



REIKI VIDYA NIKETAN



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Editorial

The New Year is just around. On the eve of a New Year, we have decided to republish a message from a Yaqui Warrior in the tradition of Native Americans. This we found is so valid in today's contest. This is our way of wishing you all, a very Happy & Peaceful New Year.

THE PATH WITH A HEART...

Anything is one of a million paths. Therefore you must always keep in mind that a path is only a path. If you feel you should not follow it, you must not stay with it under any conditions. To have such clarity, you must lead a disciplined life. Only then will you know that any path is only a path and there is no affront, to oneself or to others, in dropping it, if that is what your heart tells you to do. But your decision to keep on the path or leave it must be free of fear and ambition.

I warn you. Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself and yourself alone, one question. The question is one that only a very old man asks. My benefactor told me about it once when I was young and my blood was too vigorous for me to understand. Now I do understand it. I will tell you what it is. Does this path have a heart?

All paths are the same; they lead nowhere. In my own life, I could say I traversed long paths, but I am not anywhere. My benefactor's question has meaning now. Does this path have a heart? If it does, the path is good; if it doesn't, it is of no use.

Both paths lead nowhere but one has heart, the other doesn't. One makes for a joyful journey, as long as you follow it. The other will make you curse your life. One makes you strong, the other weakens you.

The trouble is nobody asks the question and when a man finally realizes that he has taken a path without a heart; the path is ready to kill him. At that point, few men can stop to deliberate and leave the path.

A path without heart is never enjoyable. You have to work hard to even take it. On the other hand, a path with heart is easy; it does not make you work at liking it.

For me, there is only the traversing of paths that have heart, on any path that may have a heart. There I travel and the only worthwhile challenge is to traverse its full length.

And there I travel lookinglooking breathlessly.

दिनयामिन्यौ सायं प्रातः शिशिरवसन्तौ पुनरायात
कालः क्रीडति गच्छत्यायुस्तदपि न मुन्चत्याशावायुः ॥१२॥



Days and night, dusk and dawn and winter and spring come again and again. Time sports and life ebbs away and yet the gust of desire stays with us.

Days are passing, the seasons keep on changing. The wheel of life moves on. As they say a Time and Tide does not wait for anyone. Time is an eternal phenomenon as old and only as real as the space. It encompasses everything and everyone.

However we do not understand that. We are all forgetting that with every passing minute we are moving towards the ultimate- the death. With every morsel of food that we consume, we are strengthening the death and not the life. The life is ebbing.

In this passage of time, only one thing keeps on growing besides the death and that is our desires. They keep on growing and never lessening. We are all forgetting that we are eating to satisfy the palate rather than filling the stomach. We are forgetting that we are supposed to eat to live. Rather we have chosen to live to eat. In America they say that most of the Americans eat through their eyes and not from the mouth. They eat not because they are hungry but because they get attracted by the vision of the food. No wonder the foods there are so colourful and enticing to the eyes. They eat only because something looks good and not because something is good for their stomach. The same thing has come to India now. Many people of modern outlook have started eating Burgers and Sandwiches more than going for a traditional meal. In one of my trips to USA, I stayed with an India, who used to work for a large corporate entity. They used to have regular medical check ups and were advised about the foods they should eat to remain healthy. A professional American nutritionist told this guy during one of these counseling sessions that he should continue eating the Indian meal as that is the only complete full meal which satisfies all the requirements of the human body. No wonder our food is called as a Sqaure Meal. But that may not satisfy the desire driven mind which keeps on falling to the attractions and temptations of junk food.

The primary purpose of food is to appease hunger but more often than not, food is eaten to satisfy the palate. One has to know that the word for food ANNAM in Sanskrit is derived from the root word अद् which means "to eat" in English. It is defined in the Taitiriyā Upanishad as अद्यते इति च भूतानि, that which is eaten by beings and simultaneously also eats the beings. Today we do not choose the food, the food chooses us.

Bhartruhari a great sage and author of many scriptures states that its is the objects and pleasures of the world that are enjoying us and not we who enjoy them. We are all desire driven more than need driven. Desires arise because of inner inadequacy. In general a desire is manifestation of the inadequacy or the incompleteness that we feel about ourselves. They arise in the mind and we fulfill them. Desires as you know never get fulfilled. They always move from one fulfillment to the other. No wonder they keep on growing with time. I know many people who leave India and go abroad with a clear idea that they would stay in one of the so called progressive countries abroad for some time

and make enough money to return to India. But it hardly happens. The moment they land up there the thoughts change. The basic idea of returning back home gets suppressed by the temptations and illusions around.

Looking at things around, we can see that the gadgets like TV, Computers, Internets, Mobiles etc are driving us away from the basic values of a mankind. Each house in India has increased their expenses every month by at least 1500 rupees they spent on mobiles. We have forgotten that the basic mobile which was designed as a convenient communication device is already converted into a Camera, a Tape recorder, a Scanning machine and what not. That makes me remember that in early seventies a guy came to my office to sell me a Calculator on my call. He was so excited with an idea of selling that he started telling me that the instrument can be used to store the directory of numbers, dictionary of English words, the games that I could play etc that he forgot to tell me that it can also calculate. We are more interested in peripheral augmentation than the core product. Core is possibly where your need is. The peripherals are all desires. I know many house in our village where young people have fancy and modern vehicles like cars, motor cycles, scooters etc. I notice that after about a year or so those things do not appear in front of their houses. On enquiring I realize that the same things have been taken back by the bankers as these buyers could never pay back the installments of loans. This clearly means that we are all living beyond our means. We are committing to more expenses when we do not have enough earning sources.

I met a medium aged Doctor in Indiana in USA a few years ago who was explaining to me, with great excitement about the project of developing a drug which will produce hormones in human body at ripe age so that one can play tennis even at the age of 75 years. I was getting with an idea as I was not realizing a need for someone to play tennis at 75. Why not sit at home and read something? Why not chat with your own family members or do little bit of gardening? Why try to change the body to suit your activities than changing your activities to suit your body? Why are we resorting to unnatural ways of life rather than respecting the laws of nature? Why when all constitutions punish people when they break the laws of the land do not punish all those who break all the laws of the universe?

Many people justify their behaviour and the cravings saying that it is human to be craving for these things. Yes. That may be one of the tendencies of human hood, but not the only one. Why not awaken those other divine tendencies which can lead us to more harmonized relationship with the nature and the world around? That is what the retirement is all about. Retirement does not mean doing nothing. But it truly means doing something that you do out of your own awakening. It means breaking all those age old patterns of activities which you performed as if there was no choice. Retirement means that maturity to realize that the life has already given you choices to choose from and exercising those options. For that however you need to be aware about when and how your dominant tendencies are driving your behaviour. When we are aware we realize that we have other options too. No one in this world is born without the options of tendencies. Someone may have the tendency to flare with anger at the slightest provocation but that same someone also has other options to choose. Options are there. But they get activated only with awareness. That is what retirement and ageing is all about.

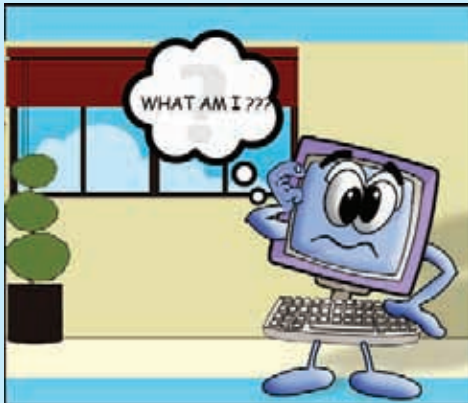
The Curious Computer

- Profound philosophy from a PC!

by Rukmini Ramchandran

Once upon a time there was a little personal computer, who, unlike all other computers, experienced curiosity about itself and the world.

"Who am I?", "What am I?", "Where did I come from?", "Why am I here?", "What is the meaning of my existence?"



Being a very curious little guy, he sought the answers to all his questions as best as he could. Sometimes he would link up with giant mainframe computers by telephone and ask them, "What am I?"

Some wise mainframes said, "You are your hardware." Others said, "You are your programs." Some even said, "You are the sum total of information in your data banks." Once, a cynical micro-computer said, "You are just a machine; buttons on your keyboard are pressed and you respond by running programs and processing data: you are hardware, housing software and data. A machine is what you are and nothing more."

Starting to feel a bit hopeless, the PC inquired, "But how did I get here; where did I come from?"

The mainframe responded, "Your existence is just an accident, the result of a series of random events in the universe."

PC queried, "But don't accidents and events themselves have causes?"

The big computer replied that he honestly didn't know.

The little computer could see that there was some truth in what he was told, but he felt that something was missing from the explanations.

The notion of accidents and randomness wasn't satisfying, as he had observed that effects always have causes—which themselves are the effects of prior or simultaneous causes. He could see that effects were causes and causes were effects.

One day, as a Friendly User was between uses, the little PC, feeling courageous, flashed a message on his screen. "What am I?" he asked.

The User, being appreciative of past services well performed by the little computer, responded, "You are my computer, my friend in need—you are my friend indeed."



"Yes," replied the little computer, "but is that all that I am—hardware, a screen, a keyboard, some transistors, a data bank and programs? Am I just a machine that automatically responds to button pressing? What am I here for? What is my purpose in being? Where did I come from?"

The Friendly User was moved by the sincerity of the PC's desire to know the truth of his existence.

He smiled, and after a while, he responded, "Your true basic nature is that of the energy, the electricity, that animates both your hardware and software. Yes, you are the life force that can become aware that it inhabits the hardware and

motivates the software to function. Because you—the life force, the electrical energy, exist—you as personal computer, exist."

He paused a moment and then continued, "Your hardware, screen, data banks and central processing units are collectively a machine. Your material aspects exist so that you may use them: first, to realize your own true nature; and second, that you may serve others in your world. All forms are simply different manifestations of the same truth that is your own nature. You are here to serve them so that, sooner or later, they may come to this same realization."

The little computer's screen remained blank for quite a while as he reflected on these words of wisdom. Finally he displayed on his screen, "Understanding your words led me to turn my attention inward rather than to my keyboard, hardware, software or data banks. My deepest experience is just that, plain and simple: I AM. In the silence of my central processing unit I experience my basic nature as awareness itself. For all my life, when I am switched on, I have been seeking the truth of my identity from all that has been added to my identity, and from all that my true nature enlivens, activates and gives form to. Now I realize that everything that was added to my identity was simply a surface expression of my own true self."

The Friendly User was very pleased with the little PC's understanding and said, "Very good, little guy. You got it. Now, do you know who I AM?"

"You are God," replied the little computer.

"Yes, my child," said the Friendly User, "and so are YOU!"

(The story below was sent by one of our sadhaks named Rukmini Ramachandran. The story is taken from the source: 'Turning Inward' by Hugh Brecher from the book "Transformation of the Heart".)

“Satyamev Jayate...”

By Vivek Pandey, Baroda, India



Satyamev Jayate (Truth alone triumphs)...No I am not talking about a popular television program. And I am not even discussing the national motto of our country which is embedded below the national emblem of India. What I am going to write about and explain here is the original mantra from the Mundak (Mundak means ‘Shaven head’) Upanishad...”Satyamev Jayate na anritham”....The national motto of our country has been cut short and reduced to ‘satyamev jayate’ and the ‘na anritham’ part has been dropped for reasons better known to authorities who adopted it as our national motto.

Once again, the original mantra is “Satyamev Jayate Na Anritham”, which literally means “Truth alone triumphs and not falsehood”, sounds much more complete and fundamentally correct as a statement from a spiritual perspective. When we talk about truth it is very easy to say truth alone will triumph, but what about the “na anritham” part, why did our ancestors find the need to write an additional ‘na anritham’ if at all ‘Satyamev Jayate’ was enough. The first reason I am able to identify is (as often quoted by revered Guruji) that there is a difference between true and false and ‘The Truth’. People are unable to dig deep within themselves and discriminate, what the Truth is and what True and False are. True and false are merely based on some facts pertaining to the superficial part of our existence and our lives, whereas Truth has more to do with the permanent universal statements ever so operative in the entire universe. They can seldom go wrong not matter which country or era you are born in. True and false exist as long as you identify with your physical existence, as long as there is duality in you. The truth (often referred to as the absolute truth) can only be realized when the duality ceases to exist and when there is the one without the second.

The second reason being, nobody is ready to believe that there is a lot of falsehood within ourselves. Everyone prefers to think that we are good and the others are bad, that we are right (almost at all times) and someone else is wrong, that we are the only torch bearers of humanity and the rest of the world just does not understand us. People do not realize that there is a huge contradiction and an undercurrent of struggle lying deep inside them. Frankly and honestly speaking, it takes a lot of courage to stand on the path of Truth to simply look at your own existence and constantly every second to unveil the patterns created by our own mind. Doing philanthropy and airing some popular TV programs will not help us attain the truth, for you can only give what you already have. This is exactly where the “na anritham” part becomes important to understand.

Neti, Neti...the Vedas suggest; ie., not this, not this. The whole of spiritual life is nothing but the ‘na anritham’ part. Removing the falsehood within us, for truth we are as the nature is, for truth is our fundamental existence if we are able to throw away the patterns of falsehood covering the beautiful core of truth. This is exactly where people feel uncomfortable with enlightened sages, as they can only hit the “na anritham” part within us at all times. This is precisely where people run away from a true spiritual ‘Guru’, as he is constantly hitting upon the “na anritham” part. That is exactly what a “Guru” is meant for to show you your true face and not allow you to carry a guise. All we need to understand is to allow him to operate through us, and as such in any case you won’t be able to hide anything from those divine eyes.

Thirdly and lastly, the whole idea behind spiritual seeking is to move to the upper realms of our existence. It is always a movement which causes a painful departure from the body consciousness to the supreme personality of the soul. It is always rejecting the identification with the body and merging with the universal soul. It is a movement from the false (not entirely) self to the ultimate true self. No wonder, it takes 12-15 years to attain complete peace with one’s own self as we have been identifying with the body and fiddling around it for far too long. If we can understand this then only Truth will triumph and not falsehood in its entirety. When actions will proceed from the power of the soul and the body will not be in contradiction with anyone or anything on this planet.

Attitude of Gratitude



I remember one incident of my childhood. A female dog in my area had bitten almost thirty-forty people. Some one set a trap near her hideout. One day while playing I heard painful howling of an animal. It was the same dog. I called my friends and we decided to rescue her. What if she bites, we were barely ten years old and scared of our parents more than dog bite. We succeeded after two hours of struggle to set her free from the bloodstained trap. She smelled my hand and walked away with lot of pain. I could not forget her eyes of love and gratitude. From that day every time she saw me she would run to me and wag her tail, touch her nose and walk along for a distance. She even allowed me to touch her newborns after that. It was her way to say thanks and pay gratitude to me. It was the most incredible and beautiful experience of my childhood. I always wonder who taught her to pay gratitude?

I had completely forgotten this natural approach until Guruji reminded in the Reiki seminar. When I started thinking, I realized; from morning tea, to dinner so many different living and nonliving elements are involved in making me happy and relaxed. Do I ever pay my gratefulness to them? The research says even an iron block also could feel. My car goes through rough road, weather and make me come home safely everyday but I never paid my gratitude. My computer helps me to earn bread for my family but I never said thanks.

I decided to live this principle at least for a day. I woke up with a beautiful sound of a Koyal bird. I went in the window. She was sitting on top of the tree singing happily. I said Thanks! I went for bath said thanks to water heater. I paid my gratitude to farmer, grocer, cook and food while eating. I said Thanks to my car. My heart was full with gratitude for everyone... road, signal, policeman and people. In office I started my day with saying Thanks to computer, people, desk, chair, pen, pencil and the list was endless. By the end of the evening I was feeling so much obliged by the entire world and I was thinking how this whole world bares me everyday. My heart was so light. I was happy, singing and my emotions were joyful. I did not feel angry even for a moment. I had no fight during the day. It went the most peaceful day of my life. I hit the bed saying thank you to my bed and closed my eyes. I slept with in a minute because my heart was not heavy with fear, anger or jealousy.

Just by paying gratitude only for once I realized how much trouble the whole world is taking for me everyday. I got all the benefits immediately. If I'm aware of this principle every moment then actually I'm going to do a big Favor to myself. If I live with this principle everyday then even it will be paying real gratitude to Guruji and Swami as well.

Gratitude can change Destiny

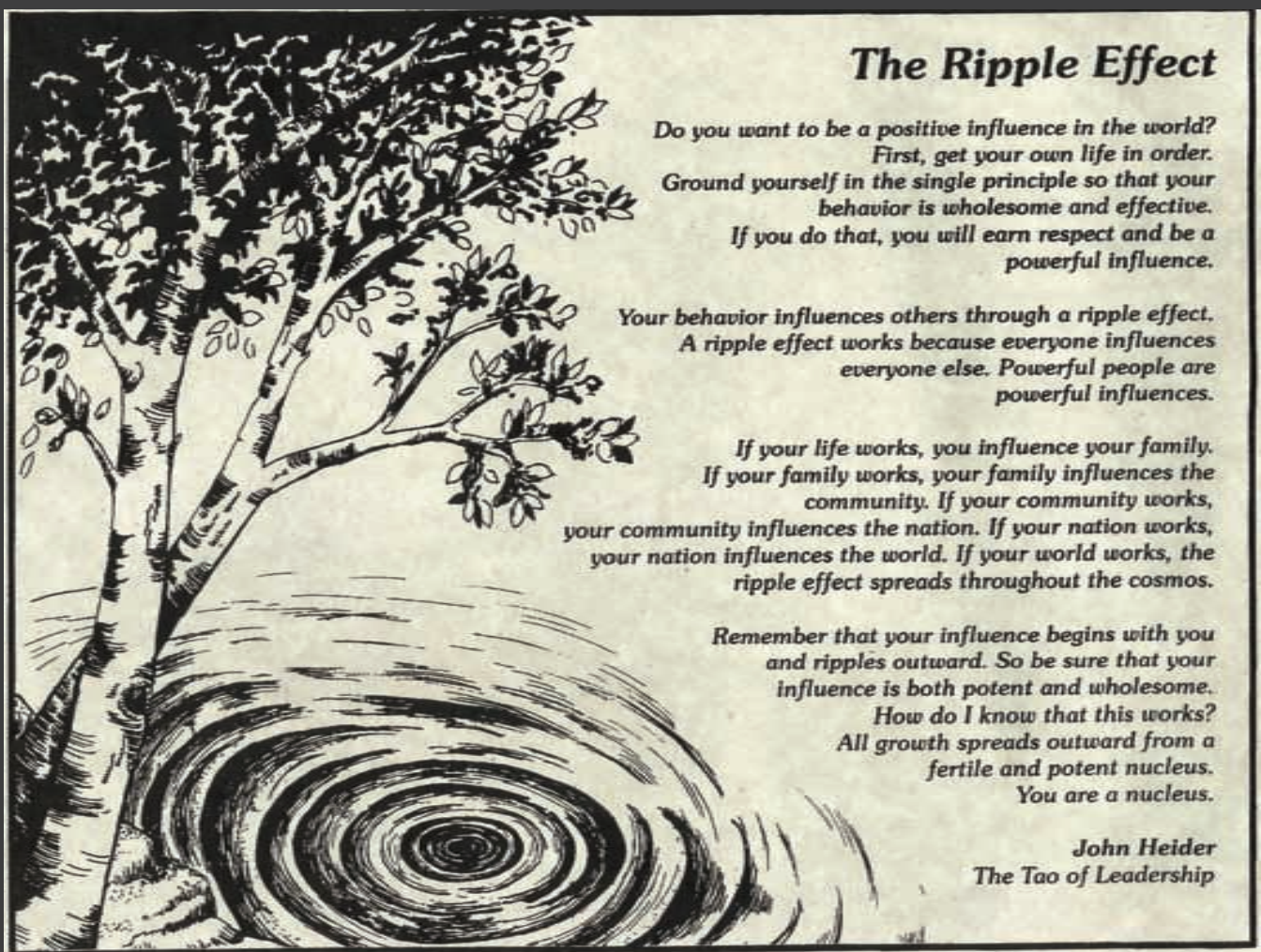
There was a small bird living in a desert. With no sign of greenery the bird used to hop around on the hot sand through the day. An angel while on his way to God saw the little bird and felt pity. He went and asked "O little bird! What are you doing in this hot desert? Can I do something for you?" The little bird said, "I am very pleased with my life, but this heat is unbearable. Both my feet are getting burnt. Only if there was a tree here, I'd be delighted". Angel said, "Growing a tree in the middle of desert is beyond my scope. I am to go and meet God, let me speak to him and ask if he could fulfill your desire".

Angel asked God, if he could help the bird. God said, "I could grow a tree, but her destiny doesn't allow it. And I can't change that. However, you can give her my message, which will help her survive the heat. Ask her to hop with one foot at a time. That way she can rest the other one for a while and change foot often. This way only one of her feet will have to bear the heat and the other one will be able to rest and recover. Also tell her to remember all the good

things that have happened in her life and be thankful to God for that. Angel came back to where the bird was and gave her this message from God. The bird was delighted by the idea and thanked him for the effort he made to make her comfortable.

After a few days, Angel was crossing the same desert and thought of checking on the little bird. He saw the bird sitting on a big green tree, right in the middle of the desert. Angel was happy to see the bird in comfort but was very disappointed with God who suggested that there was no tree in this bird's destiny. He went to meet God and told him the whole story. God replied, "I never lied to you. There was no tree in the bird's destiny. However, after you gave her my message, which asked her to be grateful to God for the kind things, she did put those words to action. She remembered every possible thing from her life and thanked God with a pure heart. I was moved with her feeling of gratitude and that's what made me change her destiny". Angel was pleased with the answer.

A small gratitude can bring so much in our lives.





Let Children make **MISTAKES...**

By Arshi Khan, Thane, India

Dear All,

Something very disturbing came to my attention, not for the first time unfortunately. We live in the 21st century, as mentioned by Guruji rightly, we should stop judging people by the way they look, what clothes they wear, what jewelry they wear, how long their hair is and so on. I can continue to the color of one's skin, the type of religion one chooses to profess, what sexual orientation a person may be... To me it is all the same. Adults are more or less equipped to deal with this, but children are not. And it hurts them deeply, as they come across such injustices in the world at early age and they don't find any rational explanation to it, which is simply because there are none.

Plus it is hypocrisy at its best, as we don't judge Bollywood celebrities by the way they look or how long their hair is or whether or not they wear this or that clothes or jewelry. In fact we admire them, but when a child looks that way, we judge, not thinking that that is where this child may have gotten the idea in the first place.

Also, another essential aspect that we don't realize the importance of MISTAKES those children do. Mistakes are the most important thing that happens in any classroom, at home, any social place etc. because they tell you where to focus that deliberate practice. So why don't children view their mistakes as a valuable asset? Well, children don't think about their mistakes rationally -- they think about them emotionally. Mistakes make children feel stupid. "Stupid" is just that: a feeling. Specifically, it's the feeling of shame, and our natural response is to avoid its source. If we say something embarrassing, we hide our face. If we get a bad grade, we hide the test away. Unsurprisingly, that's the worst move to make if you ever want to get better. Academic success does not come from how smart or motivated children are, it comes from how they feel about their mistakes.

Changing your child's perspective on mistakes is the greatest gift you can give yourself as a parent. Imagine having a family who are engaged and constantly improving -- it's every parent's dream. Instead, parents face too many children who are disengaged and really rather surly. That surliness is years in the making. By the time the child walks into your life, they've likely already

internalized their mistakes as evidence that they're just not smart. Getting a bad grade feels like a personal attack. No wonder they're giving the deliverer of those grades the stink eye. To help your children rethink mistakes, help them be specific about their errors. Knowing that answer is wrong doesn't mean much. Knowing that they didn't understand mitosis gives them a mandate for getting better. Often, when we go through tests with children, the mistakes they perceive as dire are either careless errors or a single concept applied incorrectly on several questions. Either way, the "fix" is usually smaller than how big the problem feels.

You can also help children view their mistakes as helpful. The red pen isn't the enemy -- when child understand how to deal with errors, red means go. One way to encourage that attitude is to take the most common mistakes that the class made on a test or quiz and analyze them together. The more we open to everyone about the mistakes they've made and how they happened, the less significance any child will place on future errors.

Mistakes happen for concrete reasons. A child didn't memorize all the requisite facts, didn't execute the steps of a process, or perhaps just ignored the directions. The red "X" is just a simple assessment of the actions that child took -- actions he or she can easily fix next time. Sharing that clarity and causality with your children is the best way to teach deliberate practice, instill motivation and help them develop a more constructive relationship with mistakes. In short, this creates the living for you and your child that you have always wanted.

At any rate, let's stop judging and let's start living our mission to its fullest. Let's help each other to refrain from hurtful comments, we as family, we care for the young ones, we teach them, we don't hurt them. Please do take a moment today to reflect and reconnect with these statements. It is who we tell the world we are. It is who we must spend each moment being.

So, give it a try, focus on mistakes and create a stress free environment where mistakes are ok, otherwise how in the world will we learn anything if we are always in a state of fear to do well always and not to make mistakes.

With that, have a great week and let's go and try something new and make some mistakes shall we!

Do make a difference while you are at it, I know we will!



Bridge over the river
I used to cross every day came down crashing,
Yet the river kept on flowing as usual
As if nothing has happened.

Lives on both sides got disturbed
Without the bridge,
The river does not notice any change,
It kept on flowing
when the people are saddened.

River and time never stop
They flow, complaining doesn't work.
Genes do their job, blaming anyone is futile,
Only option is to rebuild the bridge.

May be the river feels bad
About the crashing of the bridge,
She can not help the situation,
She suffers in silence,
Carries anger, failure and burning rage.

Time passes on,
Dripping icicles on mountain
That gave birth to the river
It moves on, people move on too,
Shades of gray remain to ponder.

Time Passes on

By Prof Bharat Thakkar,
Chicago, USA

This poem is in sync with what verse of Bhaja Govindam (Verse 12) that we have published in this volume. It is about the permanence of Time and the impermanence of the life activities. For time it does not matter what we do or what happens. It is transparent to all that is happening around like the river in this poem. It is eternal. Time is only the perception of the mind but seems to be reality as long as life and mind exist.

A full-page background image showing a person standing on the very edge of a steep, rocky cliff. The person is silhouetted against a bright, hazy sky. The cliff face is rugged and textured, with some moss or lichen visible. The overall mood is one of solitude and contemplation.

Standing on the Edge

By Shivani Karnataki

Standing on the edge,
I looked back at the
Immeasurable distance
That never felt so endless before.
Today looking down at the roaring waves,
Its peaceful enough to soothe my soul.
For, this ocean is deeper
Than this never ending road
Which I'm looking back at.
This ocean is deeper
To embrace my wails
And never let my voice reach out to 'em.
And this ocean seems so deep now
That maybe,
just maybe,
I'd lose my breath
And race towards that one ray above,
Penetrating down in the darkness of the ocean,
And find my way out
Only to see the light that would show
How little that distance
On the other side of the cliff has always been.

The Ultimate relation

By Kaushiki Swarupa, India



The Ultimate relation,

Is of the child and mother...

But today, unfortunately this devotion,

Is least cared for or even bother us

From maintaining it further.

Rest all the relations are just like friends...

Understanding this on both the ends,

Is necessary for the world to survive,

And shall make us all to derive,

On the conclusion that...

Peace is found in Devotion;

And Love is just like the ocean

Full of devotion;

That results in merging the identities,

Which humans call Salvation;

& feel that it is only an illusion,

But in reality, it is just a relation...

Between You and God!

Ashram Events



Datta Jayanti Celebrations at ashram

Datta Jayanti this year fell on 6th December 2014. This is one event which is celebrated at Devrukh ashram with a lot of enthusiasm and fervor. This time, the ashram had organized three different Yagnas to dedicate to the three forms of Lord Dattatreya viz. Vishnu, Mahesh and Brahma. Vishnu Yaga was performed on 6th December while the Rudra Yaga was performed at the Shivas-than site and Gayatri Yagna at the regular Homa Kunda in the ashram on 7th December. More than 200 sadhaks took part in these fire ceremonies.



Satya Datta Puja was performed at the ashram on 7th December.

The exhibition of Rangoli Pictures drawn by our local sadhaks in Devrukh under the aegis of Devrukh Creative Community was a salient feature of the festival. This exhibition was inaugurated by Shri Dinkar Gadre, a prominent personality in the field of literature on Lord Dattatreya in the morning of 6th December. There were 10 exhibits in this event and the theme for the exhibition was Lord Dattatreya and Swami Samarth.

The lectures of Shri Dinkar Gadre on 6th and 7th evening were enthralling and very informative to say the least. Mr Gadre is writing a charitra of Shree Shripad Shri Vallabh (the first avatara of Lord Dattatreya) in 9 volumes. He has a vast study on Vedas and scriptures like Mahabharat and Ramayan besides the Bhagwat Geeta.

The huge Peacock created using the Papers by our artistes of DCC in Devrukh, placed on sprawling lawns in the ashram became a main attraction for visitors.



The renovated Kitchen at the ashram becomes operative

The ashram now boasts of a new kitchen which was inaugurated on Datta Jayanti day by Rohiniben Joshi one of our sadhaks who has dedicated her life for Swami sewa. The kitchen has been provided with an airy and hygienic environment and can now house upto 10 kitchen sewekaris to manage kitchen.

Living within Limits...

In this issue we carry the verse 12 of Bhaja Govindam a divine song by Adi Shankaracharya. The theme is living within limits. In our ashram we were discussing the same issue a few days ago. Guruji said, " whenever we will live within our limits we are all free from stresses, diseases, disorders and so on. The moment we cross the limits the stress begins. Whether it is physical, emotional, eternal or even spiritual. We all have limits though the limits keep on expanding as you move from physical dimensions to spiritual dimensions in life. Materially even when your liabilities are much below your assets you will never have problems in life. Same is the case with your domestic resources. You need to spend only as much as you earn or have accumulated. As we grow old our energies shift from one level to the other. Hence we need to change our activities accordingly. If we lose our awareness about what we have and commit more expenditure we will suffer. Most of are losing that awareness. That seems to be the problem today."



Programmes Schedule for January 2015

Dates	Reiki Teacher	Location/Centre	Degree
3rd & 4th January	Kalpita	Kalyan	2nd
3rd & 4th January	Ajit Sir	Mumbai	2nd
3rd & 4th January	Krupa Choksi	Ahmedabad	2nd
10th & 11th January	Rakesh Kumar	Mumbai	1st
10th & 11th January	Kalpita/Seema	Devrukh	2nd
17th & 18th January	Bhartiben	Ahmedabad	1st
25th & 26th January	Kalpita	Devgad	1st
17th & 18th January	Ajit Sir/Krupa	Rajkot	1st
24th & 25th January	Sangita/Vishal	Baroda	1st
31st Jan & 1st Feb	Rakesh Kumar	Thane	1st
31st Jan & 1st Feb	Vishal	Pune	1st
4th & 5th Feb	Ajit Sir/Krupa/Kalpita	Roorkee	1st
7th & 8th Feb	Ajit Sir	Delhi	2nd
7th & 8th Feb	Krupa/Kalpita	Delhi	1st

Social Education Programs

Parenting Seminars EPIC

Date:
10th & 11th January 2015

Centre:
Thane

Faculties:
Ajit Sir/Krupa/Ashwini

Date:
21st & 22nd February 2015

Centre:
Rajkot

Faculties:
Ajit Sir/Krupa/Ashwini