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Reiki Vidya Niketan

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Looking ahead..

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Today (5th June) we are celebrating the 14th anniversary of Reiki Vidya Niketan. On this day, Reiki Vidya Niketan was founded between Late Dineshbhai Thakkar, Dr Subhash Gokhale and myself. Looking back at that dream called Reiki Vidya Niketan one realizes how fast the times have flown. At this moment I remember the famous words of Rabindranath Tagore who said "The seed grows into Tree, The age must be good" A small sapling planted 14 years ago, has become a large tree with many people taking shelter under the divine tree. 5th June also happens to be a World Environment Day. It is a divine coincidence. As we all believe in Reiki sadhana, we are the environment and we are the World. All that one needs to do through reiki is to manage oneself and the world as people know will get managed.

Every anniversary gives you an opportunity to ponder on the past and peep into the future. The formation of Study Circles has been one such thing which will create a lot of hope and opportunities for all those who would like to progress on the spiritual path. Today more than 700 people have registered in over 8 centres of Reiki Vidya Niketan taking this opportunity to learn more. The major fallout of this however is going to be the growth of 32 Centre heads and 8 Coordinators who are researching on various serious issues related to spirituality and its role in a day to day life . I have a great hope and trust that these teams will grow far and wide on this path. These are young and promising people with a great sense of responsibility towards the planet and a compassion in their heart towards every living being around. I am sure they will all get enriched in knowledge and empowered to lead the spiritual movements to come in the next 2 to 3 decades. They all have a large role to play in the times to emerge. This issue carries an announcement of 4 of these centre heads becoming Reiki teachers from 1st of June. They will have a larger platform now to grow and make others grow. I am also expecting the study circles in every centre to start creating more events related to their subjects and spread the divine things all around. You should all be getting a plan to do that soon.

I thank all of you sadhaks for a great support you are giving to this divine mission, without which the mission would not have been possible. May God bless you all.

Ajit Sir, 5th Jun 12

*There is only
thing more
painful than
learning
from Experi-
ence and that
is not learn-
ing from ex-
perience.*

*Archibald
MacLeish*

Love thy neighbour.. The why & how?

Shared by Sarang Bhandari

There was a farmer who grew superior quality, award-winning corn in his farm. Each year, he entered his corn in the state fair where it won honors. & Prizes

One year a newspaper reporter interviewed him and learned something interesting about how he grew his corn. The reporter discovered that the farmer shared his seed corn with his neighbors.

"How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" The reporter asked. "Why brother"

" The farmer replied, "Didn't you know? The wind picks up pollen grains from the ripening corn and swirls it from field to field. If my neighbors grow inferior, sub-standard & poor quality corn, cross-pollination will steadily degrade the quality of my corn. If I have to grow good corn, I must help my neighbors to grow good corns."

The farmer gave a superb insight into the connectedness of life. His corn cannot improve unless his neighbors' corn also improves. So it is in the other dimensions and areas of life!

Those who choose to be in harmony must help their neighbors and colleagues to be at peace. Those who choose to live well must help others live well The value of a life is measured by the lives it touches...

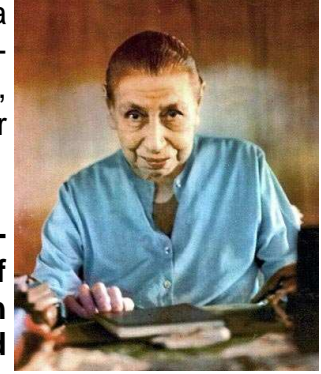
Success does not happen in isolation; it is most often a participatory and collective process. So share the good practices, ideas and new knowledge with your family, friends, team members and neighbors & all. As they say: "Success breeds Success."

It doesn't matter how long we may have been stuck in a sense of our limitations. If we go into a darkened room and turn on the light, it doesn't matter if the room has been dark for a day, a week, or ten thousand years -- we turn on the light and it is illuminated. Once we control our capacity for love and happiness, the light has been turned on.

Sharon Salzberg

Psychological States and the Nervous Envelope

We are all familiar with the term Aura or Etheric Aura which plays a vital part in healing while we give or take Reiki. Here is some interesting comment by none other than The Mother of Pondicherry, probably the most well known healer in the world so far. The Mother calls the phenomenon of Aura, an envelope or the vital body.



The Mother of Pondicherry

The vital body surrounds the physical body with a kind of envelope which has almost the same density as the vibrations of heat which we can observe on a very hot day... It is this which protects the body from all contagion, fatigue, exhaustion and even from accidents. So if this envelope is completely intact, it protects you from everything, but a little too strong a emotion, a little fatigue, some dissatisfaction or a shock of any kind is enough to scratch it, as it were, and the slightest scratch allows any sort of intrusion. Medical science also now recognizes that if you are in perfect vital equilibrium, you do not catch illnesses or in any case you have a kind of immunity from contagion. If you have this equilibrium, this inner harmony which keeps the envelope intact, it protects you from everything. There are people who lead a perfectly ordinary life, who know how to sleep as they should, eat as they should and their nervous envelope is so intact that they pass through all dangers as though nothing concerned them. It is a capacity one can cultivate in oneself. If you become aware of the weak spot in your envelope, a few minutes of concentration, of calling to the force, of inner peace are sometimes enough for it to be set right, cure and for the untoward thing to vanish.

(from the book Integral Healing)

The door of the Human Heart



There is a beautiful painting, named 'The Light of the World' by the famous artist William Holman Hunt. In the painting, Jesus Christ is seen standing in a garden holding a lantern in one hand and with the other, knocking on a weed-choked door

A friend of the artist said to him, "Holman, you have made a mistake. The door you have painted does not have a handle." "It is not a mistake," answered the artist. "For that is the door of the human heart and it can only be opened from the inside!" The artist said it so beautifully. We have to forsake our egos, our attachments, our differences, our greed and open our hearts to each other and thus to our Creator

Article on Reiki in Times of India



Reiki can beat corporate stress

Corporate executives work under a lot of stress. Reiki can be the tool to combat stress and lead a healthy, happy and balanced life, says Reiki expert Amar Kumar



A 38-year-old, successful corporate vice president walks out of his office smiling; he has just closed one of the biggest deals of the year. It wasn't easy; it entailed long hours of work, hectic travel schedules and lengthy meetings. He looks forward to a big raise and, maybe, a promotion. But it was not meant to be; a heart attack brought his dreams to an abrupt end.

Corporate executives, today, work under pressure. The intensely competitive environment, long hours, urban commute and deadlines make life difficult. Hectic work schedules and the stress of modern lifestyles weigh you down and create inner imbalance.

Stress and anxiety

The result is crippling anxiety, low self-esteem, depression, anger outbursts, lack of concentration and insomnia. These emotional and mental issues manifest in different ways in people. Some suffer from aches and pains, and some deal with high blood pressure, diabetes, heart problems and high cholesterol levels.

Managements realize this and are now providing yoga, meditation and gym facilities to their workforce; Reiki is also be-

ing introduced to the corporate world for people to heal themselves. Reiki means life energy, which creates and sustains life. If the level of energy in us is low or obstructed, we feel diseased. A two-day Reiki workshop can activate our chakras to facilitate an increased flow of energy. By placing our hands on the damaged part of the body, we can heal ourselves and others, too. The therapy has no side-effects, and requires no specialized skills and no medication.

Practise it anywhere

Unlike other alternate therapies, there are no special prerequisites for Reiki. One can practise it at any time and for short durations of even 10 minutes, on an empty stomach or after eating, while lying in bed, sitting on a chair or standing, before or after a bath. It is so convenient that it can be practised even on a flight or while relaxing on the sofa.

Once people have been introduced to Reiki, you can expect better health and freedom from stress. It benefits managements too, for it fosters a positive work environment, loyalty, lowers absenteeism, improves morale and keeps people happy.

Reiki is the right tool to combat stress and lead a healthy, happy and balanced life.

(Send in your feedback to st.wellness@timesgroup.com)

How Mrs Takata taught..

Mrs Takata taught in Hawaii for number of years before starting to teach classes on the mainland in the 1970's. The first mainland class she taught that included students of non-Japanese origin was taught on Orcas Island off the coast of Washington State in 1973. She often held classes in private homes, teaching a number of classes from 1974-1977 in Redmond CA at the home of Beth and John Harvey Gray. Before her death in 1980, she had traveled the World teaching countless students and training 21 masters.



Takata's Reiki I classes were typically taught over the course of three or four evenings in sessions that typically lasted two hours but could, at times go on for up to four hours. The contents varied as she never prepared from the prepared text. She began with an explanation of Universal Energy, "Here is the great space which surrounds us –the Universe. There is endless and enormous energy. It is Universal.. Its ultimate source is the Creator. .. It can stem from from the Sun, a Moon or the Stars... It is a limitless force. It is the source of energy that makes the plants grow.. The birds fly. When a human being has pain, problem he or she can draw from it. It is an ethereal source, a wavelength of great power which can revitalize, restore harmony."

She told the story of Usui sensei in installments over the course of the class, a segment prior to each of the attunements. She demonstrated and explained hand positions. She was very precise about the placement of hands. Master Wanja Twan remembers, "Mrs Takata's crisp teachings and precise hand positions, a perfect technician.." A student of Master Berth Gray reports that Berth Gray's students were taught to keep their hands in the same position through an entire cycle of energy (until the practitioner begins to feel energy ebb in the hands) and were told that was Takata's teachings.

During her classes Takata told numerous stories about her forty plus years of experience with the treatment of various conditions from Tuberculosis to blindness to arthritis to headache. A natural story teller with a keen sense of humour her tales were entertaining as well as interactive. She talked about the Five principles/ She used repetition to make sure that each of the students understood as she did not allow the taking of notes or taping of classes.

Classes were focused and intense. Anneli Twan (daughter of Master Wanja Twan) remembers Takata as an exceedingly efficient teacher... when that little Japanese fireball said "Jump" everyone jumped. Mrs Takata took her Reiki very seriously and could be a taskmaster and disciplinarian, but she was also sweet, even motherly and a heart bigger what she was. Mrs Takata talked about different illnesses and how to treat them and emphasized upon certain "no, no" such as "never lay hands on the spine– always come in from angle" and never remove your hands from the patient– even when rolling him/her.

"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 belong to your consciousness you are able to master"

The Mother, Pondicherry

Four New Reiki Teachers initiated in Reiki Vidya Niketan

Four of our senior sadhaks have undergone Reiki teacher training program with Guruji this month. They have been declared as Reiki teachers and will soon be joining the committed team of Reiki teachers of Reiki Vidya Niketan soon. They are:

1) Ms. Kalpita Keer:

Kalpita starting with a batch of 1998 has been involved in various projects of RVN and has been a mainstay of RVN's healing team. She has also been a main coordinator of RVN's activities in Mumbai. Kalpita is a Nutritionist by academics and is a voracious reader with a vast knowledge of Reiki healing. She is also currently heading the Reiki study circle in Mumbai. Kalpita is an excellent orator and can express herself effectively in languages like Hindi and Marathi.



2) Ms. Krupa Choksi:

Krupa started her journey on Reiki path in 2000 and has been an ardent follower of Reiki healing since then with a lot of successful healing cases in her name. She is a Chartered Secretary (CS) and also M.B.A. in Marketing. She is a professional management consultant and a good writer. She is currently heading the Inner Meditation Study Circle in Rajkot. Krupa is an excellent communicator and also a faculty on various corporate training programs with proficiency in English, Hindi and Gujarathi languages.



3) Mr. Vishal Shridhankar:

Vishal was initiated on Reiki path at the young age of only 16 in 2000 and has been a regular member of RVN's researchers team on various projects. A Commerce graduate with specialized training in Computer Networking, Vishal is currently working as a Networking Engineer with a firm in Mumbai. He is also an Apex Coordinator of Inner Meditation Study Circle. He is also a part of RVN's Scientific Research team on a various projects related to energy healing. Vishal is proficient in languages like English, Hindi and Marathi.



4) Mr. Rakesh Kumar:

Electronics Engineer by profession, Rakesh is considered to be an authority on Networking systems. Rakesh joined Reiki Vidya Niketan group while he was an Engineering student in 2005 and has been involved in various projects of Reiki Vidya Niketan since then. He has been involved in various projects of RVN currently including Advanced Vibrational Energy Studies, Agnihotra Healing Fire etc. He is currently an Apex Coordinator for Advanced Knowledge Study Centres. Rakesh is proficient in languages like English, Hindi, Malyalam and Marathi.



Agnihotra & Radioactivity ..

Compiled by Monali Rakshe



The disaster in Japan in 2011 opened the eyes of many including the nuclear scientists and physicists. We started receiving more request for information on Agnihotra and its effect on Radioactively contaminated environment.

Shri Vasantaoji Paranjape, the pioneer of Agnihotra movement in the world has this to say on this subject:



“When Agnihotra is performed, the Agnihotra smoke gathers particles of harmful radiation in the atmosphere and on a very subtle level, neutralizes their radioactive effect. Nothing is destroyed, merely changed.” (Chapter 3—More About Agnihotra Homa)

Ms Karin Herschl, the staunch Agnihotra activist has this to say based on her first hand experience in Poland (post Chernobyl episode). kasardevi8@yahoo.com

When the Chernobyl nuclear accident happened in 1986, I had a farm near Graz in Austria. The Austrian Government immediately issued that every farmer had to bring in milk and fodder for testing for radioactivity. When I did this, the inspectors were shocked, because they found only normal radioactivity levels in our milk and fodder samples while all the farmers in the surrounding area had high doses in their samples. The inspectors said it was not possible to have normal radioactivity after Chernobyl and is there anything special that I do on my farm? I told them that my farm was using ancient Ayurveda technology to grow food which is now presented as HOMA Organic Farming Technology.

“We do a small fire in small copper pyramid exactly at the moments of Sunrise/sunset. Materials burnt are dried cow dung cake pieces a little clarified butter from cows and a few grains of raw rice. This is called Agnihotra Homa. Also we do another Homa, repeating one mantra and adding a drop of clarified butter to the fire after the mantra for four hours daily. On full moon and new moon days we take turns to maintain the second HOMA for twenty four hours. According to Ayurveda by this method we inject nutrition in to the atmosphere. This affects the plant, soil and sub-soil water.” However, the inspectors were not interested in doing further research. For a scientist, normally one such experience will be enough to motivate him to do further research.

This Ayurvedic farming method was tested on 1200 hectares of land in the Amazon region of the Republic of Peru by the agronomical engineers connected with the office of the President of Peru. This observation lasted seven months and covered all crops grown in the area. The results were fantastic. (i) Greater quantity per hectare (ii) Better quality i.e. taste, colour, disease resistance, etc. (iii) Longer shelf life (iv) Shorter harvesting time. (v) Cost per hectare is much less

This Ayurvedic technique was brought to the West by VASANT PARANJPE of INDIA who later came in contact with some ex-Soviet scientists for doing further research. After several years of research they came to the conclusion that **AGNIHOTRA ASH IS THE SOLUTION TO COUNTER RADIOACTIVITY-RELATED DISEASES.**

My personal experience on my farm should act as an eye-opener for scientists to do further research. Says Ms Karin Herschl

Ashram Wisdom

The secret is to emerge from the ego, out of his prison, unite ourselves with the divine, merge into him, not to allow anything to separate us from him.

The Mother

Many of our sadhaks are keenly watching a serial called Mahadev. A serial very well scripted and picturized on Lord Shiva's mythological stories. Lately the episodes on Sati, a wife of Shiva and the first form of Goddess Parvati are being telecast. One of the episodes is on how the goddess is humiliated by her own father Daksha. Her father not only humiliates her but also abuses and talks foul about Lord Shiva, her husband. It was too much for the goddess to bear that and she reaches a point of no returns as far as her stress goes. She decides to end her life in this body and becomes desperate. That is the time, when she is absolutely empty and free from all her ego, desires, thoughts and everything, the Adishakti, the Mother energy descends in her. For the first time, the goddess in the human form who had started believing that she is a mere mortal, in spite of Lord Shiva trying to awaken her to her own origin, realized how powerful she really was. It was a great lesson to all those who watched that episode. Invariably our sadhaks could catch the essence. When you are free from all your limitedness, the unlimited arrives. It is there within us. It just needs to be activated and what better condition it can get activated but to find your personality crushed to nothing. Have you ever seen around that when people are absolutely down and out they excel? Wilhelm Reich based his own theory of Orgonic Energy on this phenomenon. This is the lesson to the ordinary mortals. However sadhak who is no longer an ordinary mortal, should realize that he can awaken his supreme power without really waiting for the condition of helplessness and turmoil. He has to just do it at will. Out of his own choice. That is what sadhana does or should do to you.

Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	2nd & 3rd June	Baroda	Seemaben	1st
2	5th & 6th June	Mumbai	Vishal/kalpita/Rakesh	1st (Child)
3	7th & 8th June	Nashik Road	Seemaben	1st
4	9th & 10th June	Nashik	Ajit Sir	1st
5	16th & 17th June	Devrukh	Ajit Sir	1st
6	23rd & 24th June	Rajkot	Seemaben	1st
7	30th Jun & 1st July	Baroda	Ajit Sir	2nd