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Modern management– Ancient wisdom

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Spirituality and its role in human life is too well established to be repeated. The modern approach to life so far however has been denying this role for a major part of the last century. The oriental (and more so Indian) approach of spiritual wisdom has always been looked with skepticism by a so called progressive or progressed world. Some or other the spiritual outlook never fitted within the scheme of things for the modern scientific outlook.

The things are however changing drastically in the last few years, and again more so in the past few months. We have already included an article on the views offered by the values of Indian spirituality in a new world order, by Mr Philip Kotler (the Marketing Guru of the modern management science) somewhere in this newsletter. That should make many people sit and have a re-look at the phenomenon called spirituality.

Around the same time, I came across some very interesting article titled “Managing One Self” written by Mr Peter Drucker, another big name and the God of modern management. This article is published in a book titled “Managing Yourself” which is a compilation of such articles from various renowned authors in the field of management. What Mr Drucker says is not different than what Mr Kotler said recently. Mr Kotler with all his experience in the field of management advises one to look within to be a successful manager, than looking in the outer environment. Mr Drucker suggests the approach of Feedback Analysis to understand the individual strengths so that those strengths can be strengthened. Mr Drucker rightly points out that most of us work around our weaknesses and end up becoming a mediocre work executives rather than excelling in the chosen field. The excellence can only be perused by concentrating on one’s strengths. While identifying the strengths, Mr Drucker has advised the working executives to look into some very interesting issues like the Values and ethics that one carries from birth time, the contribution that you can make to the situation that you have chosen to work in and understanding what one is good at in the core of your existence. Don’t you think that it sounds like what Lord Krishna tells Arjuna in Geeta when he says that look into your core traits and behave accordingly so that the life becomes a pleasant experience, free from all stresses and strains? (स्वधर्मतः प्रियते मृत्यु) I do not take this as a coincidence that I should come across the views of two of the legends in modern management converging on spiritual approach. It definitely is a divine design.

Math Anniversary Celebrations

A village was infested with monkeys which raided homes, plundered food and fled before being caught. Chasing them, beating them, screaming abuse—nothing worked. A holy man said “why control monkeys? Appease them instead. Have a banana plantation at the village edge.” The monkeys never entered the village again. The Buddha clarified,” So with the mind. Don’t impose on it— give it something enjoyable. Give it meditation.

Our Swami Samarth math at Devrukh completed one Tapa (12 years) on 15th March 2012. A period of 12 years or Tapa as it is called in the parlance of Spirituality is considered a milestone of some kind on this divine path. The Math did this with style this year.

The celebration as usual started a day before on 14th March/ This was a day Swami Samarth truly came to ashram in the form of an idol about 12 years ago. A yagna was performed on this day at the time of inception of the ashram. That day is considered to be most auspicious moment in the lives of all those connected to the Math in some or other ways. This year the celebration started with a Keertan— a kind of a preaching through a combination of verse and songs, a very traditional way of creating awareness about a divine, in the state of Maharashtra. This was performed by our young sadhak Nilesh Bandagale and his colleagues. Nilesh’s performance was exhilarating to say the least. He connected Swami Samarth teachings with that of the tradition of Vitthala devotees (called here as Varakari Sampradaya).

The next day on 15th, a Udak Shanti ceremony was performed as usual. This is an annual ritual at the ashram when the water element within the ashram is sanitized by certain vedik rituals. The local pundits perform this ceremony every year. One has to experience the amount of peace and bliss the environment attains after the ceremony to attach any values these kinds of rituals.

In the evening, we replicated the scenes of 12 years ago and 12 circumbulances (Pradakshinas) were taken around the main math, exactly the way we had done 12 years ago. Many of the people who had done that 12 years ago, were invited to join this act and they all came, though some have become very senior in age by now. The spirit of being there was excellent and people who had witnessed the same ceremony 12 years ago, had tears rolling down their cheeks.

The night of 15th was all the more exciting as Devrukh Sangeet Mandir, a musical wing of the ashram, which has also completed their first year, having started exactly on this day a year ago. On this occasion, the students of Devrukh Sangeet Mandir performed meritoriously. This activity of the Math, is picking up extremely well under the able guidance and hard work of Ms Bindiya Pandya. Bindiya has devoted her heart and soul for this activity which is reflecting in the performance of her students who performed with absolute professional skills.

16th March, the last day of celebrations was declared by the Math as Woman Sadhaks’ day and a Haldi-Kumkum ceremony was organized for all our sadhaks sisters from village. They all came decked up in Nine yard saris (atypical maharashtrian attire) It indeed was very colourful ceremony.

Basil (Tulsi) uses

by Anjan Nath Ph.d.

(Contributed by Ajit Katakdhond)

A curious sight in India during the 19th Century was that many Englishmen had adopted the use of a necklace made of the wood of the Basil plant like the ones worn by Hindu holymen. This was not to claim affinity to those over whom they ruled, but rather for more practical reasons for it was scientifically determined and proved that basil provides immunity to electrical impulses and hence acts as preventive to thunder-bolts (lightning). The plant itself is full of electrical energy and hence aids in stimulating blood-circulation. It is said that if one wears the stalk of the basil around the waist, the wearer will be free from afflictions of the waist, liver, spleen, and the generative organs. Because of this property, the basil-stalk necklaces are worn around the neck, hands, and over the heart; and, therefore, it is not surprising that the practice was adopted by the English Culpeper, the English physician of old makes a few interesting observations: "This is the herb which all authors are together about, and rail at one another (like lawyers). Galen and Dioscorides hold it not fitting to be taken inwardly; and Chrysippus rails at it with downright Billingsgate rhetoric; Pliny and the Arabian physicians defend it" (Complete Herbal 15). He further adds: ...it was an herb of Mars, and under the scorpion, and perhaps therefore called basilicon, and it is no marvel if it carry a virulent quality with it. Being applied to the place bitten by venomous beasts, or stung by a wasp or hornet, it speedily draws the poison to it. Every like draws his like. Mizaldus affirms, that being laid to rot in horse-dung, it will breed venomous beasts. Hilarius, a French physician, affirms upon his own knowledge, that an acquaintance of his, by common smelling to it, had a scorpion bred in his brain.... To conclude. It expelleth both birth and after-birth: and as it helps the deficiency of Venus in one kind, so it spoils all her actions in another. I dare write no more of it. (15) So much for Culpeper.

In India, the basil (known as Tulsi or Vrinda) is widely used and several myths have grown out of its use both, as a medicinal herb and for religious purposes. The ancient treatises on Ayurveda speak highly of this plant saying that its regular use keeps palate, throat, teeth, gums, bronchus and lungs free of infection. Most traditional Hindu homes grow the plant and believe that an invisible oil permeates the atmosphere thus keeping it clean and free of germs. Further, no snake or scorpion will come near a basil plant and I have personally verified that it also keeps mosquitoes at bay. It is no wonder that the Hindus have accorded spiritual status to the plant and revere it almost as a deity. In fact, the basil is considered to be sacred by many and it is believed that this plant sprouted on its own over the grave of Christ. Christians in Eastern Europe still look upon the plant as a gift of Christ and on St. Basil's day, the womenfolk plant basil seedlings in their gardens with the same fervor as a religious rite. Taking a cue from Christ's resurrection, some even plant basil over the graves of their dear departed in the hope that it might revive the dead!

Uses of Basil

The uses of basil are many and varied. Most of its claims have been verified scientifically, while others remain in the borderline of scepticism and disbelief. The general uses for which it is prescribed as a home remedy ranges from the common cough and cold to blood-pressure symptoms and even paralysis and hemiplegia. I give below some of the more common ailments and their treatment with the use of basil alone or in combination with other herbs.

Acidity:

Grind equal amounts of the dried blossoms of basil, bark of the Neem (Margosa) tree, and black pepper into a homogenous mixture. Take a level teaspoonful of this powder morning and evening with a draft of water, but do not drink milk immediately after. The acidity will be removed from the body with the sweat and urine.

Blood pressure:

The drinking of basil-leaf tea keeps the blood pressure even.

Cataract:

Mix a little honey with the juice of the basil leaves and apply over the eyes every morning and evening. Fresh cases are dissolved without surgery, while chronic ones are rendered "ripe" so as to be surgically removed.

Colds & Cough:

Make a fine powder of the following:

--Basil leaves (dried in shade)	300 gms
--Cinnamon	50 gms
--Bey leaf	100 gms
--Aniseeds (fennel)	200 gms
--Cardamom	200 gms
--Red sandal-wood	200 gms
--Dried orange-peel	25 gms

Take two teaspoonfuls of this mixture and boil it with about 500 ml water till half the quantity of water is left. Add honey (and milk if preferred) and drink it like tea twice a day.

Earache:

Add a little tincture of camphor to the juice of 10 leaves of basil. Instill a drop or two of the mixture in the ear for instant relief. (To be contd in next issue)

*I am a point of light within a greater light.
I am a strand of loving energy within the stream of love divine.
I am a point of sacrificial fire, focused within the fiery will of God.
And thus I stand. I am a way by which men may achieve.
I am a source of strength enabling them to stand.
I am a beam of light, shining upon their way.
And thus I stand. And standing thus, revolve
And tread this way the ways of men, and know the ways of God.
And thus I stand...*

By: Merlin Saint Germain

The Reiki Wisdom—From the History of Mrs. Takata



- (1) One of Takata's guiding principles, which she emphasized repeatedly was to treat both cause and effect. "If you treat only the afflicted area of the body, you may alleviate symptoms temporarily but permanent healing will not take place unless you treat the cause" Takata's training and experience had taught her that the cause of a condition is often centered, not in the afflicted area of the body, but elsewhere. She tells of treating a young woman who had become blind around the age of thirteen for no apparent reason. She was brought to Takata three years later after attempts to discover the cause of her condition through traditional medicine had failed. Had Takata only treated the girl's eyes, she would not have discovered that the cause of condition was actually in the ovaries. Takata treated her daily for 28 days, giving a full treatment and additional energy to the ovaries and eyes. **On the 28th day, she could see again.** I think, this should answer the queries from many why a full body treatment (and not only the part that is afflicted) is essential every day.
- (2) Haberly relates that a man came to Takata, with the complaint that he suffered headaches every evening. Takata, began treating the abdomen in the area of a gall bladder. When he protested that he had a headache, not a stomachache, she explained that she felt *much vibrations in my hand* when she reached the area of his gall bladder and felt that the cause of his discomfort was there. She followed this by working on his head and his back, giving a full treatment. **The client reported that by the time she came to his head, the pain was gone.**
- (3) For Breast cancer or any condition involving the breast, Takata advocated Special emphasis on the ovaries, uterus & thyroid, as she found that the cause of the condition was often located in these areas. Takata always encouraged complete & frequent Reiki treatments for long lasting chronic problems daily. She emphasized that if a health problem or illness has been around for 3 weeks or more, the whole body is involved in the healing process & the full treatment is indicated. Takata frequently mentions giving treatments daily, sometimes several times a day, over lengthy periods of time. In case of shingles, for instance, she reported giving the client treatment daily for 2 months by which time disappeared. The client learnt Reiki & continued to treat herself daily afterwards.

The yoga we practice is not for ourselves alone, but for the Divine; its aim is to work out the will of the Divine in the world, to effect a spiritual transformation and to bring down a divine nature and a divine life into the mental, vital and physical nature and life of humanity. Its object is not personal Mukti, although Mukti is a necessary condition of the yoga, but the liberation and transformation of the human being. It is not personal Ananda, but the bringing down of the divine Ananda -- Christ's kingdom of heaven, our Satyayuga -- upon the earth.

-- Sri Aurobindo

Spirituality in Management

Guruji has been promoting the idea of use of Spiritual approach and outlook in every sphere of human activity so that the entire human existence becomes a divine manifestation. In fact this is very important part of Guruji's mission of Happy, Healthy and Harmonised Humanity. He has been running some special training programs based on this principle under the name of Spiritual Outlook for Management Enterprises (S.O.M.E.) since 1999 with more than 30 corporate bodies and more than 1500 students having gone through this program.

His stand on the Spiritual foundation for Management activities, was well vindicated by none other than Mr Philip Kotler, the father (and even God for some) of modern Marketing Management. Mr Kotler while talking at a symposium in Hyderabad, India on March 7th, 2012, said that "India can offer a world a great Indian dream that strikes the ideal balance between Spiritualism and Materialism. "You certainly have the brain power... You have schools like IITs and IIMs.... India has done a tremendous job with IT and generic drugs. But what will India be selling five-six years from now? Why shouldn't India, with its better economics, hope to be the car manufacturer to the world?," Kotler told newsmen on the sidelines of a one day seminar on 'Values-driven marketing – The road to change', organized jointly by Apollo Hospitals' philanthropic initiative 'Sachi' and Hyderabad-based Winning Edge Events.

Reeling off names of top Indian corporates like Infosys, Wipro, Tatas and Birlas, Kotler confessed to being impressed by the changes that had taken place since his first visit to the country in 1956 and said the way forward for India was to focus not on being the best at everything but on honing its differential competitive advantage.

Here he pointed out that, with the great American dream souring because it had gotten too materialistic, the world was now looking to India to share its great Indian dream.

China offers no dream because it is mostly about doing business and hence materialistic. India can offer a balanced view of life with materialism and spiritualism and show the world what the good life is all about — take but give and grow together through collaborative consumption and production.

This Indian way of life and the country's religious and spiritual background are also ideally suited to make India peacemaker to the world, feels the octogenarian marketing guru.

Indians are good at analytical reasoning and mathematics. You also have a good religious background and have a lot of concepts that can offer wonderful ideas for peace-making and health making," he further added.

Indian philosophy is about managing the inner human resources like intellect, mind and heart. These inner resources which contribute to ideation, thought process and passion which are the real driving forces for the outer resources like men, Machines, Materials and Money. Guruji has been spreading two vital messages viz. (i) manage the Manageable so that unmanageable gets managed and (ii) managing the left (of the equation) is your right, trying to manage the right is wrong. India needs to look more within than outside countries to develop their own model which would prove to be the winner. India does not have to invent anything, only re-discover a lot. Everything is there for us to unearth. India does not have to look to US or China models to be successful. They are based on a basically wrong definition of success. India needs to provide its own model which will be free from stress and will lead ultimately to the happy, healthy and harmonized human world. That promise needs to be worked. That dream needs to be realized now. ▲

Guruji invited for Festival of Faith

Mrs Momfeather Erickson (the most respected elder in USA) and the **Festival of Faith** have invited Guruji for the forthcoming event **between 14th and 18th November 2012** to be held in **Kentucky in USA**. Mrs Momfeather and the other elders in the tradition of Native Americans spiritual group recognizes the remarkable work of Guruji to positively impact the world with his teachings of Reiki, and the Agnihotra Sacred Fire. This event may be another opportunity to touch a very large circle of people and work along side Momfeather, and Theresa Van Der Palen. Theresa is one of Steve McCullough's trusted helpers at his Sundance and other ceremonies. The Festival of Faith is a religious and spiritual gathering in Louisville , Kentucky . The dates this year just got announced today and they are Wednesday, November 14, to Sunday November 18, 2012. The gathering attracts between 1,000 and 1,500 participants. Seminars and workshops run all day, everyday, for the entire conference. There are very many speakers on a wide variety of subjects.

The Sacred Fire is being invited to be lit to open the conference and burn the entire time. Momfeather was thinking four different cultures could come together to light and join their Sacred Fires at this gathering for the **FIRST TIME EVER**. It would be a Medicine Wheel of the Four Sacred Fires to open and close the gathering. The thought was: EAST – Agnihotra, Guru Ajit Telang, SOUTH – Cherokee, Momfeather Erickson, WEST – Lakota, Steve McCullough, and NORTH – Ojibway/Potawatomi – Bruce Hardwick and Duane Kinart. Steve still talks about coming to the temple and praying with you at the mantra ceremony. He loved it! The closing can be another combination of all the experiences at the gathering with all the Native Elders and you.

Guruji has also been invited to offer his **Reiki Teachings** classes before the gathering in Louisville or after the conference. It is a very large spiritual community and Mrs Momfeather has offered her help with the contacts to open Reiki circle to a new group of people.

The invitation addressed to Guruji says ***"The divine is again at work to bring you together to work here in the United States with elders I respect. It would be very, very, very exciting to have your energies add to the gathering and the work for peace not only in their community, but the ripples that will touch the world"***

Love is not to be cultivated. Love cannot be divided into divine and physical; it is only love—not that you love many or the one. That again is an absurd question to ask: "Do you love all?" You know, a flower that has perfume is not concerned who comes to smell it, or who turns his back upon it. So is love. Love is not a memory. Love is not a thing of the mind or the intellect. But it comes into being naturally as compassion, when this whole problem of existence—as fear, greed, envy, despair, pain, hope—has been understood and resolved.

“When you breathe in , know you breathe in. When you breathe out, know you breathe out. That is Enlightenment.

Lord Buddha

Feedback is one of the most important aspect of human life management. This term is quite popular in management parlance. However this should confine only to the lobbies and cabins of corporate offices. Every one, more so the one walking on the divine path, has to be aware and literate on this aspect. It is basically an introspection and contemplation. Basically it is about meditating on oneself. If you look at the world outside, many know what they are not good at while very few may be knowing about what they are good at. I have heard many a people saying that “this is not my cup of tea” and some people are proud about their weaknesses. They carry an ego about that too. A typical technocrat may be proud to say that he does not bother about the nitty-gritty's of accounting. Never think about what you are not good at. Look at your strengths and try to build up on that. Try and make your strengths stronger. Do not waste your time in trying to improve upon your weaknesses. That way you may at the most become a mediocre person. You can never excel. You may try and work more on your strengths, your values, your ethics and your core competences. Remember we all have a limited time on this planet. Let us not waste that in experimenting with our mediocrity. We are all here to contribute to the environment in a positive way. Ask your self, what can you offer to the world today? And offer that 100%. Do not hold back. We are all divine and are here with a purpose. Not for wasting our time. That can not be a purpose of our life. Respect your life, respect your existence, respect the world around. Keep on having a continuous feedback about where you are with respect to where you want to be. The inner voice will then lead you to your destination.

Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	7th & 8th April	Baroda	Ajit Sir	1st
2	14th & 15th April	Nashik	Ajit Sir	2nd
2	21st & 22nd April	Devrukh	Ajit Sir	1st
3	28th & 29th April	Mumbai	Ajit Sir	1st
4	5th & 6th May	Baroda	Ajit Sir	2nd
5	8th & 9th May (for Deaf & Dumb)	Baroda	Seema Trivedi	1st
6	19th & 20th May	Devrukh	Ajit Sir	2nd