

**Volume 18**

**Issue 02**

**FEB 2026**



# **REIKI VIDYA NIKETAN**

The above image is captured during Intensive Program at our Karla, Jan 2026

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

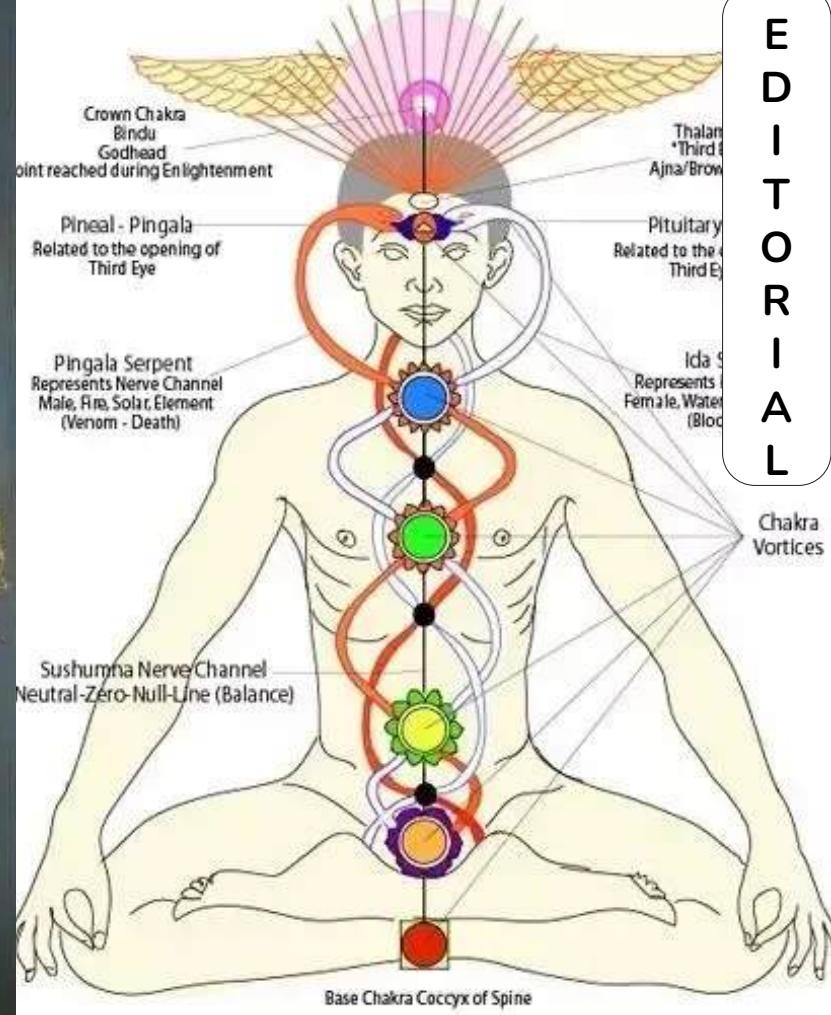


### **Mahashivratri – the night to remove ignorance**

On 15<sup>th</sup> of February, 2026, we all will celebrate Mahashivratri. We all celebrate Mahashivratri for various reasons. Some say Lord Shiva got married to Goddess Parvati on this day. Some believe there was Samudra Manthan and Lord Shiva drank poison on this day, some believe Guru of all Guru Lord Shiva i.e. Adiguru became still after meditating for thousands of years of meditation. There are various stories about why Lord Shiva should be worshipped on this day.

From the angle of Spirituality, the planetary positions on this night create a natural upward surge of energy in the human spine. Staying awake with an upright posture is believed to help in spiritual awakening. Devotees worship Lord Shiva on this day to shed ignorance, to get awakened and enlightened.

On giving deeper thought to all these stories, it ultimately leads us to the same truth that on this auspicious night, there is an upsurge of energy in human beings. When we say that on this day Lord Shiva married Goddess Parvati that means the Kundalini Shakti from Muladhar chakra got lifted and met Lord Shiva in Sahastrar chakra which means the State of Ultimate Samadhi. Similarly, on this day, it is believed that Lord Shiva drank Halahal (poison) on this day to save the world. If we look from the perspective of Guru, Guru takes all the negativities which resides in form of ignorance from his disciple and guides him/her towards to ultimate truth. On this day the grace is descended on disciple by Adiguru. Again, it is believed that Lord Shiva in form of Adiguru, got still after thousands of years of meditation. This again denotes the state of ultimate Samadhi. It is believed that Lord Shiva did cosmic dance i.e. Tandava on this day. The cosmic dance is again depiction of spreading Shiva energy in our existence and removing ignorance in form of negativities to elevate us.



During Mahashivratri, when we fast, it helps our energies to get raised upwards and greater truth is revealed to us. It is an opportunity for every sadhak to raise his/her consciousness and achieve moksha. It is an opportunity for every sadhak to unveil the divinity within us.

As we all know that our purpose of life is to realise ourselves. We are humans but to become divine, we need to awaken our divinity by experiencing our own love and compassion. To awaken our Shiva energy, we need to imbibe his qualities. Lord Shiva is very kind and compassionate. He loves everyone, may it be Rishis, Devtaas or Demons. His compassion is for everyone. He is most powerful but at the same time most humble and simple. Those who take refuge in him is forgiven for his/her sins of lifetime. He is pleased with just one Bel-pattra. Our devotion is enough to please him. And so is Guru. Lord Shiva is also representation of Gurutatva and that is why he is called as Adiguru. When we bow down to our Guru, all the reverence reaches to Lord Shiva.

This is the very reason why Guruji has prescribed to do one month Anusthan before the auspicious night of Mahashivratri. The whole idea of Anusthan is to loosen our sanskaras and patterns so that we get prepared at all levels i.e. physical, emotional, mental, intellectual and spiritual for the most important night of elevating our energies and achieving oneness with Lord Shiva.

On this Mahashivratri day, let us all pray to Lord Shiva, take blessings of Guruji and try to remove our ignorance and achieve great heights of Spirituality. Let us invoke divinity within us and let us make dream of Guruji come true!

With love, light and reiki,  
Krupadidi

Earth	Wind	Sky	Water	Fire	Moon	Sun	Pigeon
							
Tolerance	Detachment	All-encompassing yet steady	Impartial love	Be austere	Unaffected by phases	Have thought for others	Detachment
	Sea	Moth	Honeybee	Elephant	Bumblebee	Musk-deer	Fish
Have faith in destiny	Remain unaffected	Control your desires	Refrain from amassing wealth	Refrain from sexual desires	Refrain from object pleasure	Refrain from attachment	Refrain from self gratification
Courtesan	Lapwing	Child	Bangles	Artisan	Serpent	Spider	Wasp
							
Renounce all desires	Discard sense objects	Lead a carefree life	Live in solitude	Concentration	Behave wisely	World is unimportant	Meditate upon God

## 24 Gurus of Lord Dattatreya



### WATER

“Water is my twenty second Guru. It quenches the thirst of every creature, sustains innumerable trees and all creatures. While it thus serves all living beings, it is never proud of itself. On the other hand, it humbly seeks the lowliest of places. The sage too should likewise bestow health, peace and joy to every creature that resorts to him. Yet he should ever live as the humblest of God’s creation.”

Here, Lord Dattatreya is trying to teach us that just like water quenches the thirst of every creature, it nourishes and sustains trees and balances nature, similarly, a Yogi should also address the grief and sorrow of human beings and help them so achieve happiness in their lives without any expectations whoever approaches him/her. He should be very humble like a child. A sage should always dwell in Atmabhava.

Many Saints who have various kinds of supernatural powers they later on become egoistic as one feels that he/she is most powerful and can do anything. They start with helping people around and those who come to them for help but later on when they get name and fame, one falls into the trap of ego. This happens very subtly without our knowledge. And all these supernatural power (so called as Siddhis) do not lead us anywhere. That is the reason, Swami also had shown path to many siddhas who used to perform miracles to attract people. Swamiji had to remove their ego and show them the path of



Continued...

Self-realization. These supernatural powers they act as hindrances to our path of Self-realization.

This happened to Guru Gorakshanath also. He was one from the clan of Navnath who started Nath sampradaya. The nine Gurus are - Matsyendranath: (or Machhendranath) Gorakhnath: (or Gorakshanath), Jalandharnath: (or Jalandarnath), Kanticnath: (or Kanifnath/Kaninath), Gahininath: (or Gahininath), Bhartrinath: (or Bhartrinath), Revannath: (or Revananath), Charpatnath: (or Charpatinath), Naganath: (or Nageshnath).

Guru Gorakshnath was known for his siddhis (supernatural powers). Guru Gorakshnath also fell into the trap of Ego. In order to remove his ego, Lord Dattatreya took a form of a small Brahmin kid to take his test. Guru Gorakshnath would produce food with his Siddhis (psychics powers) and eat it. Once when he had produced the food and he was about to eat it, Lord Dattatreya came in form of a small brahmin kid. Guru Gorakshnath offered him the food. Lord Dattatreya told him, "I do not eat food produced out of Siddhis". Guru Gorakshnath was taken aback. He was enraged and asked the Brahmin, "Who are you?" Lord Dattatreya smiled and said, "I am a simple Brahmin but I do not use my powers for such trivial things." Guru Gorakshnath ashed him then, "What do you eat?" The small Brahmin kid showed him his kamandalu filled with milk. He drank the milk from the kamandalu and it again filled with milk. The Brahmin kid offered to Guru Gorakshnath also. He drank the milk and again felt that the Brahmin kid is very powerful but now I need to show my powers also. He said, "It seems you are very much obsessed with your powers, then let's play a game. I will hide and you find me with your powers." Lord Dattatreya laughed and said, "Fine, I agree to play with you." Guru Gorakshnath was happy thinking that now he will teach a lesson to this Brahmin about how great he is. He used his siddhi of Anima and hid himself in lake in form of a fish and Lord Dattatreya could find him in no time. Then he became a tree and immediately Lord could find him then he became a cloud in the sky and Lord again could find him.

Guru Gorakshnath was baffled that how come this simple Brahmin kid could find me in such a short time? He started thinking in his mind that this person seems to be a Yogi. Then he asked the Brahmin to hide. When Lord Dattatreya hid himself, Guru Gorakshnath started searching for him. Minutes passed, hours passed, days passed, weeks passed, month passed, a year passed but he could not search him. His ego was totally shattered. He searched him throughout the world day and night but could not find him with all his mighty powers.



**Continued...**

Finally, Guru Gorakshnath surrenders him and pleads him to appear in his real form because he knew that the small Brahmin kid was not a kid but was someone very powerful. At that time Lord Dattatreya appeared in his real form with 3 heads and six hands loaded with all weapons. Guru Gorakshnath bowed to him and apologised for his behaviour. He realised that he had gone into egoism. He asked for forgiveness and pleaded Lord Dattatreya to tell him where he was hiding. At that time, Lord Dattatreya smiled and told him, "Dear, I was hiding in your siddhis only. You searched everywhere but you did not search within yourself." Lord Dattatreya blessed him and disappeared. And Guru Gorakshnath got a lesson of his life.

From this, we have to learn that we should be very careful in the path of sadhana. While helping others, we should be like water which quenches thirst of everyone but at the same time it is very humble. Water is transparent, flexible and takes shape of the vessel in which it is kept. Any other if it is added to water, the water becomes of that colour that means it teaches us to gel with everyone. Water is pure likewise, we should also be wise and pure.

## Ajit Sir Quotes

“ —

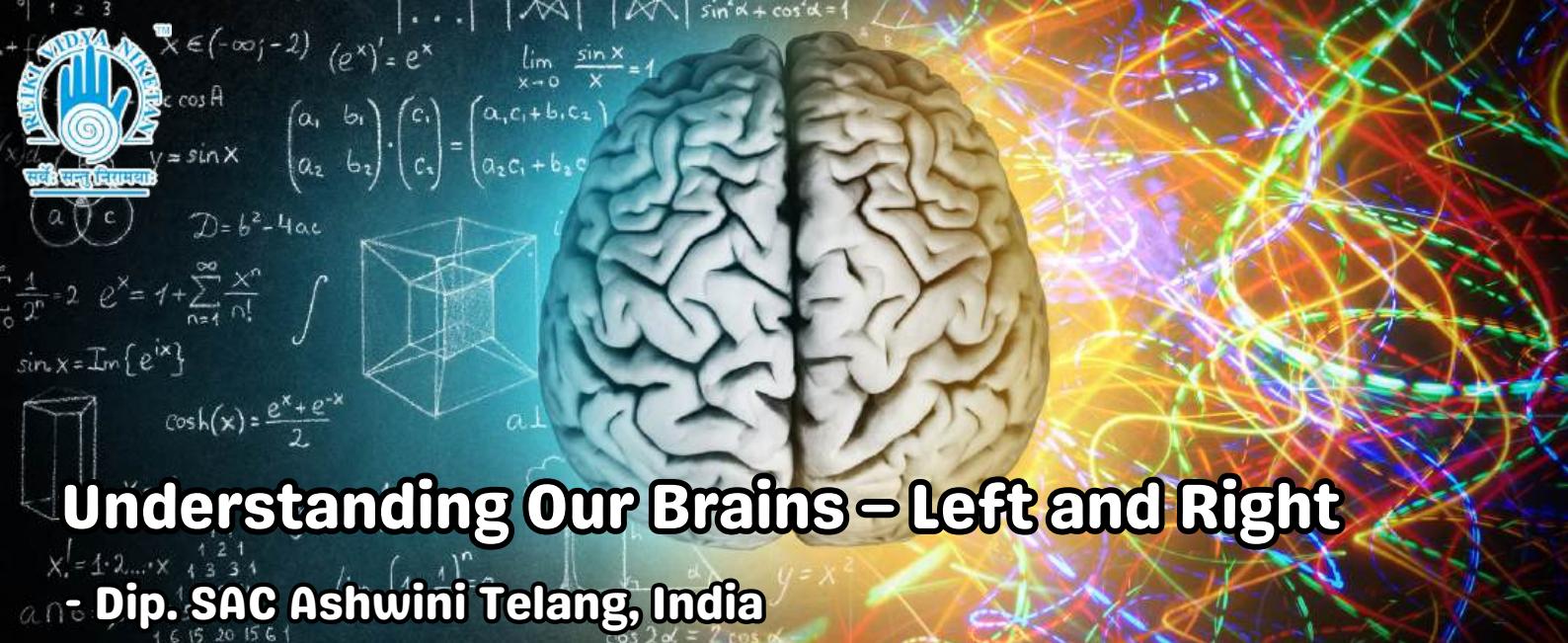


- Do not hurt anyone
- Accept everyone and everything as it is
- In every situation we have a role to play. Play that role positively.



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

— ”



# Understanding Our Brains – Left and Right

- Dip. SAC Ashwini Telang, India

Have you ever wondered why some of us love painting and music, while others enjoy solving puzzles and doing maths? I've been thinking about this a lot lately. Some of my students in 10th and 12th grade are stressed with their prelim exams, and it made me curious – why do we all learn and think so differently?

So, I opened my psychology textbooks and revisited something that I would like to share with everyone. Our brain has two sides, called hemispheres – the left and the right. And guess what? Each side has its own personality! Yes, you guessed it halfway right. Each hemisphere has its own unique traits that make things even more interesting, isn't it? So, let's buckle up and meet these two personalities one by one.

There's a side within us that loves order, puzzles, and clear instructions. It focuses on logic, language, and grammar. This side helps us excel in academics and structured tasks because it solves problems step by step. It loves planning, organising, and playing with puzzles, crosswords, and building blocks. In exams like prelims, this is the side that gets tested the most. Now, can you guess which side this is? Hold that thought a moment aside.

Because the other side is completely different and can be thought of as "the Creative Dreamer". This one, loves music, colours, dance, and outdoor fun. It thinks in pictures and rhythms, trusts feelings and intuition (sometimes spontaneously!), and solves problems by looking at the bigger picture. Art, fashion, poetry, and aesthetics? All at its command. Have you guessed it too? Yes, the first one we met was our Left Brain, and the later one was our Right Brain. Together, they make you who you are.

Both have their own unique abilities that are required in our daily routines. The question arises; how can we shift at will from left to right or right to left instantly? As I was wondering about this, I recalled what my psychology professor once told us in class. She mentioned her research on why Indian women apply sindoor between these two hemispheres. Let me share what she told us then.

In our tradition, by applying sindoor, we unknowingly respect this science. Most people see it as a beauty enhancer, but it has a deeper reason. The spot where sindoor is applied lies exactly between these two hemispheres, connected by delicate nerve fibres called the corpus callosum. Then you may wonder, why only women and not men?

## Occipital Lobe

Hearing, Memory, Meaning, Language, Emotion, Learning, Interpreting & Processing Auditory Stimuli

## Parietal Lobe

Senses, Touch, Pain, Taste, Pressure, Temperature & Language Functions

## Frontal Lobe

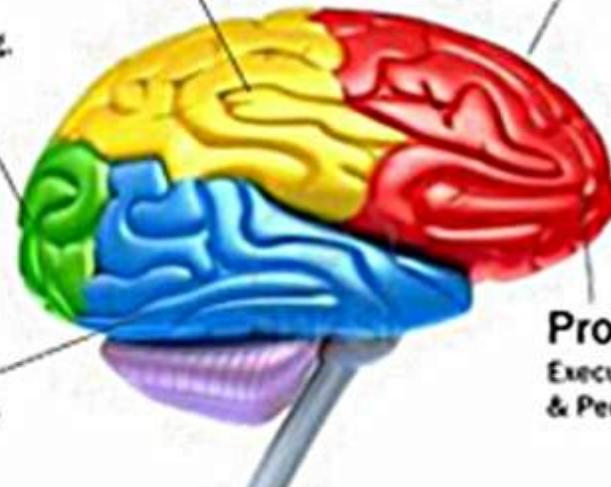
Emotions, Reasoning, Planning, Movement, Parts of Speech, Creativity, Judgment, Problem Solving & Planning

## Temporal Lobe

Ability to Recognize Objects, Responsible for Vision

## Profrontal Lobe

Execution, Cognitive, Function & Personality



Contd.

There's a reason for that too. Women, interestingly, have language centres in both hemispheres, which means they can switch between logical and creative thinking more easily. When sindoor, which traditionally contains a small amount of lead, is applied, it's believed to stimulate this region and help both sides communicate better. In simple words, it's like giving a gentle boost to the brain's coordination – helping a woman shift effortlessly from planning and logic to creativity and intuition. So, next time you see sindoor, remember – it's not just tradition or beauty. It's culture meeting neuroscience.

And here's another fascinating fact: our brain isn't just two halves – it's like a team with different players called lobes – Pre-Frontal, Inferior Frontal, Parietal, Temporal, and Occipital – Each has a special job to play.

- Pre-Frontal Lobes usually called as “The boss!” They help us plan, make decisions, and control behaviour.
- Inferior Frontal Lobes can be termed as “The thinker!” as they handle language(s), logic, and imagination.
- “The navigator!” might be the ideal name for Parietal Lobes since, it helps us sense touch and move without bumping into things.
- The title “The musician!” should be perfect for the Temporal Lobes because it processes sound, speech, and emotions.
- Occipital Lobes tends to be entitled as “The artist!” for it helps us see and understand colours, shapes, along with words.

Knowing how our brain works can help us learn better and feel less stressed. If you're creative, use pictures and music to study. If you're logical, break things into steps. Both sides are amazing – together, they make you unique!



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And here's a tip that can help us shift at will: Pranayama. A breathing technique mentioned in the Yoga Sutras of Patanjali is believed to activate the Surya Nadi (right nostril), which stimulates the left hemisphere for logical thinking, and the Chandra Nadi (left nostril), which activates the right hemisphere for creativity and intuition. So, if you want to boost your logical side during an exam, breathe through your right nostril by gently pressing the left one. Or, when you need a burst of creativity for a design project, activate the left nostril by pressing the right one. Practising alternate nostril breathing (Anulom Vilom) or Surya-Chandra pranayama regularly can help balance both hemispheres, improving focus, creativity, and calmness. Isn't it amazing how ancient practices align with modern neuroscience?

Try This: Anulom Vilom in 5 Easy Steps:

1. Sit comfortably with your spine straight.
2. Close your right nostril with your thumb and inhale slowly through the left nostril.
3. Close the left nostril with your ring finger and exhale through the right nostril.
4. Inhale through the right nostril, then switch and exhale through the left.
5. Repeat for 5–10 minutes for a calming, balancing effect.

# SHIVA HEALS YOU

## Being Choiceless

- Vivek Pandey, Vadodara



The act of making a choice stems from desire. A personalized form of desire. The more particular a person is about their choices, the higher the level of ego. Any person is eventually a collection of thoughts. Even the body is a result of past-life thoughts that led to birth in a particular family. It is the mind that is in a perpetual state of dilemma. And the mind is nothing but thoughts accumulated over some lifetimes. As long as one is making choices, or one is

particular about choosing, one is still incomplete. The very nature of the mind is to stay in a tape recorder mode that repeats the same sound over and over again. It cannot play anything else that has not been stored inside it. A result of living an unconscious and accidental life. When only does one decides to live consciously, an inner conflict starts to appear even more aggressively. More and more confusion and questions emanate from within. A person starts to shift from lower dimensions to higher dimensions.

Some basic choices pertaining to survival may appear to be essential. But, the very fact that one is still choosing, meaning thereby getting indulged with the outside game, is enough to keep one staying with the mind. The mind, which is another form of ego, again is a master at playing tricks. It does not allow itself to dissolve and allow perception to take over. Most people develop a knife sort of sharpness to win the worldly battles. Or to get ahead in the rat race. However, this is way too far from what awareness is. Mental alertness should never be mistaken for awareness. In alertness, a person has just managed to stay well guarded about their ego. In awareness, the mind goes tranquil, the body stays still, and a person acts undividedly from a state of absolute calmness. Alertness is always divisive. It is about taking care of 1,2,3, and things in numbers. Nonetheless, one needs to note that by counting 1,2,3, and so forth, one cannot become infinite. Surrendering and constantly engaging in the process of dissolving the mind. Releasing all efforts to try to rectify life. Accepting all life situations with glee. One day, life itself makes one move, and wonderful deeds are done. The mind stands dissolved, the body does not act on its own, but the universe makes it move.

Spirituality is never really a game of knowledge, nor does a spiritual person act like a collection of words. The whole game of knowledge can be extremely dangerous if not understood correctly. Knowledge mostly comes from outside. Anything coming from outside ends up contaminating us more.



If the knowledge is spiritual, and a person develops the pattern of accumulating more and more thoughts, the result is only disaster. Accumulating and fixating on things is just the reverse of merging with the universe, which is formless. One needs to perceive rather than think to come out of the mess that exists within them. Seeing with polite eyes will make one grow and stay humble at the same time. Instead of knowledge, one needs to put learning ahead. With knowledge, the mind becomes functional. With learning, the state becomes receptive. One absorbs without accumulating.

One needs to understand this. Moving from knowledge to sound. Recognizing the vibrations of the sound. Perceiving without judging. Smiling at the variety of life without categorizing. Learning not just with the senses and an attentive mind. But learning how to absorb with a state of stillness in the being. Silence and stillness should become the way. The urge to both speak and act needs to be nullified.

Awareness is also an extension of sensitivity. In the initial stages of life, one uses the senses to take note of the surroundings. The mind takes charge of the senses and slowly becomes selective in feeling or not feeling for the surroundings. Instead of the heart, a hardcore mind becomes operational. The sensitivity with age should expand, the vision needs to improve, and the idea of self needs to undergo a continuous change. Only the one who has evolved will perceive and absorb more silently. The one who stays with the mind continues to operate at a child's level. Staying choiceless. Accepting and allowing whatever life offers is the best way to dissolve the mind and eventually defeat the ego. When one sees what's coming, one realizes it is the universe in operation.

# Be Curious and be Childlike

-Aruna Margam, Bengaluru



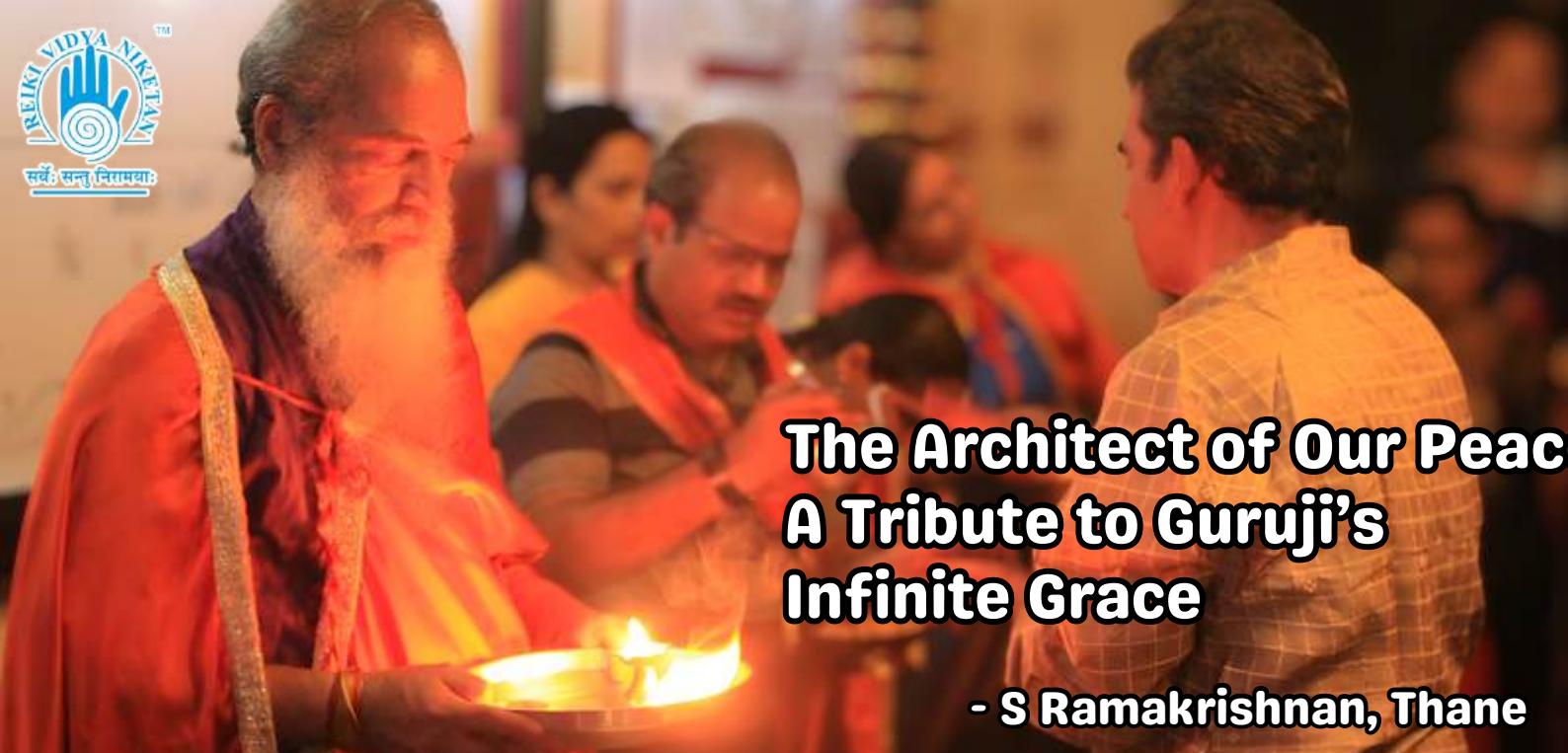
Guruji always told us not to lose the childlike innocence within us. He once beautifully said " We are all born with three I's Intellect, Ignorance and Innocence. As we grow up from childhood to adulthood we drop Ignorance and Innocence. When we are with a Guru he keeps the Childlike innocence and helps us to drop the ignorance.

Jesus said "unless you turn and become like children, you will never enter the kingdom of heaven." The next thought came to me" How to be keep the Innocence and Curiosity intact? When we observe a child it lives in the moment and the next moment no memory is attached. There is joy in abundance, love is unconditional and Curiosity every moment. Western world used to say "Live your life as today is the last day ". Guruji used to say" Live your Life as it is the first day of your life". Even for seminar Guruji used to say think it is your first seminar.

Guru Tatva choosing us by itself is a curious and unfathomable grace. This grace descended as reiki blessing from Swami and Guruji and we all have got back the curiosity and child-like innocence in many ways. At the end of yoga nidra we ask ourselves who is helping our organs to function whether we are awake or in sleep? If we are curious about life, our internal systems, five elements, Life Force Energy which is omniscient and omnipotent we will be grateful for our present life. Above all if we are in soul consciousness we are in childlike innocence and curious all the time.

Once again Guruji's guidance "When the Logic ends, Magic begins". Guruji gives another formula to understand life, whether we are in Soul consciousness or Ego consciousness? Anything we do with effort is from Ego consciousness and anything effortless is soul consciousness. Effort is the vehicle of Ego and when we drop it we become universal. Everything happens and we are a witness to life.

Thank you Guruji for such a profound knowledge in simple ways. Your each word has created the curiosity in us to appreciate more, be in surrender to Swami and to understand His will is the best design for us as he is our Divine Mother the very source of our existence.



## **The Architect of Our Peace A Tribute to Guruji's Infinite Grace**

**- S Ramakrishnan, Thane**

How much more could we have asked from a soul who has given us everything? In the quiet corners of our hearts, we recognize a profound truth: Guruji has gifted us the most precious treasure of all—true happiness. Yet, this gift did not come without a price. He took upon himself tremendous sufferings, absorbing the storms of life so that we might walk in the sunshine. His life is a testament to a selfless love that knows no bounds, a love that continues to manifest through his meticulously planned vision for the Reiki Parivar.

The recent "Swachetana" camp at Karla was not merely a retreat; it was a glaring example of Guruji's devotion to his sadhaks. Even in his physical absence, his presence was palpable, woven into the very fabric of the event. Every ritual, from the sacred Agnihotra at dawn to the soul-stirring Guru Vandana, felt like a direct embrace from him. We realized that while he may not be moving among us in the flesh, he lives through the wisdom he instilled in the Masters and the "eleven guards" who guided us. They kept us in a cocoon of comfort, ensuring we felt his watchful eye at every stage.

### **A Platter of Delight**

During those two days, we were more than just participants; we were souls floating in a sea of delight. Everything was served to us on a platter—spiritual nourishment, emotional catharsis, and physical peace—without us having to endure any pain. The execution of the camp was flawless, surpassing even the most sophisticated corporate events in its precision and heart.

### **The curriculum was a masterpiece of balance:**

- Energy and Breath: Through Kapalbhati and Bhastrika, we felt our life force rekindled.
- The Turiya State: We were guided toward Transcendental Meditation, reaching for that fourth state of consciousness beyond the mundane.



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- The Trust Walk: Blindfolded and vulnerable, we learned the beauty of surrender and the strength of the Guru-disciple bond.
- Emotional Release: In the "Opening the Mind" workshop, we shared our deepest joys and sorrows through symbolic objects, finding a non-judgmental space for healing.

### **The Golden Echo of Rishikesh**

As we immersed ourselves in these activities, many were transported back to the golden times in Rishikesh. The same devotion, the same sense of family, and the same spiritual electricity filled the air. It was a reminder that the Reiki Parivar is a timeless sanctuary. We experienced Advanced Reiki Healing designed to "cool" our senses, washing away the burnout of the modern world and replacing it with the cosmic white light of the seven chakras.

### **A New Lease on Life**

The camp concluded with a powerful Rudra Recitation, a collective roar of energy that consolidated our growth. As we prepared to leave—a departure none of us truly desired—we realized we were not going back empty-handed. We carry with us a "prized possession": a new lease on life.

Guruji's suffering has paved the way for our joy. It is now our sacred duty to realize the importance of these opportunities and be the first to grab them. We return to the world not just as individuals, but as beacons of his light, dedicated to caring for society and spreading the happiness he so painstakingly secured for us. END



# **"HOPE"-The vital constituent of emotion!**

## **-Latha Rajan, Bengaluru**

"Hope" is a vital constituent of human emotions that stems from our expectation and desire. The Biblical definition for hope is- "confident expectation". It is such a marvellous feeling which sometimes bends, twists at times, hides occasionally and seldom breaks! It sustains us when nothing else can! It is intertwined with faith. It has holes in its pockets which allows us to creep through during fraught moments. It is the one which offers us a basis to endure and propels us further when we are about to renounce..!

There are 3 kinds of hopes...

1. Proximate hope: a situation where we say "we can solve this problem".
2. Ultimate hope: This is centered on "God will fix it! It will be alright at the end".
3. Robust or resilient hope: It originates from any distress and strengthens to say "we can brave it out! God will bring good from this!"

If it were not for hopes, heart would shatter! With no configuration, structure, mass, hue and glow for its existence, it can sing without words, dance without rhythm, meander through meadows, swirl like rivers and soar high without feathers.. ahhh..!

Hope pans out while - believing in positive outcome, turning to faith or spirituality, practising gratitude, connecting with loved ones, celebrating small wins, pursuing passion and so on..

As Martin Luther King Jr. Puts it - "Even if we accept finite disappointment, never lose infinite hope" which aides in overall fulfilment and is an effective buffer to success!

Hope is the only honeybee that makes honey without flowers! It is the fantasy of a waking man. It is like the Sun which as we journey towards it, casts a shadow of our burden behind us! The things that start out as hopes will end up as habits. It is believed that "to live without hope is to cease to live". Losing hope is like a rudderless ship being tossed about without direction. Be it any tribulation, let us enclasp hope which steers us towards bliss, invigorates grit and kindles fervour in our life.

Thus all human sagacity is wrapped up with this expression- "Hey, hang on and hope"! Hence not agony, but the most requisite component of our life- "Hope" sculpt our future".

## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



What if there really were nothing to be afraid of? What if fear of failing, fear of success, fear of death, fear of pain...fear of anything and everything, were just parts of the Maya, the illusion, Natraj's dance of life?

Then what? First of all, most, if not all, of the excuses we often employ will have fallen by the wayside. Then left without excuses, we would be left with no choice but to carry on with living in such a way as to maximize happiness, service, surrender and love.



TRENDZIST

One might say that under certain circumstances, fear might be an impetus to needed action, but there are far more healthier and effective tools. (Besides, extreme fear begets debilitation.)

The five aspects of the **Fivefold Path** provide a framework for fear reduction and potentially removal: **Practice of Daan**, sharing material assets humbly, addresses fear of want, scarcity, and poverty. **Tapa, self-discipline**, if practiced diligently, dilutes the fear some of us have of our basest personality defects and baser instincts; in some circles, this is overcoming self-sabotage. **Karma**—why fear a situation when it has a built-in antidote/cure? The old stuff is irreversible, the new stuff has yet to come. So that leaves the present moment, and unless you are tied to railroad tracks and a train is coming,—not a daily experience for most of us—Karma shouldn't be allowed to be a source of pain or worry to the extent we practice good Karma.

Which brings us to Swadhyaya—self-study, If we were not somewhat fearful of what we might find, might uncover by looking, feeling and diving within, WE WOULD JUST DO IT (or at least do more of it).

WHAT, ME WORRY? was a mantra of sorts of the mid-1960s. Alfred E. Neuman of Mad Magazine fame was/is the major proponent of this. The updated version of DON'T WORRY, BE HAPPY took it to a higher level, but hinted that if I eliminate—or at least greatly reduce—fear and worry, happiness might manifest.

And **Shree Vasant** said, though all of us wish to be and strive for happiness all the time, no one seems to have accomplished the feat. Hence, the need for Agnihotra.

As for 'false expectations appearing real,' since, by definition, an expectation is future oriented, staying in the moment should automatically eliminate expectations.



**F.E.A.R.**

## **False Expectations Appearing Real**

**HOMA PSYCHOTHERAPY**

**By Barry Rathner, Clinical Psychologist**

We wrote earlier that Fivefold Path is simple, but not easy. The simplicity comes with the clarity that the Path is made up of the five steps we have outlined.

Of course, the first and greatest step—YAJNYA & AGNIHOTRA—wasn't mentioned but is the mechanism that opens the door to all that follow.

Another way out of the 'misery that is yet to come' as well as FEAR is to prioritize—if not dedicate—your life to SERVICE—service of the less fortunate amongst us, to the health of the planet, to God, really, and to all sentient beings.

Now as it is said that giving Daan to a righteous person is "safe," so it is with service. And we all know who is on the brink, who is in need.

Service to others pulls us out of the self-absorbed, bubble we often find ourselves in.

So, it all comes down to an absence of fear and an abundance of love. Why indulge in fear, anxiety and worry if it is an obvious impediment to love?

Without Agnihotra, it may still be possible to overcome difficulties. But as our lives are not dress rehearsals, why not maximize our chances for success? Indeed. Why not?





# REIKI EXPERIENCES

## 1. Reiki experience of Jeel Snehi, Palanpur

Jai Gurudev

Ma'am one person was in the 4th stage of kidney failure and came to our house for reiki. One of the best doctors in Gujarat told him that due to this disease you have, your creatine will increase gradually and it is impossible to reduce it. And maybe in the future dialysis will also come. After we gave Reiki to that person for 21 days, today on the 24th day, when we got his report done, his creatine decreased from 3.17 to 2.80...

## 2. Reiki experience of Yatin Kumar Vaghela, Kheda

# Namaskar

Jai Gurudev

Date. 29.01.2026 Thursday, I completed the training from Baroda SIHFW under Ayushman Bharat scheme, with the blessings of all of you, I consider it as the beginning of my life, today is 29.01.2026 from 9.30 to 11.02 hours.

The first beneficiary of the first Reiki healing method after my training, the name of the Reiki taker: Purushottam Das, whose age is: 78 years, he has paralysis, he has had an operation on his leg. That is why he cannot walk.

He was currently seeing dead people in distress, so he was talking to himself for no reason, and for the last three days he was not getting enough peaceful sleep... 🙏 But today is the third day since we started this method, he has seen less of those dead people and his sleep has also increased, so I sincerely thank all those who taught me Reiki and sent me 🙏🙏🙏



### 3. Reiki Experience of Mrs. Naqmani Vupendrum, Hyderabad

I am Mrs. Nagamani Vupendram. I learnt Reiki a couple of years ago. I hereby want to share my experience of the healing process Reiki.

My mother Mrs. T.Jyothi who is a heart patient and has other health issues too like BP, Diabetes for the past 35 years, kidney problem, asthma and few other age related health issues. 2025-26 has been tough for her. Asthma was at its peak. She used inhaler, nebuliser, homeopathic medicine and allopathic medicine also; But her condition was not improving ; Instead it was becoming critical day by day and she was not willing to visit the hospital due to her previous unpleasant experiences. We were too worried about her condition because she stopped eating for a few days.

At this point of time we gave Reiki to her. My uncle Mr. V.Govind Raju and his family; my aunt Mrs. Gayatri and her family and myself have undergone Reiki healing earlier. We gave Reiki to her as a last resort. Friends, believe me, as we started giving Reiki to my mother, I could see a visible quick change in my mother's health condition ; Earlier she was unable to

# REIKI EXPERIENCES

to lie down on the bed; unable to sleep ; just sitting all day and night and was also struggling to breathe ; We couldn't see her suffering ; As we started giving Reiki ; within the first 3 min she went off into deep sleep ; She was relaxed ; She was able to breathe easily ; It looked like magic. We gave her Reiki for 21 days and of course continued later also. We gave her Touch Reiki, Group Reiki and also Distant Reiki. She came out of sobbing state.



Every one of us could literally see the healing happening. As a result of this my mother says she too wanted to learn Reiki, so that she could do self healing also. So, to make this happen, my uncle Mr. Govind Raju took the initiative and requested the Hyderabad Reiki coordinators to shift the venue to their house in Sanskriti Township. Seeing my mother's recovery from brink, all my relatives, many of my friends and neighbours also joined the Reiki Seminar on Jan 31st- Feb 1st 2026. This time the number of participants were 22. This was a record in the history of Hyderabad.

I thank Reiki from the bottom of my heart and I'm so grateful to Reiki to have saved my mother and improved her condition drastically to such a great extent. Heart felt Gratitude to the Healing Power of Reiki.

I being a Psychologist and a deeply Spiritual person, could also observe many more improvements such as: Reiki brought in her deep relaxation, emotional regulation, and also a renewed sense of safety. Her panic reduced. Her breath stabilised; and her mind gradually moved from fear to calm acceptance; demonstrating the beautiful mind - body connection that Psychology so deeply emphasises. Reiki functioned as an emotional anchor, restoring her inner balance, strengthening her resilience and enhancing her belief in healing.

With deep humility & gratitude, I bow to the divine healing system of Reiki, which became a true saviour of my mother.

JAI GURUDEV 🙏

# Reiki Vidya Niketan Activities

## 1. Swachetna Shibir for 2<sup>nd</sup> degree sadhaks of RVN at Karla, Lonavala

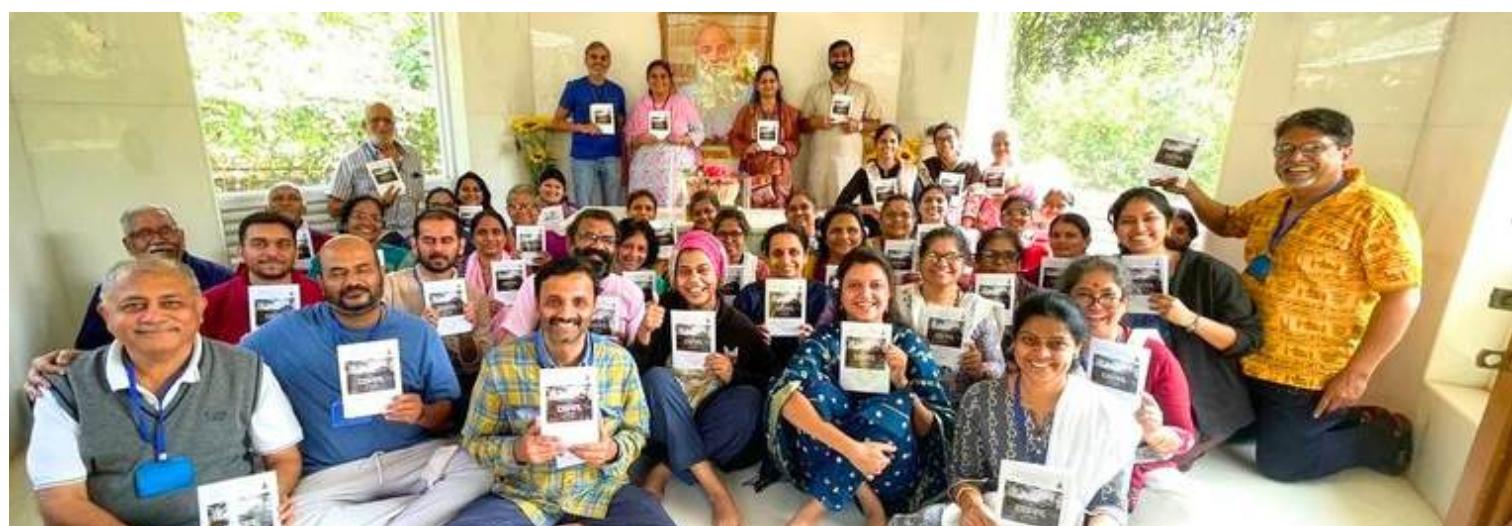
On 17<sup>th</sup> and 18<sup>th</sup> January, 2026, a Swachetna Shibir was organized for the 2<sup>nd</sup> degree sadhaks of Reiki Vidya Niketan. 83 participants attended that same and there were 10 masters who took the entire shibir. The Shibir started on 16<sup>th</sup> evening at 9 pm with introduction of the sadhaks followed by the instructions about the shibir. Thereafter, the session started at 6.30 am next day with pranayama, Agnihotra and chanting. This was followed by Gurupujan, question and answer session, Agnihotra and TM session. A film of Spiritual Reality was shown to all of them. There were also some group activity like Omkar waves, trust walk and relating with the things. The whole environment was reflecting lot of positive energy. The entire shibir was resonating at a different level with so many sadhaks meditating and doing group activities at the same time. The last meditation was a cherry on the cake which cleansed the entire existence of all the sadhaks. All the sadhaks enjoyed different sessions and appreciated the shibir.



# Reiki Vidya Niketan Activities

## 2. DSPPL Annual Teacher's Meeting on 24<sup>th</sup> and 25<sup>th</sup> January, 2026

The DSPPL Annual Meeting, held on January 24 and 25, 2026, at the serene Devrukh Swami Math, served as a pivotal forum for reviewing organizational progress and strategizing for a "better world for tomorrow". This two-day extensive session functioned as a rigorous brainstorming hub, bringing together stakeholders viz. leaders, guides, teachers, and facilitators for a deep-dive into the organization's founding purpose, current activities, and the future roadmap. The meeting was attended by about 50 faculties across 12 cities.





# Ashram Wisdom



**One of the sadhak asked that why only one meal is allowed in Anusthan which is done for one month before Mahashivratri?**

Guruji has informed us that the real meaning of Anusthan is to be in the divine space. Why there are so many rules and regulations to be followed during Anusthan is to prepare ourselves for the higher energies. On the night of Mahashivratri, our energies are lifted upwards for that we have to prepare our body and mind for this event when there is a chance to elevate ourselves spiritually. We, our body should be light so only one meal is allowed. We should eat just to sustain ourselves. We should stop our cravings. Our actions are based on our patterns which resides in our sub-conscious mind. To remove these patterns, we need to break our patterns by changing our behaviour or doing things which we are not used to doing. We need to move our consciousness from our body to mind and then to our soul. Our mind should also be connected to our soul rather than connected to our five senses. When mind is not connected to our five sense, it becomes internal. And that is the way to connect to our soul consciousness. The whole idea of doing Anusthan is to raise our energy levels so that we get connected to our soul consciousness.

## SEMINAR SCHEDULE – FEBRUARY 2026

Sr. No.	Scheduled Date	Master	Location	Degree
1	3 <sup>rd</sup> & 4 <sup>th</sup> February '26	Krupa Didi	Ayushman	1st
2	7 <sup>th</sup> & 8 <sup>th</sup> February '26	Vishal Shridhankar	Vadodara	1st
3	7 <sup>th</sup> & 8 <sup>th</sup> February '26	Rakesh Kumar	Pune	1st
4	7 <sup>th</sup> & 8 <sup>th</sup> February '26	Krupa Choksi	Palanpur	1st
5	7 <sup>th</sup> & 8 <sup>th</sup> February '26	Kalpita Keer	Devrukh	1st
6	21 <sup>st</sup> & 22 <sup>nd</sup> Feb'26	<b>Kurukshetra Intensive</b>		
7	27 <sup>th</sup> & 28 <sup>th</sup> Feb'26	Krupa Choksi	Ayushman	2nd
8	28 <sup>th</sup> Feb - 1 <sup>st</sup> Mar '26	Jairam Athlekar	Thane	1st
9	28 <sup>th</sup> Feb - 1 <sup>st</sup> Mar '26	Rakesh Kumar	South Mumbai	1st
10	28 <sup>th</sup> Feb - 1 <sup>st</sup> Mar '26	Aruna Margam	Chennai	1st
11	28 <sup>th</sup> Feb - 1 <sup>st</sup> Mar '26	Sangita Kulkarni	Kota	1st
12	28 <sup>th</sup> Feb - 1 <sup>st</sup> Mar '26	Kalpita Keer	Ratnagiri	1st