

# REIKI VIDYA NIKETAN

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EDITORIAL

Dear Readers,

Jai Gurudev

Happy 2020! Finally we have landed into the third decade of the century. The excitement of the new millennium

beginning with the advent of 2000 is

still fresh in memories. How the time flies! This year will also be the

twentieth year of our Shri Swami

Samarth Math at Devrukh. Getting

into the twenties has always

some challenges or other. No

one really knows what is going

to unfold in the times to come.

But that unpredictability may

be a driving force behind

everything that we do as

humans. Let this year bring a

lot of joy and happiness to you.



Let this year also bring your sadhana to the heights that you have never reached before. We are all excited as Reiki community with the idea of the 2nd Atirudram at the ashram- the first one being in 2016. Considering that we have already done two more atirudrams in unconventional way where more than 16 centres participated in monthly Maharudra for one full year in 2016 and again in 2019-20, this will be the 4th Atirudram in the span on 3 -4 years. Even one atirudram during a life time is a dream of a sadhaka. This is an example of what a grace of Shri Swami Samarth can do his devotees and sadhakas.

This February, it will be a real test for all of us at ashram as more than 350 sadhaks would arrive for Atirudram breaking the earlier record of 178 sadhaks chanting Rudra ruchas in 2016. We may need a lot of discipline at every level to make this event a great success. Discipline in food, stay, travel, chants.. Everything I can visualize the whole environment with 350 sadhaks chanting rudra verses day in and day out. It should be a strong wave of spirituality to turn around the waves of negative nature currently encircling the planet earth on physical level and humanity at much subtle

but prominent level. More than 350 sadhaks would announce to the world their arrival on this Mahashivratri which may prove to be a warning to all evil things around. The world would know that a goodness has arisen, awakened. Most of the sadhaks are really prepared for this events during the last two spiritual outings that we had at Hrishikesh in November and at Kala Dungar/Girnar during January. I look forward to meeting many of you who have taken part in this divine sankalp (intent) and embrace their energies during this Mahashivratri festival on that divine land called Devrukh. Keep your energies consistently high till then.

With lots of love, Light & Reiki

*Ajit Siv*

*January 20th, 2020*

# DANGERS OF DOING TWO THINGS AT THE SAME TIME.

by Vivek Pandye

Before the advent of globalization, POHA was a normal everyday breakfast devoured by many Indians. The only competition POHA had, was with vada pav, idli or aloo paratha. The older generation would know the value of POHA much better than this post-globalised generation. The current generation sticks to some very unhealthy breakfasts like burger, French fries and such other items. Let us get our basics right by defining POHA first. POHA is a gluten free, loaded with nutrition, simple, healthy and a quick possible snack. Its ingredients are easily available and can be quickly made. It is usually eaten with spoon (haven't noticed anyone eating with hands till now) and normal people normally eat it in the morning. Also a big advantage with POHA is, it can be very easily packed and transported without the oil spilling out. Alas! POHA has lost its place in India. If you were to take my opinion it should be declared as the king of breakfast.

There are many advantages of having POHA as the first dish in the morning. You may add items to it as per your choice being the first. Normally onions, coriander, peanuts and sev are the compulsory ingredients with POHA, however, you may add many things to it as per your taste and convenience. Also there are many places in India which are famous for making exquisite POHA. Places like Nagpur, Pune and Bhopal make extremely good POHAS, however Indore is uncatchable both in terms of taste and presentation. Lastly, POHA is also very light on your pocket if you are looking to outsource the same. But the big question remains! How do we bring POHA back to its glory? Below mentioned are some steps which should be quickly followed by all as true Indians.

To Start with, we can have pilgrimage towards the four cities (Nagpur, Pune, Bhopal and Indore) just for the sake of savoring the divine POHA. Also, needless to say that it will be a boost to the Tourism Industry and would eventually help in the national cause. We can also declare many public places (especially where the protests are held) as Republic of POHA, where people can protest and enjoy the divine food as well.



Ashrams should have POHA in their menus as a mandatory option for at least 4 days in a week.

In 2015, before winning the elections, Donald Trump gave a slogan, "Make America great again." We can also do something like this, say for example, "Make POHA great again." Let it become a mass movement. Let people protest for such important things and not waste their time in protesting against CAA, NRC, NPR. One more thing can be done by all of us for this noble cause. We should write to the government for implementing POHA related subsidies and tax deductions. Also to involve the young generation would also be of a great help as they are the future of our nation. The young people charged with positiv-

ity (especially from universities like JNU) can really inflate this movement. Besides it would also help them learn the importance and traditional value of this divine food item. Youngster who like POHA should be allowed reservations in colleges and universities.

Brides, from henceforth should be selected on the basis of their POHA making skills. Instead of dowry (which is anyways illegal) special incentives be given to the family of bride if the girl specializes in making POHA. In order to maintain gender equality, bridegrooms should be made eligible on the grounds of being able to judge the best of POHA. Mother-in-laws should refrain from scolding their daughter-in-laws in case she is a good POHA maker.

Modiji should also speak about POHA some day on his Mann ki baat program. It would also serve the purpose of national integration and he will have a better chance in the upcoming elections (which he wins anyways). A separate ministry may also be allotted for this noble cause of "Making POHA great again" and for the sake of happiness for the people of, "Republic of POHA".

***Moral of the story: Stop watching TV (especially news channels) while cooking POHA. Also "POHA is indeed great."***



## The appropriateness of life...

By Aruna M.,

The difference between Bhagavat Gita and Vishnu Saharanama.

Why do spiritual doctors prescribe chanting Vishnusahasranama more than reading Bhagavat Gita?

Bhagavat Gita is the quintessence of Mahabharata and a sermon by Sri Krishna, while Vishnu Sahasra Nama is a prayer sung by Bheeshma as his parting message to Pandavas.

Actually Krishna himself requested Bheeshma to reveal these stotras to Pandavas.

Bheeshma surprised, questioned Krishna “why

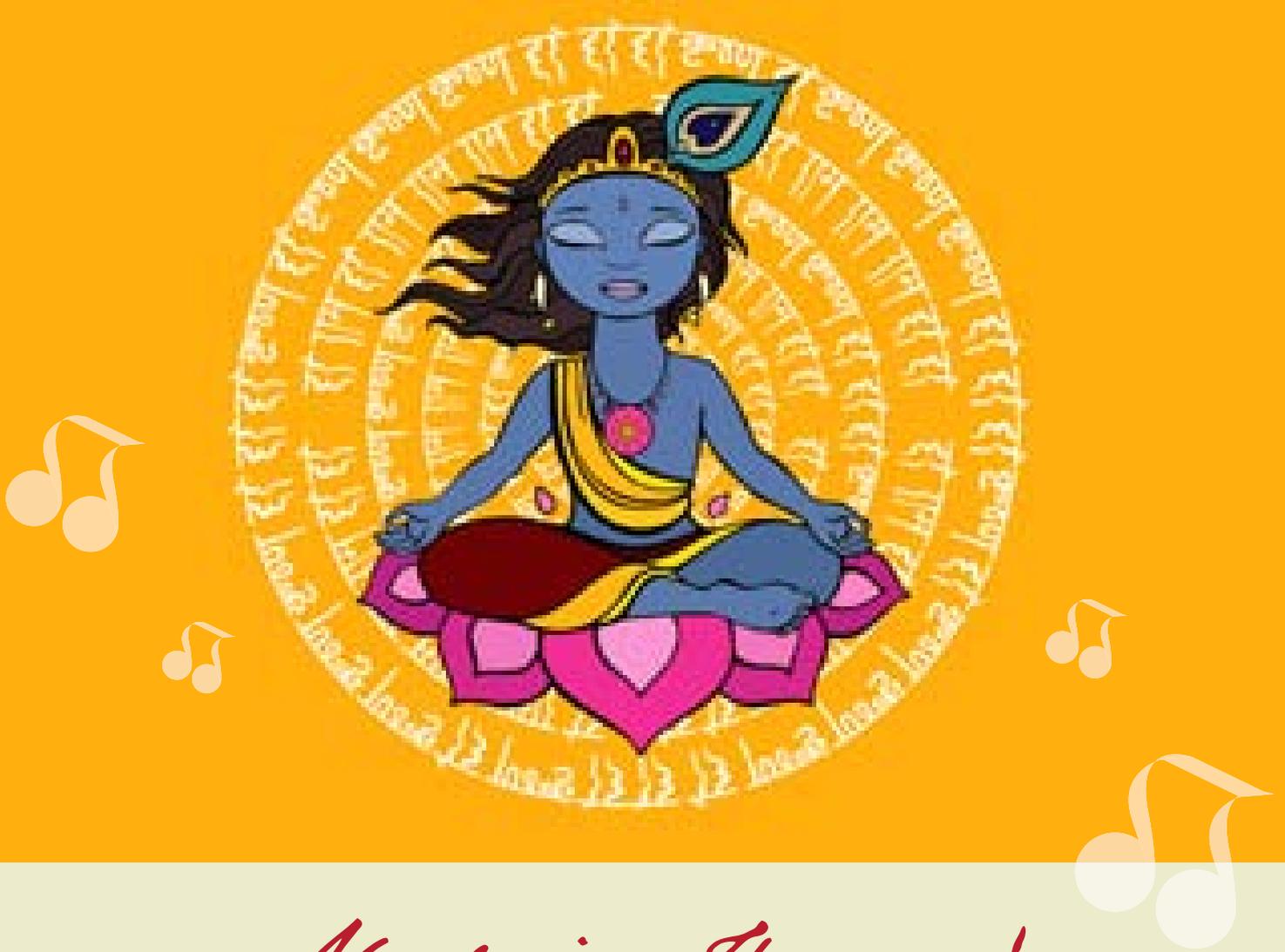
are you choosing me at this stage in my life for this, while you yourself could do this?”

Then the Lord clarified : “Mine is like water of the ocean, which is not potable. When the message is through you, it is like rain from the cloud formed out of water from the ocean. This of course can quench the thirst. Moreover, I am the quintessence of Vedas. Whatever I say would appear as though I am extolling myself. On the other hand, if you, a realised soul, speak about it, it has universal acceptance.”

\*Bhagavat Gita is the root of the tree, while Vishnusahasranama is the fruit

### **Editorial Comments:**

*Very well said! I have a feeling that Geeta is basically a Principle of life while Vishnusahastranam is basically a process, a process of chanting. Geta needs to be understood and imbibed in life, while Sahastranam is to be chanted irrespective of whether one knows the meaning or not. This is why there is a churning between the subconscious and conscious mind. That churning helps in healing. That is why many of the times God gets certain things done through humans. Healing possibilities like Aura surgeries etc are done with the same philosophy. The God gets lot of things done through someone for the same reasons.*



## *Made in Heaven!*

by Telangan

**Kanharira** is one of the irreplaceable Ragas of Indian music. Gopala himself have created it in presence of Ustad Bismillah Khan. Ustad was born in an orthodox Shia Muslim family but he was in deep bhakti of lord Sri Krishna for his entire life. Every Indian has one powerful association in mind about a wedding ceremony and Shehanai music by Ustad Bismillah Khan.

Once Ustad Bismillah Khan was traveling in a crowded third class compartment of a train from Jamshedpur to Varanasi. He was going for the renowned Kumbh Mela to perform his music in front of all the music scholars of India. Train stopped on one of a very small village station. One young, dark, slender shepherd boy got into the train. He sat on the ground closer to Ustadji and after a while he started playing his flute... Ustadji tried his level best to use his entire music knowledge but could not put those tunes into any of the known Raga. It was the highest quality music Ustadji had ever heard, it was beyond any description. It was just a heavenly

experience. Tears were rolling down his eyes. He called the boy closer and sat next to him, gave him a coin and made him play it again. It was going on until the entire wallet became empty. Ustadji was enjoying this divine music again and again. The train stopped on one small platform. Boy got down swiftly and disappeared in the air. Ustadji reached Kumbh Mela in different frame of mind. He had exactly recognized the boy. He knew who he was. The music he had created was not man made. It had come from the lotus lips of Gopala. That night all music scholars and Pandits were mesmerized by the performance from Ustadji. They all tried to put this new heavenly raga through their knowledge but this new Raga was divine and blissful unmatched and beyond words. They asked Ustadji about it. Pundit Hariprasad Caurasia could not hold tears after ustadji's description of the enlightenment. Ustadji named this new Raga after his Kanha who was the original creator of this new Raga... **Kanharira**



# “Space reduces the Pain”

by Krupa Choksi

Recently we had gone for Datta Sankraman Yatra (Pilgrimage) to Kala Dungar at Bhuj and Mt. Girnar in Junagadh in Gujarat. This was a unique Yatra (Pilgrimage). It was one of its kind as two days we were in Dakshinayana and two days were in Uttarayana. The term Uttarayan (commonly Uttarayan is derived from two different Sanskrit words "uttara" (North) and "ayana" (movement) thus indicating a semantic of the northward movement of the Earth on the celestial sphere. The complement of Uttarayana is Dakshinayana i.e. the period between Karka sankranti and Makara Sankranti as per the sidereal zodiac and between the Summer solstice and Winter solstice as per the tropical zodiac.

The Surya Siddhanta defines Uttarayana as the period between the **Makara Sankranti** (which currently occurs around January 14) and **Karka Sankranti** (which currently occurs around July 16). Uttarayana as starting from Vernal Equinox and ending with Autumnal Equinox. Dakshinaya is defined as the period between the Autumnal and Vernal Equinoxes, when there is midnight sun at the South Pole.

In Spirituality, it is believed that we transit our consciousness from lower chakras to upper chakras. That is the reason it is believed that Bhishma in Mahabharat waited on the bed of bows till Uttarayan to leave his mortal body. There is a great significance in spirituality about Uttarayan.

Sadhaks from all over India had come to attend this Yatra. We were 104 sadhaks with Guruji. On one of the day of Yatra, Guruji explained the significance of this Yatra and informed us that this year i.e. 2020 is an emotional year. As per numerology, number 2 is considered to be emotional so this year everyone is going to face emotional turmoil. So as a sadhak (spiritual seeker) we have to be more aware and manage ourselves. He also explained that being in space helps us to manage ourselves and reduces our pain.

I could relate this with the incident happened in our Yatra. As you all know Mt. Girnar is an abode of Lord Dattatreya. To reach the highest summit of Lord Dattatreya, we need to

10,000 climb steps. I have climbed these steps number of times and my experience says that climbing is not difficult but getting down is difficult as our calf muscles becomes stiff while descending down. In our group, 54 people had gone up. They went in the morning at 4.00 am and most of them came back in the evening. Ofcourse, this journey is tiring but one thing which I noticed was that none of them looked tired. And on the next day, everyone was walking perfectly. On inquiring, we came to know that their legs had become stiff but it was not paining. This phenomenon is very rare. Guruji explained that since they took long time in descending down, their legs did not pain. On this, I got small realisation that they were in the space of Lord Dattatreya for more than 12 hours and so for them the journey which was difficult became easy. Many people climb up with 2-3 hours and climb down also with 2-3 hours. And invariably we have seen their calf muscles pains. As hurry does not help here. It is the patience which pays.

Similar is the case in our life. When we find things difficult to handle and we want to get rid of it, it increases our problem but in that situation if we keep patience, we will be able to handle situation better. Besides this, here the take way is that in any difficult situation, if we are in space i.e. we keep coming to seminars, we come to Devrukh Ashram, we meet Guruji often, brings us in space. And Guruji always says that it the space that heals. So it is humble request to everyone that whatever Guruji has created for us viz. seminars, Yatras, Intensive programs, Newsletters, Sewa in Ashram, Gurucharitra Parayan, Gurucharitra Abhyas varg (study circles) and rudra sessions are to keep us in space. So do not miss a single opportunity to get connected to space as space increases our energy levels and makes us see our life from a different angle where we do not call a problem, as a problem but we see it as a situation selected by us to learn the lessons of life.

So start your day with PARTY – Pranayam, Agnihotra, Reiki, TM and Yog Nidra and try to be in space as much as possible and we will experience that life is celebration.

# Touch and Go...

*By Rakesh Kumar*

.....touch and go

and no one knows

what was it, that sparked my light

it was a whisper from the unknown, caressing my back,

when no one sees

touch and go, and no one knows.

touch and go, who art thou....

In the timeless flow, thou fragrance glows

that touch which touched my unknown

and lights up caves from darkest knowns

Touch and go, a touch so slow,

that filleth my senses in dreamy glow !

that touch still lingers when i lay low

To sink in ease of Thy Blow "

~\*~Wind Whisperer~\*~



# For Love

She forgot;  
forgot how she fell in love,  
forgot why she fell in love  
but didn't forget when.  
Still reminiscing;  
wondering whether she ever was?

By Gauri Salunke

## Pricking Conscience

**The Bad.**  
**The Selfish.**  
**The Truth.**



A humble structure,  
to whom you bare your soul.  
Swallowing whatever you offer;  
Your doings, your liberations.  
Having rather no options,  
always there for your relief.

# Toilet

While I was stumbling in the dark

You walked along holding my hand...

You helped me to see beyond

And solve each puzzle...

Your wisdom made me aware

And smile gave me courage...

You said, we loose people forever

And never see them again...

But learn to let it go and move on,

And you will be never alone...

When someone gives you pain...

Forgive and forget, never cling to grudge...

Make mistakes but gain knowledge...

Leave Past behind and accept the Present...

Obstacles and troubles never last forever

Beat the challenges and emerge as a winner...

## **My Magic Lantern...**

*by Telangan*

# Reiki Experiences

shared by Mr Girish Karnik

Dear Guruji,  
Jai Gurudev!

Sending below two experiences shared by Gauri Nair:

1. Today's experience while going home after reiki seminar along with shamal and Shobhana kaki (both participants of the first degree Reiki seminar on 18th & 19th Jan 2020 at Thane) Shamal and kaki got down to buy sweets as today is my parents marriage anniversary. I and my husband was sitting in the car. Shamal and kaki took sweets and came running to me that 1 lady is thrown by byke and there is lot of crowd

I left everything in the car and rushed to see who was the lady ...first I told the crowd who was just not ready to touch the lady aged 70 years, to move away as there was lack of oxygen. lady at present was not talking ...she was murmuring swami Samarth ..I told her aji bagha swami samarthanich mala pathavle. (Look, Grandma, Swami only has sent me here) ..she opened her eyes and looked at me There was smile on her face she said my leg and hand is painng.. Immediately told shamal to give reiki to her hand and i started reiki on her legs with symbols ...she was told to drink water ..she calmed down and said swami nich tumhala pathavla ka??? (Has Swami sent you here?) I said yes...then i asked her where do u stay she gave her bldg no and flat no .she recognized shamal ...I told her nothing will happen to her ....she asked me whether my leg is fractured

..I told her I have already healed you leg is not fractured at all

then she started slowly moving her legs ....she hold my hand tightly ...her sister who was with her panicked and not able to call. I told her please call her son and give it to me I spoke to her son that u pls come don't worry your mother is talking and fine .he asked me the location ....One surprising thing happened when the lady saw my mangalsutra she said ur GSB ..Even I am ...I assured her nothing will happen to her. she asked me whether she will be able to walk .i told her yes definitely ...then her son came ...With the support of her son ,grandson and my husband she was made to get up ....after getting up she hugged me and said u all are god for me and she asked me - nothing will happen to me know when I go home ...I said absolutely nothing will happen .I made her wear her chappals and slowly went near car ...she asked me my name ...and Thanked me from bottom of her heart and tightly hold my hand ...Thanks Jai Gurudev. we have saved an old person. Thanks to Shri Swami Samarth! Thanks shamal and kaki for ur presence of mind ...Shamal's and kaki's experience of taking reiki started right from now.

2. I went to my mom and dads place to wish her but again had to rush immediately to mulund as my uncle down with 104 fever and being diabetic sugar dropped to 96. he was not in his senses and was talking abruptly ...His legs were just jumping ...I gave reiki on legs and then brought his fever to 102 by putting water on entire body ... he calmed down and was immediately taken to Hospital in ICU ...Now better .. he started talking ...I felt reiki has only saved him Thanks to Jai Gurudev...his biopsy of prostate done on Friday and discharged on Sunday ...Incident happened at home on Sunday evening .

# The first view was of you...

*By Priyal Pabani*

To Mom,

Without seeing the looks,  
She wrote my name in all the books.  
Wake up honey! to why you came late.  
She loved me with all her faith.  
Command always on her lips  
Silly me! Was not knowing that  
it was for my future clips.  
Always praying for my days,  
She forgot all her bad days.  
At the age of eighty she will  
still be the same  
Mother is word which means  
something never changes.  
Luv You.



## DIGITAL V/S OUTDOOR GAMES

by Vivek Pandey

Today, there is plenty of scientific evidence that nature is not only good, but great for us. With our urban jungles, indoor culture and never-ending stream of new technological wonders, we may have removed ourselves from nature, but we will never be able to take nature out of us. After all, nature is where humans have evolved for millions of years, long before electronics, standardized testing, parents' fears of abduction and overscheduling of extracurricular activities diminished the time children get to spend on unstructured play outside. Also, it just gives us another excuse to be hooked up with digital games. Apart from the obvious benefits of making friends, no strain to the eyes and no internet requirement, there are some more scientific benefits which will encourage you to take up non-digital games. Take a look!!

1. Children who play outside are more physically active, which helps prevent obesity, heart disease, diabetes and other health issues.
2. Children with nature-rich schoolyards are calmer and pay more attention to their teachers than children whose schoolyards have few natural elements.
3. Children who play regularly in natural environments have more advanced motor skills, such as agility, balance and coordination, and are sick less often.
4. Children who play outside have higher levels of vitamin D, which in turn strengthens their bones and immune systems.
5. Children who learn how to garden eat more fruit and

vegetables and are more likely to keep a healthy lifestyle later in life.

6. Children who play outside engage in more imaginative games, interact more and get along better.
7. Children whose schools offer outdoor classrooms or other forms of environmental education score higher on standardized tests.
8. Children who grow up having regular contact with the natural world are more likely to develop a lifelong love for nature and care to preserve it.
9. Children are less likely to engage in bullying when they play in natural environments.
10. Children who play in nature score higher on concentration and self-discipline tests.
11. Children who are exposed to the natural world develop stronger awareness, reasoning and observation skills.
12. Children who play outside suffer less nearsightedness and are less likely to need eyeglasses.
13. Children who play games -- such as cards and board games -- are more likely to stay mentally sharp in later life, a study suggests.

Those are the benefits of outside play in a nutshell. So, next time, don't be lazy, lying on a couch and surfing your cell phone for some digital gaming experience. Go out and play!!

# THE SILENT MAN HAS NO ENEMIES

By Aruna M

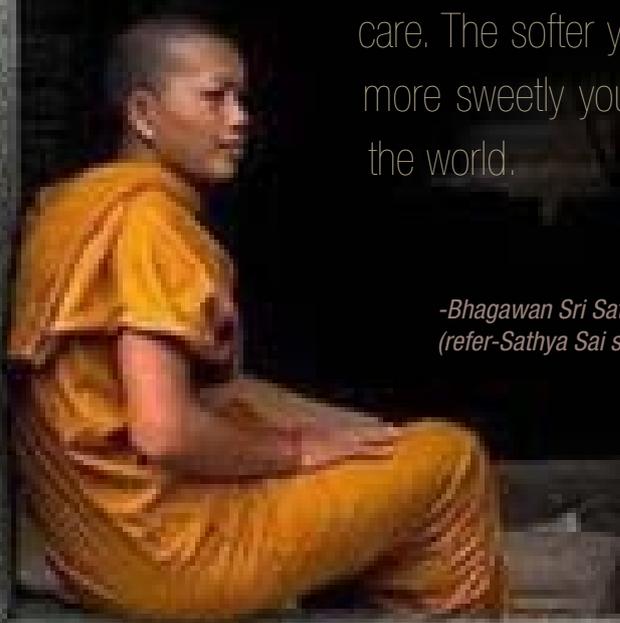
Loud talk, long talk, wild talk, talk full of anger and hate - all these affect the health of man. They breed anger and hate in others; they wound, they excite, they enrage, they estrange.

Why is silence said to be golden ? The silent man has no enemies, though he may not have friends.

He has the leisure and the chance to dive within himself and examine his own faults and failings. He has no more inclination to seek them in others.

If your foot slips, you suffer a fracture ; if your tongue slips, you fracture someone's faith or joy. That fracture can never be set right; that wound will fester forever. Therefore use the tongue with great care. The softer you talk, the less you talk, the more sweetly you talk, the better for you and the world.

*-Bhagawan Sri Sathya Sai Baba  
(refer-Sathya Sai speaks - vol 5-page 117 )*



# The Song of the Infinite

*By Shashi S.*

The wind whispers it's secrets, among tall bamboo reeds,  
And I wonder what touched me so deeply,  
rousing me into vibrant existence,  
Before I merely lived~ now I'm alive !  
A mere feathery touch, a glimmer of the Infinite,  
that caught me unawares, the whisper of the Unknown,  
Unseen and unbidden, in a timeless flow,  
setting my senses alight in surreal glow,  
unearthly fragrance spoke of Heavenly provenance,  
my aspiration rose with the swirls of heady incense,  
The scent of the Infinite modest yet alluring,  
it envelops my meditative moments in sacred embrace,  
At times a peacock-feathered crown enthralls,  
with soulful strains of fluted wonder,  
at times a matt-locked mountain mystic,  
peers into my soul in solemn splendour!  
Yet another vision of Beauty fierce, I espied,  
The rampaging Shakthi on her leonine stride!  
As quickly, these forms disappear in the black void,  
Leaving an Ocean of silence, an inky darkness,  
from which births a plenitude of starry brilliance,  
A single fiery arrow shot from the Divine,  
traverses the seven spiralling vortexes,  
setting each bright hued world afire,  
through red, orange and yellow,  
green, blue, indigo and violet;  
till a brilliant conflagration touches the spire,  
the burst of unalloyed bliss descends,  
as the golden thousand-petalled bloom,  
shakes itself into glorious Infinite existence !

# Be a lamp unto yourself - Swayam Prakash

by Aruna M.

When I was struggling in the world  
You asked me to build a boat with Sadhana  
To float unaffected in stormy weather too

When I felt heavy and sluggish sometimes  
you asked me to shift my consciousness  
to heart to feel light and happy

When I said I cannot understand others  
You told me that we have come here  
To understand ourselves not others

When I complained depletion of energy  
You asked me to check my activities  
Since energy is neither created nor destroyed

When I cried I am far away from you  
You told me we are part of the wave  
We are always connected with each other

When you are my guru, am I your student?  
You told me I belong to you unconditionally  
Do you belong to me the same way

When I whine that the people disappoint me  
You told me world is your reflection  
Change yourself and the world will change

When I have unwanted thoughts suddenly  
You told me we have everything in us  
Whatever you feed will grow enormously

When I started I , Me , Myself in conversation  
You told me not to be near ego but  
To be near the soul and be in gratitude

When I loved all around me whole heartedly

You told loving people is good not to get entangled as it  
is a binding in spiritual path

When I feel I have to prove in the world  
You told me we are here to improve  
And not to prove anything in this world

When I was confused managing two worlds  
You told me there are no two, only one  
Do all your work as divine worship

When I was keen on acquiring knowledge  
You told me to experiment , experience  
And elevate myself to a higher orbit

When I couldn't travel with you to yatras  
You told me doing reiki every day  
Is equivalent to parkrama and yatra

When I divided us on languages we speak  
You told me you never ask from where he is  
You only ask them where they want to go

When I was wondering about life's choices  
You told me we are responsible for ourselves  
Work on your today for a better tomorrow

When I asked how to be happy always  
You told me to put others first in every way  
That is the pathway to happiness

When I feared darkness around me always  
You told me lamp unto yourself  
And the light will happen permanently

When I internalize the teachings of you  
You told me to become swayam prakash and  
Spread my fragrance into the beautiful world

# Relating through Heart

Close your eyes and sit straight and comfortably.

Take your whole attention to the breath and observe for some time.

Every time you take a breath in just think of any problem and allow it to get out of your system every time you breathe out. Do it for about 5 to 6 breaths.

Breathe normally thereafter.

Take your whole attention to your Heart Chakra.

Feel the emotions within and experience the Love and Compassion that resides there.

Think of your immediate family, one member after the other. Try to understand how exactly you relate to all of them. Are some relationships better than the others? Ask yourself why? What is that you do not like in one relationship that you like in the other? Look at every relationship within the family?

Ask yourself, since when all this liking/disliking started. What was the incident that you are still carrying with you that has resulted in such a distinction? Look deeply into all these relations all over again.

Allow yourself to be free of all those blocks/dislikes which are coming in.

Allow the Love from the Heart Chakra to flow towards these relationships and just feel for them. Have an intention that everything is okay and acceptable now because the times have changed, you have changed, they have changed.

Draw all symbols on each relationship placing them in your heart chakra.

Ask yourself, how do you define your family? Is it only the people who have blood relations with you and is it beyond that? Is the relationship thrust upon you or is it your choice? Imagine your family is expanding beyond the normal definition. Let it just expand and allow everyone that you feel should be a part of your family do enter your family.

Draw symbols on them too as an acceptance, welcome them.

Keep on visualizing your heart chakras.

After about 10 minutes, slowly come back to normal with a deep breath.

Relax in case you feel your heart portion very heavy (which it is likely to be) and gently open your eyes when you feel complete and happy.

Share if you feel with the others. Chant "OM" 3 times together.



## A Trip to Mountains

This January, 105 sadhaks went with Guruji to the mountains of Kala Dungar in Bhuj and Girnar in Junagadh, between 13th and 17th January. Guruji had planned this trip in such a way that the first two days of the trip fell before the Makar Sankranti day when the Sun is in the Southern most part of the Earth and the last two days when the Sun has started reversing with respect to the Earth. This is termed as a transition from Dakshinayana to Uttarayana. The movement of the Sun with respect to the Earth is considered very important in Indian and some western cultures too as it has a profound influence on human life. This year the RVN sadhaks had the glimpse of this transition in these divine mountains where Lord Dattatreya had performed penance in the ancient years and obviously both these mountains are blessed under his glory. No wonder every sadhak enjoyed this trip at every bit of a moment. Climbing 10,000 steps at Girnar was definitely a challenge for all those who were doing it for the first time. They all came down with flying colours thanks to that divine grace. Kala Dungar was another kind of a challenge as it is practically the last post on Indian border facing Pakistan. The reverse geomagnetic effect at one place in the mountains was definitely a unique experience for many. Girnar provides the sadhana for the awakening of upper chakras while Kala Dungar as the name “kala (means dark)” suggests strengthen the lower chankras.

## BE A PART OF THE SOLUTION AND NOT THE PROBLEM..



Guruji was discussing with sadhaks in the kitchen of the ashram one fine morning, He said," We always have the events happening around us all the time. The events can't be stopped as they are the manifestation of our own karmas. They are truly situations we have connected to our life and hence have become events. We hardly have a choice now. But how we respond to these events is in our hands. We can react positively or negatively. That is our choice. Each event throws challenges- sometimes seen and sometimes unseen. Probably when we see them we call them Problems. They are a part of the events. There is another thing hidden within each event and that is a Solution. You have a choice here. To be a part of the problem or to be a part of the solution If you choose Problem, you get stuck for long time. If you choose solution you have come out winner. Choose to be with solution."

# Reiki Seminar

**February 20**

<b>Dates</b>	<b>Centre</b>	<b>Degree</b>	<b>Master</b>
8th & 9th February	Mumbai	1st	Krupa
8th & 9th February	Vadodara	1st	Sangita
8th & 9th February	Pune	1st	Rakesh
8th & 9th February	Thane	1st	Vishal
8th & 9th February	Ahmedabad	1st	Bharatiben
8th & 9th February	Devrukh	1st	Kalpita
29th Feb. & 1st March	Rajkot	1st	Seemaben
29th Feb. & 1st March	Nashik	1st	Rakes

## **Other Programs**

**1st & 2nd February 2020**

**DSPPL training for Teachers and Facultyies**

*Devrukh Ashram*

**19th, 20th & 21st February**

**Mahashivratri Festival- Atirudram**

*Devrukh Ashram*