



VOLUME 6 ISSUE 9

SEPTEMBER 2014

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Editorial

Relationship is the basic core of human life. Unfortunately if we see around this phenomenon is taking a beating lately. Humans are on the verge of going back to its primitive state. Psychologically any relationship is nothing but stroking one gets which is so essential for human survival, probably as vital as food. We all need stroking in various forms. Touch is the most vital aspect of stroking. Touch has that healing ability. Being in the field of touch healing for the past 21 years, I have realized how important role the touching plays in human life.

In the past, right from ancient times to about 2 decades ago, touch was a major ingredient in various therapies. A Doctor with a better touch was considered to be a better Doctor. In local language we used to call it Doctor's Hataguna (virtue of the hand). Today with excessive modern diagnostics that touch seem to have been lost. I have had ample opportunities to see Doctor- Patient interactions during past 2 decades and have realized that Doctors have stopped touching patients the way they used to. In fact that touch is considered as taboo in some advanced countries. I was shocked to see in some cases where a patient comes to a clinic with an idea to get healed and sits in front of a Doctor. The Doctors asks him what the problems are. The patient tries to explain whatever he could. The next step is Doctor asking him to get some tests done. Few days later the same patient comes and shows his reports to Doctor and Doctor either writes some few medicines for him to gulp or chew, injects him with whatever Doctor feels appropriate and tells the patient what needs to be done thereafter. In such situations I was so amused to see that the Doctor never touched a patient at all and asked the concerned Doctor why he has not touched the patient. Doctor gave me a strange look as if I had suggested him something which is just not ok and

answered," The touch is a taboo here. The patient may even sue me for this if I do" My God! That was shocking. How the hell, the healing may happen without human love and an instrument called hand which reaches that love energy to the patient?

Forget the healing. Even otherwise we are getting lesser strokes today than what we used to. With everyone busy trying to come out of his/her own problems, no one finds a neither a time nor a need to offer these vital strokes. The whole society seems to be stroke-deprived. Non-recognition is the biggest punishment that can be given to human being. The whole world today is growing with that punishment. When deprived of strokes as expected, we get dejected, frustrated and finally lose our balance creating more problems around. Spirituality offers a beautiful solution to this problem. When one starts following spiritual practices with absolute earnestness and focus, one comes to terms with our own self. The soul touches your mind. That is a supreme stroke. Once a soul touches a mind, no strokes from external world are required. One is perfectly comfortable with this situation. As there are no expectations, there are obviously no un-fulfillment and no sadness or depression at all. Create your own divine touch when world does not touch you. That is the most beautiful way out. The yogic way of life!

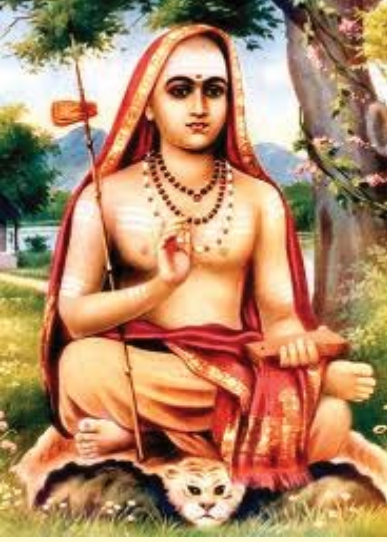
Reiki offers you both these opportunities- to reach a state where no external stroke is required and at the same time, you can offer that divine touch to many resulting into a large scale healing. Let there be more touch. The world is waiting for the divine touch.

Ajit Sir

September 2014

Bhaja Govindam... (Verse 8)

का ते कांता कस्ते पुत्रः संसारोऽयमतीव विचित्रः
कस्य त्वं कः कुत आयातस्तत्त्वं चिन्तय तदिह भ्रातः॥ ८॥



***Who is your wife?
Who is your son?
Extremely strange
in this sansara.
Who are you? Of
whom are you?
Where have you
come from?
O Brother, you dwell
upon these truths.***

The man and woman come together in a particular association called marriage, but this is not meant merely for seeking pleasures in life. In this alliance each becomes a complement to the other. The relationship helps them discover the inherent oneness and harmony that obtains between them in spite of their obvious duality at the level of the body, their individual personalities etc. This association is meant to achieve another goal in life, the worship of Govinda- the Lord.

There is a word in Sanskrit for Marriage and that is “Vivaha”. Like every Sanskrit word, even this word has much deeper meaning that many know. Vi stands for subtle or divine while Vaha means a vehicle. Vivaha in the true sense is a vehicle for one to travel to liberation. The basic idea of marriage was to supplement each other to achieve the ultimate goal of liberation. If you look at it, you can realize that we all have taken birth on this planet because we are incomplete. If we were complete we had no business to be on this earth at all. The whole life experiences are to make us enriched in knowledge and purify ourselves to go back to our basic state which was divine. If we keep on correcting ourselves, probably it may take a much longer time and efforts to achieve this state. So, one needs to take help of someone who does not have the same weaknesses as one self. Even we are climbing a stiff mountain, we need to hold hand of someone with us so that it becomes easier for both to travel. The efforts are less as compared to going it all alone. Somewhere that idea was lost and what we see today is a distorted idea of marriage. No wonder we see all around the disappointments, disillusion, meaningless involvements in the name of relationships. One truly needs to understand that relationship is only a means – a vehicle- and not the destination. The correct understanding may put the relationships in a right perspective.

Looking at it, one can say that no relationship barring that of a mother and a child, has come from your birth. All relationships are creations of humans. As we started feeling lonely and fearful we started relating with the people. A group of people gave us some secured feelings. Hence the base of all relationships is the insecurity or fear. What else one can expect from relationship which has started with a fear and insecurity as its launching pad, but a sense of possessiveness and entanglement? We all have forgotten that relationship is like a process, it has a beginning and of course an end. The moment you classify this as a process it definitely has a beginning and the end. It is like many travelers travelling in a train together. They are related to each other sharing the same vehicle called train and of course the time required for travel. But this is not a permanent phenomenon. Each one may have a different destination, decided by his/her destiny. They will all step out of the train when their destination comes and the relationship is gone. The train and travel continues thereafter. The new passengers may take their seats and you will enter into some more relationships, may be better than what they were or may be even worse. The wise person does not cry over such things. Only those who have forgotten that we are all travelling together with possibly different stations of boarding and different stations of alighting may feel sad and sorrowful for losing these relations.

The author here just wants the reader to ask some basic questions to himself. Who am I? A philosophy made popular by none other than Ramana Maharshi- a saint in last century. Keep on asking this question and you will find that even you are a big illusion. If you are an illusion then everything that has related to you can't be a truth. They all become illusions. As a great scripture of Shri Gurucharitra puts it, “it is only a bubble”. It is going to burst one moment. What you call as your spouse and children in this life were possibly not there in your last life and may not be there again in your lives to come. You had different sets of relatives in your past lives. They have all gone and you have forgotten them without any remorse or any sorrow. Even the relatives that you have in this life to whom you are so involved emotionally may not be there after some time and you will not even remember them. The root cause of all your sorrow and sadness is your getting connected to impermanence.

The only truth and eternal is the Lord. The author says that get connected to someone who is eternal so that you will never have to cry of separateness. Getting connected and staying connected with that divine, eternal immortal space is the only wise thing to stay away from all sorrows.



Shiva heals you

Distance Healing

By Vivek Pandey, Baroda, India

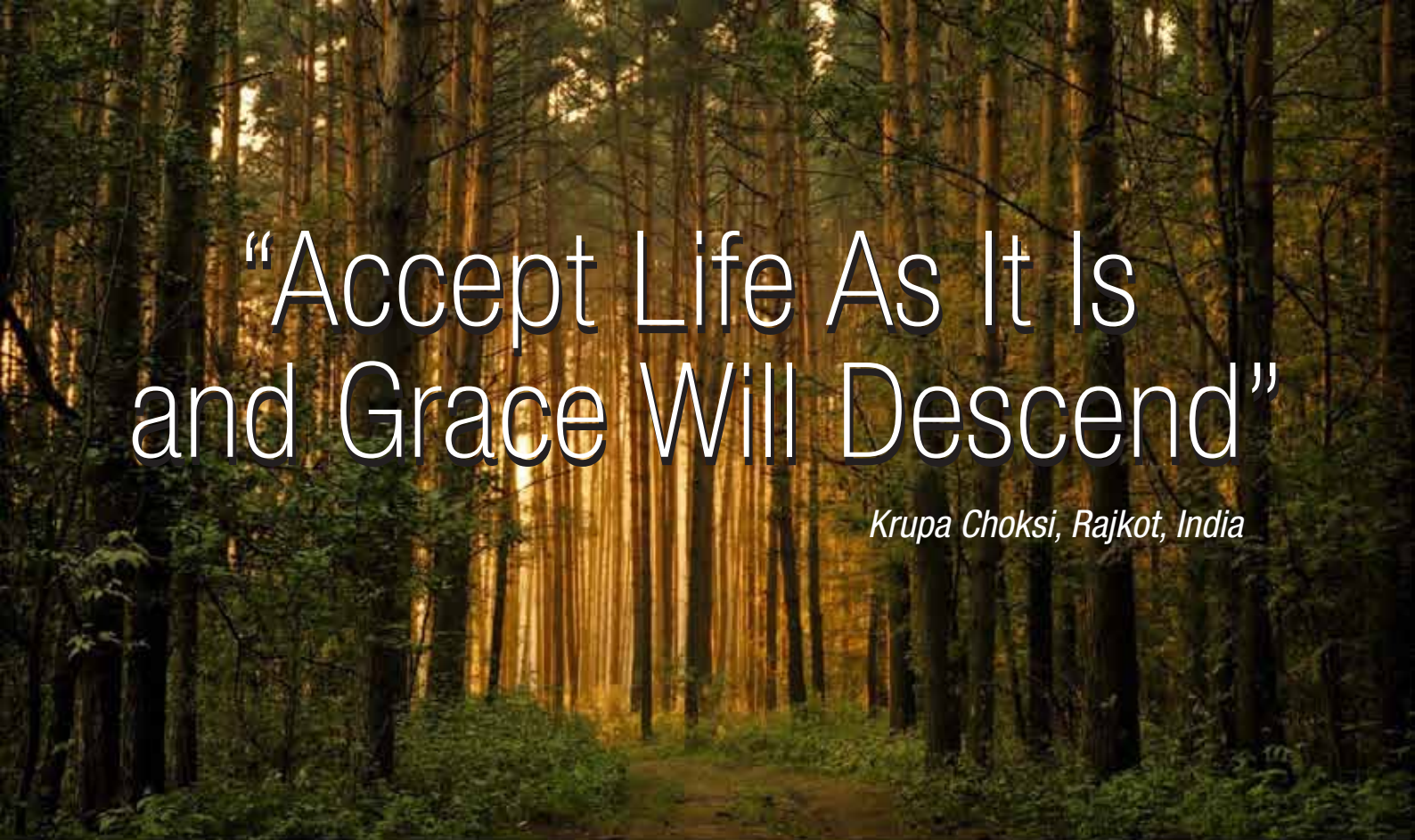
As Reiki Sadhaks, we encounter many people in our lives every day. Some of them come up with complaints of disease or ailments (major or minor) of their near and dear ones living far away from us, while many even redress their grievances on the phone call, whereby we have to rely on our vivid imagination for the purpose of sending 'Reiki' for the well-being of the concerned person. Whatever be the case, it becomes our duty as 'Second degree channels' to offer the least (should I say the only) possible help that we can render. And then begins a wonderful process of drawing the three holy symbols of the Japanese language and we oblige the other party with a job well done. In cases falling into the category of near and dear ones, a sort of a verbal assurance also accompanies the ritual, (after the sketching part is over) that the patient will be healed or the case will stand resolved for the ultimate good.

Sounds easy and it is indeed easy as a matter of fact. However, 'Distance Healing', is not just about learning second degree, drawing the three symbols and considering the job done, there are some technicalities involved in it which I would like to fetch your attention to. Continuing in this regard, I would like to touch upon two different words, "Telepathy" and "Clairvoyance".

The term 'Telepathy', because of its forced usage over the years means thought-transference. However on closer examination, we find that it is made up of two different words, 'Tele' and 'Pathy', which literally translated come to a meaning of 'knowing pain at a distance'. Its counter-part 'Clairvoyance' on the other hand has a far wider connotation than telepathy. They cannot be looked upon as synonyms. Clairvoyance will always call upon the functioning of higher faculties of our existence. Whereas 'Telepathy', is more of an

ordinary phenomenon which can happen with just about anyone. Even an exchange of glance between a husband and wife leads to thought transference (or glances being exchanged in any other relation). Whereas clairvoyance on the other hand will surely depend upon the how far or deep you have travelled into the spiritual realms. When you are clairvoyant the distance ceases to exist. All the relative phenomenon end. You become a whole (at will or otherwise), duality comes to an end. You actually know that a person, who may be at a so called distance is going through. Your astral planes somehow become capable to recognize the location and the root cause of all pain and suffering. Telepathy needs no universal mind, but for clairvoyance you surely land up into that astral plane whereby you become the universe as described in the Upanishads. Telepathy (as far as I understand) has something to do with our physical energy (Solar plexus), whereas clairvoyance is a higher plane phenomenon (may be third eye or heart chakra or both).

Many other things also need to be researched while understanding this phenomenon of distance healing., viz the state of mind of the recipient, the role of an individual's consciousness, how compassionate the heart of the sender is and so on. I am sure the results of distance healing would vary in each case. So let us also make an attempt to understand this beautiful experience of sending and taking reiki at a distance also, while continuing with our daily routine of sending reiki to others. I am sure this will not only enhance our experience of giving and taking reiki but will also increase the number of patients being healed through a distance. Let us raise our own consciousness all the time to heal people at a so called distance. Let no distance remain for us to reach any human being on earth. An appeal to all!



“Accept Life As It Is and Grace Will Descend”

Krupa Choksi, Rajkot, India

From 3rd July to 9th July, 2014, I had a chance to do Gurucharitra in our Ashram in the new room build specially for Gurucharitra which is besides our Learning centre. I was enjoying my stay in that room in isolation. The next day, I was sitting near the door which opens on the back side of our Learning centre. I was sipping tea and enjoying nature, lush green trees, chirping birds. It was a very serene atmosphere.

I was looking at 30'ft Nilgiri trees and suddenly I got a thought that what did these trees do to grow? And I got an answer that they did nothing. They remained where they were and withstood all the whether viz summer, winter, monsoon, spring and autumn. Whatever happened to them, they just allowed it to happen. They withstood mighty storms, thunder, rain and lightening, etc in surrender. Someone might have sown the seed and it came out as a beautiful tree just by withstanding everything in its life.

This is what we need to do in our life. Just allow whatever happens in life. Do not label it as good or bad. If tree would have termed autumn as bad or stormy wind as bad happenings in its life than it would have never grown into a beautiful tree which is giving shade to a number of people today. Unfortunately, we cannot do this as we get attached to every event of our life. We have become so unnatural that we either remain in past or in future. If it would have got attached to happy days of spring and started brooding over stormy nights, probably it would have never grown so beautifully.

What we have to learn over here from a tree is to just be in present and accept whatever comes to us. I am sure you will have a question that does that means we should not plan our future and should not have any desires/ wishes? The answer would be that of course, you can do planning and have desires and can also make efforts it to achieve it but do not get attached to the results. If things happen as per your plan than rejoice as if it goes against your plan than also rejoice thinking that divine plan is working for you. We get upset only when we do not accept happenings against our wishes and become unhappy, restless and finally diseased.

Guruji says the same thing about Sadhana (spiritual Practice). He says sadhana is nothing but to wait in the place where you are. When appropriate time will come divine Grace will descend and you will be taken further. We are bound to grow as the Universe is expanding every moment. With the passage of time we grow physically, emotionally, mentally, intellectually and spiritually.

If we make interference in energy body by blocking ourselves with ego or incomplete emotions, memories, mental blockages we cannot grow naturally. Unfortunately, we do not understand this and create blockage in our own growth. So have awareness and just continue your reiki, meditation, agnihotra, etc. as all these help us to stay at a place and withstand everything, till the time grace descends.

CAN'T GOD SEE INJUSTICE?

Telangan

Good and Honest human beings always suffer in life by pain, poverty, sickness, and hardship; in contrary we find most dishonest, corrupt and fake people enjoy, all material pleasures, accumulating wealth and easy life. We start losing faith and our mind starts wandering from the bhakti immediately. We think why can't god see it, how can he allow injustice?

In reality it is not like that. Neither god is blind nor he allows the injustice. All karma bears fruits and everyone will have to accept them. King Dasharatha was father of Rama. He accidentally killed Shrivankumar while hunting and to fulfill that karma, he had to suffer after so many years. He died in pain to see his own child, Rama leaving him. Rama as a god could have easily saved his father and no one could have ever objected but he never did it. This is only because even god will not interfere the law of karma.

Every physical or mental activity creates karma. There are three types of karmas. One that is called **Kriyaman Karma**. This gives us fruit immediately. When we are hungry we eat and the hunger departs, we touch fire and get burn, that karma immediately gets fulfilled; whether we like it or not, we have to bear it immediately.

The second is Sanchit karma. The karma, provides fruit after some time is called Sanchit karma. This is like a fixed deposit, after the maturity we get back all

savings from the account along with the interest. Or it's like an exam paper, we get the result after a month or two. When king Dhrutarashtra lost his 100 sons in the war, he asked lord Krishna with pain, why I have to see my sons dying like this? Krishna had given him the *divya drushti* a sight to see the past birth for a while. He saw that he was a poacher (Bird catcher) in past birth and he had set a huge tree on fire, some birds could fly off, while many baby birds died in that fire. This Sanchit karma waited very patiently for next 50 births and made him go through the same pain of parent birds. **When Sanchit karma gets matured and ready to release the fruits; it is called Prarabdha Karma.**

This law is very simple; '**we get from what we sow**'. If we have done fifteen good karmas and five bad. We will not be able to reduce our five bad karmas and just get fruits of ten good karmas. We will have to accept both. That's why we are some happy and some unhappy moments in life.

When we see dishonest people healthy and wealthy in this life; it's only because of their good **Prarabdha Karma** they get all pleasures of life but the dishonesty of this birth keeps adding to their **Sanchit karma** as well. Similarly honest, good people around us have some terrible Prarabdha Karmas of past birth releasing fruits of pain in this birth but whatever good karma they are accumulating in this birth will generate results sometime and that is beyond doubt. **With help of Guru we can create good karmas in this birth to enjoy good Prarabdha. God can see every thing and he helps us through Guru to fight back with some sad moments in life as well.**

Celebrations

Bharat Thakkar, Chicago, USA

The day you see rose petals shower from sky
that's the day of celebrating our mutual understanding
that no one can pull us apart except the death
When the heavy, dark, distraught clouds gather
with a lion-like roar in the sky
understand that it's a day to observe sorrow
for unknown sorry events
When acres of forests are uprooted
when fires burn on incessantly
when rivers are rising beyond control
when full moon bays to mad-men
understand that the day is born
to bear all sadness in the world
On a clear day you see sleek streaks
slipped from jets slicing the sunny sky,
it's a quiet, peaceful, uneventful day...
Celebrate that day...
Observe its silence...and
be grateful of everything you have.

This seems more like a prayer than a poem. The last sentence sums up the whole essence.. Be grateful of everything you have. That acceptance makes a huge difference in one's life if one wants to be really happy in life. What impresses here most is the way a poet is looking at each day separately. A kind of Just for today approach! Here he has shown various hues and shades of nature's moods and the way humans can interpret the same relating to human lives. The interaction between humans and the nature is very scintillating and exciting affair. Humans had that instinct of reading nature and adjusting their lives accordingly in the past, the instinct which we have seemed to have lost. We are more busy today in fighting with the nature than being friendly.

A woman with long dark hair, wearing a white dress, is floating in a bright blue sky filled with soft white clouds. She is looking upwards with her arms slightly outstretched, as if reaching for something. The overall mood is dreamy and ethereal.

Among the Stars

Shivani Karnataki

On a hushed cloudy night, stars twinkled in the sky.
Staring all above, wished I could fly high.
Alone lying on the ground, I wondered about Him,
Would He be sleeping, busy in a dream?

The memory just struck me, a promise He had made.
A promise made for an eternity, sometimes feels like I'm caged.
To be with me eternally; like now I need his care,
The warmth of His arms around, it did seem fair!

Not out of duty, but all by His choice.
I closed my eyes and imagined, only to realize
The promise still unbroken, yet unfulfilled,
Even if I'm left broken, I know I'd be healed.

I looked beside me, a shadow walking past,
Closer it appeared to me, pacing indeed fast.
"I'd never break your vow", so I heard it say;
It was God I noticed then, shining like a ray.

Fear vs Love

Fear believes....there is never enough.
Love believes....there is plenty for everyone.

Fear believes....the worst about people and situations.
Love believes....the best about people and situations.

Fear believes....there is only one right answer.
Love believes....there are many ways to understand something.

Fear believes....you have to change others through manipulation and coercion to get what you want.
Love believes....real change comes from the heart, starting with your own heart.

Fear believes....things will never change.
Love believes....any situation can be transformed by the power of Love.

Fear believes.... that everything must be mapped out ahead of time.
Love believes.... that you can trust the process.

Fear believes....in negative thinking.
Love believes....in positive choice.

Fear believes....the damage is done.
Love believes....healing can happen.

Fear believes....if you're not a success by now, you must be a failure.
Love believes....you're only a failure if you give up on your dreams.

Fear believes....I must do everything on my own strength.
Love believes....there is a Higher Power that wants to help me.

Fear believes....that everything needs to be hyped.
Love believes....in quiet strength and simple faith.

Fear believes....life is cheap.
Love believes...life is precious.

Fear believes....it's too late.
Love believes....it's never too late.

Fear believes....the situation is impossible.
Love believes....a solution can be found.

Fear believes.... that fifteen minutes of fame makes you important.
Love believes...we are all important.
Fear believes...people are disposable commodities.
Love believes...people are sacred.

Fear believes....in proving your own superiority over others.
Love believes....in honoring the greatness in others.

Fear believes...no one is listening and no one cares.
Love believes....in prayer.

Fear believeseffort is only justified by outward success.
Love believes....sometimes we need to do something for its own sake.

Where there is great love, there are always miracles.

Top 8 Health Benefits Of Coconut



In addition to lending delicious flavour to cooking, coconut offers amazing health benefits to the body.

Aptly titled '*kalpa vriksha*', the coconut tree provides a nutri-

tious source of food and drink such as fruit (the inner fleshy part also known as coconut meat), milk and oil which are extensively used in Indian cuisine. Coconut is a powerhouse of essential nutrients like vitamins, dietary fibre and minerals providing wide range of health benefits. Although this functional food has been widely used in traditional medicine, its amazing benefits have been recently unlocked. Here are eight reasons coconuts are great for your health –



It is good for your heart

Being low in sodium and high in potassium, coconut is an excellent food for people suffering from high blood pressure. As coconuts contain no trans fats and are gluten-free, they are loaded with high amounts

of dietary fibre, and are good for your heart. Coconuts not only improve the cholesterol ratio in your body, but also protects your arteries from damage. Read more about Top 7 foods that can help bring down cholesterol

It helps in weight management

Coconuts are rich in fibre and low in calories which means that they make you full faster, and in turn beat hunger pangs. It also increases your metabolic rate thereby promoting weight loss. They not only prevent obesity but also its related health complications. Read about strength training exercises for weight loss



It aids in better blood sugar control

The presence of fibre in coconut slows down the release of glucose into the bloodstream which in turn lowers the blood sugar levels and controls other complications caused due to diabetes. Apart from that, they also help reduce the amount of strain on the pancreas, helping them function optimally. Read about 10 ways to control diabetes naturally



It protects against infection

Coconuts are loaded with a myriad of healthy nutrients which boosts immunity and keeps diseases at bay. It also has antibacterial, antiviral and antifungal properties that help protect you from a wide range of infections and support your overall immune functions. Read about 5 amazing tips to improve your immunity

It improves digestion

Most of us are unaware of the fact that coconut is an excellent source of good fats (MCTs – medium chain triglycerides) which are beneficial for people with digestion problems. It also improves bowel movement and digestion in addition to helping in nutrient absorption. Read more about how wrong food combinations can lead to indigestion and gas



It prevents skin infection

The application of coconut oil or milk topically helps in shielding the skin from various infections in addition to combating symptoms of skin infections like dermatitis, eczema and psoriasis. It acts as a natural aid to prevent sagging skin, age spots and wrinkles along with softening your skin. Coconut not only helps maintain the chemical balance of your skin but also provides protection against harmful UV rays. Read about tips to manage common skin problems in teens



It promotes hair growth

Coconuts and their by-products are undoubtedly the best natural aids when it comes to promoting hair growth and preventing hair loss. As coconut milk is loaded with a wide range of healthy nutrients, using it on a regular basis reduces hair loss and hair breakage. Also, applying or massaging coconut oil to your scalp makes your hair strong in addition to controlling dandruff and promoting hair growth. Read about yoga poses to prevent hair loss



It gives your energy levels a boost

In case you are feeling tired or stressed out, have a few pieces of coconut to boost your energy levels naturally. It is one of the best nutritional sources of instant energy that improve physical endurance as well as athletic performance. Coconut also helps in relieving symptoms of chronic fatigue syndrome in addition to providing extra energy.



Ashram Wisdom

Invariably this word is used when one is not well and is undergoing some therapy or other. People ask, "What treatment are you taking? Or what treatment is being given to him/her?" Honestly this word is not related to therapy alone. In our day to day lives also we treat each other. How do we treat people? That is one question which can possibly give answers to many questions about healing. If each of us give a right and compassionate treatment to everyone coming in our lives, possibly nobody will ever fall sick and need to be treated medically. One treatment which is before "we" make people sick and the other treatment is where "we" try to make them alright. That is an irony. In Ayurveda, they see every medicine or even food is a potential poison. Ayurveda does not treat anything as good or bad. If poison is treated properly it becomes a very potential medicine or a potential food. If food is treated badly, the same food becomes a severe poison. So ultimately it boils down to how we treat others. Healing is not a separate process but it is only an extension of day to day life practice. In Sanskrit the medical treatment is called as Upachara. The same word is also used to depict the formalities or rituals or a code of conduct drawn for inter human relations. Treatment is basically your attitude towards the things or fellow beings, more than the approach as it is made out to be. So coming back to medical process, it is the attitude of a healer or a Doctor that decides the quality of healing more than the instruments and technology used. A simple positive attitude can help one to remain healthy in day to day life or become healthy in case of any ailment





Ganesh Festival at ashram

The Ganesh Festival was celebrated as usual at ashram on 29th and 30th August 2014. The 21 avartanas (cycles) of Atharva Sheersha were chanted by sadhaks in ashram on 29th August. Sadhaks gathered in large numbers for Maha Aartis on both the days. This time the idol was created by Avdhut Potphode our sadhak artiste. The Ganesh idol was carrying a musical instrument (Veena) in his hands. The celebrations ended after one and half days on 30th August when Lord Ganesha's idol was immersed in the local river.

Parenting Program EPIC (Empowerment for Parenting Initiative and Challenges) At Mumbai centre

EPIC program launched by the Shri Swami Samarth Sewak Pratisthan is getting popular day by day. The program was conducted in Borivali, Mumbai on 16th and 17th August. This was attended by 30 participants including some people outside Reiki family.

Programmes Schedule for September 2014

Reiki Seminars

Dates	Reiki Teacher	Location/Centre	Degree
6th & 7th September	Seemaben	Rajkot	1st
6th & 7th September	Vishal	Mumbai	1st
6th & 7th September	Sangitaben	Baroda	1st (For Children)
13th & 14th September	Kalpita	Devrukh	1st
13th & 14th September	Ajit Sir/Seemaben	Thane	2nd
13th & 14th September	Krupa	Baroda	1st
20th & 21st September	Rakesh	Airoli	1st
20th & 21st September	Vishal	Pune	1st
20th & 21st September	Bhartiben	Ahmedabad	1st
27th & 28th September	Krupa/Bhartiben	Jaipur	1st
27th & 28th September	Kalpita/Seemaben	Nashik	2nd

Social Education Programs

Parenting Seminars EPIC

Date	Centre	Faculties
6th & 7th September	Delhi	Ajit Sir/Krupa/Ashwini
20th & 21st September	Baroda	Ajit Sir/Krupa/Ashwini



Reiki Training for Senior executives in Wendt India Ltd & CUMI, Bengaluru

Reiki training session was held in Bengaluru introducing the power of Reiki healing to top 12 executives of Carborandum Universal Group companies Wendt India and CUMI in Bengaluru on 22nd and 23rd August 2014. This is one of the few seminars held in corporate environment.