

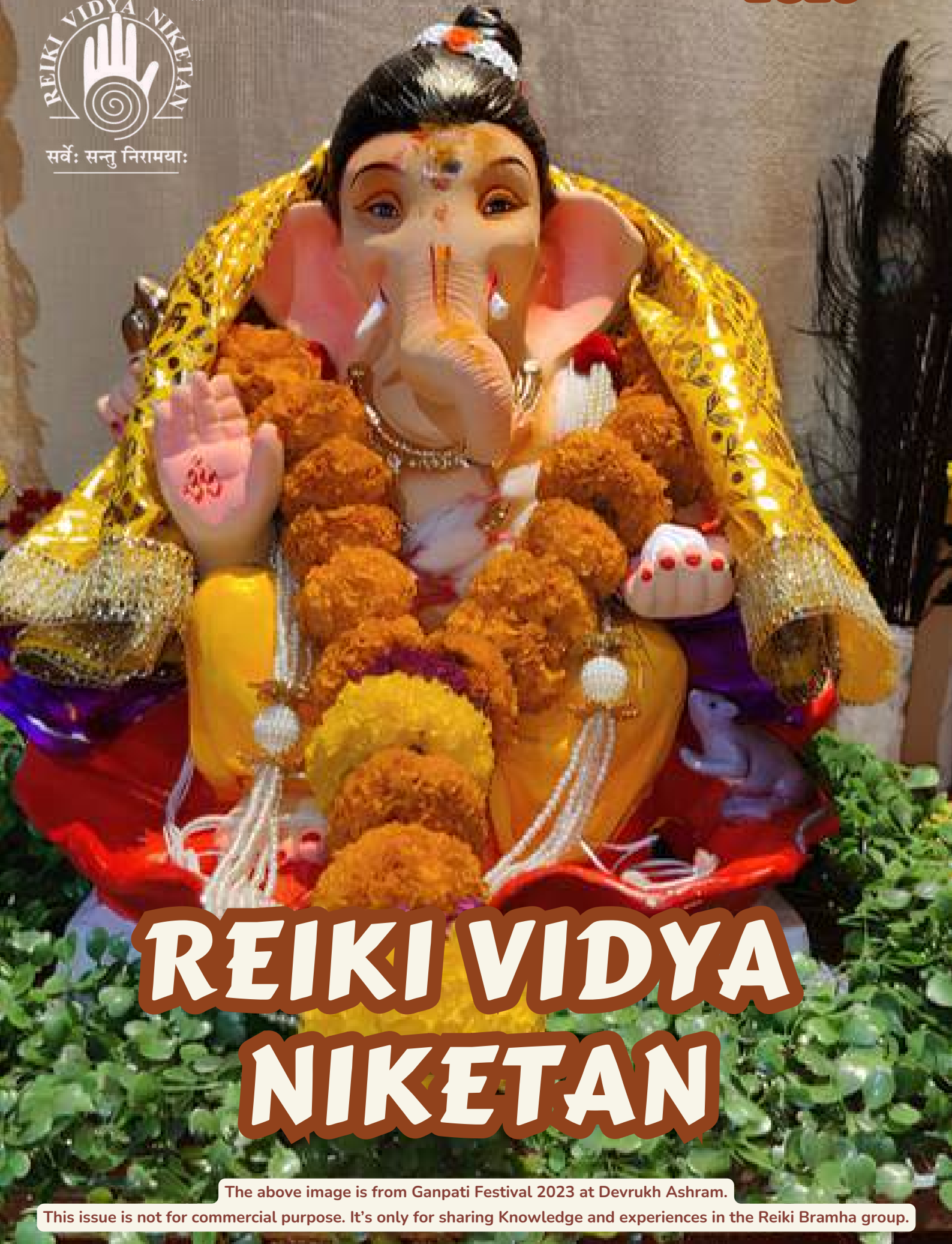
Volume 18

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सर्वे: सन्तु निरामया:



REIKI VIDYA NIKETAN

The above image is from Ganapati Festival 2023 at Devrukh Ashram.

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



What does Krishna depict?

On 4th September we had Janmashtami - Birthday of Lord Krishna. How do we understand what does Krishna consciousness depicts? The literal meaning of Krishna means the one that attracts everyone. It is a symbol of pure chitta (combination of Intellect + Mind + Heart). How to activate Krishna consciousness in our existence? It is by understanding the depiction of each and everything held by Lord Krishna.

Peacock Feather is a depiction of pure consciousness. Flute depicts that we need to hollow from within i.e. free from ego. A bamboo when it is in the forest, bugs enter and make holes in it but when breeze comes, a sweet music is generated. Likewise, every sorrow of our life makes us hollow from within. We should not get dejected in our life with any unpleasant event instead we should be happy as we are going nearer to Lord Krishna. When we will be thoroughly hollow from within, Lord Krishna will hold us in his hand and play wonderful music through us.

Lord Krishna eats butter. Butter is prepared after churning cream. Butter is a depiction of good qualities. Just like churning of butter, we should also do churning of mind. We should think about our good and bad qualities and try to preserve only good qualities. Besides this, we should also see good qualities in others.

The floral garland “Vaijanti Mala” depicts positivity. Flowers absorb negative energy and gives fragrance. It emits lots of positive energy. Likewise, we should always be positive in life.

The Yellow Raiment i.e. Pitambar, symbolises Karmayoga i.e. We have to perform our duties diligently without any expectation offer it to divine. Yellow is the colour of Solar Plexus and it also depicts Solar energy. Through our body we perform actions, so it also symbolizes physical energy.

Sudarshan chakra i.e. disc symbolizes soul consciousness. It is everywhere and it can reach everywhere.



It is very powerful. Just like it, we should also be in our soul consciousness which is omnipresent and takes us to our source from where we are born. When we are in our soul consciousness, we are most powerful.

Lord Krishna is also known as Jagat Guru. Once our consciousness gets established in our Soul, we become eligible for Moksha i.e. liberation. All Gurus have achieved this state of liberation. It is like a visa. They can leave their body whenever they want. They become Krishna. All Gurus are God. They help the seekers to reach liberation. Just like Lord Krishna helped Radha, Gopis and his mother Yashoda to reach liberation, Guru also does the same.

Guru removes ignorance and arrogance of disciple. Just like Lord Krishna conquered Snake Kaliya and removed his ego. And thereafter enlightens him/her with divine knowledge.

Just like Lord Krishna gave knowledge of Bhagwat Geeta to Arjuna. And at the last when disciple is in total surrender, Guru just blesses the disciple by telling that just believe in me. Lord Krishna did the same thing. After explaining 18 chapters of Bhagwat Geeta, at last Lord Krishna said to Arjuna “Sarvadharmam paritajya, mam ekam shranam vraja”. This means leave all paths and surrender to me.

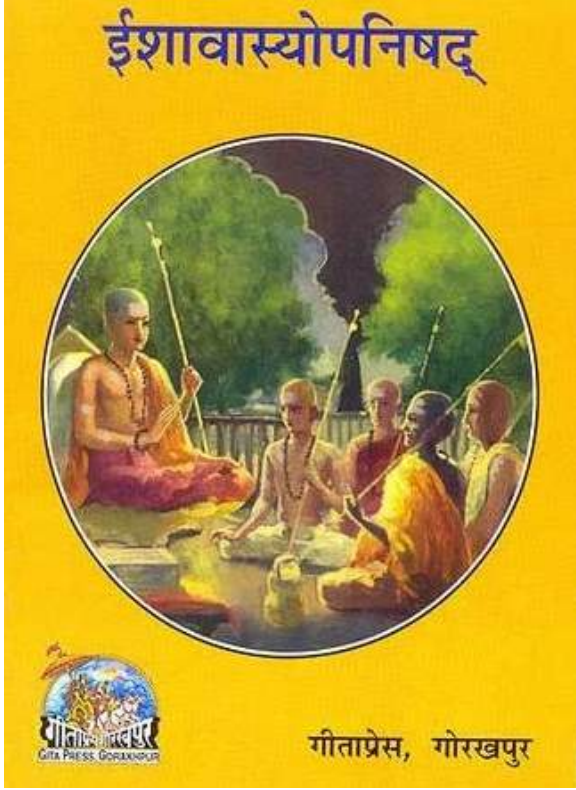
Surrender to the divine is the key to liberation. It is a short cut. All the bhakts like Meerabai, Surdas, Narsinh Mehta, etc. did only one thing is surrender. They accepted everything whatever came in their life and never shook their trust in Lord Krishna, and eventually they merged with Lord Krishna.

Let us try to awaken Krishna consciousness in us by being in soul consciousness.

With love, light and reiki
Krupadidi

Teachings from Upanishad: Ishavashya Upanishad

- Krupa Didi



तदेजति तन्नैजति तददरे तद्वन्तिके ।

तदन्तरस्य सर्वस्य तदु सर्वस्यास्य बाह्यतः ॥ ५ ॥

Meaning: It moves, it is motionless. It is distant, it is near. It is within all; it is without all this. In this verse, the Rishi are describing the properties of Atman. It is very difficult to describe Atman as all the description comes from Mind. And Guruji used to say only definite things can be defined. Atman or Soul is infinite. Here it is mentioned, it moves and it moves not. This means everything is manifestation of Consciousness. Out of five basic elements, Space (Akash) has highest frequency, then comes Vayu (Air), then comes Agni (Fire) followed by Apah (Water) and Pruthvi (Earth) element which is of lowest frequency.

The Akasha element when moves it becomes Vayu (Air) a lower frequency element. In ancient Indian philosophy and Ayurveda, Vayu (air element) is formed from Akash (space or ether element) when subtle movement arises within the emptiness.

When Pure consciousness in Sahasrahar chakra which is Shiva energy, also known as Atman, converts the pure consciousness into Prana. This Prana gets converted into light energy in Third eye chakra, a seat of Intellect and then in Vishuddhi chakra, it gets converted into sound energy which is a seat of Mind. It is said "Nadadhinam Jagat Sarvam" the whole world is depending on Nada. So from Nada, duality starts. With mind only duality starts. Beyond mind no sense works. Everything is one as we are Atman. And all Atmans are connected. Atman is space.

Akash is the first and subtlest element, characterized by openness and the quality of sound (Shabda). It provides the necessary room or void for existence. When intrinsic kinetic energy or vibration begins within the limitless expanse of Akash, motion is created. This movement combines with the subtle essence of touch (Sparsha) and the openness of space to give rise to Vayu. Shiva is Brahman, Purush or Atman or consciousness and Shakti or Prakriti is energy. Shakti is consciousness with purpose. It is also called Prana.



With the help of Shakti 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. Prana is the force which connects Atman with all other components of existence viz. Intellect, Mind, Heart, Body, Memories and Ego. With the help of Prana, Atman is able to manifest in different frequencies viz. Intellect, Mind, Heart, Body, Memories and Ego.

And that is a reason, it is mentioned in 5th shloka that it moves and it does not move. If we feel it is near as we all are Atman but for an ignorant who believe himself/ herself as body, it is very far. It is within and without. It is within our existence as our existence is made from Atman and without as each and everything in this world is made up of Atman/ Pure Consciousness. That is the reason one who realises oneself that I am Atman, also realises “Aham Brahmasmi”, I am brahman. The reason is Atman and Brahman are same.

Ajit Sir Quotes

“



We should have expectation about the results but should not have desire
Expectation + Ego = Desire
Desire leads to attachment
Drop attachment



Life is nothing but a learning opportunity
If same situation is repeating in your life, then probably you are not learning the lessons of life

”



For Happiness: 18 Rules

- Dip. SAC Ashwini Telang, India

In the past four months, we've walked through gratitude, affirmations, following our bliss, letting go, kindness, being in present, and valuing experiences. Each of these rules bring us closer to our core.

The journey deepens further, when we begin to appreciate everyone and everything around us. I know you may be curious as to how appreciating can deepen our understanding.

Well then, let us ask ourselves few questions before we dive in the detailed discussion.

1. Have I ever felt happy when I appreciated someone or something that occurred?
2. Have I ever felt sad or remorse when I saw someone not being appreciated?
3. Have I wondered why just by complimenting others made me feel lighter and happier?

When we reflect on these questions, we realize that appreciation is not just an act — it is an energy. It uplifts both the giver and the receiver. Appreciation enhances our innate nature, igniting our energies to rise. It binds us to reality, reminding us that both sadness and happiness are mere phases of life. Once understood, these phases no longer control us — they guide us toward bliss, love, and wholeness.

But what does it mean in terms of neurology or spirituality?

Neurologically, appreciation has profound effects on our brain chemistry. When we appreciate someone or something, our brain releases dopamine, the neurotransmitter of motivation and reward; serotonin, which stabilizes mood and brings calm; and oxytocin, often called the “bonding hormone,” which deepens trust and connection. Together, these chemicals create a state of warmth, lightness, and vitality. That is why a simple compliment, or heartfelt acknowledgment can make both the giver and receiver feel energized and uplifted.

Spiritually, appreciation carries an even deeper resonance. Each individual is a creation of the divine, a spark of the supreme consciousness. When we appreciate the creation, we are in truth appreciating the Creator. In that moment, we connect to the supreme divinity within and around us. This connection reminds us of our true core — that we are already complete, already whole, already blissful. Appreciation becomes a sacred act, a way of bowing to the divine presence in all beings and in all experiences. In other words, with this rule 9, we come in perfect understanding with ourselves – that we are born as complete, whole and blissful entities but to live in this world of duality we play the roles, creating a mirage of incompleteness, broken and / or miserable.



Appreciation unveils this illusion of incompleteness, reminding us that we were whole all along. From this wholeness flows a natural resonance with others — the essence of Rule 10.

However, when we realise this, we still need to experience it. Because experiencing that we are already complete, whole and blissful is not about just belief but about manifestation. Only then can it be resonated with others. The million-dollar question is – how do we manifest? The answer lies within our 1st level Reiki seminar.

By keep our Chitta – intellect, mind and emotion – pure every single day. Once the Chitta is pure, everything we do will be full of realisation. And then we comprehend that completion is not about perfection — it is about recognizing that nothing is missing within us.

When we live from this awareness, our actions become offerings, not obligations. We resonate with others not to prove ourselves, but to share the fullness we already carry. Thus, improving ourselves. This resonance multiplies bliss, creating harmony between our inner world and the outer one.



“Every work has got to pass through hundreds of difficulties before succeeding. Those that persevere will see the light, sooner or later.”

Swami Vivekananda



SHIVA HEALS YOU

Ganesh- The Supreme leader



- Vivek Pandey, Vadodara

Lord Ganesh! The favourite of all kids and the most worshipped across India. The appearance with the head of an elephant makes him even more adorable. The fact that the Hindu religion respects all forms of life is emphatically proven by the number of devotees Ganesha has. Also, he is worshipped not just because of his cuteness in appearance. He is worshipped not even because he is the child of Shiva and Parvati. Certain qualities make him the first God to be worshipped. In this article, we will focus on the qualities that make him worthy of being the first one to be worshipped.

The Meaning of Ganesha:

The god of wisdom, knowledge, and new beginnings, Ganesha, is derived from two Sanskrit words – “Gana” meaning group or collection, and “Isha” meaning lord or master. He is depicted with an elephant’s head and a human body, and is often seen riding a mouse or a rat. This unique depiction of Lord Ganesha is said to represent the unity of wisdom and strength, as well as the importance of humility.

Aspects of Lord Ganesha:

Ganesha is the divine entity who governs all groups of atoms and

energies in this universe. He is known as the supreme consciousness that permeates everything, bringing order to the chaos of existence.

Three important aspects of Lord Ganesha are:

1. Achintya: Beyond thought
2. Avyakta: Beyond expression
3. Ananta: Eternal

Why is Ganesha called Ekdanta?

Ganesha is known by several names, one of which is Ekdanta. The word Ekdanta is derived from two Sanskrit words: ‘Ek’ meaning one and ‘Danta’ meaning tooth. Ekdanta refers to Lord Ganesha having only one tusk or tooth. There are different legends associated with why Ganesha has only one tusk. One of the most popular ones is the story of how Ganesha lost his tusk while guarding his mother’s privacy. According to this legend, when Lord Shiva tried to enter Goddess Parvati’s chambers, Ganesha, who was guarding the entrance, stopped him. In the ensuing scuffle, Ganesha’s tusk was broken off. Another legend says that Ganesha broke his tusk to write the Mahabharata when the sage Vyasa asked him to do so.



Ekdanta is considered a symbol of Ganesha's sacrifice, wisdom, and ability to overcome obstacles.

The Essence of Lord Ganesha:

Lord Ganesha, the elephant-headed God, is widely revered and worshipped by Hindus.

While his unique form may catch one's attention, the true essence of Ganesha is beyond physical appearance. In fact, Adi Shankara beautifully brings out the essence of Ganesha by stating that his form is just a symbol of the qualities of the Divine. Ganesha is often described as 'Ajam Nirvikalpam Niraakaaram', which means that he is unborn (Ajam), attributeless (Nirvikalpa), and formless (Niraakaar). These qualities symbolize the consciousness that is omnipresent and all-pervading. In essence, Ganesha represents the same energy that is responsible for the creation and sustenance of the universe. He is the energy from which everything manifests and into which everything dissolves. Thus, his worship and reverence signify the acknowledgment of the Divine power that governs and sustains life.

The Birth Story of Lord Ganesha:

The story of Lord Ganesha's birth is a popular one that explains how he got his elephant head. According to the legend, Parvati, Shiva's wife, created a boy out of the dirt on her body while celebrating with Shiva. She asked the boy to keep watch while she bathed.

When Shiva returned, he found the boy guarding the door and didn't recognize him. Enraged, Shiva chopped off the boy's head and entered. Parvati was shocked and explained that the boy was their son. She pleaded with Shiva to bring him back to life.

Shiva then instructed his helpers to bring the head of someone who was sleeping with their head pointing towards the north. The helpers got the head of an elephant, and Shiva affixed it to the boy's torso, thus giving birth to Ganesha, the elephant-headed God.

This story teaches us about the importance of communication and understanding, as well as the power of divine intervention. It also highlights Ganesha's role as a remover of obstacles and the patron of new beginnings.



continued...

The ancient rishis were so deeply intelligent that they chose to express Divinity in terms of symbols rather than words, since words change over time, but symbols remain unchanged. When we worship Lord Ganesha, the qualities that he represents get kindled within us.

Decoding personality:

Elephant-head: Signifies authority, endurance, strength and courage.

Mouse as a vehicle: Signifies the mouse nibbling away at ropes that bind. Just like a mantra which can cut through sheets and sheets of ignorance and carry even an elephant through.

Big Belly: Signifies generosity and total acceptance.

Single tusk: Signifies one pointedness.

Upraised hand: Depicts protection.

Lowered hand: Signifies endless giving and also symbolizes the fact that we will all dissolve into the earth one day.

Riddhi & Siddhi, wives of Lord Ganesha: Signify that both Riddhi (intelligence) and Siddhi (enhanced abilities) go together with wisdom. Lord Ganesha is considered to be the Lord of Wisdom.

Modak: The 'Modak' in Ganesha's hand is the attainment of the 'Ultimate Bliss'.
Jai gurudev.





Our beloved Guruji has taken us from just being there to a living with awareness. It had been a gift of Guruji to all of us. Awareness helped us to live with joy, understand our divinity and also a readiness to learn from our life situations. Guruji has told us “He loved his teachings because he loved his teachings”. Learnings continue till the last breath of our life. When we are ready to learn we see the rough journey as an opportunity instead of blockages on our path. When we are aware it is easy to understand that Swami is carrying us, caring for us and showering compassion always on us. In the Mahabharata war Krishna took the chariot of Arjun in the middle of the battle field and told Arjun “Pashya” this very word made Arjun to come to awareness what he is up to, should he go ahead or not. Pashya means “Look” pay attention to what you see. Then he realized what he is doing, and he lost confidence to fight the battle, dropping his bow and arrow and sat down in the chariot. Guruji’s sentence once again getting reminded “Relations leads to reactions”. When there is a relation with our surroundings and situations we have a reaction in response. For us to have a relation most important trait is to be in Awareness.

Another profound guidance from Guruji “Openness leads to Awareness, Awareness leads to Realization and Realization leads to Enlightenment”. OAR the first letters forms the word which helps a boat to cross a river or an ocean. We too need the same to cross this limited world and touch the unlimited divine.

Next important trait is Acceptance. Guruji’s guidance is Accept this life as a blessing from the Ultimate. Every moment is a gift from God. Be in the present and enjoy the present given by Swami moment to moment. Guruji’s famous sentence “Life is not your right it is a blessing”. If only we can take every situation with this understanding life becomes a celebration. I remember Janabhai who was so blessed to be with Vittal all the time. She was a house help but she had Vittal helping her every moment and her work was shared by Him. I always think of her, how fortunate she was. Vittal used to write down the abhangs coming out of her as she was not literate. It is his blessing that she is able to be creating those abhangs, but also that she is in a humble life and doing simple house work. Acceptance only brought her closer to the Lord Vittal himself. Once Namdev with whom she was working wanted Janeshwar and Kabir Das her divinity.

Awareness Acceptance Abundance



When they reached Namdev's house they found Janabahi fighting with a neighbour for Cow dung cakes. Namdev was also embarrassed for a minute. Other were also watching why she is fighting like this though she is so blessed. Janabhai says I can prove these are my cow dung cakes. If you keep these cow dung cakes near your ears they will chant Vittala Vittala. And when these great saints tried the same they could hear the name Vittala Vittala. Then they understood the divinity in her. Life is all about Acceptance, Divine has a plan, just be part of the plan, be an instrument in His hands.

Awareness will take you to the understanding of Acceptance of life as it is. This will lead us to the feeling of Abundance. Abundance is only a feeling it is not the actual measure of money, property what we own. With all the abundance one can feel poor and with nothing one can live in Abundance.

When we come closer to our own divinity we feel we have everything, we need nothing as we touched our "Poornathwam". We are complete, complete and divine. Once again remembering Guruji's sentence. We are all thinking we are humans who have come for a divine experience, in reality we are all divine beings come to have a human experience. We are divine children who are unlimited and only the understanding will get us closer to the Samadhi state. As Guruji told us "Sahi Samay, Sahi Samaj, Samadhi". Meaning the right time and right understanding will leads to us Samadhi. What is Samadhi? Sam+ Adhi, Equal mindedness. Accepting Pain and Pleasure equally. For which one has to be Aware every moment. Once again Awareness leads to the understanding of Acceptance and Acceptance will lead to the feeling of Abundance.

Jai gurudev.



Believe in the Unseen

- Janani Manu, Bengaluru

Believe in the unseen?
Look beyond what meets the eye?
Superstition, they said,
and walked away certain.
To anyone who called me religious,
I stopped mid-step and asked...
Who, me?

What does spirituality have to do with being religious?
Are they the same? they asked, puzzled.

I only smiled, gently,
not knowing where to begin...
how does one hold infinity
in a sentence?

How do I explain who Krishna is to me?
Is he the idol,
carved and adorned and garlanded?
Is he the personification of beauty,
or the beauty that needs no form at all?
Is he the mantras one utters
in the hush before dawn?
Is he the poojas one performs,
the flame passed from hand to hand?
Is he beyond imagination...
the ruler of a thousand multiverses,
scattering galaxies like seeds?



Or is he the simple vagabond
who rules me,
who steals my mind
the way he once stole butter,
laughing?

How do I explain
he is the epitome of Love...

the kind that holds within it
all that has been said,
and all that never needed saying?

How do I explain
he is the peace in my heart
and the chaos in my mind,
the stillness and the storm,
somehow both his?

How do I explain, my dear,
that he is older than beginnings
and closer than breath...
the energy beyond proton and neutron,
the hush inside an atom,
the hum in this ever-expanding space
that has no edge, and needs none?

After all,
faith is only intuition
wearing older clothes.
And superstition,
if you look closely,
is only a science
that has not yet been proved.

IT CAN BE A BEAUTIFUL DAY IN THE NEIGHBORHOOD

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



You would think since all of us humans pretty much know we are going to the same place—sooner, later or eventually—we would COME TOGETHER, UNITE, and LOVE EACH OTHER NOW—whether or not we are neighbors.

Well, we may need to think again. The cauldrons in which many of us find ourselves—44 degrees centigrade, (111 degrees Fahrenheit) in parts of France (in June, no less)— hopefully would serve as a wakeup call to Climate Change Deniers and others whose heads are in the sand.

Alas, so far that is what is called WISHFUL THINKING. As greed, politics, power and ego conspire to recruit churchgoers to the CHURCH OF FOSSIL FUELS, the rest of us pray that the prayers of this church will fall on deaf ears.

“Be ye like a child to enter the Kingdom of Heaven,” we quoted recently from the Book of Matthew. We adults need to fulfil our roles as protectors of our children and grandchildren and GET WITH THE time. But time is running out, dears.

"Do not lose hope. Do not become riddled with the fear that is in the air".

- Shree Vasant

Of course, FAITH is a powerful antidote to fear.

"Faith is to believe in what you cannot see.

The reward is to see what you believe".

- San Agustín

HOPE accompanies Faith in ways understood and in ways that are beyond our ability to perceive.

But it might be said that EXPERIENCE is a potent, powerful force that can nurture Hope and Faith. Believe what you experience. It's yours.

Adding GRATITUDE to the mix helps us withstand difficult times and welcome easier times with less attachment and more appreciation.

FILL ALL THE SPHERES WITH LOVE PROGRAM!

The program includes the humility and oft-time trusting and wide-eyed wonder, and guilelessness of children. They can teach us or remind us that they are the models of which the Book of Matthew talked.

In return for our raising and protecting them, the kids teach us how to love unconditionally, have faith...and have fun.

Merry Go 'Rounds can be fun, but they are not exactly beacons of progress—as you return to where you began. Going around in circles is how it might be described.

On the Merry Go 'Round, we can choose which animal to ride or sit on or pet, but the end of that ride and the ride of life are preordained for all of us.

So rather than obsessing over which animal is our cup of tea, best we take a step or two (or more) back and try to see the bigger pictures.

IT CAN BE A BEAUTIFUL DAY IN THE NEIGHBORHOOD

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



Not seeing the forest from the trees happens to us all from time to time. It has been our 'marching order' for those who practice Agnihotra and Fivefold Path for half a century (for some of us). It does not say 'some of the spheres,' or 'most of the spheres,' or 'convenient spheres.' It says ALL THE SPHERES.

A child on the playground does not assess, contemplate, expect, or judge. The devil may like or wear Prada (Editor: refers to the famous Italian luxury fashion house Prada), but it makes no difference to the child.

It could be very valuable if our SWADHYAYA (self-study—Step 5 of the Fivefold Path) concentrates on and takes us to higher and higher states of Love. This may involve not doing some things and not failing to do others—lessening our so-called sins of omission, and commission. The rewards can be tangible and serene and god-like really.

And that is most likely a normal day in the Kingdom of Heaven.

Ajit Sir Quotes

“



- When you are 100% God is 0% and when you are 0% God is 100%
- Decide what you want in your life.
- Do you want your ego to operate or divine to operate in your life?



- Only you can harm yourself with your ego
- Drop the ego and you will experience divine

”

Quest of the Self within self

Exploring Kena Upanishad

- Ashish Muley, Vadodara

Upanishads are spiritual quests of the individual mind to move close towards the universal mind. To the know the true nature of the self and moving towards the Self, recognizing the seat of the atman within and moving towards the realization of the Brahman. With reference to Mundaka Upanishad, it is a journey of the Lower Bird, realizing the presence of and towards the Higher Bird, it's evoking of awareness within, and merging of the individual consciousness with the universal consciousness.

Upanishad – Upa + Ni + Shad – Literal meaning of Upanishad is sitting down, with the Guru and learning the Truth about the life. Upanishads are dialogs between master and disciple that happened thousands of years ago. There are nearly 1100 Upanishads, of which 108 are main Upanishads and 11 of them being recognized as the major ones. 'Upa' is same as in Upavas, going close towards the ultimate truth. 'Shad', as the revered Adi Shankaracharya defines, is unlearning of the present finite understanding and opening the possibility to the infinite. 'Ni' refers to the Hindi syllable 'Ni' in 'Niche' – below.

As Guru is offering prasadam of knowledge, you have your hands open below, but if your hands are full already, will you be able to receive? Hence it is important to empty your minds, let go of your limited past beliefs and limited understandings, let go off the ego or any 'me' still within, only then you open the possibility of removing the veil of ignorance to experience the unlimited nature of the true reality.

Each Upanishad begins with a Shanti (Peace) Mantra. The purpose of chanting the shanti mantra before beginning the Upanishad sessions is to create an environment of trust and peace – both outside in the surrounding and within. If there is atmosphere of hostility between the teacher and the taught, each one will be suspecting each other and everything that is being discussed. Also as we know the wandering nature of the minds, to bring the minds to focus on the topic of discussion therein, Shanti mantra are chanted. If you observe, at the end of the Shanti mantra, 'Om Shanti' is chanted thrice – to bring peace to the 1. Physical world 2. Level of thoughts and emotions and 3. Innermost peace of the soul.



Kena Upanishad is from the Sama Veda. It comes as 9th chapter of the Talavakar Brahmana of the Sama Veda. 'Kena' means 'by whom' – the title itself lays the foundation of the quest of the Self within, asking the hard problem of consciousness as we know it from the western world. Why is the process of asking Question given so much importance in Spirituality. Let us analyse that. Have you observed that when you ask questions, you are the most attentive at that moment. Remember your school life or college days or even any of the office meetings you attend and try to remember the time when you asked question during the discussion. You will realize that you are most aware to gain knowledge, most aware to constructive thoughts and experiences when you are asking a question. Chattering of the mind stops and you focus on the topic of discussion, as if you are meditating on it. Your level of awareness is very high. Let us start with a question here. 'Who are you?'. This question is similar to doing the homework of the first day of first-degree Reiki Seminar of Reiki Vidya Niketan (following traditional and original Usui lineage of teaching).

The homework is to see yourself without any bias, without any untoward movements, in front of a mirror for 5 continuous minutes.

Have you tried doing that? Please do it if you haven't. Who are you? Are you the body? The face, the limbs, the chest, the shoulders, your spine, the back and the torso. Touch yourself at this moment. Are you, just this body?

If there is an answer that we are beyond just our body, then who are you? Are you the mind? Here starts the problem of consciousness and the subjective experiences. When you say 'I' or 'Me', you are now relating to a certain individual in your mind who has some likes, dislikes, emotions and aspirations. But is that all? Is it the end of identifying yourself. Is it just the body-mind complex? Think about this, try to visualize it. Beyond this body and this mind of yours, do you sometimes listen to, or feel a soundless voice of a certain different individual within you. Do you relate to something guiding you from within, suggesting you action or inaction in various situations in life. It is always guiding you, trying to talk to you. It might not feel or relate to the earlier 'I' or 'Me' version which you were associating with, beyond your earlier understanding of the body-mind complex. That soundless and formless identity with you is 'Atman' or 'Self'. Communing with that identity, that Atman, trying to find the nature of its existence is the quest of all Upanishads and particularly the Kena Upanishad we are going to start with.



REIKI

EXPERIENCES

1. Meara Baute, United States.

Hello, my name is Meara Baute. I am 25 years old and from the United States. My experience with Vidya Niketan Reiki was both insightful and meaningful, and I am honored they asked me to share it here. I spent most of my life in martial arts. At 18, I was introduced to Meditation and eventually found myself studying Yoga in Rishikesh, India. Together, these experiences reminded me of the importance of spirituality and energy. I felt clearer, sharper, more aware, but sometimes I also felt overwhelmed and exhausted.

What I learned with Vidya Niketan Reiki Level I was extraordinary and necessary for my health. My peers and knowledgeable teacher, Senior Reiki Master Jairam, created an atmosphere where this healing was unmistakable. Receiving the attunement and following the intelligent process made my whole system relax. After only a couple of weeks of consistent practice, my entire body, inside and out, is feeling healthier and more rested than before. I am especially thankful for Reiki's gentle nature and welcoming approach. Reiki is accessible to anyone who welcomes it, and it does not force you to do anything. It simply asks you to look within as much as possible. In the first two weeks, this Reiki revealed different areas of disease within my body, each coming with its own unique feelings and sensations. Some were painful, some achy, and some made me feel sick. Some felt like heat or coldness. However, after some time, these sensations transform into a comfortable, palpable buzz of light. I can notice the physical symptoms decreasing, and at the same time, harmony is increasing. I highly recommend this program to anyone interested in natural healing methods or interested in a spiritual path. With a consistent daily practice, it is truly a transformative experience that can be shared with others. I will happily continue my journey with this Reiki, and I invite you all to try it yourselves.

Om Shanti Shanti Shanti

Jai Gurudev.

Meara Baute



Ashram Wisdom

Religion and Spirituality

Generally Religion and Spirituality are considered to be synonymous words. Western culture can not even discriminate between these two terms. Indian culture however from the ancient times is very clear in its understanding in the right perspectives. In western countries if someone goes to church or a mosque he/she is considered to be spiritual. They feel being spiritual means being ritualistic. Truly speaking religion is a creation of the humans while spirituality is a divine creation. Spirituality is a vast sky while religion is only a window in your house from where you see the glimpses of that vastness of sky. Naturally the religions have different brackets to look at the universe. It is a finite idea. Naturally there are hues and colours to religions. The likes and dislikes. Some windows small and some windows big! Some made from steel and some from wood. There are variations in religions. On the other hand spirituality is universal just like a sky. We all have a common sky which binds us all with that vastness of love and compassion. The sky can't be divided unless you see them through the windows. Spirituality unites humans while religion divides. Hence the religions can fight wars within themselves, to prove one is better than the others. Spirituality says that we are all the same divine soul connected together. Earlier the world realizes that better it is. The world will not only understand that great Indian ethos but will experience a much better environment free from stress, hatred, violence and crimes.

SEMINAR SCHEDULE - SEPTEMBER 2026

Sr. No.	Date	Master	Location	Degree
1	5th & 6th September, 2026	Vishal Shridhankar	Devrukh	1st
2	5th & 6th September, 2026	Rakesh Kumar	Nasik	1st
3	19th & 20th September, 2026	Bharti Zinzuwadia	Ahmedabad	1st
4	26th & 27th September, 2026	Jairam Athalekar	Pune	1st
5	26th & 27th September, 2026	Vishal Shridhankar	South Mumbai	1st
6	26th & 27th September, 2026	Aruna Margam	Hyderabad	1st
7	26th & 27th September, 2026	Bharti Zinzuwadia	Vadodara	1st
8	26th & 27th September, 2026	Kalpita Keer	Thane	1st
9	26th & 27th September, 2026	Rakesh Kumar	Goa	1st