



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

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Control of Mind? By Whom? And For What?

The one question which has been haunting me wherever I go and whatever topic I teach from Spirituality for the past 16 years is, "How to control Mind?" Honestly on hearing this, the first question that comes to my mind is that Who is asking this question? Who is the one who wants to control the mind? Since when the wrong idea of controlling the mind has begun? Even Sage Patanjali the ultimate authority (whom once Osho Rajneesh described as One thousand Buddhas + One thousand Einsteins put together) talks of controlling the Vrutis (the reactions of the Chitta) and not the chitta or the mind at all.

Look, the mind is basically a soul consciousness operating at much lower frequencies. The nature of the mind is to flow. It manifests itself through the flow of thoughts. It is just like a river. It has to flow. Otherwise it ceases to be a river. The river when stops flowing is anything but the river. So is the mind. Why does one have to try and stop the flow of thoughts in the mind? Why does one like to kill the mind? Mind is a part (and a very vital one) of human existence. How can one survive when mind is killed? The Mind is not and never was a problem. It is the impurities that flow with the thoughts that contaminates the mind. It is like a polluted river. Rivers should flow unpolluted, free from all toxins and impurities. That needs to be addressed That needs to be controlled. That needs to be cleansed. One can not and should not try and stop thoughts. Thoughts are natural phenomena. But one can keep thoughts clean by cleaning the mind, not by killing. Flow of thoughts is fine. Even observing the thoughts flowing is alright. What is not alright is getting involved or getting attached to those thoughts. That process creates Vrittis. That is something one should be careful about. Vrittis in general are our impressions or patterns formed by consistently holding to thoughts. One can let go the thought by not touching them. When the ego forgets its origin in Soul, these conflicts start happening.

So next time you sit for meditation, remember you need to be from all conflicts. The idea of meditation is never conflicting the processes of the mind. Rather it is the resolving of such conflicts. Trying hard to suppress the thoughts will take you far from the objective of meditation. It will be like achieving freedom through violence. By the time you succeed you have already gone away from freedom. So never fight with the mind. Now the question "who will not fight with the mind" That is your ego, a manifestation of pure soul.

Manifestation

Any efforts to seek the truth will never be fulfilled; this is what I have been telling the research teams working with me. This is for the simple reason that we as researchers are also the part of the truth. When you are a part of something you can never find the whole that you belong to, as every time you know the **whole** changes. The whole which had earlier you as an entity who did not know certain things, suddenly has an entity which knows some things. That has already changed the “whole”. This sounds rhetoric but is real. Every time you seek something with earnestness and purity at heart you create that. This is the game of consciousness.

Consciousness is the sum total of the manifested and the unmanifested, as Yogi Ashwini a renowned Yogi says. Manifested consciousness is what you can perceive through five senses –the things you can see, hear, smell, touch and taste. Unmanifested consciousness is what is beyond your five basic senses. The concept of consciousness has very close bearing in your brain. In an ordinary beings only 7 to 8% of the brain is functional which caters to the experiences of five senses. While walking on the path of a spiritual seeking, certain higher brain centres get activated and you are able to perceive beyond. The closer you come to yourself, that is what you yourself perceive to be –the body, the more difficult it is to manifest your consciousness because the more you tie yourself in knots. The Yogis believe in 16 senses and not five. The moment you start relating to those 16 senses you break through the limits of perceptions and understanding.

When you go further away from your body (the gross), the manifestation of your thought happens much faster. (Maharshi Mahesh Yogi calls this as Paradhi Chetana). In Reiki, after learning 2nd level, many sadhaks complain that when they intend something for others all intentions get fulfilled, while when they do it for themselves, mostly they do not work the way they want it to. When you intend something for yourself, the origin of your intent itself is a doubt and worry. Even these may not be explicit, they are very much there at the subconscious levels. The moment you have a doubt and worry, the energy is already depleted. The intention has already lost its potency. Trust is the basic ingredient of the intentions along with the willingness to be responsible and the desire. Doubts indicate a lack of trust. That is the basic reason why it happens that way.

The manifested and the unmanifested creation lies within you. All you need is the ability to understand that and then use it.

When all the knots of the heart are destroyed here, then the mortal becomes immortal. This much alone is the message of all Upanishads.

(sec VI, Verse 15, Kathopanishad)



FESTIVAL OF FAITHS AT LOUISVILLE, KENTUCKY



The 2012 Festival of Faiths, with its theme of Sacred Fire: Light of Compassion, brought to a conclusion the series on the principal elements which began in 2009 with Sacred Water. This series has pursued the consistent theme that the planet is for all of us, regardless of religious traditions, a sacred place. It is sacred because it is the place where we encounter the divine, and this encounter takes place through the primal elements of creation— sacred water, soil, air and fire— and through interpersonal relationships as well.

This year, the encounter with the divine was established through the sacred fire and some fascinating programs were offered, by members of diverse religions between 14th and 18th November 2012. Indigenous people celebrated rituals of Sacred Fire to recall the Sun, the gift upon which we depend for life and therefore observe with reverent gratitude and humility. This is the light that illuminates consciousness, leading the way to life, love and justice. The role of compassion in our daily and spiritual lives was emphasized through festival programs including keynote addresses, panel discussions, inter-faith prayer services, films, music, exhibits, youth events etc.

In 1995 Fire keepers from the Ojibway traditions were granted permission to light a Sacred Fire for an international peace conference held near Lake Geneva, Wisconsin, where the fire burned for 4 days of the conference. Coals from this fire were brought by elders to light the fire in Louisville, Kentucky, where the festival was held. Guruji Ajit Telang who was chosen to represent the Eastern Hindu Tradition across the world, carried a cow dung from Devrukh ashram to join that divine fire. This sacred fire lighted the Pascal candle for the interfaith Thanksgiving service. The elders from different traditions and tribes shared their wisdom and knowledge about the Sacred fire with festival attendees in a series of informal and formal presentations, collectively entitled as “Teaching Circles Around the Sacred Fire”

Guruji made three presentations on Agnihotra in particular and Yagnas in general to the audience and evinced a tremendous interest among the participants. Agnihotra was performed on all these days at the site of Sacred Fire. Guruji and his team of sadhaks also performed Rudra Swahakara in a main fire which totally changed the environment. Seeing the changes around, the audience kept on demanding more and more knowledge and many were taught to perform Agnihotra. More information has also been sent to those who showed interest in knowing more so that they can now practice these Yagnas at home and their farms. Guruji was in the midst of the revered elders of different traditions including Mrs. Momfeather Ericsson (from Cherokee), Bruce Hardwick (from Ojibway elders), Steve McCullough (Sundance Chief) and Rupert Encinas (Tohno Oodham Tribe)



The story of the Man of the Match Award

Teaching second degree Reiki is one of the most enthralling experiences of my life so far. It is tough in the sense that one has to teach the method of “allowing the happenings to happen”, living life in unlimited fashion. Teaching un-limitedness is always more challenging for any teacher as the whole education so far is based on teaching limitedness. Teaching is more a work for duality rather than unity. Teaching needs a lot of do’s and don’ts. Mostly teaching happens in the box. Out of box teaching needs out of box thinking, a lateral thinking. This also demands an audience which can appreciate what you have been teaching. A teacher may have all the experience of un-limitedness but he/she has to translate that into knowledge which adds limitations to the unlimited and in the process the essence is lost. It is like filling a small pot with the waters of Ganga and calling it Ganga. The essence of Ganga is already lost the moment you bottled it. What remains is only a water.

I have been telling an episode in my life to my students at the second degree level for the past many years to highlight the potency of symbols. The story goes like this. I was a consultant to one of the corporate entities in Mumbai. That client of mine had some friendly Cricket match organized between two of their group companies and were falling short of one player. Knowing that Cricket is very close to my heart (which also has some other residents like God, Reiki, Mission, Family-including my wife), they offered me a place in one of the sides. I used to play Cricket in my twenties and thirties but had not played a full day match thereafter. But I was enthusiastic about that, notwithstanding the October scorching heat. Everything went well right from morning when my team batted first. I had some small contribution to the team score, nonetheless which proved to be vital later. The real challenge was grounds in the hot October afternoon is who has played Cricket at any level in was around 2,30 in the afternoon and I fusely. Within no time I started feeling the scorching worst. I realized that I inside still wanted to play while the your tent. I was desperate as I did not the opportunity to play after many long getting desperate. The struggle be-ture and the outer heat. Suddenly I re-vironment. I remembered I could use drew symbols, had an intention that I am free from my sufferings at that time. And lo! Something happened. I felt as if I am kept in a refrigerator. So cool.. No trace of sweat. Everything changed, including the game. Suddenly in the next few overs the ball hot by the batsmen could locate me and was happy to be in my hands. By the way people call them catches. My captain being happy with me, gave me a ball to roll my arm over. And again lo! The balls that I bowled found batsman groping to see till their stumps were shattered. I had three wickets in two good overs that came to my way. We won the match. I became a hero in no time. And for the first time in my life (and the only time) I was awarded a Man of the Match Award– in the form of a Shoji Cup. That is still in my proud possession displayed in my show case at my residence. I am enclosing the photograph here.



One has to realize that after second level Reiki ceases to be a technique of healing. It becomes the Wholeness itself. It becomes a part of you. Maharshi Mahesh Yogi would possibly call it, a Paradhi Chetana (a pure creative intelligence).

A Meditation on the element of Fire

Let us do a meditation on Fire which is both exterior and interior to us. The endeavor will be to relieve ourselves of all distractions, focusing our complete attention on Fire. We will begin our meditation by recalling the role of fire in creation, from the emergence of the universe more than 13 billion years ago to the present. We will continue with a recollection of internal fire and conclude with an attempt to become conscious of our identity having taken our place in the evolutionary path, initiated by fire, the source and the enlightenment of our being, but separate and distinct from our being.

The fire element outside of us is a raw physical energy in the universe. From scientists know now the universe began as an infinitely hot singularity and alternately heated and cooled down as it continued to do, creating the universe as we know it on this nano second of day in time. From the nuclear fusion in the heart of the Sun to the crackle of lightening in storm clouds, we shudder at the wild and uncontrollable nature of this element.

We warm ourselves directly in the rays of the Sun or through burning fossil fuels that grew in the sunlight in the ages past. Fire is daylight. It is the energy that becomes the plants that nourish and beautify our lives. Fire softens us, unites us, nourishes us, in camp fire embers, candle light, star light, in cooked foods, baked goods, and warm drinks.

In raging forest blazes, protest demonstrations, indigenous rituals... fire sobers, destroys, emboldens.

Within us the fire element can be described as intricate metabolism. It is everything energetic. It is every ounce of vitality. Experience the steady temperature of the body, feel the heart pumping and call to mind the myriad chemical combustions taking place at the cellular levels. Lift the finger, take a look, have an idea, give a hoot.. And then bow before the sparks of electricity in your muscles, nerves and brain. Tap into your passion, grieve your heart out, laugh until you cry... and then lie prostrate before the energy that is fire within you.

Within you, yes, but not you, for our ability to live move, eat, choose, offer, serve, and feel is completely dependent on that which fires within us. And which is outside of our control. We must keep replenishing the body's fuel, because the fire element is forever cycling through us. We take in the Sun as plants or, for some of us the flesh of animals and then it radiates from our skin, wafts away on our exhaled air, we spend on working and living and loving.

Like the other elements, the fire element simply flows through us. All of this energy, this life force within our bodies, is not ours at all. It is borrowed for a while from the outside world. We can not create it, can not contain it. It is a river of energy, passing through this form that we call body. It is not us. It never was. At the very basis of things— not just spiritually or metaphorically speaking, but at the most basic level of our physical existence— our lives are not our own.

(Reproduced from Sacred Fire (Interfaith: Article written by: JoAnn Gates.)

Soaking in the Divinity: Experiences at Mahasomyag— Rakesh Kumar

It was a dream to be part of a Somyag Fires since 2007, when Ajit Sir had visited Maheswar with the Reiki group and shared his Divine Experiences with us. Swami and the Lineage, Maheshwar, Agnihotra and Bhagwan Parshuram have resonated within a lot of Agnihotris and this trip gave a glimpse of the Transformation that is ahead for all of us and the Planet Gaia herself. We reached with our Scorpio and a group of 6 Reiki channels on 9th Dec and were amazed at the entrance of the cotton fields that lead to the gate of the Somyag entrance. The path through the field was so narrow that barely a vehicle could pass through the passage one at a time, it seemed like there are “Beings” to guard this Sacred Yagna and filters were applied on the path. We felt a land blessed with different aromas and elementals as we passed through the Goshala to the main Mandap. We went first to the Amphitheater on the banks of Narmada which is a Energetic Resonance point (Nabhi) for the Planet. Here group of Agnihotris from various countries and colour do their sacred fires to send the healing to earth and its sentinel beings and all of plant, animal and mineral life. Then we entered the Mandap which was a big Labaoratory of wooden spoons with sacred herbs for the 17 day Fire Ritual, which was being performed by a very skilled team of around 20 Priests. A couple had been anointed to become the Yajman for the experiment and they lived in a hut made right inside the Mandap. In the evening after the thrilling group Agnihotra, we had a live experience of how the fire in the main kunda was offered pure Agni created through the friction of wood on wood. It was a marvelous scene to see spark of Agni flying from the Wooden box into the main Fire. Then four groups representing each Veda offered various herbs, ghee and Soma Juice with Mantras from various centers of the Mandap which seemed like substations of Fire which all added to the main Station the main Agni and caused a synergistic fire. Every time Soma Juice was offered the Atmosphere got charged, and we could feel our cells being filled with divine light. On Sunday morning which was the final day for the Yagnya, we started the day with a group of 60 odd Agnihotra fires and it was a scene, with so many people with different colours coming together as One. I had the joy of meeting Monika Koch who is a Reiki channel from our RVN and Agnihotra Pharmacist. She explained how experiments with different carrier for Agnihotra ash can fasten healing (like ghee, honey, water vapours, yoghurt) In the evening all of us went to the Ancient temples on the banks of Narmada where we now have a heritage site for Ahilyabhai Holkar. We had a Fairly tale boat ride where we went right in the middle of the river and parked our boat on the pedestals of the temple. We chanted Sri Rudram on this Energy vortex which is part of the channels that supply energy to earths Grid System along with the Amphitheater node where Somyag was done. We were so enchanted with the place that we did a tirth snan with no towels and soaked in the blessings being offered by Sacred Narmada. Sun shimmered golden waves and beams of light on the temple from the banks.

Sunday evening we had Group Agnihotra Fires followed by high frequency mantra offerings from the priest with every oblation of the Soma Rasa. The day ended and we waited with excitement for the Avabruth Snan. Monday we had the blessings to do a Rudra Yagnya at the Amphitheater center, and we experienced all the Ancient Beings watching us as we culminated it. A shiver of cold and energy went through our bodies at the end of the ceremony. This was followed by drum beats and group dances in circles at the Amphitheater. Then we marched with the sounds of drums for the ulitimate Snan and showers of Blessings from Heaven. The yajman followed by offering all the remains of the Yagnya into the River which would benefit the River and the Oceans and for the Planet to come in the next 60yrs. We all followed with celebrations in the water with joy to see our Sun shining on us as Tirth flowed over our body. **A fulfillment of the End of Cycles...and birthing of a New Beginning!**

New initiatives in US Reiki

With the first Reiki seminar conducted at Mobile, Alabama another Reiki Training centre has begun on the US scene. Mobile is the seventh such training centre in US after Chicago, Texas—Midland, Pierceton—Indiana, Andover—Boston, Edison—New Jersey and Los Angelles- California. The first seminar was organized in Mobile, Alabama by Mr Bharatbhai Patel and was well attended by participants.

The study circles which were launched in Chicago in the beginning of the year will now have two more centers to keep company to it with the beginning of Indiana and New Jersey Study circles from January 2013. Initially two circles—one of Reiki and one for Agnihotra will be started at New Jersey headed by Mrs Pradnya Kadam and Mrs Mithu Chenji respectively. Mrs Seema Walavalkar will be the apex coordinator. Indiana centre will start with Reiki Study Circle which will be headed by Mrs Usrula Patel, Reiki Teacher from Pierceton, Indiana.

Study Circles widening

Study Circles which started in February 2012 are fast growing in terms of its radius and circumference too. The concept of Study circles which started with 7 centres has now extended itself to 11 centres with three more centres joining the circles in the first month of January 2013.

Chicago (which came in March 2012) is now joined by Edison (New Jersey) and Pierceton (Indiana) in USA. Besides the Pune centre has also got a status of Study Circle since December 2012. Goa, Kolhapur and Bengaluru are three more centres which will join the Study Circle family in January 2013.

The number of sadhaks registered for the Study Circles world wide has already crossed 1000 mark and growing further. Some of the topics these Study circles covered have evinced a large interest in the circles outside Reiki Vidya Niketan. The institution has decided to extend the presentations to a larger segments of society and have agreed to extend the same to different beliefs and faiths through their worshipping places so that more number of people can be benefited with the well researched knowledge base. This may also add a lot of meaningfulness to the religious philosophies and rituals. That may ultimately help in creating a future society full of love, compassion and scientific outlook fused with the ancient wisdom.

Datta Jayanti Celebrations
At Devrukh Ashram
December 25th, 26th and 27th
Dattayag with 1 million Swahakars of Mantra
“Hari Om Tat Sat Jai Guru Datta



What is Reiki?

Guruji was telling us about some interesting experience of him which happened in his life. He visited one ashram in northern India, at the foothills of Himalayas a few years ago. One of our sadhaks was with him. The ashram belonged to a very well known saint and Guruji was his guest for 5 days. The saint used to keep Guruji with him most of the time while in ashram. On a very first day, while going for a morning walk with the saint and his about 40 disciples, the saint asked Guruji to teach him Reiki. Guruji modestly told him that it takes about 2 days to learn Reiki and requested for 2 days to be spared. The saint said he is busy and can not spare two days. He kept on saying that Guruji should teach him in 5 minutes. Guruji realized that possibly the saint was trying to impress on his disciples that this man can not meet his demands so that he can show himself taller in their eyes. Very impressive strategy indeed. Guruji decided to bide for time and said not today, but tomorrow. Then it became a routine affair for the next 3 days. The saint would insist and Guruji would just block with the same answer. It became a big fun in the minds of all his disciples. On the fourth day however the time for teaching came. On one of the daily satsangs the saint asked Guruji's sadhak "What is your name?" The sadhak replied with folded hands. The next question came "Which caste you belong to?" The poor sadhak said "Kshatriya" Guruji smiled and intervened and said immediately, "Swamiji, now I can tell you what Reiki is. I have been with this sadhaks for the past 12 years and have come to know about his caste now. That is Reiki" Swamiji just walked away and never asked again what Reiki is.

*The only hope,
or else despair*

*Lies in the
choice of pyre
or pyre—*

*To be re-
deemed from
fire by fire...*

T S Elliot

Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	15th & 16th Dec	Mumbai	Rakesh kumar	1st
2	15th & 16th Dec	Devrukh	Seemaben	2nd
3	15th & 16th Dec	Ahmedabad	Bhartiben	1st
4	22nd & 23rd Dec	Nashik	Krupa	1st
5	22nd & 23rd Dec	Kolhapur	Vishal /Milind	1st
6	29th & 30th Dec	Jambhulpada (Old Age People)	Ajit Sir	1st
7	29th & 30th Dec	Thane	Kalpita	1st
8	29th & 30th Dec	Devrukh	Seemaben	1st
9	5th & 6th Jan	Pune	Ajit Sir/Kalpita/ Vishal	2nd
10	12th & 13th Jan	Mumbai	Vishal	1st
11	12th & 13th Jan	Nashik	Seema	1st
12	12th & 13th Jan	Ahmedabad	Krupa	1st