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Reiki Vidya Niketan

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Omkar Meditation on Chakras

(by Ajit Sir)

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- ♦ Sit straight with spine straight, base of the spine little raised from the ground.
- ♦ Keep your eyes closed and observe your breath.
- ♦ Take attention to Root Chakra, chant 5 Omkars each with extended M in Omkar, extended O in Omkar, Soft Omkar unpronounced and Bhramari Omkar (with your index fingers in ears) respectively, After that chant loudly "Lumm"
- ♦ Repeat the same procedure for all other chakras but with different Beej Mantra (than Lum) as : Vumm for Swadhisthan, Rumm (for Manipura), Yumm (for Anahata Chakra) Humm (for Vishuddhi) Kshumm (for Third Eye) and finally Aumm for Sahastrar Chakra respectively.
- ♦ When you are in Root chakra, you are likely to get different smells of things around, on Swadhisthan (some taste on your tongue), Manipura (Beuatiful scenes around), Anahata (very fresh puff of air), Vishuddhi () Third Eye (a bright flame) and on Sahastrar (a smell of Sandalwood and Rose).
- ♦ Thereafter just relax for 5 minutes and open your eyes.

A Path with the Heart...

Any path is only a path, and there is no affront, to oneself or to others, in dropping it if that is what your heart tells you... Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself, and yourself alone, one question... Does this path have a heart? If it does, the path is good; if it doesn't it is of no use.

Carlos Castaneda "The Teachings of Don Juan"



10th Anniversary Celebrations..



Devrukh ashram completed 10 years of its existence on 15th March 2010. Guruji decided to keep this event on low key as he felt that growing only in terms of years is not an achievement at all. Everyone grows with time, good or bad. Hence though the sadhaks wanted to celebrate in a big way Guruji wanted then to channelize their energies more inward and increase their sadhana and offer more sewa for the noble cause of healing. Hence the event was celebrated like any other anniversary. Panchkundi Gayatri Mahayagna was performed on this occasion on 15th March by a group of sadhaks from Gayatri Pariwar (Hardwar) at a specially erected Mandap behind Goshala in ashram premises. The honour of hosting these Kundas was offered to 4 senior couples who have done a lot for the ashram to reach its current status. The 5th Kunda was managed by a young sadhak couple to represent the generation which is active in ashram affairs.

Kalash Yatra and 1008 Deep Yagna



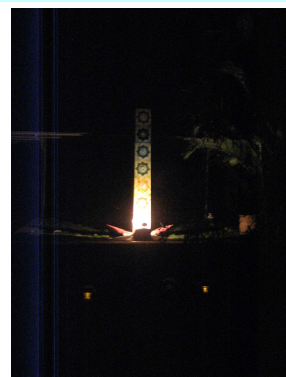
Though the Gayatri Mahayagna was performed on 15th March, the rituals started on 14th March itself. On the evening of 14th March, more than 100 female sadhaks took part in a Kalash Yatra where the Kalasha (with pure water from The Ganga) was carried in procession which traveled through the entire ashram premises and ultimately terminated at the Yagna Mandap for the Gayatri Mahayagna. It was a great site to have so many female sadhaks dressed up in traditional attires and creating a Devi Chaitanya in the environment. The Poornahuti was performed on the next evening with a Deep yagna where 1008 oil lamps were burnt in the form of Sun. The energy which got created was worth experiencing. It was like a formless Reiki had taken a form at the ashram place.

*You can make
the sound of two
hands clapping.
Now what is the
sound of one
hand?*

*Koans of Zen
Master*

Chakra Stambh Inagurated..

In our last newsletter, we had informed you about the installation of Chakra Stambh at Devrukh ashram. The stambh was fully ready and opened for sadhaks to perform chakra meditation (which was newly created by Guruji) sitting in front of that. The stambh or column giving a full information about human energy centres and their features is lit by lamps from below and above (representing Kundalini and reiki respectively)



Hindu New Year and Shree Swami Jayanti..



This 10th Anniversary year was really special as for the first time in the history of the math, the anniversary was immediately followed by

the Hindu New Year (Gudi Padwa as it is known in Maharashtra) and Shree Swami Samarth Jayanti. So the days starting from 14th to 17th March became a big celebration period at the ashram. Gudi, a long pole with a copper pot and a flag was hosted at the ashram's remises in a traditional way worshipped by the sewekaris in the ashram. Sadhaks who had assembled from all over wished each other a very happy new year.

The new year day ended with a concert of divine music performed by a group Swar Sadhana led by our student Shri Jitendra Mistry. That was a delight to the ears of music lovers and will be remembered for long years. On the Swami Jayanti day on 17th March, sadhaks did a Swami Namasmaraan for the whole day by rotation and even the Guru Lilamrut was read the whole day. Kirtan enacting the story of Swami's manifestation in human form was organized in the night.

Musical Concerts at the Ashram

Music has its own place when it comes to celebrations. No wonder the 10th Anniversary of the Math at Devrukh also has some musical concerts as a part of celebration programme. Concert by the sadhak singers like Bindiya Pandya, Ajay Trivedi and others set the ball rolling on 14th March evening. On 15th March, the actual anniversary day, Jairam Athalekar and Veena Athalekar took the audience to divine heights through their melodious songs. It was like a heaven descending on the earth that night. This sadhak couple is bestowed with divine voice. Jitendra Mistry and his colleagues in his Swar sadhana Group ended the music festival on 16th night. This musical feast for 3 consecutive days satiated the musical thirst of the audience and will be cherished for long in the village of Devrukh.



New Website for Reiki Vidya Niketan launched

The sadhaks in India have taken initiative to launch a website for Reiki Vidya Niketan India so that all information regarding our activities is available to all those interested. This website will also make it easier for sadhaks to register themselves for various programmes that the trust conducts from time to time as well as to have an access to all the information on Reiki Healing Practices. The sadhaks can also access all the meditations and insights which will be posted on this website soon.

The site can be accessed by typing www.reikibrahma.org The site will be fully operative this month.



*The results of
Modern Physics have
opened up two very
different paths for
scientists to pursue—
to the Buddha or to
the Bomb.*

*Fritjof Capra in
The Tao of Physics*

Miraculous Powers of Mahamrutyunjay Mantra

Ms Indu Sharma from Human Consciousness & Yogic Science department, under the guidance of Dr Pranav Pandeyaji and Dr Himadri Savana has presented a research paper in tenure of Jan 2004 to June 2004 on “Experimental Study of Mahamrutyunjay Mantra sadhana on Stressfulness” in Dev Sanskriti university.

The following is the gist of the above research based on the research paper published.

Human brain activities can basically be classified as (1) Memory, (2) Contemplation and (3) Emotions. Though people differ in degrees of strength in the fields of memory and contemplation no such degrees can be assigned to emotions. Life is nothing but emotions and it is a common knowledge that the emotions have a large impact on physical level and mental conditioning of the humans. According to Pt Shriram Sharma Acharya, the aggressive emotions like Anger produce toxins in the body while the emotions like love cause desirable effect on mental and physical states of consciousness.

A report of WHO estimates around 400 million people suffering from mental disorders in the world. The latest study of Indian academy of clinical Psychiatry estimates 50 million Indians to be suffering from mental disorders which is about 5% of Indian population. Besides, up to 40% of the patients ailing from physical health problems are reported to have the roots in mental imbalance.

Dr William Cool from England has used the word mental stress for the first time when he classified different diseases in the year 1769. Mental stress is developed due to worries and fears of facing problems in daily life. (Kapil 2000)

Mental stress is a mild kind of disorder which creates severe health problems. It causes imbalance in individual & social life. It creates inner conflicts & blockages leading a psychiatric treatment. There are many therapies now, to attain to these problems, like Psychotherapy, Allopathy, Ayurveda etc. Allopathy is likely to lead to side effects while Ayurveda does not have a great track record on this count. Psychotherapy is reported to cure such diseases partially & there are relapses of symptoms on recurrences of stimulant situation. For solving this problem this research study experimented on the use of Mantra—Japa sadhana which is very simple and effective. The yogic practices believe that the human existence is made up of 5 basic elements which face problems on Mental, Physical and Emotional plains. The karmic sanskaras lead to sufferings in spite of balanced diet & life style.

The ancient science suggest the Mantra like Mahamrutyunjaya Japa to prevent and rectify the Mental disorders. (Dr. Rudradev Tripathy, 2002)

Objective: To observe the effect of Mahamrutyunjaya japa with the help of a set of 7 parameters.

Research Method:

- (A) **Sampling:** Method of random sampling was used by Mahavidyalaya Shivanand Nagar, Tihari Gadhaval & Punjab Sindh Dharma Shala, Rishikesh. A group of 40 members in the age limits of 18 to 40 yrs and the academic qualifications ranging from Std XII to M.A was chosen.
- (B) **Tools:** Tools used to measure Mental stress of these members in the experiment were: Adjustment Neuroticism Dimensional Inventory (ANDI) designed by Dr. Ramnarayan Singh and Dr. Bhargav in 1983.
- (C) **Procedure:** Initial evaluation of all 40 members was done using ANDI. The group members performed Mantra Japa everyday for 40 days. They were given the same test after that. The statistical data of the same was measured by t – test and analysis given below.

Results and Analysis:

Table 1: Levels of Inferiority Complex

Group	Mean	SD	r	t value
Pretest	7.15	1.54	0.67	4.59
Posttest	5.90	2.29		

N = 40; df = 49; Significance at 0.01 level.

It can be seen that the level of Inferiority Complex dropped from 7.15 to 5.90.

Table 2: Levels of Mood Swings/ Fluctuations

Group	Mean	SD	r	t value
Pretest	7.68	1.47	0.60	5.27
Posttest	6.50	1.64		

N = 40; df = 49; Significance at 0.01 level.

One can see the changes in the levels of Mood Fluctuations being decreased to the level of 6.50 from the initial level of 7.68 by performing the Mantra Japa Sadhana by Mahamrutyunjaya Japa.

Table 3: Levels of Anxiety

Group	Mean	SD	r	t value
Pretest	8.05	1.22	0.67	7.84
Posttest	6.67	1.44		

N = 40; df = 49; Significance at 0.01 level.

ॐ त्र्यंबकम् यजामहे
सुगंधिम् पुष्टीवर्धनम्
ऊर्वारुकमिव बंधनान्
मृत्योर्मुक्षीय मामृतात्

The original Maha
mrutyunjaya Japa.

As can be seen from table 3 on the previous page, one can observe that the anxiety level are reduced from 8.05 to 6.67, indicating the effectiveness of Mantra Japa on the anxiety levels of the sample group.

Table 4: Levels of Depression

Group	Mean	SD	r	t value
Pretest	7.70	1.50	0.64	5.42
Posttest	6.53	1.66		

N = 40; df = 49; Significance at 0.01 level.

From the above table one can observe the decrease in the level of depression from 7.70 to 6.53 after the chanting of Mahamrutyunjaya Mantra.

Table 2: Levels of Dependency

Group	Mean	SD	r	t value
Pretest	7.10	1.48	0.82	6.74
Posttest	6.10	1.59		

N = 40; df = 49; Significance at 0.01 level.

One can see from the above table that the level of Dependency decreased considerably on chanting of Mahamrutyunjaya Japa by members of sample group. Similar experiments were conducted on the aspects of guilt & health consciousness which also showed significant decline of these respective levels.

Mantras are nothing but the sound vibrations which has the resonant effect on the vibrations of mind frequency. This leads to a positive effect on emotions and contemplations, also balancing the endocrine system and hormones in the process restoring physical and mental health.

In formation of Mahamrutyunjaya Mantra different energy quanta are woven together. While chanting this Japa, different part of mouth such as Tongue, sound box, Palate etc. are used and these vibrations are spread throughout the whole body. The glands on the path are activated and energised. According to Maharshi Vashistha, 33 letters in Mahamrutyunjaya Mantra represent 33 energy bodies or frequencies connecting to 33 different organs within the body.

Conclusion: Mahamrutyunjaya Mantra strengthens mind and the physical body and brings harmony in human life activities. This harmony leads to peace and happiness of the whole existence of the human being.

(The article is based on the original article printed in Gujrati Magazine Yugshakti Gayatri of August 2009)

Interesting Information on Omkar....

In the SOM Meditation one is supposed to be meditating on omkar because it is believed that this is the basic sound vibrations from which the whole universe was created. Even the modern science, has started believing that the figure of Om worked like typical machine in the sense that it has a desirable effect on the metabolic system of the body as well as the dimensions of each cell.

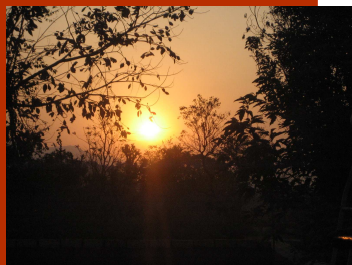
Generally, Om is written horizontally in the devnagari script. However, we need to use the figure of Om which is vertical as stipulated in Mandukya and Mundaka Upanishads, for the sake of meditations. This has also been described by Saint Dnyaneshwar. This figure looks like a person sitting in meditation. The point at the apex position is a witness. While meditating the sadhak is supposed to listen to that point which can be heard from the environment. As you can see from the figure, the A part of the figure is of long wave, the U part is of medium wave and the M part is of short wave. In most of the languages of the world, A (pronounced as the first letter in "our") is depicted by 2 semicircles laterally placed. The semicircle is used for U (pronounced as the second letter in "out") and M (pronounced as the first letter in "mother") In the Brahmi script, Omkar is written in vertical figure, and the research has confirmed that Omkar is connected to the sound vibrations and the gentle touch of the air to the throat. Hence looking at Om and its chanting truly resonates the body vibrations and bring about the balance in human body existence. Not only that, when Omkar is chanted with absolute calmness and in a particular rhythm it creates an echo from the environment which balances the metabolic system of the body.



Om is all pervasive, omnipresent. Experiments have proved that Omkar is there in various parts of the body. E.g. the vibrations of Omkar are experienced in the place between the eyebrows, the lips and even on the backside of the body. When the coastal areas of various countries all over the world were examined the shapes similar to Om are seen. Different religious beliefs have accepted the divinity of Amen, Amin etc which are considered to be the derivatives of OM. The base of OM is A. When you chant A (pronounced as first letter in Our) and try to stop that the other two syllables U and M appear. Opening the mouth and saying A leads to the first syllable, the moment you make your lips in a tube form U is formed and if you close the mouth, the M is formed.

If you keep the figure given here and chant OM while contracting your stomach in and expanding it out, is the best way to meditate on OM. The primary purpose here is to heal oneself by chanting OM as a therapy. When you sit on the floor, crossing your legs and then putting your palms on your knees will automatically make you look within, facing your true existence with all the virtues and weaknesses. It activates the meridians (the channels of energy) within the body, but mind you it does not excite the same as some people wrongly understand. It is not that you will be free from disease immediately on completing the meditations but the process of healing definitely begins.

Omkar can be chanted in 3 ways—soft, hard and balanced. The soft Om helps in the problems related to cough as well as to reduce the weight. It also helps in balancing the hormonal system and hence is useful in problems like thyroid, pituitary etc. the hard Om helps in digestive problems while the balanced Om helps in neurological diseases. If done with bhramari pranayam it helps in all diseases.



*From the unreal, lead
me to real!*

*From darkness lead me
to light!*

*From death, lead me
to immortality!*

**Brihad-Aranyaka
Upanishad**

Ashram Wisdom...

“When you take something from someone on rent for usage and if something goes wrong with that what do you do?” asked Guruji to one of the students at ashram in morning session at ashram when he was complaining about a pain in the leg. “Complain to the owner” retorted the sadhak. “Do the same thing now” said Guruji to that sadhak. “The body is not owned by you, it is only rented from divine. Do not try to interfere with it as you would not do with rented stuff when it goes wrong. Let the owner correct. Of course that is valid if you pay a rent regularly.” “What is a rent?” The same sadhak asked. “Do sadhana every day. Keep yourself cleansed every day. That will give you a right to complain and correct your body whenever something goes wrong. No technique heals. All techniques basically connect you to the owner for HIM to correct your existence. It is the space which heals.”

Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	3rd & 4th April	Rajkot	Seemaben	1st
2	3rd & 4th April	Rajkot	Ajit Sir	2nd
3	3rd & 4th April	Ahmedabad	Bharatiben	1st
4	10th & 11th April	Mumbai	Ajit Sir	1st
5	17th & 18th April	Baroda	Ajit Sir	1st
6	24th & 25th April	Delhi	Ajit Sir	2nd
7	4th & 5th May	Devrukh	Sangeetaben	1st (Children)
8	8th & 9th May	Devrukh	Ajit Sir	1st

Reiki Feedback Form....

After 13 years of Reiki teaching, Guruji has now initiated a research on the efficacy and meaningfulness of Reiki teaching. The survey is being conducted among all the Reiki sadhaks who have learnt Reiki with Reiki Vidya Niketan. The form has already been sent to you all on reikibrahma network. Kindly fill the same and submit. For those who do not have mail services available (an there are just too many) our sadhaks will be personally contacting them to collect their feedback. Kindly co-operate.