

# Reiki Vidya Niketan

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## Effective & Meaningful Relationship: TDCA Formula

*If you look at it, life is nothing but relationships. Humans are the social animals, that is what the ancients said. The relationships are the platforms for societies to survive. What we see around today is a crisis in relationships, whether they are institutional or individual in nature. The growing rate of divorces is practically threatening the whole concept of marriages. The friendships and comradeships are becoming things of the past, with a lot of mistrust in the air.*

*What really makes the relationship click? Relationships stand on four basic pillars. They are (1) Tolerance (2) Dependence (3) Compromise and lastly (4) Adjustments. We have started calling it as TDCA formula in our ashram. If you look at the life today, you will realise all these four pillars are already shaking. Most of the people do not have a tolerance which is a core of any relationship. While creating machines and instruments with least tolerance values, we have lost that virtue ourselves. The limits of tolerance of our minds are even narrower than the best of the machines that we have produced. Secondly the Ego does not allow us to depend on others as the thought of independence has bitten us on the wrong side. We do not want others to depend on us either. The idea of dependence is just no-no in the environment of fictitious freedom. Ego of knowledge and wealth has led to rigidity of mind and heart. Compromises and adjustments have become the last things to follow. How does one get these virtues?*

*There is another formula which helps one to attain these values. It is called ACDT, where A stands for awareness, C stands for Compassion, D stands for Devotion and T stands for Trust or Truth. If one can nurture these basic values the fall out of that would be TDCA. Spiritual practices have the abilities to generate these qualities which are truly there in human existence. All that one needs to do is to train oneself to acquire these values. Being in awareness is nothing being in present. Just be witness to the things happening around at least for some time during the day should create that. We need to step out of the space intermittently to be aware. That is basically non-involvement. The Compassion is something that is very much within all of us. When God gave us a heart, he has already filled up that with compassion. We have clogged the experience due to our ignorance and again ego. Drop all that and what remains is the compassion at the core. Devotion is another virtue which is natural for a human being, something that is an offshoot of your compassionate existence. And the last is Trust or Truth. They mean the same. The problem today is we have lost that basic trust. One can not live happily if you mistrust every one and every thing is your life. That will create a fear. Fear can not create healthy relationships.*

Ajit Sir

## Children's Retreat at Devrukh Ashram

**Proverbs  
22:6**

*Train a  
child in the  
way he  
should go,  
and when  
he is old he  
will not  
turn from  
it.*



**Beautiful welcome**



**Snakes & Ladders at ashram**



**Kathaka lessons**



**Creating the God**



**Preparing in self defence**

Come 30th April and the whole Devrukh ashram became vibrant with a lot of young energy. The ashram looked like Gurukuls of yesteryears. Young children in the age group between 7 and 15 years sprawling all over the ashram with their parents who had come to drop them. Everyone in ashram was busy attending to more than one task at a time. This probably was the first time, ashram had handled any event of this proportion and dimension. The entire route to ashram was studded with balloons and stars, banners to welcome little angels.

If ashram can also have dreams like common people, this was a dream sequence for ashram over the period of next 10 days. Ashram sadhaks displayed their multiple skills abilities and offered those to 40 students who attended the program. There was a wide array of skills right from Reiki healing to Karate, Vedik Maths to Science in ancient wisdom, from creating beautiful creations from soil to understanding a beautiful creation of almighty in the vast sky. Every moment was enjoyable and challenging. The real essence of Reiki healing sprung out as the children were taught Reiki in very natural surrounding.

Snake & Ladders could be termed as a masterpiece in teaching subtly, the impact of karmas on one's own destiny and would be remembered by children for long time in their lives. Possibly this would have already shaped their lives for being a better person by now. The untiring efforts of faculties from our own Reiki stable, their love & compassion with which they handled every moment of the retreat showed a phenomenal growth in their prowess on sadhana path.

The children who cried on the first day of the shibir as they wanted to go back to their respective homes, ended up crying again on the concluding day, but for different reason. They never wanted to go. That speaks volume for the success of retreat

## Young Poems

### *TIMES IN NATURE'S LAP*

*by Dharini Somani*

*The shying sun splits the sky into colours,  
A gust of wind brushes my hair,  
At this moment I am left with no bother,  
And nothing to care.*

*Thus lost in the beauty of nature,  
When I help myself to my terrace,  
I am lifted to my highest stature,  
Giving good-bye waving flowers a caress.*

*I turn the music on,  
Playing the choicest songs I can ever pick,  
Smiling at the day's wrys and slys,  
I place the book before my eyes.*

*And this brings me back to earth,  
Where nature receives very little attention,  
"Study! Study! " Says my mind's girth,  
But my heart says-  
"Such leaves do get a sanction".*

*Strolling under the scattering colours of the sky,  
I looked up in the heaven,  
Complaining to them with a sigh  
While they fiercely looked into my eye.*

*Thanking them for today's gifts,  
I promised them to bring about some shifts.  
The day my heart poured itself out,  
The day I did both- cry and shout.*

*The winds kissed the me,  
Making me feel lighter and free,  
Imagining the universe with its ties,  
A tear rolled down my eyes.*

*Soaking in all that I could from the excursion,  
Something that might have changed my percep-  
tion.  
I got the feeling that I wasn't all alone,  
And that someone had me outshone.*

### *Life's a heaven*

*by Shivani Karnataki*

*The smile that shines,  
The tears that flow,  
They're just fruits  
of the seeds we sow*

*The past holds a secret,  
But is there a place to hide?  
Fate plays in every phase,  
What's life with only pride?*

*There's much more to learn,  
and quite a lot to know.  
No person can teach,  
what Swami has to show!*

*Mistakes and blunders,  
pulls us down so low.  
But miracles happens  
When Reiki plays its role.*

*Let not the journey end,  
Sullen for a moment,  
Life is a heaven  
Live it the fullest.*

## **" On completion of one year as Reiki Teacher"**

**- Krupa Choksi**

We celebrated our 1st Birthday as a Reiki Teacher on 20th May, 2013. Last year Kalpita, Rakesh, Vishal and myself had completed our Reiki Teacher's Training on 20th of May, 2012. It was more of fun than training. Guruji has this specialty of teaching so many things in a playful manner. For us, all these days are memorable as it was more of get-together than training. After completion of training, we were called to Devrukh on 26th & 27th June to take swami's blessings and start our work as a Reiki teacher. It was our first seminar and thereafter we were asked to take seminars in group.

Till date we had no experience of taking any session and suddenly we were asked to start taking seminars. Not knowing how it will be we all plunged and to our surprise we did well. This is Guru's Grace which was descended on us. As far as my experience is concerned, I enjoyed taking all those seminars given to me and realised it was more of fun. I started realising that Guruji has transformed us. Initially, I used to get tensed but then I realised that, the moment I sit to teach in seminar, the divine takes over. I am just a medium. I am not doing anything.

It was only after becoming Reiki Teacher, I realised what happens in seminar. I got chance to observe the whole process of transformation of participants. And on seeing those participants at the end of the seminar, I feel blessed, I have no words to thank Swami/ Reiki as he uses me for this divine work.

Entire year passed so soon that I did not realise that such a time has elapsed. I believe every seminar is for my learning as every-time when I speak over there, there is an observer inside me who asks me, "Do you follow what you speak?" So I keep checking myself all the time. Every seminar makes me learn something and gives me immense pleasure and a feeling of gratitude towards God/ Reiki for choosing me for this task. I believe God has chosen me not to teach others but he wants me to learn through these Seminars

And the most important thing which I have learnt during this span of one year is that every human being, every animal and every inanimate thing knows language of love. Divine just wants us to be in heart and connect our heart to other person's heart. That is all what is needed, I have experienced this during entire year. It does not matter in which place you are taking seminar may it be in India or U.S. But only thing what matters is divine love. Guruji teaches us this every moment. And when we are in heart, divine takes over.

I have also seen that people are very much disturbed these days and they do not have any options in life and Reiki provides one. I have seen people laughing and accepting things smilingly even when they are in midst of chaos in their life. But this has happened only because they have Reiki, Swamiji and Guruji in their life. I have also learnt that people do not need any help in cash or kind nor they want to much knowledge. What they need is a compassionate heart who listens to them and gives them love when every one around them nags her/him. And this is what Guruji teaches us through his behavior with everyone. He expect each one of us to do this as every sadhak should have compassionate heart.

I thank Swamiji/ Guruji and Reiki for choosing me for this divine task. My only wish is to see many more such Birthdays so that I can learn and improve myself. Besides this, through Seminars I want to be always in space of Swami and Reiki. I wish to grasp totally what Guruji has taught us and spread his message through the medium of Seminar. Seeking blessing from all of Guruji/ Swamiji and all of you so that I can play my

**"Reiki is God, Reiki is everything, Reiki is something which has come to save the world."**

**Arch Angel Gabriel  
The second coming of Christ**



## The Approach that matters

Ashwini Telang

...Once, I was reading and updating my knowledge on the recent developments in the field of psychology on internet and suddenly a flying insect just got hit by the fan landed on my back. For a moment I was unable to understand what had struck me on my back. So I had to at first “look” – which we all are aware that looking is the first step towards approaching to solve a problem. Since I was alone, I had to manage this on my own do all that I could do was to look on my back through the help of mirror. While this was happening, all that I could recollect in the corner of my mind was that every situation is learning. Then what exactly is this situation trying to teach me? As you may recollect that my article on “Every situation—A Learning Opportunity” actually suggests that understanding each situation is learning about how to act, how not to react and what exactly may it mean.

On remembering this, I gently tried to remove it but the insect was far away from my reach. I thought for a while & then decided to carefully take it off with help of dupatta. This time, I was successful and at the same time amused by my own reaction to the situation. As far as I know myself I would have reacted totally differently few years ago. I just would have got panicky about the situation but here the fact was that I reacted in a very different way – the way which was exactly almost the opposite. I wasn’t panicky during the whole episode to removing the insect from my back and probably this helped me in successfully dealing with the situation.

It was after this, I realized that it is not the insect or anything else but our inability to handle the situation that causes the disturbance within and resulted into panicky situation. It's neither the traffic jams on the road nor the shouting of our parents or boss or spouse that disturbs us, but it's our inability to handle the disturbances caused by the traffic jams or their shouting that disturbs us. All that I have understood is that the way we react to the problematic situations actually creates chaos in life. It is the way we effectively respond to each situation that makes a difference and that the calm and positive approach may help us to deal efficiently.

## Teaching Reiki naturally to Children: an experience... Seema Trivedi

Teaching Reiki seminar over 10 days? That seemed little crazy. I was well prepared but was a bit nervous to begin with, but when I entered into the ashram premises, all my nervousness disappeared. The moment I took the 1st session with the children I realized that planning was of no use here. Everything just happened. I experienced what Ajit Sir means when he says be empty and then sit in seminars, I was connected and I really don't remember what happened. The kids were just flowing like energy. Being in Present mattered a lot. Past & Future just disappeared. And children were so natural- just like nature so lovely and so innocent. They all were of different ages but its like one big tree who has different sizes of leaves but they are all beautiful.

Teaching in ashram settings which are so natural was an experience by itself. The real essence and flavor of Reiki as a natural science came out. quite well. Those Reiki moments in garden, those stories at night, the snake & ladder to show the direct impact of Karmas on life... Looking back, I learnt more than possibly I taught.

## Ascension.....

**There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are torn apart and will suffer greatly.**

**"Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above water. And I say, see who is in there with you and celebrate. At this time in history, we are to take nothing personally, Least of all ourselves. For the moment that we do, our spiritual growth and journey comes to a halt.**

**"The time for the lone wolf is over. Gather yourselves! Banish the word struggle from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.**

**"We are the ones we've been waiting for."**

**- attributed to an unnamed Hopi elder**

## The Ripple Effect message

### ***Do you want to be a positive influence in the world?***

First, get your own life in order. Ground yourself in the single principle so that your behavior is wholesome and effective. If you do that, you will earn respect and be a powerful influence.

Your behavior influences others through a ripple effect. A ripple effect works because everyone influences everyone else. Powerful people are powerful influences.

If your life works, you influence your family. If your family works, your family influences the community.

If your community works, your community influences the nation. If your nation works, your nation influences the world.

If the world works, the ripple effect spreads throughout the cosmos.

Remember that your influence begins with you and ripples outward. So be sure that your influence is both potent and wholesome. How do I know that this works? All growth spreads outward from a fertile and potent nucleus.

***You are a nucleus.***

Life is never a straight, smooth road and the spiritual path in particular, is fraught with many a bend, twist and turn meant to make the soul traveler arrive at the right destination, with the right knowledge and experience. While some of us are the natural inheritors of a strong spiritual climate, some of us are thrown into circumstances that make every step a challenge to breathe that pure spiritual air!! And so it is personally, that I found myself spiritually inclined from a tender age, but now I have to deal with a 'better half' who will have nothing to do with any form of spiritual practice, be it Agnihotra, meditation, satang...all are looked at with suspicion as activities belonging to a 'cult'! Though I did get into reiki and Agnihotra, indulging in them is like a teenager surreptitiously meeting her boyfriend!! Who says that spiritual life is without adventure and excitement??

The more difficult the journey, the more beautiful is the experience that God grants us. So, even though I was subject to bouts of spiritual anguish, I could only look at all my beautiful experiences with wonder and persevere in my steady climb to reach the glorious summit!! Every experience is a learning...when I could not practice Agnihotra at home, I learnt that I should be detached..even from the good things in life. So my Agnihotra was a 'manasik' offering. Recently, I decided to do a 'saptah' a week long reading of Guru charitra. After a prayer that all my dear ones should benefit from my reading as much as I would, I started the reading. Immediately I could perceive the change in energy as something beautiful was happening within and without. Being a nature lover, there was a heightened sense of awareness of Nature and all that goes with it. There was a distinctly different way nature was communicating with me...in silence, in harmony! For instance, the usually noisy crows and mynahs quietly waited till I fed them in the morning. They seemed so calm and did not fly away after feeding but looked on with what I could distinctly perceive as warmth and love! After the third day, I was suddenly seized by a forlorn God-longing. for the Divine Mother to be precise. It has happened with me several times in the past and now out of the blue it came down with full force till I could feel the presence of the Mother in all her tremendous Energy and force and her incredible Love. I was Her little babe crying not to be separated from Her. I also had some incredible visions of serene beings like angels surrounding me and I calmed down in their benign presence. After this experience, certain personal emotional issues seemed lighter and holding more clarity that made them seem bearable. Though I never started the Saptah with any intention of gaining material benefits, some wonderful financial and career upgrading happened within the family. People known and unknown started reaching out with love or with some issues they sought to be healed. Another strange thing was , I started seeing images of various parts of random people's bodies that seemed awfully diseased and initially it frightened me, as I am squeamish at the sight of blood! Instinctively, I started sending reiki to all these parts that needed healing and that made me feel bolder and better because the stream of images had started to overwhelm me !! I understood what it was to be a 'Channel' relinquishing all sense of 'Doership'. On the last day, I found that I had the house all to myself and joyfully planned to do Agnihotra!! I wanted to complete the reading, do the evening Agnihotra and visit the mandir after that. I finished everything to my satisfaction ,but since the weather turned inclement, I was wondering how to make it to the temple. Gusty winds tore across, thunder and lightning ruled the skies....and I am not a great one for thunderstorms!! So I waited for some time and decided to finish my prayers at home. I remembered that I had heard my mobile beep while I was doing Agnihotra , so I checked it soon after. I saw a message from some unknown number..actually a picture without any written message. It was a beautiful picture of Hanuman with His Heart centre open beaming a powerful Light and at the centre of this was Shri Ram. I was so taken by the beautiful image and was wondering who had sent it. I sent a message asking the person to identify him/herself. Did not get any reply. After an hour or so, curiosity got the better of me and I called the number. The person at the other end was not known to me, vehemently claimed he had not sent any picture and spoke like a villager from North Karnataka. I kept arguing with him that it could not have popped out from his mobile to mine by itself!! I was wondering about this...he did not seem , at least by his coarse speech, like he had a fancy mobile that could send visual images like this (pardon my assumption!!) Thinking at length over the issue, I was thoroughly puzzled and elated at the same time because in many of the stories I read in the Guru Charitra, idols, photos had a way of making their way to devotees!! I took it that, since I could not complete my wish as a devotee, to visit the temple, my Guru had sent me a picture of the epitome of Devotion, Lord Hanuman Himself, to bless me!! I still subscribe to that notion and am grateful that the Grace of our Guru flows so beautifully and lovingly....all we need to do is to open our hearts and cry like a child for its mother!!

Waves of serenity, beauty, love and bliss from His Holy feet into our lives!!

**When People Walk Away From You, Let Them Go. Your Destiny Is Never Tied To Anyone Who Leaves You. It Doesn't Mean they Are Bad People. It Just Means That Their Part In Your Story Is Over..**

*The conflict between a daughter in law and the mother in law is an age old phenomenon. This issue was discussed recently in the ashram. Guruji listened quietly about the opinions of a couple of lady sadhaks who were possibly heading towards a split in the family, typically a husband and a wife leaving parents behind. Guruji enquired whether there is no other option. He asked "why one wants a husband to leave his parents, when that separation is so painful" The girls immediately pounded up saying, they have done the same and are feeling the pains of separation from their parents. The question is if they could do why not the husband. Guruji further asked "You mean to say you feel the pain? So by choosing this option, do you not think that you are making two people painful, as you already are in pain? And that may also be painful experience for your parents in laws. That makes it four people with pains. Your own parents also may not be happy when this happens. That means the pain has already multiplied six times. Do you not think that everything we do in any situation is to reduce number of people suffering? Here we are not only reducing, but increasing the sufferings. The women earlier possibly knew about this. Even if they suffered so that others can be happy. That is called sacrifice. You call it injustice now a days. There is affine line between the two. It depends on your attitudes from where you look at that. If each stone wants to be a stone of the wall or a dome, where will the foundations be? It requires a strong and pure character to become a foundation stone."*

### Reiki Seminar Schedule

S No	Dates	Location	Master	Degree
1	1st & 2nd June	Madgaon Goa	Seemaben/kalpita	2nd
2	1st & 2nd June	Madgaon Goa	Vishal/Krupa	1st
3	1st & 2nd June	Thane	Ajit Sir/Rakesh	1st
4	8th & 9th June	Bengaluru	Rakesh	1st
5	8th & 9th June	Bengaluru	Ajit Sir/Seemaben	2nd
6	8th & 9th June	Talegaon	Kalpita	1st
7	8th & 9th June	Baroda	Sangitaben	1st
8	15th & 16th June	Mumbai	Vishal	1st
9	15th & 16th June	Nashik	Ajit Sir/Krupa	2nd
10	15th & 16th June	Ahmedabad	Bhartiben	1st
11	22nd & 23rd June	Devrukh	Kalpita	1st
12	22nd & 23rd June	Rajkot	Ajit Sir/Seemaben	2nd
13	29th & 30th June	Pune	Vishal	1st
14	29th & 30th June	Morvi	Seemaben	1st
15	29th & 30th June	Kota	Krupa	1st