

# REIKI VIDYA NIKETAN

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## Are we losing the essence of human relations?

Dear Sadhaks,

I have been researching on the subject of a new generation for the past few years. As my research in the matter progresses, I have been coming across various different experiences which are revealing and fulfilling. These experiences bring newer dimensions about this generation. Some of them are enchanting and some are shocking to say the least.

I just happened to take a second degree reiki class in Mumbai. Second degree is like a festival from the viewpoint of teachers as well as students. Everyone in the environment just zoom with the waves of happiness. It is a transition from limitedness to un-limitedness, a quantum leap from the lap of the earth to the embrace of the universe. A movement from scarcity to the abundance! This poses a huge challenge to everyone who would like to plunge into this large game but have never even thought of that infinite nature of ones soul. It is almost like a river merging into the huge arms of the vast ocean.

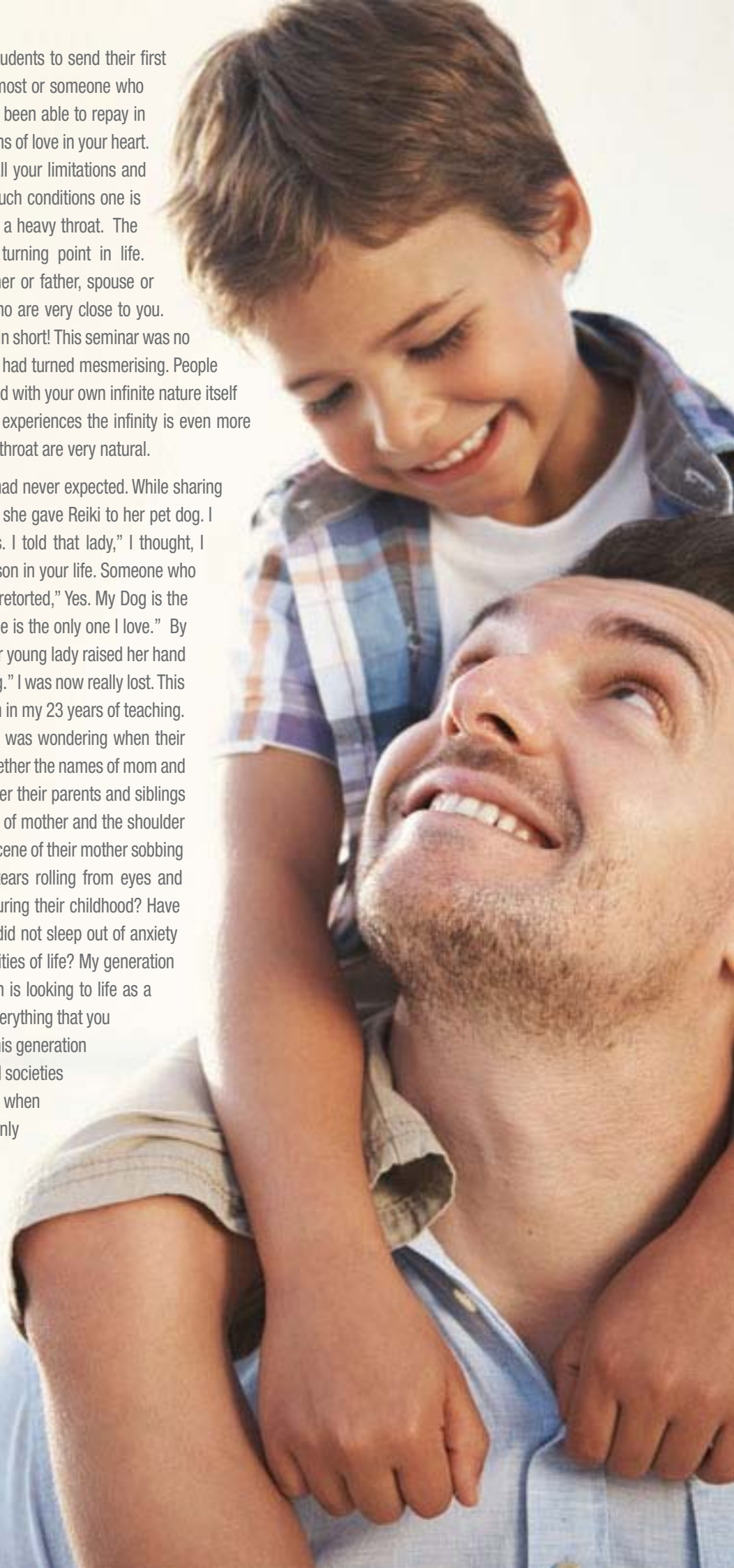


On the first day of the course itself, I ask my students to send their first distant Reiki of their life to someone they love most or someone who has given you so much in life that you have not been able to repay in any sense. This event is truly soaked in the oceans of love in your heart. This is the moment where you break through all your limitations and enter into a big league of life. Naturally under such conditions one is bound to get emotionally charged and develops a heavy throat. The first Reiki after such a transition is a huge turning point in life. Obviously you think of someone like your mother or father, spouse or children, grandparents or uncles around you who are very close to you. Someone from your inner circle of relationships, in short! This seminar was no different. By the time I finished, the atmosphere had turned mesmerising. People had no words to express. Even getting acquainted with your own infinite nature itself is an enchanting moment. Over and above one experiences the infinity is even more overwhelming. Tears in the eyes and choking of throat are very natural.

This time however, something happened that I had never expected. While sharing the experiences one of the young lady said that she gave Reiki to her pet dog. I was stunned. The whole class was speechless. I told that lady, "I thought, I asked you to give Reiki to a most important person in your life. Someone who has helped you to become what you are.." She retorted, "Yes. My Dog is the closest one to me. I love him the most. In fact, he is the only one I love." By the time I was coming to terms with this, another young lady raised her hand and said, "Yes Sir. Even I gave Reiki to my pet dog." I was now really lost. This was the first time, I came across such a situation in my 23 years of teaching. These girls were in their twenties and thirties. I was wondering when their brain was scanning for all their relationships, whether the names of mom and dad had popped up at all. Did they not remember their parents and siblings at that moment? Did they not remember the lap of mother and the shoulder of their father? Did they not see that wonderful scene of their mother sobbing in front of her almighty, divine form with the tears rolling from eyes and prayers on the lips when they had fallen sick during their childhood? Have they forgotten those nights when their parents did not sleep out of anxiety for the child? Are they lacking the basic sensitivities of life? My generation looked to life as a blessing. The new generation is looking to life as a right. Can there be gratitude when you look at everything that you get as a right and not as blessings? Where will this generation take humanity to? What kind of communities and societies can be formed? Can an animal substitute human when it comes to relationships? Our generation can only ponder about the future of human society.

With lots of love, light & Reiki

Ajit Siv







## COMFORT AND HAPPINESS...

By Vivek Pandye

Most people seldom understand this basic difference in life. They seek only comfort and not happiness. The moment anyone understands the difference between the two, they will drop 90% of their activities meant for survival. We all are seeking a comfortable life and not a happy one. Some basic tenets in this culture suggest that most families in India have the wisdom to differentiate between comfort and happiness, but off late due to the advent of western culture and consumerism creeping in, many of the traditional families have lost their art of discriminating between the two. However, things are again being repackaged and the same old age wisdom (which should have been a norm) is coming to us from the western countries.

I emanate from the northern part of India, where the joint family system is still intact. Along with it there are some very natural systems of studying habits and patterns of each other and discussing it openly and also accepting and having fun with the same. In a joint family, your cousins know you as much as you do yourself and they are completely okay with it. The fundamental advantage (also there are many fights and feuds) of staying in a joint family is we come to know how and what an individual is. Never have I seen a more apt description of an individual apart from the ones who are in close-blood relation with you. They know you through and through and still love you. The orders, the pleadings, the tone, the way of talking everything comes along with a subtle knowing of the individual. However, having said all these the bonding and the togetherness also make it even more special.

Coming back to the point of comfort and more importantly why I discussed the issue of joint family, is the fact that it becomes important to be able to observe the thoughts and patterns of an individual around. Slowly you come to terms with your own being and also start looking at your own thoughts and patterns. Normally outside of a family, we don't come out with our actual nature. But in front of family member, whether you like it or not, everything about you will be exposed (one should be willing to accept). Outside of our families, we usually keep only the behavioral part intact. But when it comes to a closed group, almost everything comes out freely and frankly. Whether appropriate or inappropriate the real you pops-out without your permission and then depending on the individual the relevant task of recognizing your own being or rejecting the other, happens.

The study of patterns becomes important as we are not only gross in nature. Comfort is for the body and body is not all. There are certain moments which we all look up to which give us happiness. Everyone knows and is taught ways to

seek comfort, but seldom do we learn or teach ways to creating happiness. Attaching unnecessary importance to money is seeking comfort and only comfort. A man should be able to value things beyond the worldly measures, keeping in mind the fact that money is only a medium, one begins the journey towards happiness. The journey towards happiness is always a step or two ahead of comfort. You can't be seeking comfort and be happy at the same time. Please understand, relaxation which is a consequence of the comfort that we have created for ourselves is quite different from being happy. The state of experiencing happiness is not necessarily dependent on outside factors or materialistic things, whereas if you need comfort there has to be some individual or thing providing a soothing or healing effect. For some people even shopping becomes a therapy or as Guruji says, getting a like on Facebook makes people feel good. All we need to figure out is whether we need that outside agency to soothe us or should we be independent in terms of keeping intact our own well being. In order to seek happiness, we surely need to drop the initial (essential as well) step of comfort. You can't climb up the ladder towards happiness and then ultimately bliss if you don't drop the initial step of your comfort. Also learning and realizing is the fundamental thing about life (do I need to say this).

Everyone needs comfort to some extent, especially in these times when technology is at its best. One what really needs to rethink is the whole process as to where is it leading us. We did not start our journeys to end up on the receiving end of life. We started it so that life becomes much more meaningful and blissful. We came here to become life and seek our own nature. We did not just come here to run a mad-mad race of competing with others and accumulating more than what is necessary. We came here to learn to survive with or without any comforts. Surely, if the comfort is there well and good, but in no way do we need to stick to one pattern in life which has been imbibed by others who in turn have imposed what they could not achieve for themselves.

The whole purpose of writing this to you has been to underline the study of patterns of the human mind. Patterns which lead to bliss and patterns which keep your life disarrayed from life itself. By understanding patterns we develop a whole lot of understanding about the functioning of the human mind and in the end we discover the fact that the anomalies and the mastership of the human mind is the same for all. One should keep enjoying life but also keep a learner's eye on the people around us. The rest is all fine as it is all a part and parcel of life.

*Homa Health Newsletter No 160/161 have specifically mentioned two of our sadhaks doing a great job for Agnihotra promotion. They are Mr Mandar Kopare from Navi Mumbai and Mr Nallamutthu from Ramnathapuram.*

## **Mandar Kopare, Mumbai, India**

On November 11th, 2011, I started practicing Agnihotra with my friend and Reiki teacher, Rakesh Kumar and with Guruji Ajit Telang. Since then I have been practicing Agnihotra. I had a problem since childhood for about 15 years. Every time I had pitta dosha prakop (aggravation), my whole body used to get red, it had inflammations and continuous itching all over my body. So, I had to take the Avil tablet to get rid of it. I had this pitta dosha problem almost all the time.

However, after learning Agnihotra and practicing it for one month, in December 2011, I had an allergic problem of shitta pitta but I did not have any Avil tablets.



*Mandar Kopare*

So I decided to apply powdered Agnihotra ash as talcum powder throughout my body and in a few minutes the itching ceased. And the next morning, there were no spots on my body.

The doctors had told me that this is an allergy that cannot be cured and that

I should continue taking Avil tablets whenever such a problem occurs. However, from this moment in December 2011 until today, we are in the year 2019, I have not faced any more problem of shitta pitta.

This led me to start doing some experiments with trees and dogs, which worked very well.

In the beginning of 2012, we also began demonstrating Agnihotra in various places to raise awareness and share our personal experiences.

Thanks to our gurus Rakesh Kumar and Ajit Telang, who taught us this wonderful ancient technique for the modern Era. With Agnihotra, we are able to heal ourselves and the environment. Thank you.



*Mandar Kopare sharing Agnihotra*

# **Agnihotra**



Mr. Nallamutthu shares the following photos and wrote: We have been practicing Agnihotra for 35 years in my family.

We have also started sharing Agnihotra with our employees in the evenings in our car company







# The Godmother

By Telangan

I was in ashram for Guru Charitra Pathan. There were very few people on that day. As usual I went to Goshala to visit all the cows and their babies. I saw one of them on the ground very weak. Her name was Sushila. Her eyes full of love and empathy were now in pain.

I asked about her and Modak kaka told me that she was very sick for last couple of weeks. She was here with us over 15 years. Her babies had grown big here. She reminded me of every mother. She gave all what she had to everyone till now. Never complained about anything. One day her weak legs could not bare her own load and she fell down and fractured her leg. She was on the ground for over 10 days and needed to be up for the treatment. We had four pulleys to lift her up. The nylon rope must be hurting and cutting through her skin but she didn't complain. Her big eyes only were only expressing gratitude for helping her. Six of us managed to lift her but she didn't have any strength to stand. Doctor bandaged her wound with antibiotic and that must be throbbing but

she was still quiet. Her eyes were thankful. All of us had a same thought, we all prayed to swami to help her and end her pain soon. I asked the Doctor and according to him, she would never recover from this and stand again on her feet because of her old age.

We came back to give her Reiki after the aarti. Now she was all set to go. Her eyes moved a bit and neck fell hanging at the side and breathing became very low. All of us gathered around her and tried to make her last moments peaceful by giving her Reiki. Soon she was quiet. Her body became cold and lifeless when we put her down again on the ground... I could never forget her eyes full of compassion and calmness. They just had attitude of gratitude. No complain, no blame to anybody for any misfortune. She came to this planet quietly... suffered quietly... repaid quietly and now left quietly...

My eyes were filled with tears... I suddenly thought of my mother and felt immense gratitude in my heart. Sushila was a perfect symbol of very mother on this planet...



# Experience of Datta Yag at Bangalore

By Aruna M.

Guruji had taken a sankalpa of six Datta Yag in the year 2019. Bangalore was the 6th one. I think the order is Rajkot, Ahmedabad, Nasik, Baroda and Pune. We all are very grateful to sir for taking time out and taking part in the Datta Yag on 10th October 2019. The love energy spread from the time Guruji reached Bangalore. Many sadhaks, friends and family took part in the Yag.

They all felt elated, joyful and blissful after attending the Yag. Guruji's presence was a precious, and a memorable moment for each one of us. There was a Sathsang in the evening so that all sadhaks can listen to Guruji after nearly two years of time.

These were some of the points Guruji discussed (compiled by a sadhak)

- ◆ Responsibility without ability causes stress
- ◆ Vedana is because of lack of knowledge – no veda
- ◆ Be a seeker – Sadhak- Introspect
- ◆ Alone is complete and lonely means you are incomplete
- ◆ IKEW – Information-Knowledge-Experience-Wisdom
- ◆ Don't try to Prove, try to improve

I am sure with Guruji's presence and Datta's grace the blessings of the sadhaks in the space would be multi fold. We pray to swami and Guruji to have such golden opportunities to purify, improve, to be a seeker, not in vedana , feel complete and have better IKEW.

Thank you once again Guruji.



# "Best Version"

*by Rucha*

Forgive yourself for the deeds of the past,  
For you are the best version of yourself TODAY,

Forgive the loved ones who hurt you in the past  
For they are the best version of themselves TODAY,

Forgive the world irrespective of what it did to you,  
For all that matters is that it changed you!

Make peace with yourself and the world because  
the past is gone and the present is on...!

The best version is TODAY.



Close your eyes and sit relaxed.

Take your whole attention to your heart chakra.

Ask yourself how good you are in your nature? How kind are you? How compassionate are you?

Do you really feel that your goodness has not paid back? Visualise all those events one by one. Go deep into each event and see what happened.

Did you feel cheated? Did you feel frustrated? It was the result of what expectations? Why did you expect at all? Did you really feel to be good being good? Or was it an investment so that the others appreciate

you and return the goodness in enhanced manner?  
Be Honest about your assessment.

Believe that every time you are good from heart you will not expect anything in return. The beauty of nature does not trade itself. The flowers do not go to the market to sell themselves. They are perfectly happy where they are or were. Look at all goodness around you that is natural. Ask yourself how much you have paid back so that you can expect others to pay back. Ponder over these thoughts for 10 minutes.

Take a deep breath and slowly open your eyes.



# Another day...

By Telangan



Time flies and memories fade  
People disappear and new come  
Some hurt you with lethal blows  
Some remain with you forever  
Finally pain will subside  
And scars will disappear...

Life is what you make of it  
You are what you've become  
Life is short to hold any grudges  
Forgiveness is the only key  
However you may never forget...

Possess the good and detach the evil  
While moving on the path  
Difficulties and pain are always there  
To experience and learn a lot  
It's a chance to live another day...

Believe in yourself and do what is right  
Never afraid to take a stand and  
Be willing to lend a helping hand  
All it takes a smile for lighten a heart  
It's a chance to live another day...

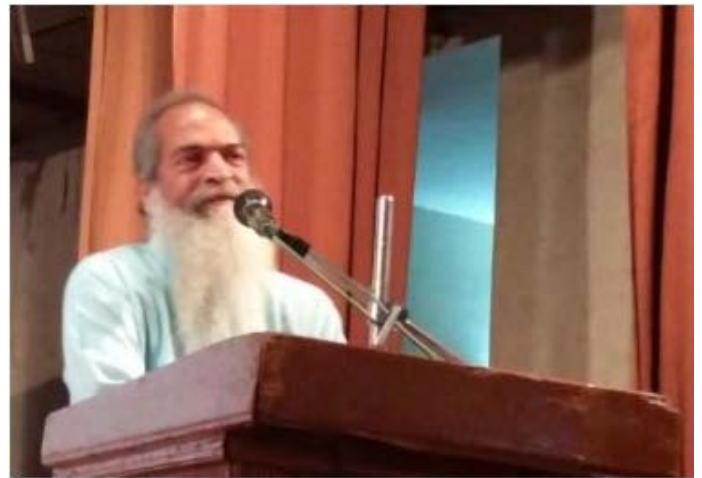


## Guruji's lecture at Mahindras for Retiring people

Guruji was invited to deliver a lecture to about 50 employees who had recently retired or were on the verge of retirement from reputed business organization Mahindras on 20th September 2019. A theme was obviously about "Ageing gracefully" Guruji spoke for about an hour and covered topics related to the transitions during a life journey and empowering oneself internally to face situations one comes across during the journey. He talked about his forthcoming book "From Dusk to Dawn" on this subject.

## Guruji's lecture at kanakavali

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# DIWALI FESTIVAL IN ASHRAM

Devrukh ashram is known for Diwali festival celebrated in its unique way. The special arrangements for worshipping cows, the facilities for village ladies to pay tributes to their spouses, the cheerful moments of lady sadhaks offering Aarti to their brother sadhaks are unique to say the least. This attracts a lot of sadhaks to Devrukh around this time and every time the ashram responds with fulfillment.





**We never lose the way,  
we lose the sense...**

While travelling with Guruji, someone said that we have lost the way. Guruji immediately commented, "We never lose the way. We just lose the sense" Guruji was little nostalgic when he narrated what happened during his training days as a Master. He said, "We were a team of seven or eight sadhaks in a group. Many a times we used to roam around for Reiki seminars etc and used to explore the roads and streets in unknown places where we went to take Reiki seminars. Sometimes we could not find any clues of where we wanted to reach. Someone would then say," My God. We have lost our way. " Our team members used to say "No. We are not lost. God has sent us here to create positivity here. Maybe, we did not want to be here but the place and the divine designed us to be here. One does not know whether you are in the correct place or not when one is disconnected from that divine. So never bother. When you are in service of God, everything is designed for you. Even a way! You just can't be in the wrong way. Possibly you have lost your sense of your role. Get your sense back and you know you are where you want to be.

# Reiki Seminar

## November 2019

Dates	Centre	Degree	Master	Contact
2nd & 3rd November	Rajkot	1st	Bhartiben	Jyoti Saraiyya (9824299153)
2nd & 3rd November	Mumbai	1st	Sangita	Vinaya Sawant (9004328016)
2nd & 3rd November	Chennai	1st	Khushal Solanki	Khushal Solanki (9500071637)
2nd & 3rd November	Delhi	2nd	Ajitsir/ Krupa	Preeti Khanna
9th & 10th November	Baroda	1st	Kalpita	Chandresh Parmar (9974701200)
9th & 10th November	Nashik	1st	Vishal	Shubhada Garge (9623547827)
16th & 17th November	Ramnad	1st	Khushal Solanki	Mr Nallamutthu (9443321025)
16th & 17th November	Hyderabad	1st	Renu Chaudhry	Renu Chaudhry (4023814033)
23rd & 24th November	Bengaluru	1st	Aruna Margam	Komal Pukale (9845279840)
23rd & 24th November	Thane	2nd	Ajitsir	Girish Karnik 9820260229) Milind Chavan (8779001317)
23rd & 24th November	Ahmedabad	1st	Bharatimami	Kinal Pandya (9714515839)
23rd & 24th November	Pune	1st	Vishal	Amrut Kirpekar (9960101018)
23rd & 24th November	Devrukh	1st	Rakesh	Devrukh Math (02354261322)
23rd & 24th November	Kota	1st	November	Dr Neeta Parekh (9413886755)

## Other Programs

### 8th to 14th November "Seven Steps to Heaven"

Ms Krupa Choksi (8097033220) Mr Jairam Athalekar (9867384039)

### 15th, 16th and 17th November

### Swchetana Shibir at Hrishikesh for Delhi & Kota sadhaks

Mrs Priti Khanna Dr Mrs Neeta Parekh

### 9th, 10th & 11th December Dattajayanti at Devrukh ashram

Ms Krupa Choksi (8097033220) Ms Kalpita Keer

### 24th to 30th December Advanced Residential Empowering Women Awakening (AREWA)

Ms Krupa Choksi (8097033220) Mr Jairam Athalekar (9867384039)