

Volume 18

Issue 08

August 2026

REIKI VIDYA NIKETAN



सर्वे: सन्तु निरामयाः

The above image is from Devrukh Ashram.

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

I am nothing,
I want nothing,
and I do nothing.



Moving from doingness to Nothingness A path to Freedom :

In our life, we are taught that we have to make our future. We have to design our destiny. With this idea, we strive to achieve whatever we desire. We think that we are doing everything in our life. We can get what we want if we strive for it. With this idea, we may succeed in our life to a certain extent, but we will be stuck in our ego consciousness. Most of the people in this world are living with this thought. This will give us what we want but it will bind us too.

In order to achieve freedom i.e. Moksha, we need to go into nothingness. We need to become inward and experience nothingness. We need to shift from ego consciousness to soul consciousness. When we reach to nothingness. Everything happens through us. You do not have to strive for anything. Everything will come to you. This is the stage which Guruji used to mention in 2nd degree seminar. He used to say that there are four kinds of people. (1) Durdaivi – who do not get anything in spite of their efforts. (2) People who ask and they get it, (3) People think if something and they get it (4) People get something and thereafter they realise that they wanted this only.

When you go into nothingness, things manifest in your life which are required for you. Besides this, you accept whatever comes in your life as there is no rejection. We reject things, people and situations only when we are in ego consciousness. In soul consciousness, we are one with Universe and hence Universe decides for us. This is a state of surrender. When a disciple merges with Guru, loses his identity and then Guru decides his future. The disciple has gone into nothingness. He trusts his Guru so much that Guru does his work done through him.

This is what happened to Shantidev. Shantidev was a disciple of Lord Buddha. He was very shy and hardly spoke within anyone. But he was very much dedicated to his Guru. He was in total surrender. Once a person brought an invitation about a lecture to Lord Buddha. Lord Buddha was already busy with some tasks. Lord Buddha said I will send one of my disciples instead of me. All the disciples were wondering who would go for this lecture. And Lord Buddha selected Shantidev. Everyone was surprised and mocked Shantidev because Shantidev was a very shy person.



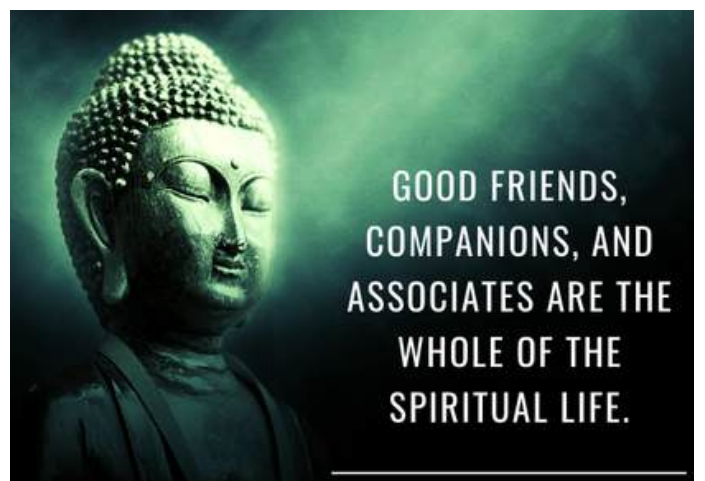
Lord Buddha asked Shantidev to go and he went without asking a single question. Shantidev started lecturing on Anger. He spoke for 9 days and on the 10th day he was levitating in the air while delivering the lecture. This was the divine grace which Lord Buddha bestowed on Shantidev. And Shantidev could manifest it as he was totally empty and surrendered to his Guru. Later on, these lectures which Shantidev delivered was compiled in book form which is known as Dhammapada.

Now the question is how to achieve this stage of nothingness which is also a stage of surrender. It is by following these three statements in life (1) I am nothing, (2) I want nothing and (3) I do nothing. When we tell ourselves, I am nothing, we loosen our ego of our position and knowledge/ qualifications. When we tell ourselves I want nothing, we loosen our desires to achieve things in our life. When we tell ourselves, I do nothing, we are away from doingness. We surrender our karmas to our Guru/ God. That is called karmayog in Bhagwat Geeta.

By continuously monitoring our thinking, we can correct our thinking. Swami Vivekananda has said, "Thoughts becomes things, so watch what you are thinking." If we continuously think about nothingness, we will reach that stage. Even Lord Dattatreya has said that when a caterpillar continuously thinks about a moth, it becomes that. Similarly, when we keep on thinking about Shunyata (Nothingness) we will achieve that state where we will be always happy.

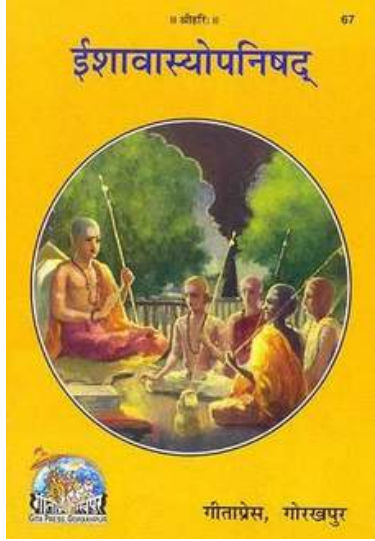
On this Guru Purnima, let us all strive to go into surrender by going into nothingness.

With love, light and reiki
Krupadidi



Teachings from Upanishad: Ishavashya Upanishad

- Krupa Didi



अनेजदेकं मनसो जवीयो नैनहेवा आप्नुवन्पूर्वमर्षत् ।

तद्धावतोऽन्यानत्येति तिष्ठत्तस्मिन्नपो मातरिश्वा दधाति ॥ ४ ॥

Meaning:

The Self is the motionless one, swifter than the mind. The devas (senses) could not overtake; It ran before them. Sitting, It goes faster than those who run after It. By It, Matarisva (the element Air) supports the activity of all living beings.

In the shloka 4th to shloka 8th of the Isha Upanishad, we have the description of Infinite Consciousness indicated in terms of Gunas. The very first line of the stanza says that the Self is motionless. It is indicative of being of no speed. It indicates a static position as against dynamic one. But in case of Eternity, motionless suggests that all-pervading Consciousness is present everywhere at all times and at all places simultaneously; hence no question of any movement. The cosmos is its body, yet It has no body. It is subtler than the tip of a single strand of hair yet it pervades the entire universe.

It pervades everywhere yet It moves not. The reality is that the Infinite Consciousness, being all pervading has nowhere to move about as It is already present everywhere, It needs no motion. This is in direct contrast with Jagat, the world, which is ever moving and changing.

The shloka suggests that the Self is swifter than the mind. It has been accepted all over that the mind is the fastest but the Infinite surpasses it. As it is present already in the place where mind has yet to reach and it can only reach later. The All-pervading nature of the Self is such that It makes its presence felt everywhere without any movement or dynamic speed as of other objects. In short, Self is the one, unmoving, faster than the mind, having preceded mind, It is beyond reach of the senses. Ever steady, It outstrips all that run. By its mere presence It enables the cosmic energy to sustain activities of life.

The whole world is made up of three things: energy, matter and consciousness. Matter and energy are qualitatively the same. They are two forms of the same entity. Consciousness, however, is independent of matter and energy. Consciousness did not give rise to matter and energy. Neither did energy or matter give rise to consciousness.

Matter-energy duality is given a generic name called 'Prana' in ancient Hindu terminology. This entity refers to everything that is manifested.

Ancient Hindu philosophy refers to this entity by innumerable names – Hiranyagarbha, Prakriti, Prana, Devi, Vayu, Matarishva, Maya, Rayi, etc. Later Hindu philosophy popularised the term ‘Shakti’ for this same entity. Consciousness, on the other hand, had only a couple of terms throughout the long history of Hindu philosophy – Atman, Brahman, Purusha, Tat, and Sah.

It is always difficult to describe Atman as whatever we define is through mind and Atman is not Mind. It is beyond mind. For that reason, those who are enlightenment cannot know and describe their state. And if they explain it would be very difficult to understand because we understand through mind and that understanding also comes from reference. If we do not have reference in Mind, we cannot imagine. Suppose, I have gone to Rome and I am describing about its heritage buildings and statues to a person but If he has not seen it, he/she would not be able to imagine. So for that reason when that person sees photographs, he/ she is able to relate.

The line says, sitting It goes faster than who ran after It. We observe that the experience of pleasure and pain in relation to existence and non-existence of sense objects is attached to the condition of the mind. When the mind is at peace and the heart leaps to the Supreme Truth, when all the disturbing thought waves of the mind have subsided, then alone peace and bliss of the Infinite is gained. No sense organ can achieve it without grace of Infinite Consciousness.

Hence the engine of Infinite carries with it attached bogies of sense organs and sense objects. Self is the very substance of Eternity in all movements and is the very force in face of all such seeming power forces.

Further, Atman and the Divine Power creating and preserving this world are identical. **Because of Atman, Vayu, the World Soul apportions the activities of all.** The way this has been articulated in the mantra, it could appear that Atman and Shakti are two different but connected entities. Atman exists; and because Atman exists, depending on Atman, or deriving its authority from Atman, Shakti creates and preserves this Phenomenon. The fact however is that there are not two entities – Atman and Vayu. They are the same entity. Their relation is like the snake and its fluid motion; or milk and its white colour; or fire and its burning heat; or word and its meaning. In each of these cases, there seem to be two different things, but both are in fact the same. With the help of Atman, the Matarishva supports the existence of all living beings.

Unless Vayu bestows its grace on the person, one will not be able to perceive the Atman, no matter how much one tries. One can pray to Shakti. And Shakti responds to prayers. The whole manifested world is under the suzerainty of Shakti. One may develop a vague mental conception of Atman by rigorous study, but direct perception is a gift of Shakti. The oldest method known in the Upanishads for direct perception of Atman is prayer to Matarishva or Shakti.



For Happiness: 18 Rules



- Dip. SAC Ashwini Telang, India

In the past two months, we've explored how happiness grows from joy into bliss, guided by practices like gratitude, affirmations, following our bliss, letting go, and kindness. Each of these rules by now might've helped many of us to clear away layers that hide our true nature. The question arises what after letting go and practicing kindness?

Here's what I would say, the journey deepens when we learn to stay in the present moment. If we allow memories of our past kindnesses to cloud our mind, we risk turning them into ego trophies rather than pure acts of love. Bliss is not found in replaying what we've done— it is found in being here, now.

For that there's a golden secret and that's to be in the Present. Can you connect to what we say before each of the five principles of Reiki?

Yes, that's right – “Just for Today”. Each principle begins with just for today reminding us again and again that being in the present is the most precious gift anyone on this world can have. As happiness is always available in the present moment.

When we live in the here-and-now, we see ourselves clearly. We even understand that our true nature is kind, loving, and complete.

That's then we naturally prioritize experiences of connection over possessions or achievements. Being in present means not clinging to yesterday's kindness or tomorrow's expectations — it means flowing with river of life as it unfolds, moment by moment.

I recall a Zen story that illustrates this beautifully. Two monks were walking together when they came across a woman unable to cross a muddy path. One monk carried her across, then continued walking silently. Hours later, the other monk burst out, “Why did you carry that woman? We are not supposed to touch women!” The first monk replied calmly, “I set her down hours ago. Why are you still carrying her?” The lesson is clear and loud here – when we hold onto the past, even the so-called good deeds, becomes burden to ourselves. True freedom lies in living here and now. That's why even Lord Krishna said in Bhagwat Geeta, “कर्म ये वादिकारस्ते र्मु फलेश्च किञ्चन।” – it literally means that only today's action is your right, not the results. Here a newer aspect too pops out. That's being in present without getting too much entangled with the results. This entanglement doesn't mean not expecting. It means letting go as well.

That's why every spiritual practice begins with observing the breath. Breath is the doorway to the present moment.

Each inhale and exhale reminds us that life is happening now—not in the past, not in the future. By returning to the breath, we return to ourselves, to the here and-now where bliss resides.

The next rule that is the 9th rule follows the pattern, when we begin to see ourselves clearly, we realize that happiness comes not from what we own but from what we live. A shared smile, a heartfelt conversation, a moment of silence under the stars—these experiences nourish us far more deeply than material gains. Possessions fade, but experiences become part of our inner rhythm.

Even science echoes this truth. Studies in positive psychology and behavioural economics consistently show that people who invest in experiences — like travel, learning, or shared activities — report greater long-term happiness than those who spend primarily on material goods. Experiences create lasting memories, strengthen social bonds, and become part of our identity, whereas possessions often lose their novelty and fade into routine. The subtlest gift of experience comes into limelight when we interact with those experienced individuals. We understand how modest they are in their speech. When they live through the moments that touch us deeply, one no longer feels the need to boast or exaggerate. Instead, the words themselves carry humility and authenticity, reflecting the richness of what one has rather than what one owns.



Not because they don't have ego but because the experiences soften their ego and refine every expression, allowing them to become a mirror of their own bliss. Just like few of our masters' from RVN.

Neuroscience adds another layer — depicting that experiences often trigger the release of dopamine and oxytocin, chemicals linked to joy and connection, while material purchases tend to give only short bursts of satisfaction that quickly diminish.

The same principle holds ground in spirituality. When we choose presence and connection, bliss naturally arises. The small things like a meal shared with loved ones, a moment of silence in meditation, or the act of helping someone in need nourishes our soul far more deeply than accumulating objects.

Experiences remind us of our true nature — kind, loving, and interconnected. While possessions can distract us into chasing external validation. By valuing experiences over things, we align with the rhythm of the universe, where happiness is found not in what we hold, but in how we live.

To recapitulate, letting go frees us from the past. Kindness opens our hearts. Presence anchors us in the now. And valuing experiences over possessions teaches us to live fully. Together, these rules remind us that bliss is not a distant goal—it is the rhythm of life unfolding, moment by moment.

SHIVA HEALS YOU

The happening of a Guru



- Vivek Pandey, Vadodara

Guru Purnima is a celebration of an enlightened being rendering light to his disciples. Traditionally, a Guru is an enlightened being capable of removing darkness from the very existence of his disciple. A guru is not a subject teacher; rather, he is a person capable of addressing the issues related to our whole existence. When one is mystified by the phenomenon of life, a Guru comes to demystify and render clarity. The existence and approach of a Guru are vast. It becomes difficult to define him. The pain and suffering of many lives and karma cannot be taken care of without a Guru. A true enlightened being arrives due to some accumulated good karma of our lives.

Innumerable teachers can teach one student a few subjects. However, a Guru is essentially someone who knows the intricacies of the phenomenon called life. He can answer your questions and can also directly remove your pain without uttering a word.

A subject teacher can teach one a few things, but a master is someone who knows this piece of life from its origin to its ultimate. Essentially, a guru is an uneducated person who knows this piece of life from its origin to its ultimate. Trust me, one cannot get involved in a game of cap with a Guru. He will pull you up to his level and whack you from all 365 degrees. An enlightened being, not just about wordplay but someone capable of removing darkness from our existence. The art of mastering one's existence and approaching life with pristine clarity can only be imparted by a Guru.

When one is ripe enough, the Guru arrives. Ripe in terms of not just intellectual sharpness. Ripeness in terms of life and the working of mind, emotions, and intellect. The nature of life is such that without some suffering, one does not probe into one's own nature and existence. Usually, a big unsolvable situation happens before one surrenders and seeks clarity from a Guru.

SHIVA HEALS YOU

continued...

Supreme are the ways of the master to awaken his disciple. To make one understand his/her own nature and also many aspects related to the phenomenon called life. The least amount of learning one can take is to sail through smoothly and merrily. To help one shed the karmic burden of many a life is surely not so easy. It is easy to preach; however, to carry an individual and help them shed their karmic patterns needs the work of a master. To live without getting enlightened is acceptable; however, to not know the vibrational nature of life is a crime.

Since our true nature is in terms of vibration. Any word uttered from a sense of separateness becomes a cardinal sin. A guru would never make anyone feel separate. However, to uphold his values, a guru may easily cut off a few people posturing as disciples. The very existence of an enlightened being cuts down darkness in any form or place. One has to be extremely humble and curious to be with the guru. As a matter of principle, a Guru is always vibrating at a higher frequency, so people feel the heat the moment they encounter the enlightened. People are used to meeting teachers and are stuck at their own level. After meeting an enlightened one, their existence gets a jolt, and they are just rerouted at all times.

A spiritual journey is not a journey of a physical map. Hence, the laws of physics that apply to objects do not apply to human beings. It is always a good idea to study life from the inside out rather than the opposite. Life happens from the inside and not the other way round. Before studying worldly principles, one needs to understand the laws of nature. Societal rules are based upon the principle of separation that cannot guarantee salvation. One has to unlearn a lot more and assimilate only the essence of experiences. Any lessons converted into grossness can result in jeopardy. The 24 values taught to us by Guruji need to be instilled to the core. The path to Godliness can be tricky and the ride bumpier. However, with the help of an enlightened one, one has the least chance of getting lost. Jai Gurudev.





Consistency is the key to reach the Ultimate Truth

– Aruna Margam, Bengaluru

Our beloved Guruji has told us that consistency is the key for sadhana. Sometimes we are able to and sometimes it is tough to follow the discipline. Our Prarabda stops our consistent efforts towards practicing reiki, doing TM meditation, Agnihotra and Rudra chanting. How to be consistent in our efforts. One most important thing coming to the mind right now, “Have I found my Guru?” If yes. He is our anchor. Like Guruji gives this example there is a big ship and many small boats. Untill the small boats are tied to the big ship even a big storm cannot destroy it. Are we rooted with the Guru inside us? When we just remind ourselves that Guru is always with us we can cross any difficult situation in life. Secondly if we are not doing sadhana, what activities are we going to do. Any sadhak asking Guruji these are my challenges in my day to day life. He immediately asks one counter question “Check your activities”. He also said activities are for us, we are not for activities. Are we having this understanding. While we do these activities are we getting closer to ourselves the Guru tatva or we are floating away from it?

To cross this ocean of samsara we need a boat (this body) and an “OAR” too isn’t it? In seminars we hear this very often Openness leads to Awareness, Awareness leads to Realization, Realization one day will lead you to Enlightenment. First step is to ready to learn for that one has to be Open. Once we are open in any spiritual path we become Aware of our life situations. Awareness will lead us to the Realization Who am I? What is my purpose of life? How I can improve my life with the right understanding? Consistent practice will lead you to the ultimate “Enlightenment”. Isn’t it simple? Simplicity is close to Godliness. Even reiki as a process is very simple. It is too simple to believe that it can give us such profound experiences. Guruji expressed in a Wave of Faith online meet that Reiki only gave me that ultimate experience of Enlightenment. Do not take it lightly. Take it as a regular sadhana so that one day we also can reach the ultimate known as “AtmaSakshatkar”. Just witnessing your own self, which is closest to us.

In our own experience we have felt it many times that once we get disturbed with unwanted thoughts it takes a long time for us to even identify that and to get back it might take longer than that.

Sadhana every day keeps us all away from these unwanted, frivolous thoughts and helps to maintain our Satvic energy. We have heard stories like great rishis or kings also just by one mistake fall down to Tamasic qualities. Regular practice can only help us to not to slip into these unwanted zones and save our precious life and time. Just by practice of Reiki we are in sync with the universe. Love expands. There is a synergy in whatever we do. Our time expands, quality of life improves, relationships become easier and enjoyable. Taking time 1 hr 18 mts for ourselves can fetch everything else in the world effortlessly then it is the right thing to do. TM meditation can bring rest to the vital body parts which are working for us relentlessly throughout our life. This is the only gift we can give them isn't it? Agnihotra heals the atmosphere and the healed atmosphere heals you.

We all have so many wishes and these wishes become desires one day. We feel we deserve it. Why God is not blessing us? Here I wanted to share one story told by Guruji. There was a King and was ruling his kingdom well. There was a Guru also living in that Kingdom. One fine day King went to the Guru and asked for the experience of the Ultimate truth. Guru was very wise, he asked the King to bring him a cup of tigress milk and then he will give him the blessings. King was very capable and had many soldiers to help him, so he thought it was an easy task.

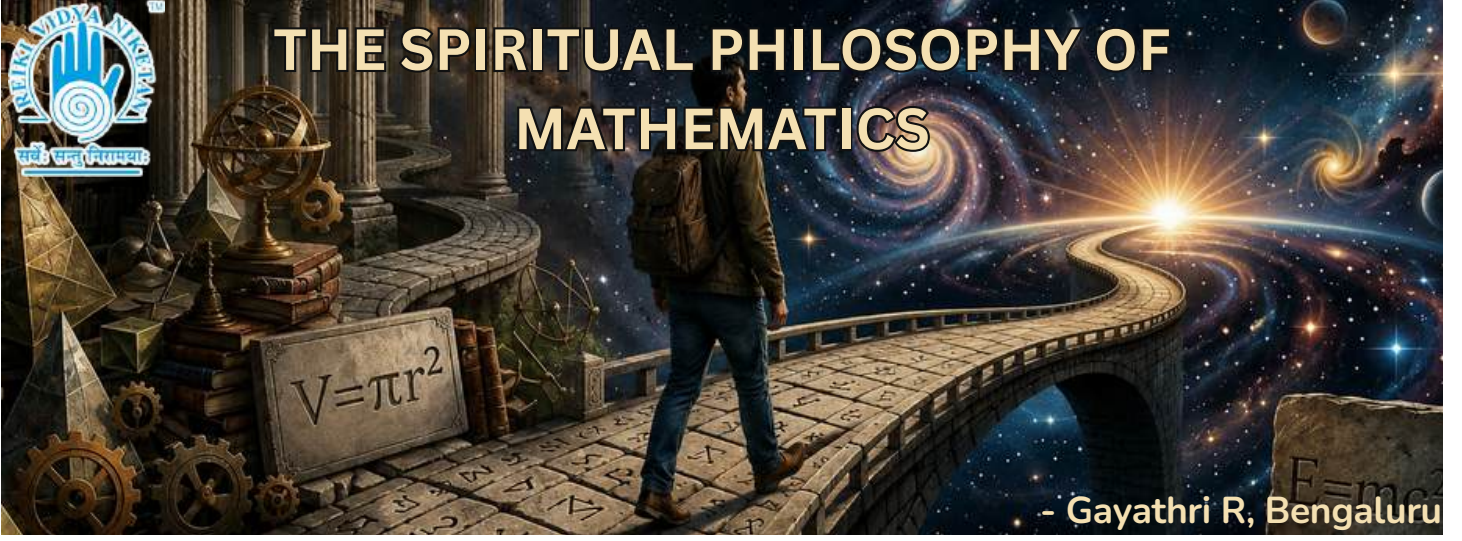
He got the milk in a copper vessel. As he was walking he realised all the milk has gone. The King could not understand but he told the Guru what had happened. Guru told the King no problem, this time you use a Golden cup to bring the tigress milk. This time the king was successful in bringing the milk to the Guru. Now Guru explained the copper vessel could not hold the strong milk and it ate away the metal. Gold vessel was able to withstand the strong milk as it was a stronger metal. Same way knowledge also cannot be shared just like that. One has to be eligible to receive the highest knowledge otherwise it will not stay even the knowledge or the experience will flow away. The King understood and thanked the Guru for giving this wonderful understanding.

Eligibility comes only when you keep yourself ready by regular sadhana. One day when we are ready the Guru will bless us in a fraction of a second. Even to sow a paddy the soil has to be tilled so that it can withstand the entire period till harvest. When that moment will come no one knows. Let us all be prepared with consistent practice to touch the ultimate truth which is the very purpose of life. Guruji's famous quote " Dhyan se Bhan, Bhan se Gyan". When you have a focussed attention then you get into Awareness and the Awareness leads you to the ultimate knowledge. Focussed attention is nothing but consistent sadhana.

Jai Gurudev



THE SPIRITUAL PHILOSOPHY OF MATHEMATICS



- Gayathri R, Bengaluru

A Journey from Rationality to Ananta (Infinity)

Numbers are more than tools for calculation. They can also guide us towards understanding ourselves and the Divine.

Rational numbers, written as p/q , represent clarity, order, and the world we can see and understand. Like bright daylight, they give us certainty. Their beauty lies in being simplified to their lowest form.

Spiritually, rational numbers remind us that knowledge is meant to be shared. Symbolically, the numerator can represent knowledge, while the denominator represents tangible human beings. Knowledge becomes meaningful only when it is passed on. As it is shared, it grows and spreads, enriching many lives.

Rational numbers can never be divided by Shunyata (Zero). In the same way, true knowledge cannot exist in emptiness alone—it must find expression through living beings.

Irrational numbers, however, are different. They cannot be fully expressed or completely understood. They are like our relationship with the Supreme

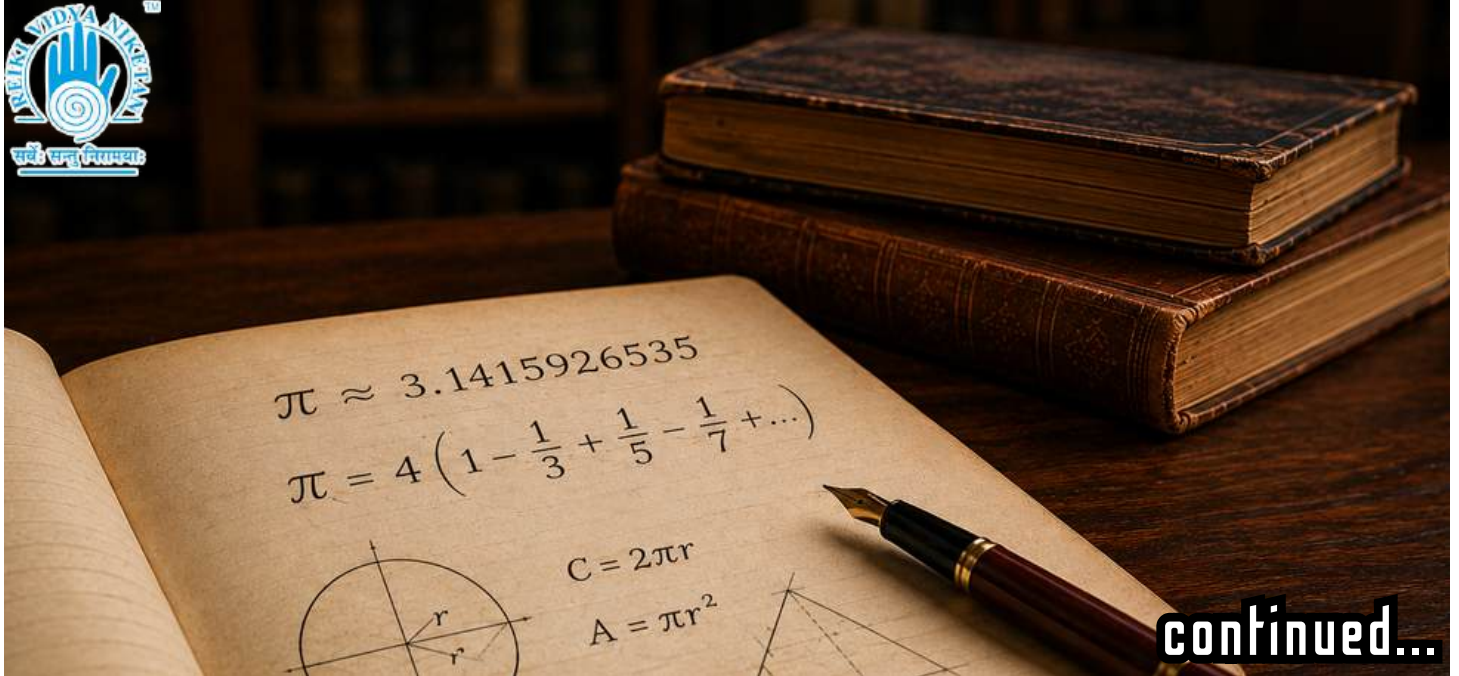
The Sanskrit saying, "Antarmukha Samaradhyā, Bahirmukha Sudurlabha," beautifully describes them. The Divine is realized by turning inward, not by looking outward. Irrational numbers invite us on that same inward journey.

Their decimal expansion never ends. Every new decimal place takes us a little deeper, drawing us towards Ananta (Infinity). We may never reach the end, but every step brings us closer to Truth.

This is also true of spiritual life. Love, devotion, blessings, suffering, faith, the six ripus (enemies of the mind), and even the path to overcome them cannot always be measured or explained. They belong to the world of the irrational.

Many people stop after understanding only a few "decimal places" of life. They seek only what can be measured or logically explained. But Mukti (liberation) begins when we accept that not everything important can be understood by reason alone.

If we continue our journey beyond the measurable, we move closer to Ananta (Infinity).



The blessings we receive may appear in this life or may be the fruits of sadhana performed in previous births.

Indian mathematics reflects this beautiful truth.

Aryabhata (499 CE) gave remarkably accurate approximations of π , revealing that some truths can only be approached, never completely possessed.

Centuries later, Madhava of Sangamagrama discovered the infinite series:

$$\pi = 4 \times (1 - 1/3 + 1/5 - 1/7 + \dots)$$

Each new term brings us closer to π , yet the journey never truly ends. This is a perfect symbol of the spiritual path.

We may never fully grasp the Divine, yet every sincere step takes us closer to Ananta (Infinity).

Thus, mathematics is not merely a science of numbers. It is a sacred language that connects the visible with the invisible, the finite with Ananta (Infinity), and the known with the unknown.

Rational numbers teach us order, clarity, and the joy of sharing knowledge.

Irrational numbers teach us humility, wonder, and the courage to embrace mystery.

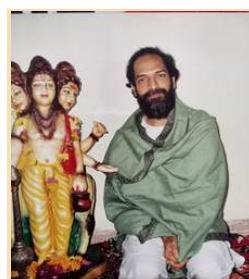
May we all find the strength to go beyond what can be measured, discover the Ananta (Infinity) within ourselves, and recognize the Divine in the beautiful irrationality of existence.

Ajit Sir Quotes

“



- Do not play game of life for Happiness
- Become Happy and play the game of Life. Everything would be fun



- Anything that comes to you without craving is a blessing from God



"FRIVOLOUS FANTASY"

- Latha Rajan, Bengaluru

The blazing crimson SUN faded,
and the dusky sky emerged,
crooning birds to their nests flocked,
soon the gleamy beamy moon sailed...!

Ensconced gleefully in moon's boat,
I was jubilant and afloat,
over those clouds so robust,
while the breeze was a sheer delight...!

Sailed beyond home and humans,
paid no heed to angst and worries,
just leaped into stellar stars,
and bumped into humongous galaxies...!

Oh..! Such plucky display,
that euphoria and ecstasy,
moments of rapturous bliss,
were mere frivolous fantasies...!

SERVICE WITH A SMILE (OR NOT)

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



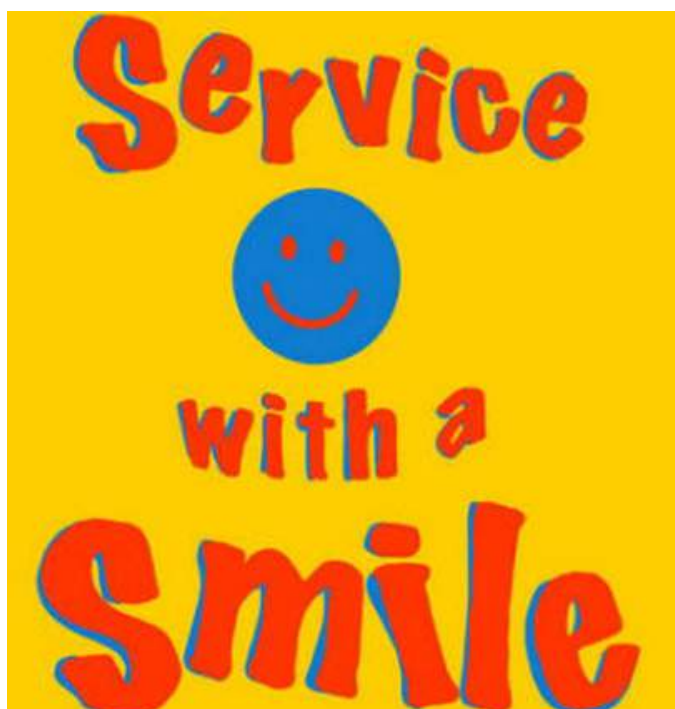
Several years ago, while on a flight from China to Mumbai on Aeroflot Airlines, I noticed that the cabin crew, busy with pre-flight duties, seemed dour to me—not a smile to be found. Interesting I thought, but certainly not a deal breaker. Then I took out a brochure from the pocket in front of my seat, and lo and behold, there splashed in bold, big print on the cover was the following:

IF WE'RE NOT SMILING, IT'S BECAUSE WE'RE WORKING HARD TO MAKE YOU SMILE

I kid you not. Even I could not have dreamed this up!

Now to the business at hand. HOW CAN I HELP, HOW CAN I SERVE? We have been advised to have as our first thoughts upon awakening each morning just that.

So after (or before) asking where our toothbrush is, SERVICE becomes our primary action.



In our world of desires—for many of us, if not connected to sex, drugs, and rock 'n roll, world travel, a Ferrari, an upgrade of our home to 'posh,' if not luxurious, would form parts of our maja infused realities.

Legitimate though not particularly noble as are these desires, in today's world of harsh inequalities midst us, supplanting some of our desires with attempts to help our fellow man more than likely would be particularly noble. Furthermore, "When the desires dry up, soul vision dawns." (Ten Commandments of Parama Sadguru, p. 38)

Were we able to pull back the curtains of illusion that render us deaf, dumb and blind to the immense suffering everywhere, the Powers that are would smile.

"Walk a mile in another's shoes,' is one expression harkening to powerful increases in awareness. Let's lace up and see where this leads us. We are likely to be very surprised and more enlightened.

This would amount to ensuring our hearts are in the right place.

Whether it begins as service with a smile, or service given begrudgingly may not matter so much. The latter may be training for the former.

It would be a shirking of responsibility were we not to acknowledge the dire states of affairs that make up daily living for billions on our planet. Some hoped the universality of the Covid pandemic might have raised humanity's consciousness. It may have for a moment or two, but

SERVICE WITH A SMILE (OR NOT)

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



"Love thy neighbor as thyself" could have been our battle cry...could have been. Indeed, 'By loving thy neighbor, the Master will pick you up. This is Divine will.' (Ten Commandments of Parama Sadguru. p. 45)



"The Divine Path basically states, 'Love thy neighbor as thyself.' Love is the be-all and end-all of our effort. On the path of Light that is the Fivefold Path given through the Vedas, LOVE is the passport." (Light Towards Divine Path, p. 44)

Alas, after Covid, we quickly reverted back to our provincial, self-benefiting behavior with hardly a thought for those in need outside of our circles. And when our government takes it upon itself to make inequalities worse, we don't know exactly which way to turn.

Were we to turn toward the Light, the way to proceed would be clear.

My very first Agnihotra in October, 1975, showed me the subtle, but powerful way it worked.

Five members of a 25-member group psychotherapy session went into the next room and did Agnihotra. Returning 10 minutes later, I noticed my attention had shifted away from my own neuroses and I was plugged into the other persons. I was no longer a patient; I became a helper.

When this same phenomenon repeated itself three subsequent times, I saw a pattern that has continued for 51 years! These experiences directly led to my beginning Agnihotra 2 months later.

As the song goes, "For all the joy and all the bliss, Agnihotra is the way." Certainly joy and bliss through service—with or without a smile—is a noble goal.



La frase "por toda la alegría y toda la felicidad" refleja de manera hermosa los temas de la paz espiritual y la gratitud que suelen encontrarse en las tradiciones védicas y yóguicas. Aunque no existe ningún himno tradicional con este título exacto en inglés, la técnica fundamental del Agnihotra es en sí misma un acto diario de reconexión...



1.Reiki Experience from a Reiki Sadhak of Pune, Mrs. Pratima More

Jai Gurudev

I would like to share a beautiful Reiki experience.

My son works in the Merchant Navy and was about to join his ship on a promotion. We did not want him to miss this opportunity. However, during his medical examination, a small kidney stone was detected, and we had only two days left before he had to report for duty. We were anxious and unsure of what to do.

The medical report came on the 10th, the same day I had gone to the Reiki Bhandara. I immediately shared my concern with Aruna Madam, who was present there, and requested her to give Reiki with the intention that my son's medical papers would be cleared. She kindly agreed. She also advised me to give him Touch Reiki after reaching home, which I did that night.

We also consulted a doctor, who prescribed medicines. Medically, it did not seem likely that the kidney stone would pass so quickly. Still, we decided to repeat the sonography the very next day.

Before leaving for the sonography, I requested Sharada to send Distance Reiki to my son, and she lovingly did so.

When the new sonography report came, the size of the kidney stone had reduced enough to fall within the company's medical policy limits. As a result, his medical papers were cleared, and he was able to join his ship as planned.

This remarkable change happened within just one night.

I truly believe this was the grace of God, the doctor's treatment, and above all, the power of Reiki working together.

I offer my heartfelt gratitude to Aruna Madam, Sharada, the entire Reiki family, and Sainath for their prayers, healing, and support.

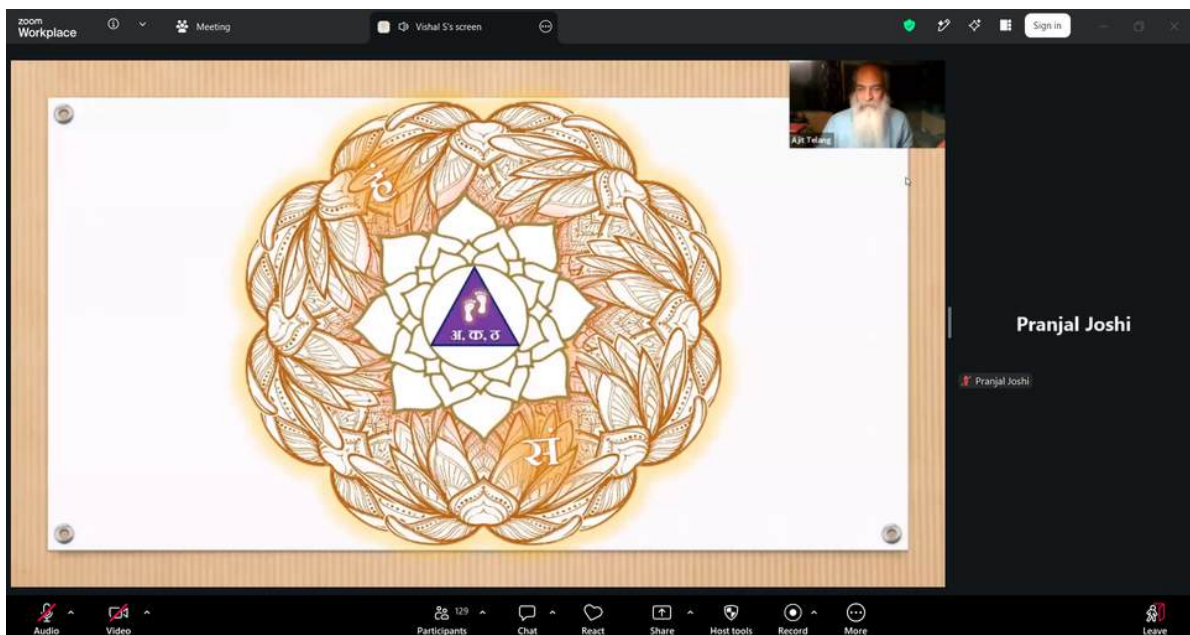
Gratitude. Jai Gurudev.

1. Online Guru Vandana Program from 15th to 29th July, 2026:

Jai Guruev,

The month of Ashadh is considered as a pious month, naturally tuned to pursue Guru Sadhana. Chanting of Guru Geeta is considered as one of the important options of doing such sadhana. Guru Geeta is a divine song of Guru, narrated by Lord Shiva to Mata Parvati for the benefit of mankind. Guru Geeta is for the Sadhaks who wish to pursue the path of total surrender towards the Guru Tatva. Obviously our Guruji Ajit Telang Sir used to like Guru Geeta very much.

With the blessings of Shri Swami Samarth and Ajit Sir, an Online Guru Vandana Program was organised from 15th July to 30th July, 2026 which involved daily two aspects (a) Chanting of Guru Geeta, followed by (b) Discourse on each verse of Guru Geeta by our Guru Shri Ajit Telang Sir. Every year, Sadhak participates in this initiative very enthusiastically and this year also the response was overwhelming. Sadhaks all over from India, USA, Canada, UAE joined for this program. Every day, one sadhak used to chant Guru Geeta by keeping mike "on" while other sadhaks used to chant Guru Geeta keeping their mikes muted. Then we used to play videos of Guruji Ajit Sir explaining the hidden meaning behind Guru Geeta verses. Guruji's melodious voice, his soothing and unique way of narrating the secrets behind Guru Geeta verses and the connecting stories gives new insight every year. We thank all the Sadhaks for participating in this endeavour and making the best out of it. May Bhagvan Shiv, Mata Parvati, Swamiji and Guruji bless everyone who participated in this program, who chanted or listened to Guru Geeta and discourse by Guruji.



2. WISE (Women's Innate Self Empowerment) Program was conducted in the Ashram on 25th and 26th July, 2026

DSPPL had conducted WISE (Women's Innate Self-Empowerment) Program in the Ashram on 25th and 26th July, 2026. 28 participants attended the program from Pune, Goa, Mumbai, Satara, Ratnagiri and Kolhapur. The session were taken by Ms. Krupa Choksi and Ms. Ashwini Telang who are founder faculty members since the inception of this program. The program was well appreciated, and many participants gave the feedback that their whole outlook towards life has changed after attending this program.



3. Guru Purnima celebration at Ashram on 29th July, 2026

Guru Purnima was celebrated in the ashram on 29th July, 2026 great devotion. Around 120 sadhaks from outside and 100 sadhaks from Devrukh attended the program. The program started with Rudra adhyay and Meditation in the morning followed by Mahaarti and Mahaprasad. At 4 pm Guru Geeta Chanting was there which was followed by Paduka Abhishek. All the masters performed Rudra Abhishek on their bells. Thereafter there was Mahaaarti, Guru Pujan and Satsang. All the sadhaks were overwhelmed with the divine atmosphere and were experiencing divine blessings of Guruji and Swamiji



4. Guru Purnima Celebration was done at various centers in India

Guru Purnima was celebrated in various centers in India. Many old and new sandhaks joined the function and paid tribute to Guruji. They all cahnted Guru Geeta, Rudra Adhyay, did Guided meditation in Guruji's voice of Gurutava and did satsang



Kota



Vadodara



Rajkot

5. Reiki Vidya Niketan has announced Monali Rakshe and Riddhi Patel as Reiki Masters

In year 2023, Guruji had given 3rd Degree to Monali Rakshe and Riddhi Patel. Now both of them have learnt attunement process and are willing to help the co-masters with the attunement process. Both of them will gradually start taking session after their training is over. Reiki Vidya Niketan welcomes them.



Riddhi Patel



Monali Rakshe

6. Guru Purnima Celebration in Chicago, USA:

Gurupournima was celebrated as usual on 29th July 2026 in Chicago with a presence of approximately 35-40 sadhaks including the Reiki teacher from India Jairam Athalekar.

The complete program lasted for about 1 hour 30 mins between 6.15 PM and 7.45 PM concluding with a prasad.

All sadhaks who attended the program took part enthusiastically in *chanting of Shree Guru Geeta, performing the guided meditation in Guruji's voice, Datta Bavani chanting and a small satsang at the end*. Overall program was well organised by our sadhak Shri. Janatdan Bhai Engreji at his residence in Chicago.





Ashram Wisdom

Recently one Sadhak asked is it necessary to ask someone to donate if we have sent distant reiki to them?

In 2nd degree, we always say that you don't need to ask anyone to send Reiki as required in 1st degree because, in 2nd degree, everyone is a part of our existence. The moment someone tell his/her problem, the problem becomes ours and hence there is no need to ask. It has come into our existence. After learning 2nd degree, there is no other person. Everyone is you. And when you are sending Reiki to a part of your existence, you need not ask permission neither you need any energy exchange.

Hence, you can give Reiki to anyone without asking. Besides this, it is not an interference in their karmic debt at all. As healing of that person was also a part of his karma. If it wouldn't have been, he/she would not have reached you. If that person asks that he/she wants to give you anything in return of Reiki, you can suggest donating in Oldage home, in Orphanage or some temple in your name. But one should not ask to donate

SEMINAR SCHEDULE - AUGUST 2026

Sr. No.	Date	Master	Location	Degree
1	1st & 2nd August, 2026	Kalpita Keer	Chiplun	1st
2	8th & 9th August, 2026	Vishal Shridhankar	Pune	1st
3	8th & 9th August, 2026	Rakesh Kumar	South Mumbai	1st
4	8th & 9th August, 2026	Kalpita Keer	Devrukh	1st
5	8th & 9th August, 2026	Seema Trivedi	Thane	1st
6	15th & 16th August, 2026	Seema Trivedi	Rajkot	1st
7	15th & 16th August, 2026	Krupa Choksi	Vadodara	1st
8	15th & 16th August, 2026	Vishal Shridhankar	Mumbai	1st
9	22nd & 23rd August, 2026	Bharti Zinzuwadia	Ahmedabad	1st
10	22nd & 23rd August, 2026	South Intensive at Uthandi, Chennai		
11	28th & 29th August, 2026	Aruna Margam	Bangaluru	1st