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# Reiki Vidya Niketan

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## Interesting Questions during Reiki Seminars...

**Question :** When all the person start doing REIKI then is there any need of Doctor in future?

**Ans:** Yes. It depends on what do you mean by Doctors. Basically anyone who keeps you healthy is a Doctor. What your question connotes is only an allopathic Doctor. We forget that the allopathy is only a few decades old phenomenon. The life existed even before. And mind you, people were healthy, possibly more than now. If you see the number of people dying today in percentage of the total population has not changed at all. If you would like to know, earlier in the ancient times Doctors were paid to keep people fit by suggesting the right living practices. If any of the persons within their group assigned to them fell sick, Doctor's salary was actually deducted. That possibly is a right idea of a Doctor. Today it is distorted. We are paying Doctor to cure us. Curing is not healing, mind you. It is only a part of healing when you fall sick. All terms are losing their basic essence. Allow a diversion here. In USA a policeman was telling me proudly that now they are collecting more fines for traffic rules violation than before. Truly he has nothing to be happy about. If more and more people are breaking rules it is failure of traffic system and one does not have to be proud about that. It is shameful if you look to the law making fraternity at large. Same is happening in the medical field. Many people falling sick is actually reflecting bad on our health care system. One has to understand that. When I visited number of Hospitals in Chicago two years ago, I found the show very impressive. They have huge hospitals with excellent facilities totally costing the society a few trillion Dollars. I asked a Doctor there when you have such huge buildings to cure people from sickness, what about a single building at least to prevent people from falling sick? He had no answer. The medical fraternity has forgotten that even keeping people healthy is their duty, not only treating someone after falling sick. If everyone practices Reiki there will more Doctors than at any point of time, as everyone will be truly a Doctor keeping oneself fit.

**(Excerpts from Interview with Candance Pert, Ph D Former Chief of Brain Biochemistry of the Clinical Neuroscience Branch at National Inst of Mental Health)**  
We don't know, but I feel that the person who will figure out is going to be a physicist, because clearly there is another form of energy that we have not yet understood. For example, there is a form of energy appears to leave the body when the body dies. If we call that another energy that just hasn't been discovered yet, it sounds much less frightening to me than "Spirit". Remember, I am a scientist and in the Western tradition I don't use the word "spirit" (Readers can guess what you call this force)

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*We don't deem a dream, a dream till we wake up, that the dream looks quite real while it lasts; and that similarly this waking state will not appear a dream till we wake up into jnana. Because of the above difference between the dream and the waking states, our effort is called for.*

**S h r i     R a m a n  
Maharshi**

## Celibacy & Brahmacharya..

*An answer to sadhak's question*

Dear Guruji..

*I read many times about the importance of celibacy...i read about it in Swami Vivekananda's books, & many other books...i read about the benefits of celibacy In our Vedas there is written that a person must obey celibacy until he become 25 years old....dear Guruji do you think that obeying of celibacy is possible in this time...What should we do for obeying of celibacy...???*

Sadhak.

Jai Gurudev

As you know the whole life span was divided by Vedas into 4 stages. (1) Brahmacharya (2) Gruhastha (3) Vanaprastha and (4) Sanyas. These are basically the life styles to be adapted to meet the demands of the environment so that one can channelize one's energies in the right directions. There has to be a perfect balance between your energies and your activities. Like say there has to be a perfect balance between your Income and expenditure to avoid any kind of stress. Same is the case with energy too.

Brahmacharya as a word has nothing to do with Celibacy as when translated it does not mean that in any case. Brahmacharya means having your activities or behaviour (Charya) tuned to the Brahma (The universe). Studying the divine laws of nature is what it really means. But while doing that with full efficiency one should be able to focus on studies related to the divine. That needs energies in the upper chakras. The sexual behaviour or any orientation towards that needs energies from lower chakras. These two energy demands are exactly in opposite directions. That is what is meant by scattering of energies. That deprives one of that focus and affects the efficiency and performance in studies. Celibacy was a demand of Brahmacharya and does not mean Brahmacharya. That is the whole idea about Celibacy as a requirement for a better and effective way of life till one reaches 25 years.

I hope you understand the whole thing properly. It is of course possible to maintain the celibacy even in today's times if one has that resolve to do so. I know the environment is not conducive for any one to maintain that balance. But that is what the sadhana is supposed to be required for. The need for sadhana has been Now than at any other time in the past. It is just like when there are people making money without any formal education but that does not mean one does not need education. So one does not have to get driven by the environment.

With lots of love, light & Reiki

Ajit Sir

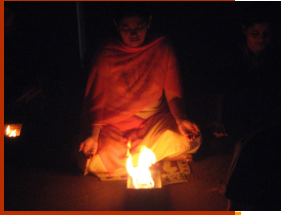
## Annual Guru Charitra Recitation at Akkalkot....

Reiki Sadhaks associated with reiki Vidya Niketan in Devrukh, Mumbai, Nashik and Baroda had pronounced a Sankalp in April 2007 to read Guru Charitra collectively for 52 months in different places in these cities. The Sankalp begun in Mumbai first in May 2007 at a sadhak's house in Dombivali, a suburb of Mumbai. And thereafter started the chain of Gurucharitra recitation. This normally last for about 17 hours and each of the 52 chapters in this age old scriptures is read by different sadhak. The idea was to create a space for sadhaks to come together and enhance their energies. The other objective was to spread this collective energies in different parts of the cities to cover larger areas and create the waves of happiness all around. The idea was to make a better world tomorrow by starting with a better home today.

As a sankalp (intention) it was also decided that all those sadhaks who would be reciting these divine scriptures from 4 cities will assemble together in one of the places which have a prominence in these scriptures, once a year where all sadhaks from all these centres will converge and recite these scriptures on a particular day. Each 12th recitation was to be held at such pious places. The first one in 2008 April was Narsoba Wadi, where most of the actions had taken place in this spiritual book. More than 100 sadhaks did that. The second such congregation of sadhaks happened at Ganagapur (near Solapur on the border of Maharashtra and Karnataka states) in April 2009. Ganagapur is where all the leelas of Lord Dattatreya were supposed to have taken place. This event was well attended by sadhaks from different cities.

Obviously everyone was looking forward to April 2010 when Akkalkot was the decalred venue. Akkalkot is a small town near Solapur (about 35 kms away) and this where Shree Swami Samarth stayed between 1956 and 1978 before leaving his mortal body in Samadhi there. For the sadhaks connected to Shri Swami Samarth Sevak Pratisthan, obviously this was a mega event. Sadhaks from Baroda, Rajkot, Devrukh, Mumbai, Nashik all converged in large numbers and had a great divine experience. Sitting in front of the Banyan Tree where Swamiji stayed and performed all his Leelas for 22 years on this divine land was indeed a special experience. The sadhaks assembled a day before on 28th April itself and spent some time at Siddheshwar Temple in Solapur. Siddheshwar Temple is where Swami Samarth performed some miracles. In the evening sadhaks moved to Akkalkot and stayed together at Annachhatra Niwas there so that they could start the recitation at early morning 4 am. Reading 4 Guru Charitras at 4 different directions of the hall opposite the Banyan Tree was an experience of divine nature. The event got over around 6.30 in the evening and sadhaks returned via Solapur that night to their respective places, except the Baroda sadhaks decided to spend some more time in Akkalkot and visit Ganagapur which is about 90 kms from Akkalkot. Many sadhaks also visited Shiv Puri the main centre of Agnihotra.





*Whenever you want  
to know how rich  
you are?  
Never count your  
currency, just try to  
drop a tear and  
count how many  
hands reach out to  
wipe - that is true  
richness.*

## Life is nothing but Learning opportunity..

Ajit Sir

The question of What is the purpose of Life has been asked enough number of times on this planet. This has been a question which every religious and spiritual path has been trying to address through various forums for yore. I have been getting my answer through the repeated experiences that I have been getting consistently over the past few months. I have always been feeling that there is no other purpose of life except going back to where you have come back from. Like a small child who has gone to school, the basic idea to come back home. The excellence in the school, the acceptable behaviour etc are all all secondary aspects. If the child performs exceedingly well in the school, behaved the best way for teachers and colleagues to appreciate and still does not come home (from where the child has begun) all this is not acceptable as the primary objective of the whole process will not be achieved. Human life is no different. Our journey has begun somewhere and we need to go back to that point, whether one likes or not. The choice is only about how and when to go back. Not going is no choice. It is by default.

Having understood that, the next question that may prop up is how do we do that? Unless we become complete in every sense (generally referred to as a wholeness) one may not qualify for going back. The idea of completion can only be based on the idea of total understanding of the process called life. Only the understanding can make one grow and reach the ultimate goal. And for understanding, we need to really learn. Where do we learn to reach the state of understanding?

Look around. There are enough opportunities for one to learn. In fact every event happening in your life, every person coming in your life comes with that offering. One has to be alert. Be alert and be aware. Then one can experience that the whole word around is nothing but a huge school offering abundant learning opportunities. If we miss the opportunity, the situations keep on coming again and again as the whole idea of creation of such situations is to make you learn. Unfortunately we get bogged down by this repeated exposure to such events wondering why me? We do not understand why the life is so harsh and why does it lay traps from where I can not escape. The simple answer is that we have not learned. I came across a very simple event while I was in Devrukh ashram last month. I was reading a book "The Avadut" authored by Babaji Peter. It is an excellent treatise about the 24 learning opportunities that Lord Dattatreya utilised, looking around in the nature. It has been a serious reading since the author has gone to the great depths of spiritual concepts while writing this book. While I was reading, I was continuously getting disturbed by one cat which was mewing all the time. In fact I had never seen a cat moving around the ashram place for 10 years since the inception. And this cat was moving and mewing all the time.

(continued on page 5)

## Reiki Experience of a Reiki Healer....

Dear Ajit Sir,

Jay Gurudev

*I started giving Reiki to one of my friends. She had a back pain and used to take injections. I started to give her full body Reiki. A week later, during her blood tests, doctors found out that she has a deficiency of certain hormone from pituitary gland that can lead to Addison's disease. To make sure, they decided to conduct another blood test after a week. She talked to me about this. We kept having our Reiki sessions. (During our first session after this, when I put my palms on her eyes, she saw a very bright white light at the place of her third eye chakra and my hands got super warm.) After a week, her blood test was perfectly normal. Not only that, doctors said that this kind of blood is not normal as nobody has this kind of blood nowadays. It was absolutely perfect. After 21 days, I came to know that she was a patient of manic depression and had been taking heavy antidepressants. She has been trying to stop taking antidepressants before we started Reiki. She was gradually reducing the dosage of medicine with consultation of the doctor. After starting Reiki sessions, she has stopped completely. Not only that, her doctor has noticed that she is actually happy and the doctor was very surprised. Her doctor said that she was expecting her to be miserable without the help of the medicine. Her doctor asked what she was doing that make her happy? She told her about Reiki. Her doctor has decided to look into this new kind of therapy as she didn't hear of this before.*

*All thanks to the Reiki.*

*Nilesh Patel, Chicago, USA*

(from page 4)

incessantly which was very disturbing. I needed to concentrate hard on the book and was finding it difficult. We shooed the cat many a times but to no avail. I was discussing to one of my sadhaks who was on sewa at ashram that time, about the same matter, while I was having a book in my hand. I was wondering whether he has any idea about how to manage this situation. And suddenly when I started reading again, the very next paragraph started with "If an owl makes a noise around and if you are getting disturbed about that, just believe that it is praying to its own God in its own language. That will not disturb you any longer. In a moment it struck me that the message was for me. Direct answer to the question that the situation had thrown around me. I read that loud second time and was awestruck. I realized that even the cat possibly is praying to its own God. Why should I be disturbed when someone is praying and having a dialogue with the God? Believe or not, but after that moment the cat never mewed again. It was not seen nor was it heard again. Was its' job over. To make me learn. There can not be any other purpose. I was amazed with this revelation.

I realized that all the events in the life must be precisely happening with the same design. The problem is not the situation. The problem is our failure to learn and understand from that. We are missing many such opportunities in life which would have helped us reach a better understanding.



***It does not make a good business sense to keep paying for making sick people well when we could have prevented the illness in the first place.***

**Dr David Smith**

## Healing and the Community...

I came across a book titled *Mind and The Healing* authored by Bill Moyers. It is an amazing book which basically is a compilation of the answers that he got about the healing process from some of the top notch Doctors in US. An interview with Dr David Smith, who is M.D. and Commissioner of The Texas Dept of Health and who was formerly a Vice President of Parkland Memorial Hospital in Dallas Texas., I found very interesting. I thought these issues need to be known and discussed in the healing forums.

When asked about the nature of illness being physical or mental, Dr Smith had this to say: **“ Every aspect of those illnesses has a component that relates to mind. The healing process, the motivation to seek help, the understanding of how they got into that state in the first place— all these involve mind. We know in the healing process of anything from an ulcer in diabetes to asthma, the mind is very intricately involved with whether the patient gets better or worse. You can actually make yourself more ill”** When asked about the effect of culture on healing Dr Smith answers :” **Religion is a powerful force. So the church is very appropriate place to begin mind/body medicine. And in fact, we frequently use church leadership and church congregations. We often turn to the church, which becomes a part of the therapeutic process.”** This is something, I hope will be read by all those who have a blind faith in modern science and those who are vehemently attacking the spiritual values, being more loyal than the King.

In India, we are just trying to ape what Western medicine does or talks about, forgetting that we need to find our own models of health care systems simply because we are a different country and community. Dr Smith has something to offer on this,” **We need to talk about a prevention partnership in which the patient is empowered to be a partner with you in a healing process. And if that does not happen, you are going to fail, particularly in a community where there are so many variables that can make a person ill. (Stress, financial worries, even the failure of the transport system to get them where they need to go. There is a lot of stress in community In fact most disease processes that we see get worse if we don't allow the mind to be a part of the healing process. If we don't try to decrease the stresses in a patient's life, we will have a tough time controlling that patient's blood pressure”** Are Indian Doctors listening? While I travel to developed countries I came across many a times, large hospitals and medical centers, but I hardly see any resources committed to prevention of diseases. In fact one of the senior Doctors told me that there is not a singly lecture on prevention of disease in the entire medical curriculum. Dr Smith is very vibrant on these issues when he says” **We are investing in new technology, but at the same time we are not investing in prevention or in understanding what makes people tick or why they got sick in the homes that is across the street here. We don't know that and then we don't go bak out to see if we can change some of the things that may have precipitated the sickness. These things are very fundamental and basic.”** He hits the nail on the head of the system when he says” **One of the stresses that we do not talk about is the stress of seeing a doctor. When a doctor does not care, is cold, doesn't have a time to talk, and runs in and out of office and if the staff is too busy filling forms to pay any attention to you, there is a stress. You have already come stressed and the situation is more stressful. The treatment will not be effective.”** That I think speaks volumes.

## Giving Reiki to Sun...

As a part of Second Degree curriculum, we generally teach the students about how to experience the events in the nature to understand human relations with the nature. I believe that the second degree qualifies to be operating at Nature frequencies and you become one with the nature, if you are willing to. One of the most interesting home works that I give to students is **"Giving Reiki to the Rising Sun"** This is one exercise where a lot many students have reported live experiences beyond one's imagination. They are difficult to be believed if one has not experienced those kind of experiences before.

During the last 13 years since I have been teaching Reiki, I have come across some of the massive experiences which have never been discussed in any school or college text books. But I know they are real as they have been experienced by me, using a combination of senses that the human are bestowed with. Having experienced them consistently over a long period one can not discount and discard these experiences only because they have not been discussed in any of the text books. Many of the students have experienced more than One Suns at a time in the Sky. I myself have seen upto 5. There are some who have seen up to 14. In fact I came to know much later may be in 2008, that in Nashik City about 35 Kilometers from Nashik there is a place known as Chaudamal (in local language, this truly means a string of 14 Suns) and people claim that they have seen 14 images rising at the same time during Sunrise. I have not yet been there.

I am sharing one of the experiences that one of our sadhaks in Chicago had a few months ago, in her words (though translated) Believe me she is very scientific minded person by nature and even by profession if I know that correctly.

- 1) The black circles of the same size (or may be little smaller) as the Sun started coming out of sun. They were moving on either side of the Sun. They were vanishing after some time and getting reformed. They steadied at the bottom side of the Sun finally. They overlapped each other as shown in the diagram 1 here.

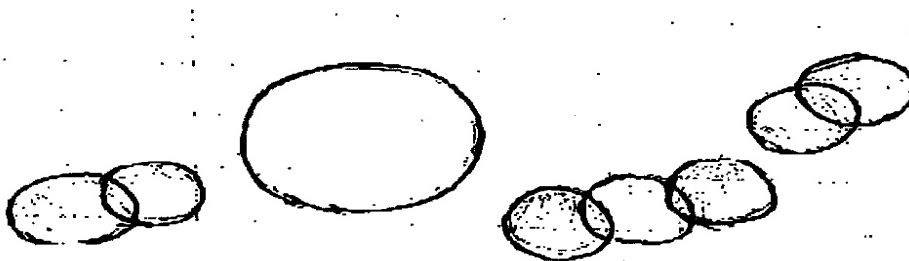


Diagram 1

- 2) It was little amusing, little frightening too. Because of a Black colour of the images. When I started it was difficult to look at the Sun as it was very bright. After some time it became very cool to look at.

- 3) After some time, the black circles vanished fully and what remained was a big ball of burning fire. It was too intense and there was a dark circle surrounding that ball of fire as if it was setting boundaries for that. It was a great amazing site. It was like watching the eclipse but in full glory of the Sun. It was out of the World. The same is shown in Diagram 2 below:

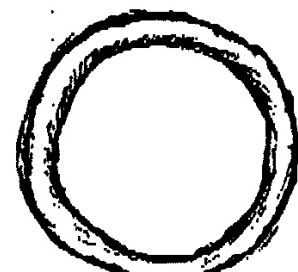


Diagram 2



*"The light at the end of the tunnel is not an illusion. The tunnel is."*

*... Unknown*

## Ashram Wisdom...

One of the sadhaks was telling Guruji how busy he is now a days in his job. Guruji just asked him **"Have you ever seen the Fish Tank?"** The sadhak said "Yes. Many a times" Guruji said, **"Just watch it well next time you see. The fishes who are moving inside must be thinking how busy they are. How valuable their work is, as if the world will stop if they do not remain that active. But when you see them from outside the tank, one can see the boundaries between they are moving, which possibly they call Goals. They pretend to look so busy. Inside the tank, the tank is the world. Nothing exists beyond that. Someone must be watching us from outside, the one who knows that the humans are only moving within boundaries and calling it a work activity. It requires one quake in Chili or China and an eruption of Volcano in Iceland for us to know that we are only in a Fish tank."**

## Reiki Seminar Schedule

Sr No	Dates	Location	Master	Degree
1	4th & 5th May	Devrukh	Sangeetaben	1st (Children)
2	8th & 9th May	Devrukh	Ajit Sir	1st
3	12th & 13th May	Khedbrahma	Seemaben	1st
4	15th & 16th May	Mumbai	Ajit Sir	2nd
5	22nd & 23rd May	Baroda	Ajit Sir	1st
6	29th & 30th May	Nashik	Ajit Sir	2nd
7	5th & 6th June	Rajkot	Ajit Sir	1st
8	12 & 13 June	Thane	Ajit Sir	1st

## Vedic Mathematics Course at Devrukh Ashram..

Devrukh ashram will be buzzing the young energy bodies between 17th May and 22nd May. Mrs Tejashree Somani, a senior Teacher in Bharatiya Vidya Bhavan's school in Baroda will be conducting a course on Vedic Mathematics for children in the age group between 11years and 16 years during this time. The total course duration will be around 12 working hours, to be conducted every day between 4 and 6 pm at the ashram premises. The medium of instructions will be Hindi and English. The course fee will be Rs 100 per participants (for all 6 days together). The arrangements for accommodation for those coming from outside Devrukh will also be made at Ashram premises. For registration one may contact Ms Ashwini Telang (Cell: 8976065116) or Mr Arun Shinde at Devrukh (Cell 94212 33062) till 7th May 2010.