain, dissonance or disturbance, likewise best stand in line and get vaccinated against Polyanna-ish, Peter Pan-ish veils covering up the ‘way it is.’ No doubt, some are blessed to mostly avoid puddles or excrement when traversing life’s trails, but as the more politically correct expression goes, “Excrement Happens.”

Children in their innocence may expect their parents to shield them from life’s harsher aspects, but the truth is no amount of optimism can dilute reality to the point of total elimination of things most will agree we would prefer not happen—to our children or to ourselves. ‘No Pain, No Gain,’ goes the expression. Regardless of how pleasant our alarm clock’s tone may be, it inevitably wakes us up—not the worst of life’s experiences, but not at the top 10 (or 100) on most song lists.

Dentists prevent intense pain by inflicting smaller doses of novocaine-induced, often painful, injections—a fair trade, most would say. We take a new medication but are cautioned to be aware of possible side effects. Usually, the overall benefits prevail. Well, some side effects of our path may include serious health complications, unforeseen romantic relationship ‘complications,’ periods of doubt, confusion, temptation, or worse. Job in the Old Testament Bible, had test after test of severe difficulties on his road to God-consciousness. And neither the tests nor the roads were ‘walks in the park.’

But as it has been said, IF IT DOESN’T Kill YOU, IT MAKES YOU STRONGER.” (Nietzsche) So best we reduce any bemoaning of life’s bumpy roads, have faith in HIS will, and carry on. Moreover, we were foretold (warned) half of a century ago that planet Earth would devolve into the cesspool it is currently—politically, militarily and environmentally. No surprises there. The greatest extent to which we can manifest NO STRESS, NO ANXIETY, NO FEAR, that is the extent to which all of life’s experiences can be put into perspective and not be IMPEDIMENTS TO LOVE.



Any other manifestations do not become us or our Maker. So best to slowly or quickly—or something in between—work on reducing the blockages. For the Light Beings that we are, demand no less and who are we to question the ‘way things are?’ And we must do this to pass the tests—the examinations.

## 1. Celebration of Guruji's Birthday on 2nd December, 2024

On 2nd December, 2024, sadhaks in Devrukh celebrated Guruji's birthday by doing Rudra Ekadashni, Maha Aarti and Maha Prasad. There was an online program for all the sadhaks which was conducted by Ms. Krupa Choksi. The program started with Prayers by Ms. Neeta Parekh, Ms. Veena Kunte and Ms. Madhavi Saptarshi, which was followed by a presentation on "Importance of Guru" by Ms. Krupa Choksi. This was followed by talks from all the masters like Vishal Shridhankar, Rakesh Kumar, Kalpita Keer, Jairam Athalekar and senior sadhak Mr. Pranjal Joshi. After that sadhaks like Omkar Kirpekar, Madhavi Saptarshi, Jairam Athakelar sang songs which were favourite of Guruji. The program ended with the playing of recording of everyone's favourite song "Jara toh itna bata do bhagwan" in Guruji's voice.

## 2. Samuhik Guru Charitra Parayan at Narsobawadi - 12th Dec 2024



As per the sankalp of Guruji, on 12th December, 2024, there was a Samuhik Gurucharitra parayan at Narsoba Wadi. Sadhaks from 11 centers viz. Ahmedabad, Devrukh, Baroda, Rajkot, Pune, Nashik, Mumbai, South Mumbai, Thane, Bengaluru and Ratnagiri. Around 250 sadhaks from all the centers were gathered. The entire atmosphere on the banks of Krishna river was full of vibrations of Datt Guru. The parayan started at 4 am and ended at 7 pm. At 7.30 pm everyone performed aarti and Prasad was distributed.

## 3. Dutt Jayanti celebration at Devrukh Ashram - 13th-14th Dec 2024

On 14th of December, 2024 all the sadhaks in the ashram celebrated Dutt Jayanti. Dutt Yagna was started on 13th December in the afternoon which lasted til 14th evening. Around 170 sadhaks from various destinations participated in the utsav. In the morning Satya Dutt pooja was also performed which was followed by Maha Aarti and Maha prasad. Everyone could feel the divine presence of Lord Dattatreya and Guruji.



## 4. Medical Camp at Devrukh Ashram on 16th Dec 2024



On 16th December, 2024 a medical camp was organized by all the doctor sadhaks from Palanpur in remembrance of Gururaj. Dr. M.N. Rathod, Dr. Hasmukh Patel, Dr. Milan Bhatt, Jagdishbhai Makwana, Alpeshbhai Sejani and Kishanbhai delivered their service in the camp. Many people from the nearby villages were diagnosed and medicines were given to them free of charge.

## 5. Lecture and Meditation on World Meditation Day - 16th Dec 2024 in Department of Botany, University of Kota

On the occasion of World meditation day, 21st December, Department of Botany, University of Kota organised a workshop on "Rejuvenating Inner Peace". Dr. Neeta Parekh, coordinator of Kota centre, explained the benefits of Reiki and meditation. The students and staff members meditated on Panchkosh meditation which is in Gururaj's voice. The students asked some questions on reiki and meditation and showed interest in learning such spiritual practices. Finally the coordinator of the department of Botany Dr. Mridula Khandelwal offered thanks.



## 6. Second “Swadhyay Shibir” at Devrukh Math – 29th Dec 2024



One day “Swadhyay Shibir” was organised at Devrukh Math on 29th December, 2024. Reiki Sadhaks from Devrukh, Ratnagiri and Chiplunk participated in this shibir. The concept of shibir was to do Swadhyay (self study) based on teachings of our beloved Ajit Sir. Guruji always wanted all of his Sadhaks to march ahead on their journey of Sadhana. This shibir was one such opportunity to imbibe the principles of our Guruji’s teachings in day to day life.

The theme selected for the shibir was “Karma Puja – Manas Puja – Chaitanya Puja” spread over different sessions. The shibir started at 7.30 am with lighting of the lamp, prayers and inauguration. Everyone was very happy in chanting daily prayers of our Math. Then 16 Shri Satyanarayan Pooja were performed simultaneously in front of Swami. Kanta Guruji guided all Sadhaks in performing the Pooja. Actual puja was followed by session on “Science behind Shodash upachar Pooja”.



Afternoon session comprised of “Memories of Guruji” sharing of experiences, Quiz on Reiki 1st Degree seminar, Games and puzzles. It was then followed by devotional Bhajans sung by the participants. Then there was a session on “Manas Puja and science behind it”. Shiv Manas Puja by Adi Shakaracharya was taken as the theme. Similarities of Shiv Manas Puja with shodoshopachar puja, and uses of Manas Puja were discussed in the session.

All Sadhaks participated in Afternoon and Evening Swami Aarti performing different sevas. Uttar Puja of Shri Satyanarayan was performed thereafter. Each Sadhak and assistant then participated in lighting the lamps on Deep Stambh. The event ended at 9.30 pm by taking Prasad.

# Ashram Wisdom

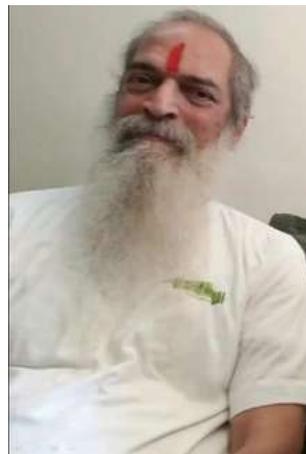
One of the sadhak in the Ashram asked a question “Why I am feeling very depressed and don’t feel like doing anything?” The answer to this question is when we are disconnected from our Atma or Divine self, we feel dejected and disappointed. We do not feel like doing anything. We do not achieve success in whatever we do and that makes us more dejected. If such condition persists, one may go into depression. To handle such situation, we should disconnect from our daily routine and go to a place which refreshes you viz. our Devrukh Ashram. We should give time to ourselves and do the activity which pleases you. One must do full body Reiki as Reiki reconnects us to our core, our divine self. We should do all the spiritual practices taught by Guruji viz. Reiki, Agnihotra, Inner Meditation, Yog Nidra and Centering Meditation. And then you will find yourself. Have immense faith in Divine/ Guru. Accept all the situations you are facing and you will get the inner strength to fight against it. You will become mentally and emotionally strong. You will be ready to take a new start.

So do not get bogged down with the difficulties. They are just situations and each situation comes in our life for learning. Learn from them and elevate.

## Ajit Sir Quotes



- Equation of Life
- $A + B + C = X$
- Manage your left side so your right side is managed in the equation of life.
- Left is your right and right is wrong.
- Make efforts and you will get the results



We should have expectation about the results but should not have desire  
 $\text{Expectation} + \text{Ego} = \text{Desire}$   
 Desire leads to attachment  
 Drop attachment



# SEMINAR SCHEDULE JANUARY 2025

Sr. No.	Scheduled Date	Master	Location	Degree
1	1st & 2nd Jan 2025	Krupa Choksi	Ayushman	2nd
2	3rd & 4th Jan 2025	Vishal Shridhankar	Ayushman	1st
3	11th & 12th Jan 2025	Krupa Choksi	Palanpur	1st
4	11th & 12th Jan 2025	Vishal Shridhankar	Nashik	1st
5	11th & 12th Jan 2025	Sangita Kulkarni	Vadodara	1st
6	18th & 19th Jan 2025	Rakesh Kumar	Navi Mumbai	1st
7	18th & 19th Jan 2025	Aruna Margam	Bengaluru	1st
8	18th & 19th Jan 2025	Seema Trivedi	Rajkot	1st
9	18th & 19th Jan 2025	Kalpita Keer	Devrukh	1st
10	25th & 26th Jan 2025	Aruna Margam	Hyderabad	1st
11	25th & 26th Jan 2025	Kalpita Keer	Ratnagiri	1st
12	25th & 26th Jan 2025	Vishal Shridhankar	Pune	1st
13	25th & 26th Jan 2025	Rakesh Kumar	South Mumbai	1st
14	25th & 26th Jan 2025	Bharati Zinzuwadia	Ahmedabad	1st
15	1st & 2nd Feb 2025	Vishal Shridhankar	Mumbai	1st