



REIKI VIDYA
NIKETAN

Reiki Vidya Niketan Newsletter

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The Law of Attraction: Most misunderstood law of nature

In between there was a film titled "The Secret" which created ripples in the minds of viewers. The film created an impression that the process of getting something is pretty simple. Just Ask and Get what you want. The film which lasts for almost 75 minutes is loaded with the aggressive selling of an idea of the above so called secret... a typical American way. What comes in the last few minutes is the "conditions apply in small prints" which states that all this is possible only if the mind (Chitta is what they really mean) is purified. The problem is that most of the viewers either get too excited with an idea of getting what is wanted or are too tired to go beyond the 60 minutes barrier and miss out on the "small prints".

The same film also claims that The law of attraction is a basic philosophy behind the theme of the film. This is another problem. The law of attraction is one of the most misunderstood laws in the world. The law itself draws a lot of attraction of many as the idea of attraction itself is so fascinating. Most of us feel that we are on this planet with the only idea of attracting everyone and everything around us. There are two dimensions of this law which are misunderstood and believe me, both are extremely vital for correct understanding. One, people feel that You attract what you WANT. The second misconception is about is that two OPPOSITE things attract each other. Let us take one at a time so that we can reach at a better understanding.

The first and foremost is that one DOES NOT attract what one WANTS but the law states that one attracts what ONE IS. So ideally one should understand that you would only attract what you are. If you are Pure at heart, you will only attract Purity, if you are kind, you would attract kindness and without doubt if you are cruel, you will attract cruelty. We know the old saying that the like minded people are attracted to each other. The want is a far thing. Most of the time you want something which you are not. So the unfulfillment of desires have become the name of the life game today. If you keep on asking for something which you are NOT, there are enough chances of you not getting what you want and getting disappointed about any process

**“Law of
Attraction
means
you
attract
what you
are, not
what you
want.”**

The Law of Attraction : Most misunderstood Law.... Cont from Page 1

That you may follow or any film that you see. You are the core of the whole process of asking and getting. The onus is on you to become what you want and not the other way. If you need love from the world, first and foremost be loving yourself. Then you do not have to do anything outside. The love will attract love itself.

The second misconception is about you attract your opposite. That is not true if you look little more closely to this phenomenon. There are enough examples people (who believe in this misconception) may throw at you like female attracts a male or positive pole attracts a negative one. Prima facie it looks valid. But one can not forget that when we say that a female attracts a male, we have to accept that both need to be humans first. A human female may not attract a lion male or a dog. Same is the case with magnetic poles. One can not forget that the basic prerequisite here is both should be magnets first. Secondly what looks to be opposite is actually not opposite. They are operating at different frequencies. Each of the things which get attracted is due to its incomplete nature. A beggar gets attracted to a rich man only because a beggar does not have enough money and is incomplete in that sense and the rich manage is more complete with respect to money which is a common denominator. A beggar deprived of food or water may not chase a person with a money but will seek alms from someone who has the food in hand. So if one is full of love people who are thriving for love will get attracted towards you. If you are kind only those who are deprived of kindness in life will get attracted to you. It is ultimately what you have that attracts people who do not have that for their completion. So the basic question again here is what do you have? That is a core issue, not what you want. I always site a case of a liquor chop owner who once complained to me about only drunkards coming to his shop while the neighbouring shop keeper selling flowers was so lucky to get customers who are devotees of God. He was blaming his luck and forgetting that it is his business and what he offers is attracting that kind of people to him. There is no one except he, who is to be blamed.

If you are trying to get something and not getting those things, remember that possibly you do not have the basic property of that “thing” which you are seeking out. That reminds me of a famous statement of Paulo Coelho in the book “The Alchemist” The whole universe conspires to help you to get what you need”. All that you need to do is understand that X factor in the given situation and that is YOU.

The Miracle Ash of Agnihotra

Agnihotra Ash Medicines

There are 100's of documented reports from medical doctors in Sth America re the healing of all sorts of problems including the so-called incurable diseases. See Homatherapy.org

Agnihotra and its Ash

The ash from Agnihotra is highly medicinal. It is full of Prana and all micro nutrients in perfect balance for health. Only the ash from Agnihotra is medicinal. The ash from Om tryambakam or other Homas is not medicinal. The ash must be fully consumed by the Agnihotra Fire. If the burning is incomplete the ash is not medicinal. You will notice the rice remains as black granules. That is still fully consumed. The ash is more efficacious when taken in combination with regular performance of Agnihotra. Also it is more beneficial when actually performing Agnihotra than simply just sitting in. If there are several people in the family or community open to Agnihotra it is optimal for the healing of the environment and for the healing of the individuals to each have a pyramid and to each do Agnihotra. The more Agnihotras performed in an area the greater the healing on all counts.

1. Perform Agnihotra twice daily or as often as your life style will allow. Sit with spine straight and directly square with the pyramid on the East or West side. A sick person or animal should sit as closely to the Eastern side of the pyramid as possible. Just before Agnihotra take a pinch of ash on its own or in water.
2. Take ½ tsp ash at least 3 times per day.
3. Put a tsp of ash in a jug of water. Stir around and let settle. Allow the ash to charge up the water for 3 days. Let that be the water you and your family drink. Thereafter keep topping up with water and every now and then add more ash. The jug needs to be of glass or ceramic, not plastic or metal other than copper.
4. Put a couple of handfuls of ash regularly in your water tank or water supply eg once a week.
5. Make a ready supply of ash and ghee ointment or crème and apply to any problem area such as a bruise, a twisted ankle, skin problems like psoriasis or eczema, over a painful organ or in the area of a tumour, on a sore throat etc. Apply ash and ghee on an open wound, except a 'wet' oozing wound, then apply dry Agnihotra ash powder,. The ghee will conduct the healing qualities of the ash into the body where it is required.
6. Purify and magnify the healing properties of any natural remedy by placing on the Eastern side of the pyramid at Agnihotra sunset and leave there to receive the benefits of Agnihotra sunrise.

How to produce Agnihotra Ash medicines eg. suppositories, crèmes, eye drops etc – see [Homa Therapy the Ancient Science of Healing](http://HomaTherapy.com).



Obedience to Guru – Shortcut to success in spiritual quest

Krupa Choksi

You must have heard that path of sadhana is long and slippery. One has to take steps with lot of caution. And there is no shortcut in sadhana. Everyone has to go through the same path. Well, I agree with what everyone has said but there is a way which is shortcut and surest path to success. I would like to share that secret with you which I have realized based on my experiences of many years. Here I would like to share my most recent experience.

In November, 2012, I had been to Chicago with Guruji for taking seminars. Before leaving India everyone had warned me that it would be very cold and I should take enough warm clothes with me so I carried the same with me. I landed in Chicago in the morning at 6.30 am and found weather to be pleasant. My immediate reaction was that - its not that cold as everyone had informed. Then I went home (where we had stayed) and dressed up for seminar. I was very comfortable as home was well heated. Two days passed and I carried the same impression about the weather. On third day we were free so we decided to go to Saibaba Temple in Chigago. Guruji had informed me that I should wear enough warm clothes but my mind was pre-conditioned and it was a bright and sunny day. So I ignored his instructions. We reached the temple and the moment I came out of the car which was heated, a chilly cold wind blew and it was so cold inspite of sun that I had to run from parking slot to the temple. I found weather was very much deceiving. Immediately, I remembered that the instruction was given to me by Guruji beforehand but my ignorance and ego did not allow me to follow the same. Limited knowledge of my mind could not anticipate the cold outside as my mind had a limited vision and used logic which was totally wrong as my reference was of weather of India not of Chicago where sunny day means warm weather. And by not abiding to Guruji's instruction I had to experience cold. I could have avoided it by just listening to him blindly with knowledge that he has more experience. And then I realized that same thing happens in our life too. Many times Guruji tells us something to do as he has seen our future but due to our sheer ignorance and ego was do not listen to him. And we act according to our logic. And what happens- we fall a flat. We waste our lot of time and energy and then we realize that our logic of that time was wrong as our anticipation of the situation was wrong. And Guruji had vision based on which he was guiding us which was for our good.

So the best thing to do is to put aside our logic and surrender our ego at the lotus feet of Guru. This is nothing but "Ishwarpranidhan" which is explained as a very important part of Yoga by Patanjali in Yoga Sutra. Without which one cannot realize God. A true seeker should listen to Guru as Guru and God is one. Lord Shiva has also mentioned the same thing to Goddess Parvati when narrated "Guru Gita" to her. Guru is form of Lord Shiva. We should always abide to his instructions as in this manner he wants to pour his grace on us no matter how illogical it seems at that point of time but it is the short cut to liberation. Guru many times wants us to take direct exit from highway rather than taking a long run through city which is time consuming. But for receiving that grace we should always purify ourselves and strive constantly to lower our ego through awareness. This is called abhyas in Yoga.

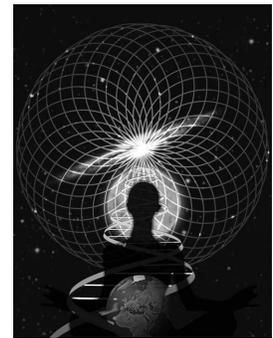
“Dhyan mulam Gurumurti, Pooja mulam Gurupadam, Mantramulam Gururvakyam, Mukti mulam Gurukrupa”- Guru Geeta

Spiritual Quotient - The need of the hour

Ashwini Telang

We all have been aware about Intelligence quotient or IQ tests that are being used right from the schools to the offices and now EQ or Emotional Quotient is being introduced. IQ is used to measure the intelligence which basically comprises of our rational intelligence (what we use to solve logical or strategic problems). Life is nothing but emotions and hence to effectively use IQ, EQ is basically required. EQ provides us some guidelines by measuring the level of awareness regarding our own self and others' feelings as well. It measures empathy, compassion, motivation & ability to respond appropriately to pain or pleasure.

But on looking around about what is going on in the world actually gave rise to a question in my mind whether these two intelligences are good enough to create a solution to all that is happening around us. The cases that I had discussed in my earlier article about bystanders' effect, if you can recall... I had mentioned about the person who has value system may not fit in the theory of bystanders' effect. The values like compassion & relationship to the other humans which is a part of EQ i.e. emotional quotient gets enhanced in the spiritual practices and can create a society of people who will not be just a passive bystander. There seemed to be something missing. While thinking about the missing piece in this life puzzle, I suddenly remembered a book which I had read earlier in my College library which was "Spiritual Intelligence – The Ultimate Intelligence" And I suddenly got the answer to my question of what seems to be missing.... Ah! That is it... SQ. (Spiritual Quotient). It is the necessary base or foundation upon which EQ & IQ can effectively function. The sayings of Dr. APJ Abdul Kalam, "Science tries to provide solutions for a better material life, while spiritualism looks at answers on how to lead a righteous life" explains how SQ or Spiritual Intelligence may prove to be a boon in our modern society. Spiritual Intelligence helps us to facilitate the dialogue between reasons and emotions and is the process which unifies, integrates & has the potential to transform what had been arising from the other two IQ & EQ processes. In short, it is the transcendence between the two- Reasons and Emotions respectively. The full profile of Human intelligence can be completed by bringing Spiritual Intelligence or SQ into consideration. The fearlessness & a strong conviction about the human divinity that is the part of SQ can only help us create a more responsible & proactive society. As Julius Erving has rightly said, "The key to success is to keep growing in all areas of life - mental, emotional, spiritual, as well as physical." If only we can inculcate all the three intelligences together then we can make a better world to live in and really in every sense taste the success.



Spiritual Quotient

"Science tries to provide solutions for a better material life, while Spiritualism looks at answers on how to lead a righteous life"
Dr APJ Abdul Kalam

Understanding of Love through The Inner Journey

Seema Trivedi

**It does not
matter to
whom you
pray to—
Rama, Krishna,
Jesus, Allah..
Prayer depends
on and only on
the one who
prays. Even
YOUR
presence for
Prayer is
enough.**



Visiting Devrukh ashram is always like going to a river and taking a fresh flow of thoughts with you. What matters is the size of the pot that you carry. The river of wisdom flows mostly in our kitchen at Math. I think more divine thoughts are cooked and served there than a food. I call this as the kitchen for the soul and not only for the body. This time I was there for seminar, which has now become a monthly affair, I realized the true meaning of love. Till then, I used to think that love happens to 2 opposite persons and that is what a law of attraction is all about. But this time when we were sitting in Kailas room (Guruji's abode in the ashram), with Guruji, I came to know that love is not that we thought so far. In love 1 person should have something which the other is not having. Like a beggar, he or she only gets attracted to rich people, just like that in love we are attracted towards the person who is having something more than we have. This thought was still going on my mind while I was returning back to Rajkot. I was reading a book on my kindle, titled INNER JOURNEY, and to my great surprise the book came out with the same thought wave.

In INNER JOURNEY which is authored by Mahayogi Pilot baba explains that one who has truly loved and has attained something has never tried to give any definition of LOVE. Unfortunately Love is always defined by the people who have never ever experienced true Love in their lives. For them love is a process to be defined. For yogis love is a state of being. Human love serves as ladder to reach GOD if properly understood, because if you want to love GOD, you should first learn to love a HUMAN BEING. But today what we see around is an attachment towards the emotional and physical existence of human beings and start calling and declaring it as love. No wonder it is full of compromise.

The experience of love demands a lot of give and take. But giving yourself is more important than giving anything. Giving something at the most can be called as an expression of love, but not the love itself. That situation of Give and take leads to fear. Fear of losing something. That gives rise to suspicions, anxieties etc. The exchange of love is the union of two energies, It is also of two thoughts. This manthan or churning can be compared to the churning of the ocean which begets many powerful energies.

Pilot Baba says that with the help of LOVE we attain the state of samadhi - it can push energies upward. To him LOVE is GOD, the CREATIVITY the union with god & the awakening of shakti. Love is the Journey in itself. Love should not be understood as a MARRIAGE alone. Love is not a search. It is a Path. Marriage is search, a compromise. Love cannot define the boundaries of ANAND or BLISS. Marriage definitely is a union of two energies but cannot open the doors of SALVATION. There is just an intimacy between two persons but cannot become ONE this is called FUSION.

Guru Charitra in Gujarati language ready

We had talked about it a few months ago through our newsletter edition. The good news is that the holy book translation in Gujarati is now ready and has gone for printing. The whole process of DTP, sketching (it has 52 sketches) and actual printing may take about 2 months more. The

book should be ready for purchase by Guru Purnima in July 2013. It has been a dream of none less that Swami Vasudevanand Saraswati (one the most revered saints of modern times and a reincarnation of Lord Dattatreya) and Rangavadhoot Maharaj which

has come out to be true after so long. Pratibhaben Choksi who has taken tremendous efforts and has done a lot of research on the subject read the final text at Devrukh in front of Swami Samarth over 8 days between 16th and 23rd February. Guruji approved the final text.



Mahashivratri Celebrations planned in Devrukh ashram

Mahashivratri is one event that all Reiki sadhaks wait for with a lot of enthusiasm. Reiki is a Shiva Chetana and no wonder the sadhaks feel so related to Lord Shiva. This year a record 56 sadhaks have been following a penance for one month started from 8th February. They will all converge to Devrukh ashram from 7th to 10th March. This is the first time in the history of the ashram that the ashram will not entertain visitors who are not a part of the anushthan as only those participating will manage the ashram on their own.



A picture drawn by Avadhut Potphode, our sadhak artiste

“The question who made God arises only because mind can not comprehend That which has no beginning nor end”

Proposed Children and Youth Sanskara Retreats

The ashram this time around May 2013, will be organizing some special skills events for young children (age group 8 to 14 years) and possibly for Youth (between 14 and 17 years). These programmes will be designed based on the response of these segments, in the next 2 weeks. The curriculum is likely to include the basic understanding of human life and purpose, scientific meanings of rituals, Awareness programme in soft skills like basic communication, proficiency in Vedic Mathematics, developing artistic skills like Painting, Rangoli, Dancing, Music and other fine arts. The ashram will also offer professional help on IQ Testing, Aptitude Testing etc as a part of these programmes. These events will be organized between 1st and 10th May 2013. The exact structure of the programme will be announced shortly.



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**You are al-
ready divine.
All you have
to become is
Human.**



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Ashram Wisdom

Addiction to advice...

While at ashram Guruji became pensive suddenly. He also made a statement stating that he has a feeling lately that he is the only disciple at ashram and everyone else is a Master here. On enquiring he told us that his concern is about everybody advising everybody in ashram. He was quite amused and pained to see that there are enough sadhaks advising people about various things. He wondered where do these sadhaks get all the proficiency to know about practically everything under the sun. When you advise somebody about something, you have to first check up whether you have the adequate knowledge and experience about the subject. The second thing that you need to ask yourself is whether you have a right to advice. If so, who has given a right to you? Or are you a self proclaimed advisor? The third and most important thing that one has to check up is whether you are going to be responsible for the result if a recipient followed your advice. Do you have the ability to support the recipient in such a case? Advising is the easiest thing in the world if you are not going to be responsible about the end result. At least a sadhak should think hundred times before shelling out his solutions to the people around. He always used to narrate an event which happened when a group of sadhaks had gone to Gangotri yatra a few years ago. A boy where the sadhaks stayed had not performed well in exams was advised by one of the sadhaks that created a reverse effect and put that boy into depression. Guruji had asked the sadhak whether anyone had ever followed his advice in life. The sadhak said "No". "Then why do you keep on advising people when you know very well that no one follows your advice? Why do you waste your energies?" The sadhak took it seriously. He was later complimented by his boss at his workplace probably for the first time in his life, asking him "what happened that you became so nice? What made you transform?"

Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	2nd & 3rd March	Pune	Vishal	1st
2	2nd & 3rd March	Nashik	Ajit Sir/ Krupa	1st
3	2nd & 3rd March	Talegaon	Kalpita/ Rakesh	1st
4	2nd & 3rd March	Rajkot	Seemaben	1st
5	16th & 17th March	Devrukh	Seemaben/Ajit Sir	2nd
6	23rd & 24th March	Madgao	Seemaben/Kalpita/ Milind	1st
7	23rd & 24th March	Madgao	Ajit Sir/Vishal	2nd
8	23rd & 24th March	Ahmedabad	Bhartiben	1st
9	30th & 31st March	Mumbai	Ajit Sir/Kalpita	2nd
10	30th & 31st March	Thane	Sangita/ Rakesh	1st
11	30th & 31st March	Baroda	Seema/ Krupa	1st