

REIKI VIDYA NIKETAN,  
SHRI SWAMI SAHARSH HATH,  
DEVRUKH KATVALI RD TAL  
SANGHESHWAR DIST  
RATHAGIRI  
MAHARASHTRA STATE INDIA  
TEL: 912354241322

# Reiki Vidya Niketan

VOLUME 11 ISSUE 12

1ST DECEMBER 2010

## Interesting Questions from young students

### 1 How to build confidence?

Lack of confidence means insecurity. In other words when we are not feeling confident we are actually feeling unsecured. The insecurity mainly comes out from either of the two reasons. (1) When we do not know our real powers and (2) when we try to compare with others around and feel that I am no good with respect to them. Both these problems can easily be tackled in spirituality.

Knowing our own powers is easily possible by spiritual practice. We are all powerful because we are all part of the supreme consciousness. The God resides in all of us. But not everyone experiences that due to certain layers of our own sanskaras which create a veil of ignorance. That stops us from seeing our true self. This is what happened even to Arjuna in Mahabharat. That is where his confidence was eroded. And that is where the song of the God (Bhagwat Geeta) came into existence. What the God did was to show Arjuna his real self which is very powerful. That transformed Arjuna from distress to confidence. If we follow the spiritual practice with a full faith in our Guru the Bhagwat Geeta starts flowing and we get transformed.

Secondly the comparison with others means we are in ego. We are separated. Only when you feel you are separated from others, you compare. Spirituality tells you that you are no different than others. We all have the same spirit, the same Paramatman. So how can we compare? If we do not compare then how do we fall short with respect to others? One can compare with one's own abilities. The comparison can not be outside. If one follows Spiritual Practices sincerely, there is no problem of no-confidence.

### 2. What should parents expect from us?

As I have answered earlier (in the first 5 questions) parents can only expect the child to understand his/her true potentials and live up to that. Child should follow the noble path, become a good citizen, a good human being and be happy in whatever the child decides to do in his/her own life. That is what I feel is something all of us owe to our parents. Parents are actually your trustees and not the owners. The real owner is The God who has created all of us. Parents just act on HIS behalf. The real owner expects you to do good deeds, create good sanskaras and wipe out all the bad sanskaras of the past and go back to HIS lap totally purified. Parents just translate those expectations into day to day karmas. Parents should understand this so that they can have harmonic relationship between the child and them.

#### INSIDE THIS ISSUE:

Interesting Questions from young students 1

But do not interfere 2

Reiki Experiences 3  
Jairam wins

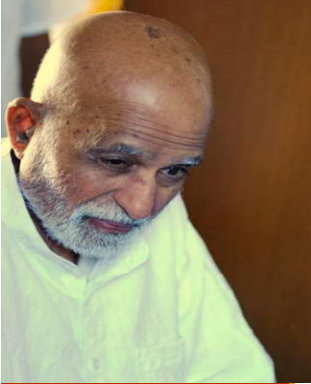
Reiki Experiences 4  
(2)

The essence of 5  
Vyahruti Mantra 6

Natural Cure for 7  
Acidity

Ashram Wisdom 8  
Seminar Schedule

## But do not Interfere..... Shri Vasantji



Late Shri Vasanttraoji  
Paranjape

When you become more aware of things around you, you know things automatically. Still one must be still. For example we may be aware of what you are thinking but if you do not tell us we do not have the right to intervene. We can say some things to give indication but we cannot say directly. It is like that both in thought and action at a certain stage.

Then other things happen once you rise a little higher. People begin to tell you everything they are thinking, feeling. Then you have even greater responsibility to guide, to listen, to comfort, to heal. BUT NOT INTERFERE.

What is required is total commitment. It is not only 'doing the work,' that is required now; increase people's awareness and help to bring this Holy Fire everywhere. It is even more than that.

Growth brings wisdom for you and much joy. But never expect it. Just be the LOVE.

Yoga is most beneficial for body's systems, rejuvenating if done correctly Yoga can slow down the aging process.

Let go of all the pain and confusion which keeps you in a constant state of misery. Then misery loves company. So you are drawn to situations that feed that misery. Let it go now.

He is in intense debilitating depression. Help him release all pain, all anger and begin to rebuild his life in service. He has to work internally. You be like his guardian angel, like a mother watching a small child. Heal him.

When one is told for example "Grace will provide", one can choose to sit back and wait for grace to operate without making much effort. Then, that is essentially expectation and not 'surrender'. Then one can always blame the Almighty if his goal is not actualized that is if in his mind Grace has not provided for him. Grace always will provide but better you make honest efforts in the direction of higher goals. Then automatically Grace is activated by that effort. That effort is Love thy neighbor as thyself.

## Reiki Experience 1 : Disowned Girl finds her own home after 14 years by Grishma Trivedi Rajkot

I wanted to share one nice experience with you. It is not mine but it connects all of us.

It is an experience of one blind girl from blind school (ANDH MAHILA VIKAS ASHRAM), with divine energy I am sharing with you.

First degree Reiki seminar was held on 6th & 7th Nov. 2008 in blind school. There were only 7 participating girls in that seminar, However, that was a great experience. All of us shared great relationship with these participants relating to their problems of life. They were regularly in touch with us thereafter.

When this seminar was held there was a girl named "RISHITA" she was very introvert, first time she was very shy and she was not ready even to touch her own body for self treatment. But thereafter she started taking reiki regularly without missing one day. She had a great experience, when she was a small child her family was very poor and as she was blind her parents abandoned her and threw her into garbage van from there she came in this blind school. She was hardly about 4 or 5 years old then and now she is 18. The most amazing thing happened recently. Her parents could find her in this school after many years (almost 14 years later) and took her back to their home. The family was reunited after so many years.

She was so happy and over whelmed when she shared this with us from her home and rightly so. She told that she never expected that Reiki would give her such a big gift in her life and so soon. She thanks YOU, mummy a lot for introducing reiki in her life. She also told that she will never miss to take reiki.

## Reiki Experience 2

From Deepa Gohil, Bhavnagar

My husband had "Dangue" before 8-10 day, his platelet counts were fallen down to 23000 instead of normal limit of 150000. I have called "mai" on 28th Oct and they have started Reiki and within 48hrs he had started to recover and platelet counts were also raised steadily. He had swelling on liver as a side effect and SGPT counts were reached to 89 instead of 35, which is also recover by "Full Body" therapy by Bindiyaben, Rishibhai and uncle along with me.

We are performing 21-days therapy on him. Results are so good and he has very fast recovery within 4-5 days instead of 10-12 days predicted by Doctors. We are very thankful for your blessings and healing by mai and other sadhaks.

## Our sadhak Jairam Athalekar wins CSI Award for 2010



Our sadhak from Mumbai, **Mr Jairam Athalekar** won the prestigious CSI (Computer Society of India) Award for the current year while representing his organization Tata Power Limited in Mumbai during this month. Mr Athalekar headed the team comprising of 4 other personnel from his organization and finally succeeded in bagging this most prestigious award in the field of Information Technology in India. We at Reiki family are all proud of this achievement of our colleague sadhak.

A real story of Shaikh Sadi who was a great being. Once there was a teacher who disciplined his students by shaking a stick at them. One day, a sadhu came to the school and went inside and saw that all the children were making a lot of noise. The teacher scolded the children and immediately they stopped making a noise. Sat very quietly. The sadhu did not like what he saw. He said' " It is not good to discipline children so strictly because then they do not grow. The sadhu told all the heads of the other schools in the district that this teacher was too much strict and that they should do something about it. From then on the teacher became very indifferent. He did not care about his students. All he wanted was his salary. In two years the sadhu returned. He saw that children were not even in the classroom. But instead were all playing and fighting outside.

They were not learning anything. Shaikh Sadi drew his own conclusion. He said' "A teacher's beating is sweeter than the parents' delicious food. So there is compassion in the Guru's ruthlessness. The guru is neither a violent person nor a being who wants to get up a party among his disciples. To eliminate the faults and defects of his disciples he sometimes may appear to behave in a very crude and ruthless fashion, yet in that very ruthlessness there is great tenderness and compassion.

Tulsidas says in his Ramayana that when there is a boil on a body of a small child, the mother does not put powder on it and fan it. She makes her heart very strong and then she lances the boil and throws it away. It hurts the child and the child weeps very loudly. In the same way because of his love for his disciple the Guru uses the harshest method, the crudest method to eliminate his shortcomings even if the disciple is weeping bitterly, even if it hurts him/her still he does not care.

### Reiki Experience III :

Mohak Thaker

Here is an interesting case of MYOCARDIAL INFARCTION with very high sugar.

A labourer aged around 55 yrs was working in our garden to dig out excessive mud & stones on Sunday. In afternoon at around 3, he screamed 2-3 times but as we were inside the house, we couldn't hear his noise. 4th time I could hear his voice and from his voice I could make out that he was gone. I rushed outside, saw him lying down with coldness of parts of body. He was collapsing. I poured drops of emergency medicine that is said to be a corpse reviver in homoeopathy with which I had experienced at many instances like this. but this time I was fearful about he was losing his life at a much faster speed than any medicine could have acted. He had urinated & passed stool involuntarily & vomited very foul liquid. He was very restless moving his arms & legs with lot of hot feeling in the body.

I was sure that before ambulance comes he might die. I resorted to final thing that is REIKI, .all of the neighbours brought him inside our house & made him lie down. I started giving reiki. After 5 min. he was asleep .We called the ambulance. By looking at his condition, anyone could say that he was no more. He was admitted inside the ambulance. 2 minutes after giving him oxygen, he opened his eyes & started to talk slowly with my father in a semi conscious mode. He was brought to civil hospital & immediately admitted to I.C.C.U. After all the tests the doctors declared that he had a severe heart attack with sugar level 333. He was critical & no guarantee was given to his life. Reiki was given to him. again He passed stool & vomited involuntarily. After about 3 hours he came to total consciousness & had some strength to get up. Everyone wondered how could he survive. Next day he was completely normal & talked to my father on phone & thanked us a lot. Today is 7th day. He is recovering well

# The Essence of Vyahruti Mantra

Ajit Sir

Vyahruti literally means the chanted word or a spoken word. It is believed that at the time of creation of world the creator created Brahma as its Rajoguna energy and ordered him to create universe. सृष्टी He chanted :

स भूरिति व्याहरत् स भूमिसृजत्  
स भुवरिति व्याहरत् सों त् रिक्षमसृजत्

As described in Taitariya Brahman he whispered **Bhuvah and the space got created**. As he uttered **Suvah or Swah Swaloka was created**. In speaking out these words his intentions were so powerful that the universal nature (universal energy) got created and the beings of the same consciousness got created as a result.

How the vibrations of profound energy can be created just by uttering certain words is a subject of Mantra Shastra (The science of Mantras). When the creator intended and uttered the words Bhuhu, Bhuva and Swah, the Vyahruti was established.

Rugveda's 3<sup>rd</sup> chapter mentions Gayatri mantra with 24 letters but without vyahruti. Yajurveda added the vyahruti to that in chapter 36-3 considering the importance of Vyahruti when chanted with any mantra. Basically all these three words are nothing but the planes of consciousness and they are all interconnected. Their physical and spiritual evolutions are also interdependent. A disturbance in one leads to a disturbance in the others too. The Sun in Swaloka – the plane of highest consciousness nurtures the growth and development of the beings in that plane in the form of fire. This plane is connected to the other two planes and the Sun has an influence on the beings in other two too. The intensity of the Sun's radiations and energy gets diluted and becomes usable to the beings in Bhuhu loka or the lowest of the three levels of consciousness. The same energy now helps the digestion of foods in the humans on this level and is known as Jatharagni (Fire in the belly) The slight changes in the Sun radiations at Swaha consciousness plane creates disorders of some kind at the Bhuloka consciousness plane. The slight increase in temperature at Swaha may create an excessive rains on the Bhuhu (the Earth) leading to creation of many micro-organisms which may not be good for the human lives. Similarly any disorders at the Bhuhu level of consciousness leads to an adverse impact on highest level of consciousness as they are all interconnected Today the human life styles have created a great amount of pollutions of different kind on this earth leading to an imbalance not only on the earth level consciousness but also on the higher planes creating natural disorders. Interconnectedness and interrelationships within these three planes is the main issue here.

These three planes not only exist in the outer world but also manifests in the human existence as humans are only the manifestations of the whole nature. Bhuloka consciousness is the physical aspects of human existence while the bhualoka consciousness is something that we can experience in heart consciousness at the level of astral body. The logical or causal body of human existence manifests the consciousness at the highest level which is swahaloka consciousness. The disturbance in one plane manifests in the other planes too. These planes do not work in isolation due to the interconnectedness.

Keeping in mind these ideas of co-existence within the three planes outside in the universe, inside the human existence and the interrelatedness of the planes, the whole educational and cultural systems were designed by our age old seekers. Vyahruti mantras basically takes cognisance of all these facts of connectedness and the science related to physical phenomenon was incorporated as a larger platform of science based on cognisance of metaphysical aspects of atomic structure by the earlier scientific minded seekers. The practices of physical science prepare us for the development of Bhuhu (our physical consciousness) to rise to the next level of Bhuvah which is having more philosophical base. That develops the humans towards the pure, uncontaminated Bhuvah consciousness aspects of human existence and finally leads to the yoga Samadhi within the purview of the highest consciousness level of Swaha. Desires at Bhuhu level can only be negated by the correct philosophy of the Bhuvah level and without that philosophical inputs reaching the ultimate swaha consciousness in well nigh impossible. The Vyahruti is designed on that foundation of understanding for taking each human to the ultimate level of enlightenment.

Besides these three levels of consciousness there are four more levels the seekers could find out in the ancient times. They are: Mahah, Janah, Tapah and Satya. These are the bands of consciousness which are beyond the common understanding. Let us say that most of the common people are aware today about the Earth, the Sun, the Moon and possibly some planets & stars which are taken cognisance of in many religions and cultures. But the space scientists acknowledge there are many celestial bodies of energy and light beyond the knowledge of the common man. The human life is believed to be moving between the first three lokas and even after performing a lot of good deeds, if the desires continue the human existence may even touch the swaha consciousness plane but after some time may have to come back to the plane of the earth or bhuhu. The desire-less actions only can break through these boundaries and take humans beyond the limits of understanding to reach the highest level of Satya loka consciousness from where the human beings are freed for ever.

Spiritual science talks about these seven lokas as seven levels of consciousness with each one having its own characteristic and functional aspect. Bhuloka is where the humans learn through the experience of physical activities related to the fulfillment of desires. One should move over then to Bhuvah which is nothing but consciousness responsible for one's thought process. The level of Bhuvaha actually is an accumulation of the experiences collected during the life activity process. That becomes a basic knowledge of material world acquired through one's own activities. The third step obviously is to move to Swaha which is connected to the boundary of material and metaphysical consciousness. The acquired knowledge of the known needs to be connected to the challenges of unknown now. Thereafter the human consciousness has to elevate to the next level of Maha consciousness. The vayu tatva as we all know with a base at our heart consciousness. This is our first understanding of the brahma begins. The understanding of something beyond the five senses starts here. It is said in the ancient science that if the consciousness reaches this level one becomes free from the cycles of birth and death. Some believe that even if one has to take a birth to complete the universal design of prarabdha one starts the life from this stage itself and does not have to go through the mundane experiences of a life process. The next level of Janah consciousness finally connects one to the mastery of knowledge of what exists as a brahma. The study is complete now. One becomes a Brahmanya or Brahmaid. . The elevation above that to Tapah loka of consciousness will take one to the level of becoming an experience itself. One becomes a Brahma. Aham Brahmasmi. I am the Brahma state The last and the ultimate level of consciousness can be achieved where a human being becomes Nirbrahma, the creator himself. There is no duality. You become THAT. The ultimate liberation



Vyahruti mantra is basically designed to make one stay connected to all those planes which are essential for a common man's life existence so that the life process becomes balanced and becomes a pleasant experience. If one needs to go beyond the boundaries of common man existence (which every one may have to do at some life or the other if not this) one may have to practice the higher level Vyahruti mantras with the other four levels of consciousness

Many of you do perform Vyahruti mantra. I am sure this will add meaning to what you do and make you feel even more connected. This understanding will add another dimension to your Endeavour on this path.

## Natural Cure for Acidity: Raw Grains of Rice.



Acidity, it is said, is worse than Cancer. It is one of the most common dis-ease people encounter in their daily life. The home remedy for Acidity is **Raw Grains of Rice**.

### The Process:

1. Take 8 - 10 grains of raw uncooked rice
2. Swallow it with water before having your breakfast or eating anything in the morning
3. Do this for 21 days to see effective results and continuously for 3 months to eliminate acidity from the body

### The Cure:

Reduces acid levels in the body and makes you feel better by the day.

## Ashram Wisdom

How to reach a Moksha (a state of liberation)? What is the process to reach there? A student asked Guruji in one of the satsangs. Guruji said “ First understand what the idea of Moksha is. Then the process may look pretty simple. Moksha or liberation is nothing more than going back to your original state of existence. What does one do when one goes to take a bath and needs a thorough cleansing? One takes out all the clothes that one has worn. Otherwise the bath is not possible. You may not be able to cleanse the whole body. Why bath? Even while washing your hands one has to bare the hands so that they can be washed by a soap and a water. Even to reach one’s own body one needs to uncover, take out everything that one has worn. Same is the case with Moksha. To go back to where you came from and to the same state how you came with, one has to remove everything that is added on your existence. Everything that you have created or may be even the environment has created on you needs to be shed, got rid of. Removing everything that is self created is a painful act, no doubt about that. But that is what a sadhana is all about. Shedding everything that is wanted or even not wanted. You need to go beyond likes and dislikes. Then you reach your roots. You reach your formless form.

You may be familiar about the Lord Amarnath in the Himalayas where millions go every year to visit. It is said that like any other yatra, it is not the outer yatra. It has a message of inner yatra. It is said that Lord Shiva dropped all his belongings one by one to reach the state of tranquility. He dropped the bull first, then the snake, thereafter the Ganesha, then the chandan smeared on his body and finally his jatas (hair) to go into the dark cave. That is moksha. That is liberation.

*No where have I found a simpler more profound method to help someone heal the body/mind/spirit to a state of wholesome and balance resulting in the experience of emanance*

*Paula Horan about Reiki*

## Reiki Seminars Schedule

Sr No	Dates	Location	Master	Degree
1	4 & 5 Dec	Rajkot	Ajit Sir	1st
2	11 & 12 Dec	Nashik	Ajit Sir	2nd
3	25 & 26 Dec	Devrukh	Ajit Sir	1st
4	8 & 9 Jan 2011	Mumbai	Ajit Sir	2nd
5	19 & 20 Jan 2011	Mumbai	Ajit Sir	1st