



Reiki Vidya Niketan

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The force called study circles

We started with the concept of Study Circles in February this year. Within no time, we have now full fledged 8 Centres with two more in the offing for the coming month. We have almost touched the magic figure of 1000 people participating in these study circles all over. The amount of knowledge that is generated by research of some of the study circle members is in-depth and I appreciate their painstaking efforts in such research projects. Participants as I understand are also getting value in this whole exercise. The basic idea of these study circles was to create a platform for sadhaks to come together in the quest of knowledge. For the last 16 years that I am teaching Reiki, I always found difficult to include everything that is available, to the participants in a limited time of 16 hours. The problem kept on



growing with the time, as the new dimensions to healing started expanding. To do justice to the knowledge, the subject and the participants, I started with an idea to create a space



for those who are serious about their spiritual growth. I am happy today looking at the progress of this concept.

The September session of Agnihotra in Nashik gave another boost to the movement and mission of happiness, health and harmony for humanity. Five Fold Path Mission, the strong proponent of Agnihotra decided to join us on our invitation to share the platform. That added new impetus to the whole exercise. Mr Bruce Johnson and his wife Anne (both Australians by origin) who have created a miracle called TAPOVAN in Jalgaon district in Maharashtra after 15 years' slogging came and shared their whole journey on this path. What an evening that was! With many Agnihotra fires burning at the same time, it was the sight to please even the heavenly Gods. That was indeed enthralling for our study circle members. We are planning to repeat these events with other centres too from next month. That should give our sadhaks various dimensions of the same topic and make them complete on knowledge. In fact I am planning to extend this approach to other faculties like Meditations, Advanced Knowledge and Reiki where we will invite experts to join us in this moment. Soon possibly we should be able to bring various spiritual approaches on one platform to create a solid spiritual force which is currently divided and scattered. It will be renaissance of Goodness in the world.

*“For him
who is tem-
perate in his
food and
recreation,
temperate in
his exertion
at work,
temperate is
sleep and
waking,
yoga puts
an end to all
sorrows”*

Bhagvad Geeta

The God within us..



Our ashram at Devrukh is actually located at a small village called as Ojhre (Khurd) which is just the extension of Devrukh town on the northern side. A small, peaceful Ojhre with population possibly not exceeding few hundreds have been boasting of a small traditional, historic temple of Lord Ganapathi which is reported to be more than 100 years old. This is very popular temple visited by practically everyone in the village at least once a week. Around

27th of July or so, the villagers who were regular visitors to the temple were in for some excitement. The idol which was smeared with the Vermillion (Sindur) since the time people in village know, needed to be applied a fresh coat of Vermillion on that day. A sculptor working on this task suddenly realized that the large flakes of the layers of Vermillion started falling off and in a span of few minutes all the upper layers crumbled to reveal the idol within. It was a beautiful idol of Lord Ganesh, well sculpted, with the trunk on the right side of the body. People were shocked as no one in the village in the last 100 years or so has seen this idol ever. People have been seeing the huge mass of Vermillion coat as the Lord Ganesh and worshipping with the great faith without realizing the original beauty of the idol. That beauty just appeared. It was very much within. But was never experienced.

There is a message here for all those on spiritual path. We all have that divine swaropa (form) very much within us. But the vermilion of knowledge, ego, desires, emotions/reactions, doingness etc has covered that beauty. We can realize that Lord within only when the outer layers peel off as it happened in the case of this village temple. It took about 100 years for the Temple Ganesh for this to happen. But for human beings may be it takes ages and eons to experience this. We are all hiding our divine, beautiful form coating that with so many layers called sanskaras. Time has possibly come to see that the layers peel off and the new layers not be applied so that the original form which is coming out not be suppressed again.

When we released the energy from the atom, everything changed... except our way of thinking. Because of that we drift toward unparalleled disaster. We shall require a substantially new manner of thinking if mankind is to survive.

Albert Einstein

Agnihotra miracle: Revival of Tulsi Plant

Dear Guruji,

I'm so excited about this. Please view the pictures of Tulasi plant which we had at home, last few years tulasi was dying after a week when ever we planted new and I was feeling so sad about it everytime. Even this one was dying but the only difference was I learnt reiki Agnihotra and learnt in study circle that if we speak to plants they listen to us, understand love. T wanted to try this knowledge.

I took picture of the one which shows before and after effect. I also gave her 'Tirth' after 'Tarak Mantra' every morning along with Agnihotra bhasma and spoke to her and told her to become green and beautiful again for me, I told the plant how much I love it and how important it is for me. It happened after a week, few green leaves started appearing and not only that the new plant appeared by it's seeds falling in to next empty pot also after few days. I wanted to share this story with you.



Tulsi before treatment



Tulsi after Agnihotra treatment



Fallout of treatment on other pot

Thanks a lot Guruji for making me little knowledgeable, I'm feeling so happy.

Regards

Anand Karnataki,
Mumbai

In the kingdom of Awakening:
 "Today" is an extension of this moment
 "Tomorrow" the romance with imagination
 "Yesterday" the memories glorifying the Dead, while as
 In Truth,
 The Past-Present & Future
 Yesterday-Today and Tomorrow
 Are all illusions of the mind
 It is all a play of imagination.

Transformation of Life through Reiki

Hemil Thaker, Vadodara

I would love to write on how Reiki has helped me in my life. Frankly speaking, I used to be the dumbest guy and the worst guy in my early school days. I was not at all good in studies. Neither was I good in anything as many students are good at something. I don't know what I was. My mornings were full of anxieties about the day to come and nights were full of disappointments I didn't have any friends. I was a loner. My classmates used to make fun of me and my teachers used to scold me. My sister was ranker in board examination and she was in the same school. Everyone used to tell me that my sister is going to be a doctor and I will be her compounder, there is no other job that I can get. I still remember, one day one of my teachers made me stand up in center of the class and said, 'look students, in life be whatever you want to be but don't be 'hemil', this is the worst person that you can be.' I was in fifth standard at that time. I was depressed, I was broken. I still don't know why I was like that? Every moment I was crying inside. I started hating myself.

When I was in sixth standard, I learnt Reiki. In our school 6th standard kids are eligible to take part in 'teacher's day competition. When it was asked in class that who wants to take part in that, I don't know, how and why, but I raised my hand. Everyone was laughing like anything. Than teacher shouted, 'Which subject?' I smiled and replied, 'Whatever you choose ma'am'. She laughed and said, 'Science'. Teacher looked at me with sarcasm, wrote my name and went off. After two minutes, I told myself, 'What the hell did you do!'. But I had to do that. At that day I had three lectures. When supervisors, the teachers, saw me teaching they were shocked. They could not say anything. In last lecture, they started questioning me and I was ready with my answers. I still remember their faces. Every class clapped after my lecture. Next day couple of my classmates came and told me that I taught really well. I thanked them and one of them sat beside me. Teacher came in class, and she asked in very bad manner, 'how hemil taught huh?' One boy stood up and said, 'Better than you'. Every other student agreed with him. Teacher threw that boy out of the class. I was actually shocked. Principal came in my class and was not very happy to declare that I stood 1st in that competition. In the final examination of sixth standard, I secured rank 4 in the class, the same boy who was considered to be the dumbest boy. In seventh, again, I was 1st in the same competition and secured 85 % I became confident. I knew that I was being prepared for some reason. I became a better son, brother, student and friend. In vacation of 10th I lived almost 2 months in Devrukh ashram and I was fully charged

Now, in 11th, I participated in each and every competition and I stood 1st in all of them. I was first in 'poetry writing' at 'STATE LEVEL'. I was the captain of the school cricket team and we were first at district level. I was also in school volleyball team and we were 2nd in inter school competition. I was the only student who had solo dance performance in the biggest annual function of our school which had the budget of 10 lacs. I stood 1st in all the examination of 11th and 12th. The same boy whom they called the dumbest boy

In my first year of college, secured 1st rank in university in 2nd semester I was the winner of singing, instrumental playing and debate in university youth festival. I took coaching classes of 9 students, studying with me, who all got first class. In present I am in second year, aiming for the gold medal. The same boy whom they called the dumbest boy What happened in a month that changed a boy completely? What I was and what I am now! These all achievements are fine but the main thing is I am on the correct path. Seriously speaking I don't have any complaints about whatever happened with me in my early school days and life and. actually I am thankful to that environment and all those people. May be they were the 'nimitta' to bring me here. I am on the spiritual path. People have to wait may lives, many years to be on these path and I've got that path at the age of 11. FOR THIS, yes I am lucky. This is grace, blessings of Reiki. I am having tears while writing these. Not because I remember all those days but because I feel that touch of mother who pulled me from the mouth of death and not only saved me but also took care of me, loved me and made me a 'sadhak'. That mother is still with me; still she is caring and loving me. Frankly speaking, I have done nothing. I seriously don't know how this all happened. I just know that I didn't leave my mother's hand. That mother is 'REIKI'.

Being Happily Dissatisfied..

Asmita Venugopal, Bengaluru

Good morning everyone, I'm Asmita of class XII B, and the topic that I've chosen for today's student's talk is 'BEING HAPPILY DISSATISFIED'. Yes, you've heard it right. Its being happily dissatisfied.

I would like to start off by giving you two examples, or you could rather take them as cases. The first one is about a lady. She admires her father for his discipline. Now she is married. She expects her husband to be disciplined too, which she believes is an essential virtue. However, in discipline, her husband never makes the necessary grade. She is dissatisfied with him and he is frustrated with her. She gives a 10 out of 10 to her father on discipline, whereas her husband is tottering at a 4 or 5. She however doesn't realize that 5 is his 100 percent score. Given his nature, temperament, conditioning, upbringing and whatever you might like to include, he will never make it beyond 5 on discipline. This is him and this will be him. There might be some other quality in which the husband may get a perfect 10, whereas the father may not be able to make the necessary grade. The second example: a mother speaking to her daughter. "Look at your brother's handwriting. It is a work of art. And look at yours!" The mother nags the daughter. The mother however doesn't realize that she is underestimating her daughter. The daughter may outperform the son in singing!

Expectation isn't the problem. Benchmarking expectation is. No one is inferior to the others on all counts and no one is superior to the rest in all measures. We all have our plusses and we all have our minuses. No one is zero-defect. No one is all defect. Stop focusing on isolated qualities. Start relating to the whole being.

However, there is a twist in the tale. While being dissatisfied with others makes me unhappy, being dissatisfied with myself helps me grow. When I benchmark others with my expectations, it leaves me dissatisfied with them and thus affects my happiness. When I benchmark myself with my expectations, the dissatisfaction created propels my growth and development. When I demand a 10 out of 10 from myself on excellence, integrity, purposefulness, character, competence and so on, it shows me where I stand and where I need to go. The gap becomes the scope of my transformation. When I demand a 10 out of 10 from the world, it affects the quality of my relationship with the world.

So, on all matters, rate the world on 5 and rate yourself on 10. Not that the world is any less capable, or that you are superhuman, but because, without happiness, there is no life. So rate the world on 5. Without dissatisfaction, there is no growth. So rate yourself on 10. Thus, you will be HAPPILY DISSATISFIED!!!!!!!!!!!!

Thank you!

(Asmita Venugopal is our Reiki student from Bengauru Centre)

Research on the right age to send children to school

A team of Indian Doctors Dr Ritu Gupta, Dr Ravinder K Gupta and Dr Aman Jandiyal conducted a research on the repercussions of pushing Children too early in age to school and presented a research paper in the annual conference of Indian Pediatricians in Chennai in June 2004. For this research these Doctors visited 3 schools and researched 500 children in the age group of 2 to 4 years. These children used to come to these Doctors for regular check up. The researchers designed a questionnaire and interviewed the parents of these children, they also examined these children and studied their life styles, the impact of studies on their physique, mind and emotions.

The proportion of boys to girls was 4:3. 30% of these children were in the age group 2 to 3 years. 83% of the parents were educated beyond 12th std. 38% parents were working parents & 42% of the children were of the joint families.

Parents when asked about why the children were put into school so early the following result came out

- 74% said parents wanted children to get knowledge at the earliest
- 63% for reducing the nuisance at home.
- 51% for preparing towards the higher school education.
- 33% for social states
- 32% as there was no one to look after when parents were out of job.

The following finding about the impacted of early education on the health of the children were recorded.

- 1) 63% suffered severe constipation.
- 2) 42% had frequent cough & cold problems & breathing disorders.
- 3) 21% lost their appetite.
- 4) 12% started clinching their teeth.
- 5) 10% started sucking their thumb.
- 6) 8% showed speaking disorders.
- 7) 8% started eating soil.
- 8) 12% started bed wetting habit which they never had before

This proved that children have to be enrolled in the school only after they attain a particular age so that they grow mentally matured. All these diseases indicate the insecurity in the mind of children.

Some where we have stopped listening to our ancient wisdom. It has been traditionally believed that children upto the age of 6 years are not to be taught. They just learn through observations and through the environment. They are more wisdom oriented rather than knowledge oriented. Those who have done our Reiki seminars may know what Guruji talks about Dashavatars of human life. Till the age of 6 to 8 years, the child is beyond mind (VAMANA) . He/She does not have the mind fully developed and ready for learning from outside. Learning becomes a stressful experience and most of the problems in life thereafter begin at this point which not many can unfortunately correlate or possibly do not want to correlate. The educationists the world over may have to take cognizance of this and start doing something to correct this problem, else the next generations may experience a tremendous stress and agonies.

Meditation Experiment in Devrukh to begin

Reiki Vidya Niketan has always been a strong research orientation in all its activities. The Study Circles which came into existence has given a boost to these scientific evaluation and experimentation even further. The world over the experiments have been conducted in the past about the effect of spiritual practices by certain sections of the society on the environment and human life in general. In Devrukh we are starting an experiment from 15th October 2012 which will last for 12 months. Under this project, about 20 sadhaks who have learnt or are learning Siddhi sutras will meditate with an intention to bring about the changes in the environment of Devrukh town. The number has been decided based on a formula that when root square of 1% of the population meditates regularly they can create a collective power to change the environment. The population of Devrukh town as per the last census of 2011 is around 22,000. The project has decided parameters like Crime rate, Agricultural Production index, Rains and the infrastructure of the town. The current status of these parameters for the past one year and also an average of past 3 years has been worked out. These parameters will be evaluated again on 15th October 2013. The group of sadhaks will meditate at the precise prescribed time for one year without any break and a committee of people not related to the institution or to its activities directly is being appointed to get unbiased evaluation.

Health Care related Surveys by Reiki Vidya Niketan

As you know, Reiki Vidya Niketan has been taking initiative in understanding more about the health and disorders by launching different surveys. We just finished one of Allopathic Treatments and the social perception. The survey was responded by 307 respondents out of which 51% were males and 49% were Females. The findings of the survey which are now out show that 41% of the respondents are happy with their choice while 59% are not happy with Allopathic treatments. Out of these 59%, 27% respondents have shifted from Allopathic treatments and have found the alternative therapies for healing. 32% continue with allopathic treatments as they have not found the alternate yet. When asked about what is ailing Allopathic treatments, only 8% found everything is okay with allopathic approach while 92% strongly felt something is going wrong with this field of health care. 78% blamed commercialization of Doctors & health care services, 57% felt the nexus between Doctors and Pharma Companies, 39% each blame excessive diagnostics and indifference of Doctors towards patients responsible for this state.

For Survey on Blood Pressure (Hypertension) and related diseases within the family Please COPY- PASTE this link in your browser or click on this link

<https://docs.google.com/spreadsheet/viewform?fromEmail=true&formkey=dHIVVjdyVFVfMVo0SDNuSFRMOWN5SUE6MQ>

In spirituality you do not have to be perfect..

During one of the “kitchen sermons” which take place every morning at 6 am at Devrukh ashram while sipping the first cup of tea of the day, Guruji said that one does not have to stretch for perfection in what you do. First and foremost perfection is always related to a process and not to the state. In spirituality you do not have to get tangled with the process as the whole idea is to move towards the ultimate goal– the state. The state is Shiva and the activities are Shakti. Thriving for perfection may only lead to a lot of stress. Perfection is only a myth as it ultimately tries to lead to the ultimate. Perfection of the idea of it will keep you engaged at the levels of activities. In a dynamic process of life you may never reach that state of perfection as everything keeps on changing with time. You will just get tired and reach nowhere. The whole problem with the perfection is it itself blocks the reach to the goal. Unfortunately perfection idea thrives on the ego which is its driving force. In perfection, there is a proven-ness. You are trying to prove something to the world. That is generally termed as a success. But the catch here is that the ego is a biggest obstacle on the path of spirituality leading to that state of completeness. That state is perfect. But the idea of perfection is obstructive to the process reaching there. The ego needs to be dropped. But when you drop ego, the proven-ness automatically gets dropped and the whole idea of achieving perfection is lost in oblivion. So just keep on doing the things to the best of your abilities. Working to the best what you can on a given day itself could be equivalent to perfection. Perfection is something beyond human understanding. When you achieve perfection you may never understand that. It is an enlightenment. The world may know.

Nistha (Faith) leads to Bhakti (Devotion); Bhakti when mature becomes bhava (Feelings), bhava when concentrated becomes mahabhava and last of all is Prema.

(Love) Prema is like a cord; by Prema God is bound to devotee; He can no longer run away. An ordinary man can at best achieve bhava

Ramkrishna Param-hans

Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	1st & 2nd Sept	Nashik	Ajit Sir/Seema	1st
2	8th & 9th Sept	Vadodara	Ajit Sir/Seema	1st
3	8th & 9th Sept	Vadodara	Ajit Sir/Seema	2nd
4	15th & 16th September	Devrukh	Kalpita	1st
5	15th & 16th September	Kolhapur	Ajit Sir/Seema	1st
6	26th & 27th September	Thane	Vishal/ Rakesh	1st
7	29th & 30th September	Thane	Seemaben	2nd
8	13th & 14th October	Bengaluru	Seemaben/Rakesh	2nd
9	20th & 21st October	Devrukh	Kalpita	1st
10	24th & 25th Oct	Vadodara (Deaf & Dumb)	Seemaben	1st