



# REIKI VIDYA NIKETAN

VOLUME 5 ISSUE 9

OCTOBER 2013

## CONTENT

The Guest is the God  
(Atithi Devo Bhava) .....01  
Energy Healing: Science  
window Opens .....02

Silent Whisper  
by Preeti Khanna .....04  
The Divine Touch  
by Shivani Karnataki.....05

Total Transformation  
by Krupa Choksi .....06  
The True Knowledge  
by Telangan .....07

Ashram Wisdom .....08  
Reiki Seminar.....08

## The Guest is the God (Atithi Devo Bhava)

This time while at Devrukh ashram I encountered a typical question asked to me numerous times in my life. "How do I stop the thoughts in meditation?" a young sadhak asked. I countered her with the question, "Why should you stop these questions?" The sadhak had no answer. Even the sage Patanjali the father of Yogashatra says in his famous creation Yogasutras "Cease the Vrutitis". (Yogas Chittavrutti Nirodh) Believe me, he does not talk of controlling the thoughts, he talks of cessation of Vrutitis – the reaction to the thoughts. Thoughts are not the problems, getting entangled in them is. The question is why are we so concerned about the thoughts? Mainly because the thought is something that we do not create, the thoughts happen through us. As it is something which comes to us from the zone that is unknown to us, we are always little worried, not knowing what the next thought is going to be. This uncertainty actually bothers us. Uncertainty always leads to insecurity and then we try to avoid such situations. In Sanskrit we have a phrase "Atithi Devo Bhava" which literally means the Guest is a God. But this is only a literal meaning, The essence of this is that let the uninvited, unexpected guest be treated like a God. Tithi means a fixed time, a known time, while ATITHI means something which comes uninvited, something which comes uncalled for. Obviously we are not planned for our reactions to these. Regular, invited guests are welcome because we are planned to greet them, we are ready for their arrival. The uninvited guests are disturbing to a common man because you have no design of plan ready for them, you do not know how to handle them, you are rattled. Hence we are all afraid of the death as it is uninvited and comes without informing. It comes when we are not ready. We are taken by surprise. No wonder we are fearful of the thought of death. But sadhak should always be prepared. We should not be offended by unexpected visitors. Because sadhak is always prepared for all situations, always on alert. Always ready to meet the future. Imagine if you are always ready for anything what can surprise you? What can rattle you? What can offend you? So welcome all those thoughts no matter when and which thoughts come. When your whole existence is purified and ready to meet anything the sadhak is never bothered. He can witness the thought as a divine creation because he knows that it is HE who sends the wave of thought to you. So just relax and watch but do not get entangled into thoughts.

Ajit Sir



# Energy Healing: Science window Opens



Energy Healing as Reiki is generally known to the world has always been a topic looked with skepticism by a scientific community having a blind faith in modern medicines. Is Reiki only an art? Or is it a science? Or is it both? This question has always touched the mind of every Reiki sadhak at some point of time in his/ her life. A team of scientists Mr. Rollin McCraty, Ph.D, Mike Atkinson, Dana Tomasino & William A. Tiller, Ph.D have done a word of good for Reiki Sadhaks by bringing out a truth behind electricity of Touch through detection & Measurement of Cardiac Energy Exchange between people.

The summary of their report states that the idea that an energy exchange of some type occurs between individuals is a central theme in many healing techniques. This concept has often been disputed by Western science due to lack of a plausible mechanism to explain the nature of the energy or how it could effect or facilitate the healing process. The fact that the heart generates the strongest electromagnetic field produced by the body, coupled with the recent discovery that this field becomes more coherent as the individual shifts to a sincerely loving or caring state prompted them to investigate the possibility that the field generated by the heart may significantly contribute to the energy exchange.

Their report provides intriguing evidence that an exchange of electromagnetic energy produced by the heart occurs when

people touch or are in proximity. Signal averaging techniques are used to show that one's electrocardiogram (ECG) signal is registered in another person's electroencephalogram (EEG) and elsewhere on the other person's body.

This study represents one of the first successful attempts to directly measure an energy exchange between people and provides a solid testable theory to explain the observed effects of many healing modalities based upon the assumption that energy exchange takes place. Nonlinear stochastic resonance is discussed as a mechanism by which weak, coherent electromagnetic fields such as those generated by the heart of an individual in a caring state, may be detected and amplified by biological tissue and potentially produce measurable effects in living systems.



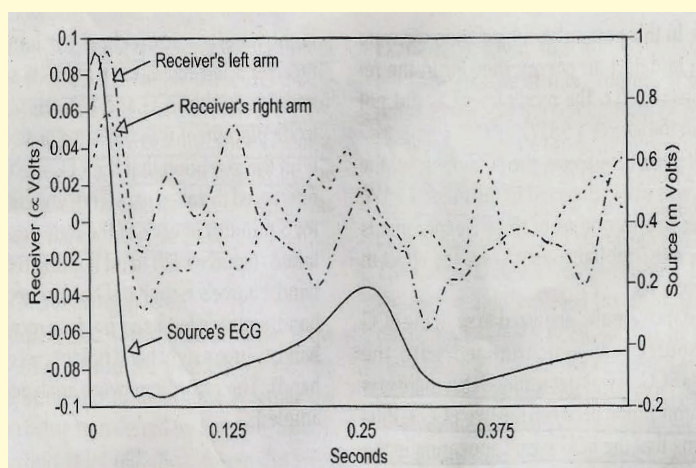
One implication is that the effects of therapeutic techniques involving contact or proximity between practitioner and patient could be amplified by practitioners consciously adopting a sincere caring attitude and thus introducing increased coherence into their cardiac field.

Numerous studies of therapeutic touch practitioners, healers & other individuals have demonstrated on variety of effects on healing rates of wounds, pain, and hemoglobin levels, conformational changes of DNA & water structure as well as psychological improvements. If energy is defined as a capacity to produce an effect, these experiments suggests that an exchange of energy has occurred. This concept dates back at least to Freud who proposed in the anxiety neurosis that an energy exchange between practitioner & patient operated at an unconscious level to bring about changes in the patient's mental, emotional & physical well being. The authors of this study paper have previously shown that a person's inner emotional state directly affects the coherence in the electromagnetic field generated by heart. This is especially significant as the heart generates the strongest electromagnetic field produced by the body, measurable as number of feet away from the body with squid based magnetometers and sensitive electrostatic detectors. In a recent publication entitled "Energy Cardiology", Russek & Schwartz called this dynamical energy systems approach to describing the heart as prime generator, organizer & integrator of energy in the human body.

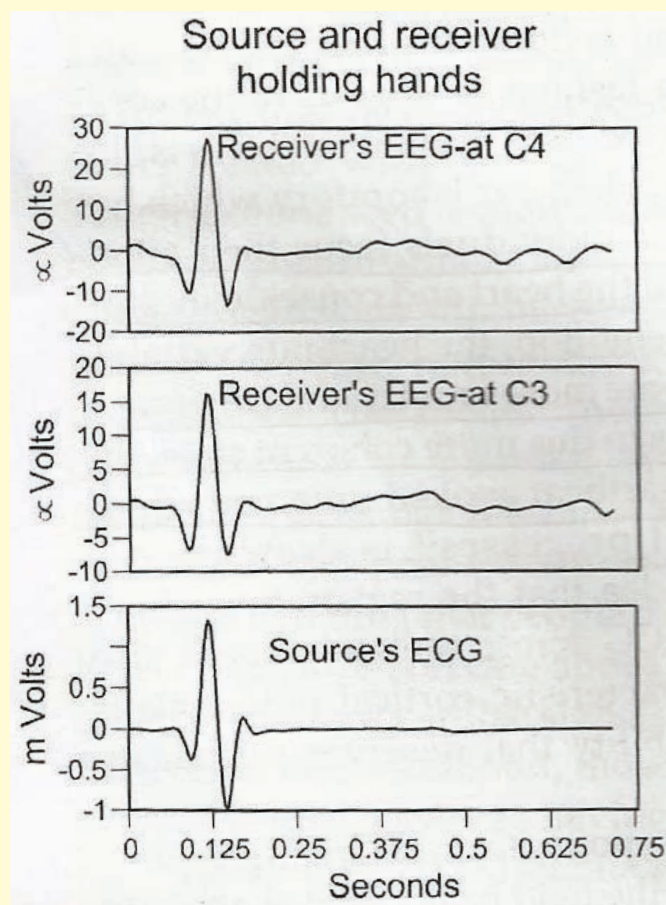


The findings clearly show that when people touch or are in proximity, transference of electromagnetic energy produced by the heart occurs. It also brings out that skin to skin contact plays an important role in facilitating a signal transfer. The amplitude was highest when the receiver's right hand was held by the source's left hand and in the light touch trials the signal picked up on the receiver's right forearm was consistently 5 times greater than the left forearm.

This research paper has pioneered the efforts in establishing the energy healing as a scientific phenomenon and would possibly open the doors for advanced research in times to come.



This research paper presented a sampling of results gathered over several years of experimentation that provide intriguing evidence the exchange of electromagnetic energy produced by the human that occurs when 2 people touch as well as an experimental protocol that allows such effects to be measured. The measurements were done using signal averaging techniques – a digital procedure applied in human physiology to detect & record cerebral cortical responses to sensory stimulation & used in cardiology to analyse the ECG & known as micro potential analysis.







# Silent Whisper

by Preeti Khanna

*What is this world*

*Where there is no care?*

*No care for the dying and despair.*

*Has hatred and humanity all disappeared?*

*Where men slaughter men in greed for more.*

*Thirst for a luxurious tomorrow,*

*'n to stoop down into a hollow,*

*Forgets not the ignorant of today,*

*Sweeping care, sacrifice, and compassion away.*

*Nay! Say not lives no man with goodness!*

*Dirtiest water grooms the prettiest lotus with richness.*

*Blessed today my friends is this world,*

*With divinity that makes such men withhold,*

*The fading virtues, love and care they unfold*

*For those who seek one,*

*To them they descend at once,*

*Come they in silent whispers,*

*Granting them solace that rest shudder.*

*Not treasure, nor the gilded crown they demand,*

*But in devotion, faith and belief lies their magic wand.*

*You reach for them and their blessings pour in*

*silent whisper!!!*





# The Divine Touch

*As I look into the mirror,  
my heart is now at peace,  
I give a vague smile,  
for there's no one except you I please.*

*Reflecting features, I rejoice for a moment,  
In silence I await for your soul to be at content.*

*As I notice the curves that fall on my cheeks,  
No dimples to attract, unlike your smile so meek.  
The fast racing blood all through my veins,  
Is a string of nature, silently suppressing the pain.*

*And still glaring at the mirror, I notice my dark wavy hair,  
Each strand when curls inward, like you I strive to bear.  
Suddenly I smile, there's a Faint memory in mind,  
Adored by the Lord Himself,  
He embraced you with His touch so divine.*

*I refuse to turn around and simply walk away,  
This reflection in the mirror is more than what it says.  
I can feel your motherly presence,  
eyes glaring back at me,  
And conveying your bliss,  
seeing the peace within me.*

*There were days in remorse,  
I wept in pain,  
For then I hadn't found this reason to be sane.*

*I feel your embracing touch as you hold me in your arms.  
For I have left the past behind,  
and walked beyond His norms.*

*by Shivani Karnataki*



# Total Transformation

by Krupa Choksi

Recently I got a chance to visit one Vruddhashram (Old age Home) in a small town in Maharashtra. The seminar in this vruddhashram was little tough as many of the residents there are the ones rejected by their family members (though not all). To stay in vruddhashram for most of them was not their choice so there was lot of bitterness in them. Most of them we met, had lost hope in life as they had lot of grievance about their family members. However, the transformation which I saw in them was astounding. I would like to narrate the same to you.

On the first day of the seminar we visited the Vruddhashram in the morning during breakfast time, to brief the residents about Reiki seminar. When we went to their canteen most of them were present so my colleague Kalpita started to give introduction about Reiki and its benefits in the golden age of life.. But we were utterly surprised to see their reactions. Most of them were just interested in breakfast and they did not pay any attention to us. Only few people listened to us and showed interest. Frankly speaking, we were bit disappointed by their behaviour but then we realised that we are doing our job and giving them option to be happy but ultimately it was their choice. So we went to the Seminar hall and waited for the participants.

Some people turned up though the number was very less. We were very happy to see them as numbers does not matter but what matters is whether their lives get transformed or not. We started the seminar and the first day was bit tough. They were not open to learn. We had to manage their time for lunch and rest and take seminar. They were so concerned about their lunch and tea timings that they asked to stop seminar at 11.30 am where as their lunch time was to start at 12.00 noon. We had to stop the seminar as they had got very restless.

On the completion of first day, we could see some change in them. Thereafter we gave mirror exercise which they took it very reluctantly. It was test of our endurance and teaching. Even people working over there were very rude and reluctant to serve lunch to us. But Reiki did its miracle. The next day they (participants) had come before time and there was big smile on their face. They looked very excited. We started the seminar and could see lot of change in their attitude. They enjoyed every session. The process of transformation was noticeable.

When Kalpita took session of 5 Principles, it touched their heart and they told us that they will do it everyday. At the end of the seminar everyone cried out of Gratitude. We could see lot of transformation in them. They told us that for the first time they have experienced so much love which really rattled us. This statement made our eyes wet. And we felt that we have got our reward. Heart in heart we thanked Reiki for coming in their life. They have got new hope in life. We felt it was worth teaching Reiki to such people who are deprived of love and affection from their near and dear ones.

They said those who did not attend this seminar have missed so much. But we explained to them that probably their time to learn Reiki had not come. Surprisingly, after the seminar all the people and staff's behaviour also changed. They became very polite and helping. We could see change in them. What we saw was a perfect example of cause and effect relationship which we narrate in seminar that if you change, the world around you changes.

Guruji always wanted to teach reiki to senior citizens who lives in Vruddhashram as they have experienced lot of bitterness in life. And they will leave this planet with lot of bitterness which will be dangerous for the people around and society. But through seminar they realised that all their sufferings in life are due to the offshoot their karmas and so we should not keep any regrets against our family members. Everyone told us when we were leaving the from Vruddashram that from now on-wards we will remain happy.

The entire journey of transformation which we observed was amazing. Ashakya hi shakya hi kartil Swami.

Jai Gurudev.





# The True Knowledge

by Telangan

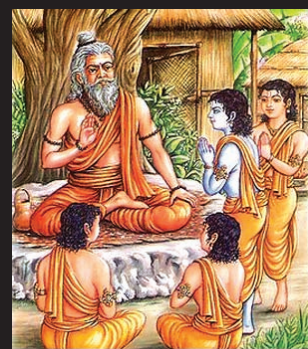
I was fascinated by one statement by 'Mark Twain'; he said *you have very little advantage over the illiterate human being if you don't read books*'. I agreed to him at that stage of my age and I use to read whatever came in my way. I had a joint family and reading was a passion. Each had one library account. I voluntarily offered my services to them for exchanging these books. I got to read authors of their choices. I use to help the librarian in cleaning, sorting and stacking books in racks and I could borrow books to read free of charges.

While growing the reading habit too increased, I had my set of preferences in writers. All my friends were similar to me. One of my friends was considered as a real scholar. He knew much more than us.

Today when all of us are 40plus and have seen ups and downs in our lives. I've realized that whatever I read till now is completely useless. If someone drops me alone in the middle of the desert, Himalaya or any jungle, will I be able to survive. Do I've that knowledge? If I'm stuck in another city without reservations; will I be able to reach home without trouble? If there is no food, electricity or transport will I be able to manage without breaking down? ***I realized big 'NO' was true answer.***



This is only because of the knowledge what I possessed till now is not true knowledge. It is borrowed knowledge. I'm using someone else's experience as mine, articulating others expressions as mine. I'm fooling others and myself by this intellectual information because it is not mine.



Gurujī says **even the knowledge comes to you by the divine plan.** You do not have to struggle to acquire it. Guru knows the best; he gives us only what we can digest. We get it as per our ability, our bhagya (destiny) and honesty in receiving. **The knowledge, which we get from the nature and our Guru, is called a direct knowledge, the true knowledge.** This lasts with us forever. This helps us to survive in every condition. This is beyond the intellect. **When we get it from our Guru we never feel the need to display it, which raises our egoism.**

There are Sadhus, Yogis and Saints who never went to schools or colleges. They have never read books but they speak with highest authority on divine Vedas, Upanishads or the Ultimate Superpower. How is this possible? How do they survive when mountain starts sliding all of a sudden? How do they remain alive on the snow peaks in the minus temperature with just a loin cloth or even nothing? This explains us how direct knowledge is important in our lives. In fact Yogis do not even consider a person is knowledgeable until he has any direct knowledge.



## Ashram Wisdom

Nowadays, the ashram has something wonderful happening after the aarti time in the evening. Guruji reads from one of the spiritual books some interesting text, the topics on which the discussions are held. This month Guruji selected a Marathi book written by Late Shri. Sane Guruji. The book is on Indian Culture. This book discusses the concept of flute played by Lord Krishna. The author says the same thing what Guruji has been explaining in various Reiki Seminars that Krishna is not a personality or an incarnation but it is a state of Human existence. The word Gokula truly means the human body as the Go word literally means senses or Sense Organs in Sanskrit Language. Kula means a group. So a group of Sense organs is what the body is. Gopala indicates the one who directs the Sense Organs towards the particular goal & not allowing them to wonder endlessly. The Spiritual practice is what awakens the Krishna consciousness. Once a seeker starts walking on the divine path, Kaliya – a manifestation of ego is controlled. He just rests in the small part of the river; not to create obstacles in the flow of Divine River. The seeker then kills all the demonic tendencies, extinguishes the wild fire and calms down the cyclonic attributes and then the life becomes balanced & regulated. The chidakasha – the space in the chitta becomes free from clouds, like the sky in the sharada ritu. The perfumed breeze from the valley of flowers starts spreading itself in the whole environment; the moon of the mind blossoms fully in the sky & in such mystic environment the flute is played by Lord Krishna. The Gopis – manifestation of all Samskaras get mesmerized & get into the total surrender to lord Krishna. The whole life becomes a celebration. And then the same Krishna Consciousness leaves the body consciousness attain the sainthood & moves out in every direction to touch & transform every heart this is the goal of spiritual practices. This is the direction.



### Seminar Schedule for September 2013

Sr No	Dates	Master/Teachers	Location	Degree
1	5th & 6th October	Vishal Shridhankar	New Delhi	1st
2	5th & 6th October	Seema Trivedi	Rajkot	1st
3	5th & 6th October	Bhartiben Zinzuwadia	Ahmedabad	1st
4	19th & 20th October	Kalpita	Devrukh	1st
5	19th & 20th October	Rakesh Kumar	Thane	1st
6	19th & 20th October	Seema Trivedi	Baroda	1st
7	26th & 27th October	Kalpita	Nashik	1st
8	26th & 27th October	Vishal	Mumbai	1st
9	26th & 27th October	Rakesh Kumar	Bhiwandi	1st
10	26th & 27th October	Seema Trivedi	Dharmaj	1st
11	9th & 10th November	Ajit Sir/Vishal/Kalpita	Madgaon (Goa)	1st
12	16th & 17th November	Ajit Sir/Vishal	Karad	1st
13	23rd & 24th November	Ajit Sir/Vishal	Mumbai	2nd