

SHRI SWAMI SANARTH SEWAK
PRATISTHAN,
BRAHMAKAL ASHRAM DEVRUKH
KATAVALI ROAD OJHRE(KHURD)
TAL SANGAMESHWAR DIST
RATHAGIRI MAHARASHTRA INDIA
TEL: 91-2354-241322
WEB: WWW.REIKIBRAHMA.ORG

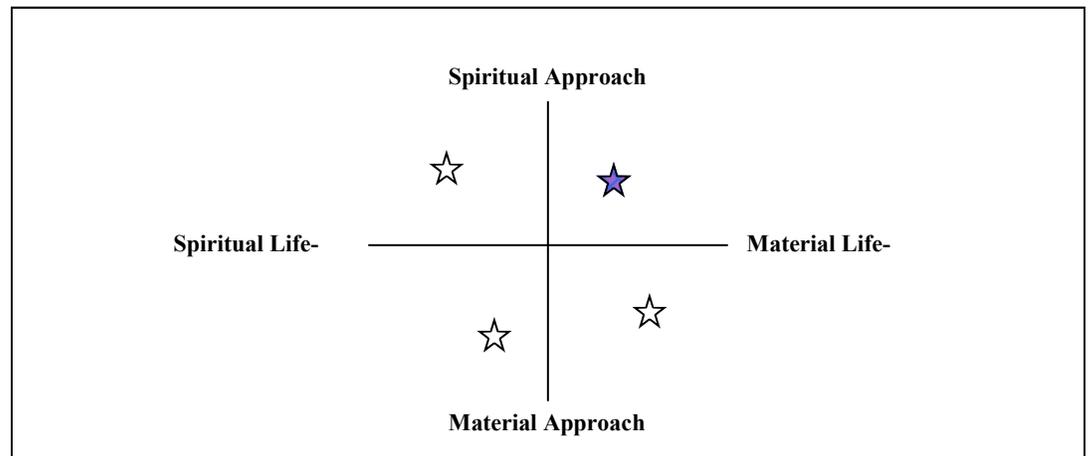
Reiki Vidya Niketan

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The only hope for the humanity.

As we can see in today's world, the Humanity is facing a huge turmoil in order to balance our life situations. There seems to be basically two outlooks towards life. 1) Material outlook and 2) Spiritual outlook. If we look into the two aspects of



life viz the material and spiritual dimensions, the outlook/lifestyle matrix leads to four situations. They are as: 1) Spiritual Outlook into Spiritual Lifestyle. 2) Material Outlook into Spiritual Lifestyle. 3) Material outlook into Material lifestyle. and 4) Spiritual Outlook into a Material Lifestyle. This creates four different models. If you look at this closely you will realize that the age old model of Spiritual Outlook for Spiritual lifestyle has not worked effectively at least on the surface of that. We did see the world continuing with miseries even after the advent of saints, seers and siddhas in the pauranic age. The second quadrant of Material outlook for material world has created more miseries than any other human activity as we can see the rampant corruption in values and practices. This model has definitely proved to be disastrous to a mankind. The third model which is being currently seen around is the spiritual business where a material approach is being employed for the sake of promoting spirituality where the spiritual leaders have become brands sold by erstwhile CEOs of some business community. The profit & loss accounts as well as balance sheets continue to be the fulcrum of such so called divine activities with cash registers ringing all the time, under the saffron colours. This model is also taking people to disaster and a common man has started moving away from the same. The only hope is to bring the spiritual outlook to your material world practices. Consider every one as a manifestation of Lord and every activity as a Karmayog. But that may require a spiritual leaders and their practices to be much above the board. This is the only hope to the humanity. Else the hell will let loose.

Ajit Sir

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Reiki Seminar at Vrudhashram in Rajkot

Jai gurudev We just had a seminar at Vrudhashram in Rajkot on 16th & 17th Nov. I enjoyed it thoroughly. One more beautiful experience of Reiki in my life .The Vrudhashram has a beautiful name "SON'S HOUSE"(DIKRA NU GHAR) and located at Dholera about 30 kms. from Rajkot Place was very beautiful & peaceful and I was feeling as if I was at a hill station, full of Greenery and all houses were so clean & beautiful



All participants were above 60 years in age, while 4 to 5 people were even above 95 and one of them has even touched 100 years. When I started I realized that about 10% of them were hard on hearing but they could guess what was happening and attentive. I had to resort to Gujarati as a medium of instructions as not many were comfortable with any other language. By the time it came to process of Reiki, they were all very happy and cheerful. They opened up thereafter.



I thought possibly they would find it difficult to take self Reiki, being too old for the process. However they all did the process comfortably. By evening they were friendly and took me to their rooms, showed their belongings and everything with so much of love & excitement, I was so overwhelmed. While taking seminar all the time I was thinking about what kind of sanskaras these people might have accumulated to be in so much miseries at this age? However after seeing the ashram site I was happy that at least at this stage they are being looked after in the right way. By the second day they had opened up even further and raring to go right from the first minute. I was expecting some resistance from them for partner Reiki process but they proved me wrong here too. The enthusiasm and zeal of a 100 year old participant in giving Reiki was something to be experienced to be believed.



The whole focus at one point of time was about the appropriateness of donating body after death. They possibly realized that by offering Reiki to the needy the body can be used even better even when you are alive and one does not have to wait for death to be useful to humanity. They were happy to hear that as they thought it was the first time such a view was presented to them.

.After reiki seminar they all were happy & glowing. They held my hand in gratitude and love and blessed me. I was always desisting the idea of growing old. However after this seminar I realized what Reiki can do to one's life and now I feel after Reiki a long life is a boon and not the curse. One becomes Vruddha (Grown in every way) and not Old. To become Vruddha means to grow in every sense, to become richer in the sense of energy and happiness as well as completion.

Seema Trivedi

Guruji's lecture at Surgeons' Meeting in Rajkot

Invitation to Guruji to speak on the dais of Surgeons' Association in Rajkot on 12th November 2011 was a historical event for Reiki Vidya Niketan.. The Police Commissioner of rajkot, Mrs Geeta Jauhri was a chief guest for the occasion. Mrs Jauhri started the event with some apprehensions and questions about Reiki, which Guruji addressed to the fullest satisfaction of the members in the audience. Guruji briefly explained the philosophy, proess and Applications of reiki and stressed the need for this wonderful way of sadhana in today's stressful lifestyle. He emphasized the need of Reiki as never before as the human values and the minds are crumbling around. He stated that the humans have ceased to be humans and Reiki has the ability to rebuild the humanity and values getting deteriorated over the past few decades. He also presented some of the medical cases with a scientific language to relate with the audience. The lecture was follwed by the questions from audience which Guruji answered effectively. This event was followed with a two day seminar on Reiki first level, on 13th and 14th November which was attended largely by members of medical fraternity.



Dear Readers,

I really do not know whether I am sharing a sorrow or happiness with you. Something great happened at my house on 11-11-11. My mother who was quite aged was hail and hearty except for some small stomach disorders two days prior had her food like Rice and Dal that morning. As the main coordinator for Agnihotra Study Circle in Mumbai I had organized a group of 11 Agnihotra performers at my home as a part of our Awakening the Heart of Humanity program advised by Guruji earlier. I had also organized Trimbak Home with Mahamrutyunjay mantra between 10.40 am and 11.10 am to coincide with 11:11 on that day. My mother also joined in this homa and completed 121 aahutis.. She thereafter went and washed her feet and came to prostrate in front of the homakunda. She used to do it in front of Agnihotra pyramid every day. She bent down and did not get up for few minutes. I just went and tried to help her to get up. I realized at that point of time that she was no more. She had passed away without even the slightest indication and without any trouble and discomfort. It happened in front of all family members and right after the conclusion of Mahamrutyunjay Mantras. What a glorious death. I had read somewhere that the quality of death is a certificate of how you have lived throughout your life. She was a noble soul who died in a noble way. She was complete in front of that divine fire. I realized how powerful these rituals are and how much they can really help one conquer the death.

Mahesh Shukla,
Agnihotra Study Circle Head, Mumbai

Agnihotra—Some basic Facts

The following points are answers to questions frequently asked by people who are beginning Agnihotra. It is necessary to practice Agnihotra correctly in order to receive all its marvelous benefits.

- Only one person who chants the mantra offers rice to one Agnihotra fire.
- Chanting the Agnihotra mantra once, at the time indicated on the timetable, is enough.
- The amount of rice for one offering is what one can hold in the 3 fingertips with the Deer Mudra.
- The offering is to be given with the right hand. There is an energy in the right hand specifically for giving offering to the Agnihotra fire.
- Ghee is made from unsalted cow's butter. If it is made properly, it does not need to be refrigerated. Ghee may be stored in glass jars.
- Do not use your fingers to get Ghee out of the jar and certainly do not use a cow dung piece either. You may use a copper, wooden or ceramic tool. The ghee on the cow dung should not drop back into the ghee jar. We try to keep the ghee clean and cover the jar after use.
- Only dung from bovine cattle is to be used for Agnihotra. Only cow dung from cattle that do **not** receive food containing any animal products (examples: fish meal, bone meal, etc.).
- Agnihotra ash may be stored in a glass or ceramic container. It should not be stored in containers made of plastic or metals other than copper or gold. The lid may be made of other metals, as it does not touch the ash.
- Always wipe copper utensils after use.
- Best is to use a wooden match to light the fire. When lighting the fire, avoid dropping the matchstick into the fire. Do not use lighters or a gas stove. If you have to use a candle, the wax may not drop into the pyramid or touch the cow dung piece you are lighting. Extinguish the candle during Agnihotra.
- One should remove shoes before performing Agnihotra. Also the people participating should take off their shoes.
- The pyramid for the Agnihotra or any Homa fire should always be placed above the sacrum (tail *bone*).
- Only dried cow dung, unbroken raw integral rice and unsalted pure cow's ghee may be used for Agnihotra. **NO OTHER SUBSTANCES OF ANY KIND MAY BE USED OR ADDED.**
- Exact timings are essential for Agnihotra. The timings program is available for Windows PCs free of charge at www.terapiahoma.com and www.homa1.com
- It is necessary to adjust your watch to the exact atomic time.
- It is ideal to sit facing east for Agnihotra, or to face east for morning Agnihotra and west for evening Agnihotra.
- If possible, it is best to leave the pyramid untouched and uncovered until it is time to prepare it for the next Agnihotra.
- If you need to move the pyramid, it is best to wait as long as possible before doing so.
- It is best if no other metals besides copper are close to the Agnihotra area. Please remove your watch before performing Agnihotra.

Absolute Faith



- Krupa Choksi

In our day to day life often we take certain resolution or keep intentions. These resolutions may be either for forming good habits or leaving certain bad habits and intentions could be to fulfill certain objectives but most of the time we fail to fulfill those resolutions/ intentions. These resolutions often are broken and again we fall into the trap of our habits. And many times our intentions do not get fulfilled. Have you ever thought what could be the reason? The reason is that mere mental resolution is not enough. There are subtle reactions in our body which do not obey the mental resolution. We take a resolution but something always intrudes which perhaps do not openly oppose this resolution but will throw doubts on its effectiveness. It is enough for it to be subject to the slightest doubt for the resolution to lose half of its effect. This play of mind is very subtle and difficult to comprehend unless we are elevated to higher consciousness.

However, it is difficult to achieve the state of higher consciousness.. Hence, the simple solution is to take mind into the domain of faith. A person with simple heart who have a very intense faith get healed very fast and his/her intention/ resolution gets fulfilled very fast while a person which has highly cultured mind which always contradicts, argues, tries to understand, which is difficult to convince and always needs proof, has less faith. Faith of such person is less pure. Due to his/her doubts the person does not get the expected result. While the other person having total faith and doubtless mind gets results very fast. But here also mere faith will not work. What we need is absolute faith. When you surrender totally to divine, it takes over. Our intentions becomes intention of divine and divine fulfills it. But absolute surrender is vital force here. One must have faith in every cell of the body. Our whole existence should be in surrender. But a million dollar question is how to get such kind of faith? Absolute faith does not come instantly unless there is a grace of Guru or Divine.

As we know Grace descends every moment but most of the time we are not able to receive it due to our impurities and impression (sanskaras). We are not capable to experience such grace. So the starting point could be have faith in divine and to negate all the doubts and negativities from the mind by keeping awareness. Such an awareness comes from doing spiritual practices. Any spiritual practice increases our awareness and makes us capable of receiving Divine grace. Grace of Guru/ divine removes all sufferings and all patterns of our life within spur of moment but we have to wait and make ourselves capable to receive grace of Guru/ Divine. If we understand this thing, life is very simple. We all know every situation comes in our life due to our sanskaras (past impressions) and we should understand that our Guru's grace will come at an appropriate time when we are make ourselves able. Hence, patience, perseverance and faith are very essential virtues in life of every sadhak.

The difficulties that come to you are exactly in proportion to your strength—nothing can happen to you that does not belong to your consciousness, and all that belongs to your consciousness you are able to master.

- The Mother



TRIDOSH

Krutika Kale

Being humans, we have five sense organs and can therefore perceive the world in five distinct ways via our ears, skin, eyes, tongue and nose. Each of these perceives a particular form of external energy and absorbs it into the human body. The five energies or elements as perceived by the five senses are known as the *Pancha Mahabutas* (five elements): *Akasha* (ether), *Vayu* (air), *Tejas* (fire), *Jala* (water), *Prithvi* (earth)

All matter is considered to have been composed of these five elements but only living matter has the three *doshas* or *tridosha* - the three forces which govern all biological processes. The term '*dosha*' denotes 'that which darkens or causes things to decay' implying that when out of balance, the *doshas* trigger the disease process

In the western world, Galen (a surgeon) elaborated on the role of the four humours in personal character and temperament. According to him, the material world was made up of four elements viz. earth, water, air and fire which combined to form four essential body fluids, viz. blood, black bile, yellow bile and phlegm. Each of these fluids was seen responsible for a different temperament. Imbalance in humours were believed to cause various disorders. This is similar to the Indian notion of the three doshas of vata, pitta and kapha which were mentioned in the Atharva veda and Ayurvedic texts.

The *doshas* are the three primary energetic principles which regulate all physiological and psychological process in the living organism. From the most rudimentary cellular process to the most complex aspects of biological functionality, the *doshas* regulate everything that occurs, changes and decays. A harmonious state between the *doshas* results in homeostasis which is the required foundation for good health and a disharmonious imbalance results in a variety of signs and symptoms. In all, the interplay among them determines the objective condition of the living being – including us. Each *dosha* is a synergy of two *Mahabutas* (elements) and interestingly enough - each receives its specificity from these elements. The elements – ether and air combine to form *vata*. Fire and water form *pitta* while water and earth constitute *kapha*. Therefore *vata* has the mobile characteristic of air and ether, *pitta* acquires the energy of fire while *kapha* inherits the stability of the earth.

Basics of Vata

Vata, composed of air, governs all movement in the mind and body and must be kept in good balance. Too much *vata* leads to worries, insomnia, cramps and constipation. It controls blood flow, elimination of wastes, breathing and the movement of thoughts across the mind. It is also responsible for the activation of the nervous system, hearing and speech; and expresses as enthusiasm and creativity. *Vata* also controls the other two principles, *Pitta* and *Kapha*, and is usually the first cause of disease. Another word for *Vata* is *Vayu* - it is the more traditional Sanskrit word for air.

Basics of Pitta

Pitta is said to be composed of fire and water; it governs all heat, metabolism and transformation in the mind and body. It controls how we digest food, how we metabolize our sensory perceptions, and how we discriminate between right and wrong. *Pitta* must be kept in balance, too. Too much it can lead to anger, criticism, ulcers, rashes and thinning hair. A balanced *Pitta* mind makes one a good leader with a warm personality.

Basics of Kapha

Kapha is the watery humour. It cements the elements in the body, providing the material for physical structure and maintains the body resistance by lubricating the joints; providing moisture to the skin, helping to heal the wounds, filling the spaces in the body; giving the biological strength, vigor and stability, supporting memory retention and giving the energy to the heart and lungs. In all it maintains immunity. *Kapha* is also responsible for emotions of attachment, greed and long-standing envy; it is also expressed in tendencies toward calmness, forgiveness and love. Too much *Kapha* leads to lethargy and weight gain, as well as congestion. With excess *vata dosha*, we have a breakdown of the body's natural defences. Improper increase in *kapha dosha* results in abnormal growth, weight gain and unnatural ability to repair tissues and organs while excess *pitta dosha* may result in abnormal heat production and disturbing metabolism

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The Power of Ghee

Contributed by Rakesh Kumar

Ghee (clarified butter) is used in Vedic Rituals - burned for lamp oil, used in abhishekams and offered into the fire in Fire Rituals or Homas. Butter has 7 calories of energy per gram. TNT has .65. Both substances store energy in the forces between their atoms.

Butter has a slow release - think digestion and metabolism. TNT transfers its energy into heat very, very quickly. The gas expands suddenly pushing and shattering surrounding objects - think building demolition.

TNT has more potential power but butter has more energy. Consider what occurs chemically in the atmosphere when ghee is offered in a ritual

A Master is one who has meditated solely on God has flung his whole personality into the sea of God and drowned and forgotten it there, till he becomes only the instrument of God and when his mouth opens it speaks God's words without effort or forethought; and when he raises a hand, God flows again through that, to work a miracle.

Ramana Maharshi

There are enough training courses and learning material including some of the best selling books talking about how to be effective. Many a times a question is asked whether one can decide to be effective at all? Effectiveness is something to do with the result of a particular chosen process while efficiency is something to do with the process itself. Humans can only manage their activities and not the end results. The end result is a culmination of many other contributory factors and is always a result of the team efforts. Sachin Tendulkar in cricket or Michael Johnson in Basket ball can only play to the best of their abilities and may excel individually but can not guarantee winning the matches for their respective teams unless the other players in the team play to their best potentials. Playing to the best of your abilities is something to do about the efficiency. Your own ratio of input and output of your efforts within the brackets of your abilities is something that you can and should manage. Lord Krishna when he says the most powerful statement of the divine song Bhagvad Geeta, "You have the right over your actions and not the fruits" typically talks about managing your own efficiency and not bothering about a collective effectiveness. Efficiency is nothing but your individual effectiveness. The one effectiveness which possibly the outside world never knows about. That is transparent to the mundane world which looks at the larger effectiveness which is the end result of many activities and efficiencies put together. These are the limitations of human mind which has developed no parameters to measure the individual effectiveness. But never bother about that. In any case even if you bother, you can not do much about that. You can not possibly choose people around us, including our own parents. How can you manage the efficiencies of the people whom you have no control on? Spirituality manages your efficiencies which may contribute in its own way to the overall effectiveness. Just manage yourself.

Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	24th & 25th Dec	Devrukh	Sangeetaben	1st
2	30th & 31st Dec	Vellore	Khushal Solanki	1st
3	25th & 26th Jan	Ratnagiri	Ajit Sir	1st
4	28th & 29th Jan	Devrukh	Ajit Sir	2nd
5	24th & 25th Feb	Devrukh (For Doctors only)	Ajit Sir	1st