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सर्वे: सन्तु निरामया:

# REIKI VIDYA NIKETAN

सुचना  
वेळ - दुपारी १ ते ४  
रात्री १० ते स.६  
पर्यंत ताठरतील प्रवेश बंद राहिल.



On 15th march, 2025 we are going to celebrate 25th Anniversary of our Devrukh Ashram. This is indeed a big milestone in the history of Reiki Vidya Niketan and our both the trust Shri Swami Samarth Sevak Pratisthan and Shri Swami Samarth Chaitanya trust. All of them were formed by Gurujji. Every bit of our ashram is resonating with the energy of Gurujji. An abode of Swami which is our “Maika” as we say in hindi i.e. mother’s home. A home which is like a heaven. A home which always welcomes you. A home which soothes you in your sorrow and a home where you can celebrate your happiness. A home where you get only love and care. A home where you can feel complete. A home where you forget date and time. A home where you get connected to your core. A home where you are yourself. A home where there every brick is of love and compassion and it is cemented with divinity. A home where you always have an urge to go and while leaving, you never feel like coming back.

The question is Why our Ashram is so unique and wonderful? It’s not magnificent in structure like many other Ashrams but it is magnificent in terms of Energy. Gurujji has put his entire sadhana and energy in building this Ashram. Gurujji’s love is felt in every bit of this Ashram. He has written right in the entrance of Swami math.



This means I have contemplated on this Vastu (premises) and I have intended and constructed it. This place in an undivided part of my existence. Because of it, Oh Lord, please protect it. Please protect all those who are using this premises. And bless us so that we can reside in this place, do can do our daily chores and by looking at this place we get immense happiness.

Our ashram is far beyond than what we see. It is not only a place where sadhaks can give Sewa and elevate themselves. It is also abode of many siddhas. At subtle level so many siddhas come to Swami to get guidance. Guruji always used to say that in the night in our silence room all the siddhas meet and discuss about the various topics and work allotted by Swami.

There is so much happening at the subtle level and also at the level of animals and birds. What we see is very limited as compared to what exists in the math. We are not aware about what Swami and Guruji has given to us. We have to elevate ourselves to experience such things.

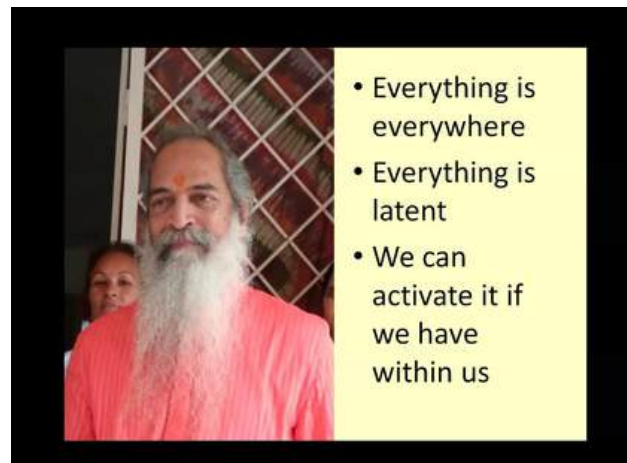
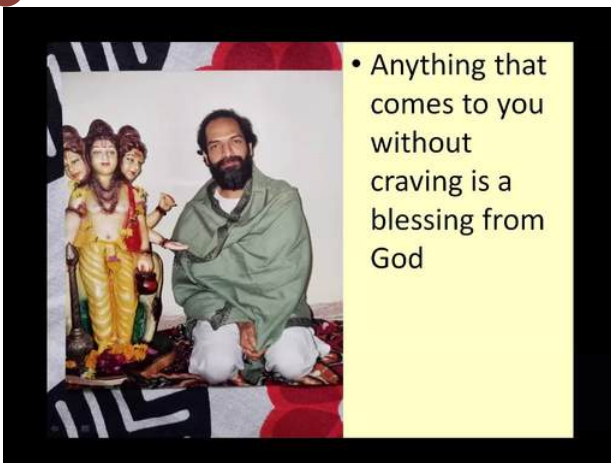
Today I got the message from Guruji that this is just a beginning. We have so much to learn and experience in our life. The constant guidance and blessings of Guruji are leading us to our destination but the divine space is also contributing to it.

Guruji was not a person. He was Gurutatva personified. Gurutatva had entered into his form and still it is operating through him. We just need to get connected to him so that we also get the divine knowledge which Guru always wanted to give us. There are showers of blessings through the entire Universe. Only thing is we need to keep our vessel empty. Our ashram is a place where we can empty our vessel and experience the showers of blessings of Guruji and Swamiji. Everyone is welcome here. Do spare time to visit the ashram and get transformed and experience your inner beauty and divinity.

With love, light and reiki  
Krupadidi

## Ajit Sir Quotes

“



<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 FISH



*"The fish greedily swallows bait and is at once caught by the angle-hook. From this, I realized how man meets his destruction by his craving for delicious food. When the palate is conquered, all else is conquered. Besides, there is a positive feature in the fish. It never leaves its home, i.e. water. So too, man should never lose sight of his true Self, but should ever have his being in it. Thus the fish became my eleventh guru."*

Here, Lord Dattatreya talks about the five senses which we should control through mind. Mostly our senses drive us but it should be driven by us. Our mind through our five senses gets connected to various sense objects for example, delicious food tempts us, on seeing something beautiful we get attracted, touch of someone distracts us, smell and sometimes also the words. A seeker should keep a lot of awareness if one wants to proceed in sadhana. Our five chakras are connected to five senses viz. Muladhara chakra is connected with smell, Swadisthana chakra is connected with taste, our Manipura chakra is connected with sense of sight. Our Anahata chakra is connected with touch and our Vishuddhi chakra is connected with sound. When an existence of a seeker goes to Agnya chakra, he becomes master of his senses. Then his/her senses do not drive them but they drive the senses. Hence, all the yogis try to reach Agnya chakra as fast as possible.

A Yogi may adhere to celibacy and move away from sexual drive but he has to control his palate is also otherwise his energies will remain in lower chakras. All the Yama and Niyamas given by Sage Patanjali is to prepare ourselves for self realization and bring our energies to the upper chakras. Besides this, it is very important to know who prepares



## 24 Gurus of Lord Dattatreya

Continued...

the food because lot of sanskaras comes from food. A person who prepares food and puts salt, his/her thoughts are passed on. So if food is prepared by someone who is engrossed in world matters and is full of violence, anger, hatred and jealousy, all these thoughts goes into the food through salt. And if a sincere seeker eats it, it depletes the energy of the seeker as the chitta becomes impure. And as you all know Chitta (Intellect + Mind + Heart) is the raw material for karmas which is done at a body level.

At this moment I am reminded of a story of Swami Shri Vasudevananda Saraswati. Once he was invited by an eminent person at his home for some Puja. He went there and then he was served lunch on a silver plate and silver cutlery. After eating the food, he felt like take the silver spoon in his bag. He took it and went to his ashram. After coming to Ashram, when he opened his bag and found a silver spoon, he was so surprised with his reaction. He thought I am a Sanyasin (renunciate) what am I going to do with this silver spoon. He repented for his action of stealing the spoon. He went back and returned the spoon and apologized to the house-owner. But then he inquired about the cook and asked the Yajman to find out more details about the cook. The house owner then did more inquiry and could find out that the cook was a prisoner and he was thinking of stealing the silver spoon. With this thought he prepared the food. And Swami Vasudevananda Saraswati was do pious and his chitta was so pure that on eating that food his chitta got contaminated. Hence, one has to be very careful while eating food outside where we do not know who is preparing the food. One has to have control over the palate in order to elevate on this divine path.

Besides this, Lord Dattatreya has also appreciated the fish for its quality of not leaving the water. Similarly we have to keep an eye on our goal of life. A sincere seeker should always think about Self Realization and always think before doing any activity that whether this activity will leads me towards Self Realization or not? One should be like a Arjuna. Once during his training in Gurukul, Guru Dronacharya asked him what he sees. And he answered that he is seeing only the eye of a bird. Here Arjuna did not see a tree, its fruits, the sky behind it, the branches, neither the bird but only its eye. Such a focus a seeker should have for Self Realization. Here Lord Dattatreya tells us to be continuously conscious about our thoughts, words, deeds and actions in order to reach our goal of Self Realization or Moksha.

# SHIVA HEALS YOU



## Religion and Relevance

- Vivek A Pandey, Vadodara

Religion is defined by the Oxford Dictionary as “The belief in and worship of a superhuman controlling power, especially a personal God or gods.”

The theory of Evolutionary Psychology of Religion postulates that religion is an outgrowth of brain architecture and as the neocortex of the human brain expanded, and reached a peak value around five hundred thousand years ago, the human mind’s cognitive senses became more sensitive to spirituality. This growth of cognitive senses clubbed with the newly developed capability of speech and group living helped humans to communicate their ideas to each other and make causal conversations depicting their thoughts on natural events and imagination. It also allowed people to unify as a community as individuals imitated each other to form a certain set of beliefs and follow a certain set of rituals.

Essentially, religion is the relation between the individual and the supernatural which is based on the belief that there exist some supernatural entities that created and govern the world. The origin of religion is lost in the obscure past of human evolution and is believed to have developed gradually with the evolution of humans from their primate ancestors. It is a unique feature of mankind though some primates are known to show pre-moral sentiments of appreciation of the aesthetic, self-consciousness, sympathy, and empathy for other members of the kind, etc. which are considered to be pre-emptive steps of spirituality that breeds religion.

Organized religion, however, is believed to have arisen in the Neolithic Age when the advent of agriculture led to the transformation of hunter-gatherer societies to agricultural societies living in one place, following a sedentary lifestyle. The transition from foraging bands to states and empires led to the need for more specialized forms of religion which reflected the new social and political environment. It may have emerged as a means of providing social and economic stability through the following ways:

1. Justifying the central authority, which in turn, possessed the right to collect taxes in return for providing social and security services.





# Religion and Relevance Contd.

Religion has evolved and changed throughout the centuries and across the world. It would be impossible to know exactly how many religions have ever existed, or for that matter, the number of religions that exist in the present. Several religions have been born out of other religions and have grown to claim their own identity. Besides, several sects function even within a particular religion; Islam consists of both Shia Muslims as well as Sunni Muslims, Christians are divided into Catholics and Protestants, etc. At present, Christianity has the highest number of adherents placed at 33.39% of the world population, Islam has 22.74% of the population, Hindus consist of 13.8%, Buddhists amount to 6.77% while the Sikhs and Jews amount far less than even 0.5% of the population. Further, 9.66% of the population is non-religious and about 2% of the population are declared atheists.

The current conflict in Yemen is an example where different sects of the same religion are fighting for dominance and control. This reminds the world how little has changed from the times of the Christian 'Holy' Wars and the Islamic conquests of the 7th and 8th Centuries. Several violent conflicts have taken place across the world through time and continue to date as people are still divided based on religion and hatred is spewed between different sects and religions. India is no stranger to religious conflicts which began way back in the medieval ages with the Islamic Expansion and consequent conflict with Hindu rulers or communities. Further, the Partition of India in 1947 which led to the formation of Pakistan and later, Bangladesh was a bloody strife between the communities with tales of horror and bloodshed during the time still recounted with a shudder.

Well after the partition too, irrespective of the secular nature of the republic portrayed through its Constitution, violence against religious communities, like the Babri Masjid demolition, and several religious riots have occurred throughout the country like the infamous Bhagalpur riots of 1989, Godhra riots of 2002, etc. Across the world too, instances of violence against religious communities, often resorting to acts of terrorism, are common.

Thus, religion has led to misery, conflict, persecution, segregation, disunity, and wars throughout the history of human existence. Yet, the religious institutions hold sway over the people and a huge majority of the population still adheres to one religion or the other. It would thus, be important to know, what are the exact functions of religion which makes it such an integral part of human society that it gets widespread approval despite its significant drawbacks and inherently divisive nature.



# Shiva: Understanding The True Essence

-Ashwini Telang, Thane

The word "शिव" (Shiva) is composed of two Sanskrit अक्षर (syllables): "श" (sha) and "इव" (iva). The syllable "श" symbolizes "Auspicious" (शुभ), while "इव" denotes "only." This unique combination suggests that the meaning of "शिव" is "the only auspicious (one)." This concept stands as a paradox, a mystery, and a profound truth.

In the Puranas, this energy is depicted as the yogi who renounces everything yet governs everything. As a yogi, this entity is portrayed as the Complete Male Figure. However, this entity also has a female counterpart called "शिवा" (Shivaa), suggesting that Lord Shiva's essence transcends duality and embodies universal truths that resonate beyond human or divine constructs.

Both the words "शिव" and "शिवा" serve as a reminder that, though the masculine and feminine energies seem opposite, they are one at the source. It's akin to light and darkness (प्रकाश - अंधकार), creation and destruction (उत्पत्ति - लय), and worldly life and renunciation (संसार - वैराग्य). These pairs are not in conflict—they are interdependent. In fact, as both संसारी (a samsar, one who engages in worldly life) and वैरागी (a vairagi, one who renounces worldly life), Shiva provides a path to self-realization and liberation.

Ancient scriptures depict Lord Shiva as revered and worshipped by both Devatas (gods) and Asuras (demons). For gods and asuras alike, Lord Shiva represents the potential for coexistence and harmony in opposites. From this, we learn that concepts like good and evil, success and failure, purity and impurity are all human constructs.

Lord Shiva's essence teaches us that dualities are not necessarily contradictions. Instead, they are different manifestations of the same underlying reality. This profound understanding encourages us to look beyond apparent opposites and recognize the unity within all existence.

# Devrukh a Divine abode of Adi Guru Dakshinamurthy

- Aruna Margam, Bengaluru

As we are nearing the 25th year of our Ashram's anniversary it is so nostalgic and so many memories are gushing to my mind. When Guruji started visiting Bangalore, 2007 and 2008 he used to invite us to ashram. After a couple of times when we were giving excuses the distance is more, language is unknown and leave is not there then Guruji asked us one question "If you get a call that you have won 1 Crore Rupees and you need to reach Devrukh to receive it, Will you give excuses or will you make efforts to reach there?" At that time we all enjoyed the talk and left it at that point. After many years in 2013 only for the first time we sadhaks as a group of 7 members visited ashram and met Guruji and stayed for a couple of days.

After regular visits I understood the inner meaning of Guruji's message. If we can give an analogy our beloved Swami/Guruji is our Lord Dakshinamurthy form of Shiva who is worshipped as the guru of wisdom and meditation is sitting under a banyan tree. Dakshinamurthy who is nothing but our beloved Guruji is our supreme Guru who is still imparting spiritual knowledge and enlightenment to his disciples. He is considered to be the most magnificent forms among the 64 forms of shiva.

All the descriptions of Dakshinamurthy is reminding me our Ajit Guruji. He is the Adi guru, representing the Guru tattva, here our Guruji was a devotee of Swami who is from Datta Parampara. Shiva appeared in the handsome form of a 16 year old youth sitting under a Banyan tree. This as Swami Devotees, we all can connect to Swami sitting under a Banyan tree and sharing his knowledge and guiding his devotees. He has left us all a treasure in the form of Guru Gita.

In the picture Dakshinamurthy stamps the dwarf of illusion with his right leg. It is a symbolic representation to stamp our ignorance. Here too Guruji asked all of us to visit and stay and also called it a Mother's home. He also given us the opportunity to do sewa.



## Devrukh a Divine abode of Adi Guru Dakshinamurthy

Continued

This will help to remove our ignorance that the world is not real and everything is so temporary. In turn it brings us closer to Swami and the divine space This reminds of Guruji's words in seminars. If we understand the meaning of "Vedna" sanskrit word "ved" + "na", that is na means no and Ved means knowledge. No knowledge gives us the suffering. If we understand each one of us are temporary and no one / nothing is permanent all our issues will drop down. We will have the ability to live in this world with peace in our existence. We all have experiences that every visit makes us a better person to face the outside world.

Dakshinamurthy is a supreme Guru with compassion, smiling with contentment and a personification of bliss all the time. This will remind all of us our beloved Guruji. He is our mother, father and a Guru with unconditional love for his students. He was always connected to each one of us and he was a role model to us how to live, to love and purify our existence to stay blissful and joyful. His famous statement is coming again to the forefront, "Do all your action with happiness and not for happiness". This one thing if we apply we can have fulfilment.

Dakshinamurthy was always aware of the deepest desires of his devotees. Jnanis and Siddhas worship him to attain the state of Turiya or Samadhi. We all have got the rare blessings of Swami to hear the narrations of our Ajit Guruji's many interactions with the divinity in this divine space Devrukh. I am sure even now Jnanis and Siddhas are visiting this place to meet our Swami and Guruji. We all are already experiencing the presence of Guruji in every inch of the ashram. In one of the online sessions he shared that, "Anyone who has returned from ashram after offering sewa has to be revered". When Guru is saying that then we can fathom the divinity of our ashram standing so pure like a Ganga mata and purifying each one of us.

As per the scriptures Sanat Kumaras came to him for solace and unsatiated thirst for knowledge and they showed signs of aging. Lord shiva in heart of each one of us feeling compassion towards them and appeared as Dakshinamurthy. He taught them only in silence by entering in Turiya state and gave them the true experience of the self.

## Devrukh a Divine abode of Adi Guru Dakshinamurthy

Continued

Devrukh ashram, Swami living there and Guruji's presence is equivalent to the same for all of us. We are all the seekers like Sanat Kumaras and the space, Swami and Guruji are taking us closer to our true self by transferring the true knowledge of our self every moment we are there.

Adi Shankaracharya has written Dakshinamurthy Shloka to deepen our knowledge and strengthen the dispassion towards the world we live in. When we read the meaning of the shloka I felt it was as good as listening to Guruji in seminars or other satsangs. The very first shanti mantra depicts how peace is important for each one of us at all levels physical, mental and intellectual. Peace is the foundation for the journey of finding the self which is nothing but the supreme. Guruji has given us Yoga nidra, meditations like golden ball to find our own peace.

There are ten Shlokas which is explaining the principle of consciousness. The very first shloka emphasises that the world is a mirror or a dream and only you as an atma/soul is real. In seminars the mirror exercise and the explanation to why that is done and how to understand life better has reached all of us and has empowered us to this moment. Guruji has told us umpteen times stay in soul consciousness and play the game of life. What profound thought.

The second shloka talks about that no one can imagine a tiny seed of a banyan tree has a potential to become a mighty banyan tree and reverse to think today's mighty tree was a tiny seed one day. Cause and effect and the play of consciousness will increase our curiosity to know the Brahman. Guruji while sharing the experiences of 25th year of "Reiki Vidya Niketan" online session he was overwhelmed when saying a small seed has grown into Banyan tree today. The third shloka talks about that which is changing is unreal that is the world and the one constant is real that is you the atman or the brahman. "Tatwamasi" you are that. Still Guruji's voice lingering in all our ears towards the end of Yoga nidra. We are nothing but the universe. This realization and comprehension will take us to the ultimate reality.

The following two shlokas conveys that We are self luminous Atman/Soul. Also we come across that Swami is Swayamprakash and we too are that divine being. The whole



# Devrukh a Divine abode of Adi Guru Dakshinamurthy

**Continued**

world exists for us only because of the luminosity of the self. Very few can see the self and understand or else many get stuck with the body mind and intellect. The brilliance of sun and the moon at one point gets intercepted by Raghu known as eclipse similarly our true self is intercepted by Maya or ignorance. In case of sun and the moon they are not affected similarly our true self is untouched by the Maya. In our sadhana guided by our Gurujji, specially during anushtan, stay in ashram we all get the experience of our true self and how unlimited we are. Even during seminars, Parayan and even online Wave of Faith sessions we all touch our true self once atleast. Very Grateful to Gurujji for creating such beautiful space and opportunities.

In Shloka seven it describes how Dakshinamurthy sits with “Chin Mudra”. The index which is this Jeeva and the thumb is the Lord and if join both we separate the three fingers which are nothing but physical, mental and intellectual part of the self. When soul connects to the Supreme self the Brahman then it is easy to separate yourself from the Maya. Devrukh space or Reiki sadhana or meditation is an effort of Gurujji to take us closer to the divine self. He always believed and guided us “Don’t follow me but follow my teachings”. His teachings were to shift us from ego consciousness to soul consciousness isn’t it?

In Shloka eight Shankara guides us that when we wake up we realize dream was unreal similarly when we get spiritual awakening we will realize this waking world is also unreal. So when we see the oneness in the soul and divine reflections of our true self then the world is so beautiful. This is our Gurujji’s guidance once you know there are no two people it is always about you and only you then the life becomes a celebration. Bhagavad Gita has a beautiful message for all of us. “In this world no one is your friend no one is your enemy, you are your own friend you are your own enemy”. Such indepth knowledge given to us so simple. If we can realize this then life is a celebration.

Shloka nine tells us how to see the cause Brahman in every thing around us, sun the moon, stars, nature all around us look distinct and diverse but underlying substratum is the consciousness which we know as Brahman. “Aham Brahmasmi”. You are Brahman then this makes us realize we are so powerful and unlimited. Last shloka gives the benefits of the chanting. Most of the shlokas we chant for a material benefit, but this Dakshinamurthy shloka is for spiritual enlightenment. It is so precious or a jewel among all the treasures. Same way our Devrukh ashram is a jewel above all which helps each one of us to grow in this inner path and realize our true self. Just remembering the “Panchakosh meditation”. The beautiful song reconnecting us to the luminous self and once connected there is only light in our life.

Gurujji’s wisdom “Swastha” Stay connected to yourself and you will taste true happiness within you. Reiki was taught to us, Devrukh ashram was built with selfless love unlimited abundance for all of us to taste the true self Atman/soul and get connected to the substratum of our life Swami and Gurujji the representation of supreme self. Very Grateful Gurujji and Swami for giving us the space and making us realize the ultimate goal of life.



# Reborn in your light

- Mamta Vaidya, Mumbai

*From Girnar's majestic peak, where 10,000 steps unfold,  
A sacred invitation beckons, to meet Girnari's loving hold.  
At the first step, Swami awaits, a gentle guardian of the soul,  
To walk with me, hand in hand, and make the journey's path whole.*

*With every step upward, fear, ego, worries and shadows flee,  
As divine love and faith illuminate the heart's deepest sea.  
In his loving presence, the soul feels reborn, renewed, and free,  
Transformed by the touch of his grace, in ecstasy.*

*Like a phoenix rising, from the ashes of the past,  
I reborn again, in the radiance that forever will last.  
And when the meeting ends, the heart remains, in yearning wait,  
For the next sacred encounter, on the same divine plane, to recreate.*

*In Dattatraya's loving light, my journey's made divine,  
A path of love, faith, and surrender, where heart and soul entwine.*

## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



Okay, it may be darkest before the dawn and okay, there may be light at the end of the tunnel, and okay, a ceasefire in Gaza is in place, but to buy into the concept of the Kingdom of Heaven is Near at Hand may be a bit of a stretch for some. Despite the fact that more than 50 years ago, some of us in several countries—USA, India and Germany in particular—were given warnings and glimpses into the ‘challenging’ future Planet Earth was facing, now that those challenges surround us nearly incessantly, it is often not easy at all to do what is necessary to face and withstand those challenges—and help others do the same. Forewarned is forearmed and, indeed, we have been forewarned and as well as forearmed. Our stock of munitions can succinctly be summarized as the Fivefold Path. Two of the 5 steps are material aids—Yajnya and Daan—and the other 3 constitute not only a blueprint for inner growth, but a bastion of resilience we can access on a moment’s notice. Midst the destruction, distraction, disinformation, delusion, and downright evil surrounding us, we can be optimistic that we can not only survive, but can as well serve others less able to manage on their own. And, for sure, these opportunities to serve are as crucial to our own well-being as to those being served.

But 1) this is not a drill, 2) only mouthing the words cut and pasting the lessons WILL NOT CUT IT, is not sufficient and might be what Shree Vasant was alluding to when it was said THIS IS NOT THE TIME FOR HALFWAY MEASURES.

In midst of a war, all efforts need be maximized so that optimal results occur. It’s not like, “I’ll sleep when I die”—balance is still operative— but holidays lasting months should be discouraged. And martyrs need not apply. ‘No halfway measures’— so more YAJNYA (we do 5 hours of Om Tryambakam Homa daily at our Ecovillage). More DAAN, to reduce our material attachments. More TAPA to improve our overall competence, resilience, and effectiveness. More awareness of and reliance on Law of KARMA so that our actions remain appropriate and garner best results. And more SWADHYAYA, as continuing to evolve ensures our becoming the best instruments of the Divine. These five steps are the arms, the weapons we have been given to fight the deleterious elements which are rearing their ugly heads. If we can be keep our individual and collective noses to the physical, emotional, and spiritual grindstones that face us, then when the battles are won, we can look back with no regret and with the knowledge that we have lived and acted in consonance with Divine Will-IDAM NA MAMA.

Should anyone doubt the power of and behind these tools, the understanding that the Divine through the instrument of the Vedas, prescribed them should assuage any doubts. And the results—short term or long term— should not be of our concern. They lie with the Divine.



**Its always darkest before the dawn.**



# The Salt lake



The old Master instructed the unhappy young man to put a handful of salt in a glass of water and then to drink it.

"How does it taste?" the Master asked.

"Awful," spat the apprentice.

The Master chuckled and then asked the young man to take another handful of salt and put it in the lake. The two walked in silence to the nearby lake and when the apprentice swirled his handful of salt into the lake, the old man said, "Now drink from the lake."

As the water dripped down the young man's chin, the Master asked, "How does it taste?"

"Good!" remarked the apprentice.

"Do you taste the salt?" asked the Master.

"No," said the young man.

The Master sat beside this troubled young man, took his hands, and said, "The pain of life is pure salt; no more, no less. The amount of pain in life remains the same, exactly the same. But the amount we taste the 'pain' depends on the container we put it into. So when you are in pain, the only thing you can do is to enlarge your container."





# REIKI EXPERIENCES

## 1. Reiki Experience of Purnima Walnuj

Jai Gurudev.

One of my friend who was pregnant was about to complete her nine months. She had some complication and Doctor had told her that she will not have normal delivery. Caesarean has to be done. I gave distant Reiki to her with an intention of Normal delivery. At 4.20 am she normally delivered a baby. Both of them are healthy and fine. I am very much thankful to Reiki, Guruji and Swamiji fir giving me such a wonderful experience and also to understand the power of Reiki.

## 2. Reiki Experience of Hiral Mane:

I had a wonderful experience of Reiki. My Sister-in-law recently delivered a premature baby. Baby was of only 2 pound so everyone was worried at home as she was underweight and there were chances that she may get jaundice. I started giving distant Reiki to her and next day Doctor said there are no signs of Jaundice in baby. Her eyes colour is normal. And from that day her weight also started increasing. After few days her weight was like a normal baby.

I would like to narrate another experience of Reiki. Recently my niece had problem in 5th vertebrae and she got operated. She was in lot of pain, her mood was not good and avoided talking to anyone. She was very dull and depressed. She did not get up from her bed since many days. One day I went to meet her and I gave Reiki to her. Immediately her pain vanished, her mood became good. She got up from bed and started talking to everyone. I was really surprised about the result which Reiki gave in one go.

Really thankful to Guruji, Swamiji and all masters for such giving me wonderful experience of Reiki

## 1. DSPPL Faculty meeting on 1st and 2nd February, 2025



DSPPL had arranged a meeting of all the faculties for various DSPPL EduSpot, SOFT and STRONG program to be held in the month of May, 2025. All the faculties were given the orientation by Mr. Pranjal Joshi about the program, about the mission with which the DSPPL was started and how to make children an ideal citizen of the country. Many teacher also shared their experiences about the program done in past years. At the end of the training faculties showed their interest in conduct SOFT programs from 6th to 11th May, 2025 in Devrukh, Mumbai, Rajkot, Thane, Vadodara, Chiplun, South Mumbai, Bengaluru and Hyderabad. And STRONG program for the Youth will be conducted from 28th May to 1st June, 2025.

## 2. 3rd Swadhyay Shibir at Math on 9th February, 2025:



3rd Swadhyay Shibir was held yesterday on 9th February, 2025. Total 29 Participants from Mumbai center participated in this, with 25 Shri Satyanarayan Pooja being performed simultaneously. Everyone enjoyed the Shibir and were overwhelmed with the atmosphere of Ashram. Many sadhaks have expressed their wish to give sewa at the ashram.

Another notable voluntary gesture by one of the sadhak was that he decorated math premises (entrance gate, Swami temple approach road and deepastambh space) with the beautiful Rangoli.

### **3. EPIC Program in Thane on 9th February, 2025:**

EPIC parenting program was conducted on 9th February, 2025 by Ms. Krupa Choksi and Ms. Ashwini Telang at Thane. The program was well appreciated by the participants. Many participants expressed their views that this program was an eye opener and such programs should be conducted more often so that this knowledge reaches to more people.

### **4. Mahashivratri Utsav at Devrukh Ashram from 24th February to 26th February, 2025**

Mahashivratri Utsav was celebrated at Devrukh Ashram from 24th February to 26th February, 2025. All the vrattis who had done Anusthan for the entire month starting from 28th January till 26th February, 2025 were allowed to participate in the program. Around 40 sadhaks came for the Utsav during the span of 3 days and 2 Maharudras were performed by two groups viz. Trishul and Ganga. The program was a combination chanting, Abhisheka and Rudra Swahakar.

After the completion of Maharudra, Mahaaarti was performed at 7 pm which was followed by Swami's Palkhi and Satsang. At 12.00 midnight, both the groups chanted Shiv Manas Puja, Shiv Panchakshar Stotra, Dwadashjyotirlingani, Rudradhyay and Shiv Stuti. Thereafter aarti was performed by all the sadhaks of Swami, Kamakshi Devi and then the program was concluded with Mahaaarti with 100 wick of Lord Shiva. The whole Ashram was vibrating with the energy of Lord Shiva. The presence of Guruji was continuously felt by all the sadhaks. Everyone was elevated at the different energy level by receiving blessings of Shiva, Swami and Guruji.

### **4. Transformer exclusively installed for math**



With the initiative of our sadhak Mr. Mayurbhai Patel and Mr. Rahul Kona, a transformer is installed exclusively for the Math outside Math premises. This will resolve all the issues of power cut which were faced earlier by sadhaks. The divine grace of Swamiji and Guruji is pouring on us on various ways.



# Ashram Wisdom

## **Do not trade your goodness.....**

One of the sadhaks came to Guruji the other day in a dejected mood. Guruji asked, “What is the matter”. The sadhak said she has been doing so much for others for the past few years but no one is appreciating that. She was talking about all adjustments and compromises in life she has done. And now she feels that no one else is willing to reciprocate that gesture of adjustments and compromises. The question Guruji asked was, “Have you compromised and adjusted with others and the environment for the sake of others or for your own sake? By doing all these adjustments did you not benefit at all? Did you not buy peace by offering your gestures of adjustments and compromises? If you have done it for your own comfort and peace then how can you expect others to pay off? “ One has to be good not for the sake of others but because you feel good about it. Goodness is more inherent and nothing to do with the outside world. And if it has nothing to do with outside world, how do you expect them to react the way you want them to? Goodness is your virtue, a trait that shows you that the divinity is a part of you. That is your nature or that is what it should be. That is something which you should never trade off. It is not an object to sell and make wealth out of. It is to be cherished for ever. The moment you realize that you will never relate that with the outside world. If you do not relate that with the outer world, you will never forcefully expect anything in return. That forceful expectation is your desire. If there are no such expectations, there are no unfulfilment of such expectations either. Obviously there are no frustrations in life. Always be good, whether others reciprocate or not. Be good so that you feel good.

# SEMINAR SCHEDULE MARCH 2025

Sr. No.	Scheduled Date	Master	Location	Degree
1	1st & 2nd March, 2025	Vishal Shridhankar	Pune	2nd
2	4th & 5th March, 2025	Sangita Kulkarni	Ayushman	1st
3	8th & 9th March, 2025	Kalpita Keer / Vishal	Devrukh	2nd
4	8th & 9th March 2025	Krupa Choksi	Thane	2nd
5	8th & 9th March 2025	Sangita Kulkarni	Vadodara	1st
6	22nd & 23rd March 2025	Seema Trivedi	Rajkot	1st
7	22nd & 23rd March 2025	Rakesh Kumar	South Mumbai	1st
8	22nd & 23rd March 2025	Kalpita Keer	Kudal	1st
9	22nd & 23rd March 2025	Vishal Shridhankar	Ayushman	1st
10	29th & 30th March 2025	Bharati Zinzuwadia	Ahmedabad	1st
11	29th & 30th March 2025	Vishal Shridhankar	Mumbai	1st
12	29th & 30th March 2025	Krupa Choksi	Palanpur	1st