

REIKI VIDYA NIKETAN

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WHY ARE “THEY” AGAINST REIKI?

Dear Sadhaks,

I have been observing that lately the question which is most commonly posed to me and possibly even the other Reiki Masters & Teachers is, “why the self proclaimed Gurus lately say that do not do Reiki?” Honestly I do not have an answer and if at all someone has an answer to that, it would only be those who say that. They may have their reasons to say what they say and all that we can do is to look at various reasons which they may have, though it would still be a guess work.

I have written and communicated to these people asking for their reasoning and have not received anything in defence. I have heard from some who know about these remarks and they say that these saints (?) feel that by giving Reiki one plays with the prarabdha (destiny) of the people and that is not okay. I wonder why only Reiki interferes with designed destiny



and not any other form of spiritual practices. Why Pranayams, Meditations, Other Kriyas and so many techniques these same saints teach do not interfere? Has Reiki which goes beyond all rituals, religions, sects and cults, make them feel insecure? Another viewpoint was that a common man has no right to heal and the right is only with the saints and holy men. I do not understand this either. What does one mean by a common man? No one is common if one understands that we all have the same divine source from where we have come. God has invested his divine powers in every human being and it should not be a monopoly of only few. One can achieve the necessary qualifications by putting in efforts, surrendering to the cause and the source and have relentless faith in human values. In fact, the words of Jesus, "You will do what I have done, and even greater things" should open the eyes of all these modern era saints, unless they put themselves on the higher pedestals than Lord Jesus.

I remember one episode which happened to me around ten years ago. I had gone with one of my senior students to Varanasi to stay with one well known sage on his invitation. We spent around 5 days in that ashram. Right from the first day, the sage was after me to teach him or tell him what Reiki is in five minutes. He would do this act only when he was surrounded by his disciples which were numbering around 40. I kept on telling him that I can't teach Reiki nor explain that within 5 minutes and would be willing to do that if he gives me two full days. The sage was not budging from his demand. I realized over a period of time that he was trying to impress his disciples by putting me down in their eyes showing that I was not capable enough to explain a subject which I promote. That was a last day when he happened to see me and asked my student his name. My student modestly replied. Then the next question came to my student as the sage asked, "What caste?" Again my student replied. The next meeting was in the evening with the sage, again in front of his 40 disciples. As expected the sage asked me the same question about Reiki probably expecting me to repeat my earlier answers. But this time I knew what to say. I said, "Swamiji, I will answer now. My student who is accompanying me this time has been with me since past 13 years, but for the first time today I knew what caste he belongs to, when he answered your question. Well, that is Reiki". The sage kept quiet not knowing what hit him. He just mumbled "okay, now I know". That is the problem with most of those who feel that they are enlightened but are not aware that their feet have not lifted from the dirt of the discrepancies and traps of human division through ignorance.

Let all of them keep on saying what they want, we will keep on getting soaked in the oceans of divine energy and celebrate our presence in this universe by remaining healthy, happy and harmonious. Let the flow of the love and compassion in our hearts keep on flowing encompassing every single inch of this universe. Why worry when the God is with us?

With lots of love, light & Reiki

Ajit Siv



Women, Morality and Ethics...

by Vivek Pandye

Time has witnessed the evolution of woman through time. Though today women are striving for being appreciated not only as wives but also for their professional skills and qualities, there can't be even any suspicion towards the fact that one of the most significant roles of women is keeping up family values. In India we jokingly refer to the housewives as the home minister. Let's imagine a woman is the chief executive of the family. She's the one who assigns tasks to family members and is responsible for them to fulfill it. Let's agree every enterprise comes to total destruction without a chief executive. So, the same problem is in the family as well. It's impossible to imagine it without women!

The India of 21st century is witnessing the rise of the feminine. The female population is emerging as a leader in virtually every field which was regarded as a male occupation. Be it entrepreneurship, politics, sports, they are virtually at par with their male counterparts (it's a good sign). However, the same India of 21st century is also partly traditional and partly modern. The young girls who are on the threshold of becoming woman and mothers, are on one side exposed to every part of civilization on earth (via internet) and also are expected to retain their societal, moral and cultural values. This one conflict of civilizations within the minds of young girls leaves them at unrest for at least some time in their life. A young mind caught in the stress of family expectations (which bites) and the fascination of a free life ahead of them. Parents not taking care of the kind of things their kids are getting exposed to is also a part of the problem.

Also, one more major reason can be addressed to this issue. The young girl-child attains puberty at around the age of 10 to 12. With the kind of things they have as visuals in front of them as opposed to the contradictory expectations of their parents, who again have grown up and spent their young days without such day-in day-out exposure, adds to the conflict in their mind. The biology makes an appeal, however it is suppressed by the society leading to agitation in the mind. The point which the parents need to understand and work at is the fact that they were children before this globalization thing happened. The vibes that entered our living rooms were mostly of some neighbors or some odd visitor. Right

now the situation with these young girls is such that they have idols emanating from the west more than the east. They have huge amounts of unedited data being fed into their systems every single day. On this note, it becomes a matter of utmost importance for parents to double up as teachers, as we do not have a system in most schools where teachers could address issues outside their curriculum.

Another issue with adolescent young boys and girls is that they start thinking and believing that they know it all. There is an old saying in English, that a young girl of 16 would prove herself to be 100. Actually they do understand the whole of physical life (biology and money making part) by this age but not the inner/higher side of life. They develop arrogance and ego just because of most parents inability to transfer anything of the higher side of life. Lessons that need to be taught aren't learnt by the parents themselves. The moment a teenager finds someone describing the higher side of life and throwing light on their inner side, even the teenagers become humble as human beings. Running out of options they seek happiness in horizontal ways rather than the vertical ones.

Lastly, the parents are nothing but representatives of society. They love their children (both boys and girls equally) but they can't help observing the norms of the society. Fear and insecurity take predominance instead of education and a fair discussion. It should really amuse us as to why people take refuge in morality, turning us into bitter and unhappy people. In no which way should we promote immorality, but mature people understand that ethics are completely different from morality. The society was made out of awareness for a happy living of humans and now the same societies are becoming rigid and not allowing awareness to take precedence. Any society can only be a subset to awareness and not the other way round. The young girl child is the only one who has to absorb the pressure of society say at least a 10 times more than boys. We all have a role on this planet, but we should focus on providing the right perspective to the upcoming generation of to be woman if at all we wish to retain the basic fabric of the society. Jaigurudev.



Guru's Teachings for day to day life

by Aruna M.

When I resist to lose my identity
He asked me to **surrender** at the
Lotus Feet of the Lord to be calm
Natural, simple and yet graceful

When **First signs of EGO** shows up
He suggested me negate through faith
To sense the I ness, Dissolve expectations
Of rewards and Injustice done to me

When Life shows **Impermanence**
He guided me to reflect and reduce
The Attachment and Aversion in world
To be Loving and compassionate to all

When Life is depressed and stressed
He inspired me to witness everything to
Enjoy the game of life, have charm
Out of wisdom to be happier and cheerful

When I desired **to silence the mind**
He advised me to Silent the desire first
And the Silence will happen, and would
Lead me to the ultimate goal of Life

When wish cropped to achieve glory in Life
He asked me **to be Good and not Great**
Greatness elevates you in others eyes,
Goodness raise you in yours and God's eyes too

When either tired and disgusted or
Feeling Happy and Blissful, He ensured me
Your Home is ready, Are you? To relax under
Star-Studded sky and Listen to voice of God

When constant challenges in Relationships
He guided me to change the perception of mind
To be exuberant, dynamic and in total tune with
Relationship of the Universal Consciousness


When finding who are **Krishna, Buddha and Ram**
He taught me to be in heart for Ram, infinite Krishna
Purely a mind, formless Buddha is Buddhi, from
Ram to Krishna to Buddha a journey to Moksha.

When understanding about the world of Maya
He explained "Let mirages remain **mirages and Oasis**
be Oasis." The moment I learn to fragmentize,
Will be on the path, closer to enlightenment.

When tried differentiating a sadhak and a person?
He said Sadhak seeks wisdom and a person knowledge
Wisdom is divine **and Knowledge** is a Human activity,
Former is from third eye latter is a surge related to Solar plexus.

When exploring about **Managing the Past**,
He warned, it is triggered by aggressive emotions
Sadhana is all about to be, being in Present
Being in divine love, being Pure

When inquisitive, What happens when we die?
He taught me Consciousness rolls into an entity,
Unrolling is known as re-birth, the game of
Life is **just Folding and Unfolding the Mat**

A full-page background image showing a person in climbing gear ascending a steep, snow-covered mountain. The climber is in the foreground, wearing a black jacket with orange and blue accents, and is using a rope and ice tools. Other climbers are visible in the distance on the same icy slope.

Never Quit The Game of Life...

By Telangan

Youngsters, teenagers, or even some of the adults give up life so easily these days in sudden anger or dejection. They don't understand the value of this precious life. No one but only human gets a chance to settle his or her karma. We require this body to resolve the karma. We have to take responsibility of every situation and by accepting the condition we can easily overcome if we don't quit.

I was quite inspired by the real life experience from the diary of Pritam Mhatre (founder of Ghumate Raho Holiday)

20th Jan 2018

I left Mumbai to Leah for doing the 'Chadar Trek'. It is arranged only for few days on Zaskar River in winter when it is completely frozen into ice. The frozen water looks like a white chadar (bed sheet) of ice and thus it is called 'Chadar Trek'. This is completed walking over it in 6 days. 3 days to go to a specific spot and 3 days to come back. We were supposed to stay in tent at night. I rested for two days in Leah to acclimatize.

23rd Jan 2018

First two days went very well. We were in a group of six trekkers and eight trek staff (organizers). They had a trek leader, porters to pull luggage, a cook, and helpers, total 14 people. We were having lot of fun. Singing Bollywood songs while walking was entertaining.

25th Jan 2018

Third day was little difficult, it was -28° temperature. Tomorrow we will return back. We started walking at 9am. The speed was fine but with little confidence. Very cold air was piercing through nose, ears and mouth. I was slowing down after every kilometer. Somehow reached the lunch spot and threw my backpack and lied down on the ground weakly. It was not a good sign. Mujmamil, our group leader, he was an educated young man from Kargil, came and removed lot of stuff from my backpack and loaded in his. Now my bag was three KG lighter. We started walking again. Back was paining tremendously. Mujmamil saw my pain and came to me; he took my entire backpack and asked me to walk lighter. I was feeling bad because now he was walking with two heavy bags. At five in the evening we reached at our destination. Entire staff was busy either in assembling tents or in cooking. I was sitting on a rock breathlessly. Mujmamil came to me and put

one buckle in my finger. That was digital oxygen reading meter. The level shown was 55%. Anything below 90% is terrifying. Our camp was little higher on a hillock because there were many other camps near the riverbed. He helped me to walk somehow at the cooking tent. It was nice and warm inside. I was lying down with bated breath. After half an hour our other guide Nisar Khan came. He was in his forties and a very jovial man, a chain smoker but tough guy. We became good friends on the second day only. He gave me hot tea and he was massaging my feet and palms continuously. Mujmamil came again and put the buckle on my finger, the oxygen level now was 48%. That means my condition was critical. But they were not letting me realize that. We all ate. I ate only some khichadi. Everyone slept immediately after the tiring day. I was in the kitchen tent only. Outside temperature was now -35°. Mujmamil said we would not sleep tonight because the oxygen level dips quickly in sleep and one could die. Actually everybody was very tired after the long day but Mujmamil, Nisar and Dev (one of the group leader from neighboring camp) sat besides me and kept me awake with many adventure stories of the past. I was dead tired. By 1am Nisar and Dev could not keep themselves up but Mujmamil was firm, he kept asking me questions about my parents, wife until morning. At 4:30pm my oxygen level dropped to 40%. Now Mujmamil woke Nisar up and they discussed something. I was in danger zone and admitting in the hospital at Leah was essential. We drank tea and walked down to riverbed. A small distance became unachievable for me. Now Mujmamil and Nisar were looking scared by my condition. If walking few meters became impossible then how will I cover 32 Kilometers up to the base camp was a big question. Finally Nisar arranged a porter who would pull me instead of the luggage on a wooden float. It wasn't so easy to even sit on that wooden plank. The ground was uneven and some places there were puddles of ice water. The moment float landed in it, the splash of ice-cold water would make me wet and freeze. Sitting on the plank and holding it tight

and balancing was a task. The moment porter would take little pace, the float would turn upside down and the body hitting ground was very painful because frozen ice is harder than the rock. My weight was 75KG plus cloths would be 10KG. Pulling 85KG was not simple for the porter either. My oxygen level checked couple of times but it was not increasing. I was telling myself that I'm going to live. Porter was hungry and tired by 3pm. We stopped for lunch. I didn't even get up from the plank. Suddenly we heard a tune of national anthem from a nearby group and somehow I stood. It was Jan 26th. Suddenly some different energy flew through the body. Still had to cross 15KM. somebody checked my oxygen level and it was 32%. Death was next to me beyond doubt but something was telling me that I'm going to live. Nisar decided to travel in the dark night now. The porter started pulling me with all his strength. I may have fallen down at least 150 times. The place from where we had started the trek was not appearing. I was just like a living dead by now. At last by 9:30 we saw the road but it was over a hillock and Nisar and the porter tried to lift me but they just could not. I could not walk a foot also. It took one hour to reach 25 feet above. Nisar carried me over his shoulder for half a mile. We reached a hut of

BRO worker (Border Road Organization). He offered me his bed. Finally we reached the base camp of 'Chadar Trek'. Leah was 65KM from here. Until morning arranging cab was not possible. I slept the moment I hit the bed. Someone was waking me up. I opened the eyes and saw strangers; Nisar and Porter were not there. At 4am Nisar woke me up and put me in a car. I could not believe because it was impossible to get cab till 11am. Later I learnt that Nisar walked 15KM to a nearest village to find a vehicle. By 6:30 I was admitted in the hospital in Leah. Oxygen mask was put and the medicines given immediately. Within four hours the oxygen level in blood was 75%. I was out of danger now. Mujmamil, Nisar and many others helped me to defeat the death and kept me alive.

I learnt one thing that day. Cast, Religion, nationality, money, Power, status is very hollow and useless in front of the compassion, kindness and humanity. Mujmamil, Nisar and all others struggled and fought with the death for my life when they were not benefited from it. I owe my life to them... I will never give up...

MEDITATION
of this month

Getting Hurt is an Opportunity ...

Close your eyes and sit relaxed.

Take a deep breath and breathe out slowly.

Take your whole attention on your breath and keep on observing what thoughts are coming to your mind with every breath.

Try to recall whether you were hurt emotionally in the past few days. Try to recall the whole event. Who was the one who hurt you and how? And for what? What exactly happened? What was that particular thing that hurt you? What specific word? Or was it an approach?

What exactly happened when you say that you were hurt? What were the thoughts that came to you when it all happened? Was there any physical repercussion? How are you feeling about that at this moment? Just observe.

Just remember that the area where you get hurt most (emotionally) i.e. the issue that hurts you most that where your EGO is. You get hurt only because your EGO comes out. EGO is all the time hiding within and elusive. It is like a tiger hiding in the forest for the hunter to search. When you get hurt, celebrate the event. This is the time you have

spotted the tiger. Question is what are you going to do about that?

Look at your EGO very closely. If you feel it is ugly and bothering you please decide to drop it RIGHT NOW. Feel light and happy.

Forget the event and forgive the person who hurt you and also thank him/her or the event for showing you your EGO. This may not happen now and then. Thanks yourself for your awareness.

Again look at your breath.

Take a deep breath and breathe out slowly.

Gently open your eyes once you feel complete.

Share the experience if any and allow the emotions to flow if they have to.

Lemon Peel and its 25 uses in daily life..

(Shared article)

1. Make an all Purpose- Cleaner

You can use lemon peels and vinegar to make a great and natural all-purpose cleaner. Do this by filling a container with lemon peels. Add vinegar until the peels are covered and seal with a tight-fitting lid. Put the container away and forget about it for two weeks. After two weeks, strain the lemon peels from the vinegar and add water to the lemon vinegar. This mixture will clean the greasiest and dirtiest spots around the house and you'll never have to buy an all-purpose cleaner again!

2. Skin Lightener or Brightener

Lemon is a natural skin lightener because it contains citric acid which is actually a bleaching agent. Apply the leftover lemon peels to your hands, face, or wherever else you would like to lighten the skin and tighten the pores.

3. Garbage Disposal Deodorizer

In order to get rid of poor smells coming from the garbage disposal, toss a few lemon or orange peels down the drain. Remove the fruit before doing this because the citrus juices could come splashing back at your face!

4. Simmering Stove-Top Scents

Add some lemon peels or rinds to a pot of simmering water, cloves, cinnamon sticks, and orange peels for a natural deodorizer and air humidifier.

5. Coffee Cup Stain Remover

Have a favourite coffee cup that is stained at the bottom? Put a small section of lemon peel into the mug and add water. Let the cup sit for several hours and then wipe it clean with a cloth. The stains should completely disappear!

6. Keep your refrigerator fresh:

Cut a lemon in half and place it in the fridge to absorb smells. This time, you should leave the fruit and peel together so that the moisture of the fruit can absorb the odour.

7. Microwave Cleaner:

If your microwave is giving off a foul smell, add lemon rinds to a microwave-safe bowl and fill the bowl with water half-way. Cook in the microwave on high for 5 minutes, allowing the water to boil and the steam to condense inside the microwave. Carefully remove the bowl and wipe away the mess in the microwave with a damp towel.

8. Chrome Polish:

To cut through mineral deposits on chrome

faucets and other tarnished chrome, rub it with a squeezed lemon half, then rinse and buff with a soft cloth. For this cleaning method, the lemon should remain with the fruit inside.

9. Copper Brass and Steel Polish:

To brighten copper, brass, or stainless steel, dip half of a lemon in salt and rub it on the affected area. Leave the lemon on for 5 minutes, rinse with warm water, and polish dry.

10. Brown Sugar Keeper:

To keep brown sugar moist and ready to use, add some lemon peel (with the pulp removed) to the brown sugar.

11. Get Rid of Ants in the Kitchen

Scatter small slices of lemon peels around the kitchen to get rid of ants. Make sure you place them at the thresholds, windowsills, around door entrances and near any cracks where ants may be entering. Ants do not like the smell of lemon and will not enter your home. They can also be effective protection against larger insects like roaches and fleas.

12. Lemon Zest:

Lemon zest is great to add to marinades, salads, baked goods, and lots of other dishes. To zest a lemon, simply grate the peel with a zester or the smallest grater you have. You can use the zest when it's fresh, or dry it out on paper towel and store it in a jar.

13. Lemon Twists

Use a vegetable peeler or a knife to cut long strips of the lemon, while removing the white pith part of the peel that's bitter. Prepare on the spot or save them for cocktails or lemon water later in the freezer.

14. Lemon Extract Powder

Using the zest or twists above, dry them skin-side down on a plate for about 3 to 4 days. Put the dried peels into a blender or a spice grinder and pulverize them into powder. You can use this powder instead of lemon extract or zest in recipes.

15. Lemon Sugar

Once you've made the lemon extract powder, you can also add it to sugar, or make fresh twists and place them in a jar of sugar to ferment and infuse the sugar.

16. Cutting Board Refresher

If you want to refresh your cutting board, rub the surface with a lemon after washing. Let

the lemon sit for a few minutes and then rinse. The antibacterial properties of the lemon will remove the germs lurking on your cutting board.

17. Lemon Pepper

Mix the lemon extract powder with freshly cracked pepper for an interesting taste.

18. Candied Lemon Peel

Deliciously Sweet candied lemon peels can be eaten plain, dipped in chocolate or used in baked goods. The peel or twist is candied by placing it or cooking it in sugar.

19. Lemon Sugar Scrub

Mix 1/2 cup granulated sugar with finely chopped lemon peel and add enough olive oil to make a paste. Wet your body in the shower, turn off the water and massage the sugar rinse all over your skin. Then rinse off with warm water and feel the softness!

20. Tea Kettle / Coffee Pot Cleaner

If you have mineral deposits in your tea kettle or coffee pot, fill the kettle with water and add a handful of thin lemon peel slices. Bring the water to a boil, turn off the heat and let the mixture sit for an hour. Drain the mixture and rinse well. For a coffee pot, add ice, salt, and lemon rinds to the empty pot, swish and swirl for a minute or two, then dump and rinse the mixture.

21. Nail Whitener

Whiten your fingernails by rubbing them with a lemon wedge.

22. Motion Sickness Cure

Suck a slice of lemon to prevent you from feeling nauseous.

23. Grater Cleaners

Clean out old or hard to reach spots in your grater by rubbing the pulp side of a cut lemon over the grater.

24. Fire-Starters

You can make natural and cheap fire-starters for those camping nights by baking discarded lemon or orange peels until they darken.

25. Trash Can Deodorizer

Put a few lemon peels in the bottom of the trash can from time to time to keep your garbage from stinking up the house.

A Marvel called Navel

Shared by Mrs Aruna M

Navel News.

DID YOU KNOW?

Our belly button (NABHI) is an amazing gift given to us by our creator. A 62 year old man had poor vision in his left eye. He could hardly see especially at night and was told by eye specialists that his eyes were in a good condition but the only problem was that the veins supplying blood to his eyes were dried up and he would never be able to see again.

According to Science, the first part created after conception takes place is the belly button. After it's created, it joins to the mother's placenta through the umbilical chord.

Our belly button is surely an amazing thing! According to science, after a person has passed away, the belly

button is still warm for 3 hours the reason being that when a woman conceives a child, her belly button supplies nourishment to the child through the child's belly button. And a fully grown child is formed in 270 days = 9 months.

This is the reason all our veins are connected to our belly button which makes it the focal point of our body. Belly button is life itself!

The "PECHOTI" is situated behind the belly button which has 72,000 plus veins over it. The total amount of blood vessels we have in our body are equal to twice the circumference of the earth.

Applying oil to belly button CURES dryness of eyes, poor eyesight, pancreas over or under working, cracked heels and lips, keeps face glowing, shiny hair, knee pain, shivering, lethargy, joint pains, dry skin.

***REMEDY** For dryness of eyes, poor eyesight, fungus in nails, glowing skin, shiny hair*

At night before bed time, put 3 drops of pure ghee or coconut oil in your belly button and spread it 1 and half inches around your belly button.

For knee pain

At night before bed time, put 3 drops of castor oil in your belly button and spread it 1 and half inches around your belly button.

For shivering and lethargy, relief from joint pain, dry skin

At night before bed time, put 3 drops of mustard oil in your belly button and spread it 1 and half inches around your belly button.

WHY PUT OIL IN YOUR BELLY BUTTON?

You belly button can detect which veins have dried up and pass this oil to it hence open them up.

When a baby has a stomach ache, we normally mix asafoetida (hing) and water or oil and apply around the naval. Within minutes the ache is cured. Oil works the same way.

Try it. There's no harm in trying.

You can keep a small dropper bottle with the required oil next to your bed and drop few drops onto navel and massage it before going to sleep. This will make it convenient to pour and avoid

accidental spillage.

I am forwarding this valuable and very useful information received from a very good friend. It's really amazing. A million thanks to the friend. Happy to share it with friends.

Regards

Dr. Ajay dubey

Assistant professor
MDNIY AYUSH MINISTRY
Govt. Of India.

Only Once...

By Telangan



I want to see your smile

I want to hold your hand

I want to walk with you

I want to laugh with you

I want to cry with you

I want to hear your hum

I want to care for you

I want to thank you

I want to make you happy

I want to give you all I have

I want to dissolve in your glow...

Only Once... Only Once... Only Once

Agnihotra session at Bengaluru

In Bengaluru, Aaji Aajoba Club (Grandfathers & Grandmothers' club) had organized an event on Agnihotra and had invited our sadhak Mrs Komal Pukale to make a presentation on the subject. The session started at 11:45 am to 1:15 pm followed by lunch.

A lot of questions were asked and were answered too. Agnihotra mock demo was performed. The audience was also taught to chant the mantra. The leader of the organizing group Mr. Jog chanted the mantras again and the whole group of 23 odd people chanted along with him. People were impressed with the information and presentation.



Reiki for you and your family

GSFC management organized an interactive session on "Reiki for you & your family" with Guruji Ajit Sir on 20th July evening at their GSFC college hall. The session became very interesting and informative as many of the audience were keen to know about Reiki and its healing powers. The session started with a narration of a divine healing experience of Mr Yadav, Executive Director of GSFC. The session was well attended by GSFC staff and many members of the common public.

Guruji's lecture at GSFC on Millennial Managers



Guruji was invited by Human Resource Department of GSFC – a well known & large company in Baroda- to address their staff on Challenges of Managing Millennial Managers on 20th July 2019. This was well attended by GSFC employees as well as the employees from other Public Sector Undertakings. The lecture spread over 3 sessions and three and hour hours addressed various issues like the characteristics of new millennial managers, the challenges in changing the business environment and the various philosophies to manage the challenges.



Ayushman Reiki seminars at Rajkot & Junagadh

Reiki Vidya Niketan's joint initiative to hold seminars under Ayushman Bharat has reached the second phase with seminars in Junagadh and Rajkot during the last week. Two more seminars at Ahmedabad and Gandhinagar will be held by end of August now. Seminars at Junagadh was attended by 44 participants and at Rajkot by 47 participants which means more than 150 totally have now been empowered by Reiki for holistic healing.





I do not think that one can plan the goal in spirituality. In fact, one can't plan goal even in the material world. What one plans is a road map towards the goal. Or maybe a process to reach. But most of the times you will see that a process or approach needs to be altered on the way. But the goals are still. They should not change. Goals or urge (this could be a better word in case of spirituality) are the expressions of the core of human being while the processes and approaches are more peripheral in nature and hence dynamic and changing with times.

Actually, when all goals and plans cease, the spiritual path begins. It is just being with the flow of nature. Accepting and enjoying everything and every event that comes your way. Then you are in observation mode and not reactive mode. That helps one to surge ahead (though there is nothing ahead and behind- these are only understandings of limited mind). The goal is actually your own core which is within and not outside. When the rocket is fired, a rocket moves up to the destination and the fuel goes back to its original form. It is not the rocket which has reached in a true sense but the fuel. Materially we appreciate the rocket and not the fuel.

Reiki Seminar in SEPT 2019

Dates	Centre	Degree	Master	Contact
7th & 8th September	Chennai	1st	Khushal Solanki	Khushal Solanki (9500071637)
7th & 8th September	Bengaluru	1st	Aruna	Komal Pukale (9845279840)
7th & 8th September	Mumbai	1st	Kalpita	Vinaya Sawant (9004328016)
7th & 8th September	Vadodara	1st	Seemaben	Chandresh Parmar (9974701200)
7th & 8th September	Devrukh	2nd	Ajit Sir	Math (02354261322)
21st & 22nd September	Ramnad	1st	Khushal Solanki	Mr Nallamutthu (9443321025)
21st & 22nd September	Mumbai	2nd	Ajit Sir	Vinaya Sawant (9004328016)
21st & 22nd September	Pune	1st	Kalpita	Devrukh Math (02354-261322)
21st & 22nd September	Nashik	1st	Vishal	Shubhada Garge (9623547827)
21st & 22nd September	Ahmedabad	1st	Bharatiben	Kinal Pandya (9714515839)
21st & 22nd September	Devrukh	1st	Sangita	Math (02354 261322)
28th & 29th September	Thane	1st	Rakesh	Girish Karnik (9820260229) Milind Chavan (8779001317)
28th & 29th September	South Mumbai	2nd	Ajit Sir	Sharada Gurav (9819215650)
28th & 29th September	Kota	1st	Krupa	Dr Neeta Parekh (9413886755)

Other Programs:

10th & 11th September

WISE Program for ladies from Mumbai & Thane centres

Vinaya Sawant (9004328016) Mrs Savita Karnik (9820508534)

8th to 14th November

“Seven Steps to Heaven”

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