

REIKI VIDYA NIKETAN

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EDITORIAL



I have always been feeling that Bhagwad Geeta is not a religious book belonging to one religion. It is the book of humanity. It is the manual of the mind. The other day while I was meditating, I suddenly got the insight on the first two and most vital words of the great religious book. This led to a lot more clarity about the things happening all around us.

Those vital words are “Dharmakshetre” and “Kurukshetre”. What do they really mean? Dharma does not mean religion as we know today. It has a much deeper meaning than that. In any case which religions that we know today existed when Geeta was supposed to have been said about 6000 years ago? In fact the idea of Lord Krishna himself about Dharma is clear when he says that there are only two dharmas: Daivy (Divine) and Aasuri (Satanish). Here the Lord is talking about the values, the belief systems, the faiths, the rituals etc. These are all the phenomena of sub-conscious mind. That truly makes Dharmakshetra another name for sub-conscious mind.

On the other hand, Kuru is a Sanskrit word which means to act now. The action of the present moment! On the behaviour or the activity of this moment! If the current behaviour is not in sync with your sub-conscious mind there is

an intense friction between the two. That leads to terrific and fierce conflicts in life. That conflict of what we do and what we believe in is a Mahabharat or a huge war within. Unfortunately today if you look at people who are basically good and values oriented, they do not believe that their beliefs are their strengths. Somewhere a good person considers his goodness and softness as his weakness. Then he starts behaving street smart the way the others around him behave, which is against his own nature. That leads to a massive war within. No wonder good people suffer more due to their internal conflicts while the bad people are perfectly restful being bad as they are in total sync with their inner nature.

Dr Bruce Lipton, a biologist of repute and a profound researcher of science of Epigenetics and also an author of the best seller book 'Biology of Belief' has already proven scientifically that the conflict between conscious and sub-conscious minds leads to almost 90% of the disease like situations in human life. Bhagvad Geeta said it all 6000 years ago.

With lots of love

Ajit Sir

May 4, 2016



BhajaGovindam (Verse 29)



Meaning:

The wealth itself is a cause of all sorrow. Always remember that worth has no value and will give you no pleasure. Even the richest of the person is suspicious about his own son cheating and looting him. The same thing is every where.

Sage Patanjali says in his famous Yoga Sutras that dispassion and self study are the only two things which are very essential for any sadhak to move ahead on this path. Dispassion is the foundation of any spiritual practice. To have dispassion means one can stay away from all temptations, greed of life. Dispassion does not mean not getting involved in anything. Rather it means not having desire of things. There are two levels or dimensions of this word. One kind of dispassion is to experience the sorrow by desiring and getting that which is closer to repentance. The other kind is knowing that certain things will bring sorrow and then avoiding or staying away from that. In Sankrit this is called VIRAKTI. That is even a higher degree of dispassion. That is where you avoid the bitter experiences of life. There is wisdom in that. There is that consistent awareness about reaching your destination which is there.

Here the poet is saying that it is not money or wealth which is bad. It is that craze for the money, it is that chasing the wealth at any cost that is bad. I met one person who said "I am preparing to plunge on the path of spirituality." I couldn't understand what does it really mean. Hence I asked him "Then why do you not plunge? What is there to prepare about?" He said, "I am waiting for my bank balance to be Rs 2 million and then I will do that." I could not understand the mathematical side of spirituality and hence again asked him, "Why Two million rupees?" He said, "What if I fall sick in my old age? Don't you think I need some money in my kitty that time?" I was amused. I didn't know how he can calculate and predict that he will fall sick from the sickness which would cost

अर्थमनर्थं भावय नित्यं, नास्तिततः सुखलेशः सत्यम् ।
पुत्रादपि धन भाजां भीतिः, सर्वत्रैषा विहिता रीतिः ॥२९॥

him Rs 2 millions. I said what if you fall sick with a disease worth Rs 5 millions. What will happen then? Even the cost of disease is getting inflated now-a-days. He was little taken a back. He said, "My God, why am I thinking of 2 million rupees?" One of my close relatives loved me so much and was all the time worried how I am going to manage my life after I left earning at the age of 50 and plunged in this divine ocean. He always used to tell me that I should earn something and accumulate some wealth which will help in my older days. I used to leave it at that with a smile. Unfortunately he passed away few years ago with a heart failure which did not give others a chance of even taking him to the hospital. There was not even an opportunity to spend even a single penny from all that wealth he had accumulated for the purpose. This is how possibly destiny works in its own way. One of students also had a similar experience. While driving on the road he met a serious accident. He became unconscious. He had to be hospitalised. People on the road who even did not know him, as he was away in altogether different town, collected some fund from their own pockets. Someone offering Rs 5 and someone even 100! He was taken to the nearest hospital and was saved. He could not even see a single person who had contributed money and had saved him. He had a bank balance of around half a million rupees. But not even one rupee of that was used for saving his life. Again it was his destiny. When the almighty plans to save you, your plans are not required. And when he does not want to save you, your plans do not work. Even if you collect all the money from the world, that may not save you. It is not bad to earn. But one has to remember while doing that money is not everything. There is one power which overrules the power of money.

The person with unlimited money also has unlimited diseases. He cannot believe his own son. Look at all those Mughal dynasties. They all thrived on that unlimited lust and greed for power. Even as I am writing this, I am reading the news in the local paper that an 84 year old man is killed by his own relative for the enormous property that he had accumulated. I remember hearing a speech by one of the philanthropist industrialist who said, "I have a contract with God. He keeps on filling my bowl to keep on distributing that to poor people. He did a lot of charitable work in his life. Unfortunately after his demise, his children could not continue that contract with God. The whole family and the clan came down heavily with the time. They could never empty their bowl for the right purpose. Their bowl depleted with time and was never filled by God. There is no dearth of such examples around us. Only what you need is the vision to look at that.



MORNING MEDITATION

BY NILESH PATEL, CHICAGO, USA

*This meditation is from the book “**Insights and Meditations**” from our Guruji. It is done every morning as soon as one wakes up. The procedure and some basic guideline are as follows.*

Keep your eyes closed. Sit in a relaxed position. Take your attention to your breathing and breath naturally. Ask the following questions and answer honestly.

1. Where I am spiritually?
2. Where I am ego wise?
3. Where I am health wise?
4. Where I am wisdom wise?
5. Where I am financially / economically?

This is where you are at the moment.

Now, ask where do I want to reach at the end of the day in the same sequence.

1. Where do I want to reach spiritually?
2. Where do I want to reach ego wise?
3. Where do I want to reach health wise?
4. Where do I want to reach wisdom wise?
5. Where do I want to reach financially / economically?

Imagine you have reached there by end of the day. Draw three signs. Wish yourself good luck.

This is a very simple meditation that one can/should perform every morning. We have been doing this for about 3 years now and it has become a second nature. It just takes about 10 minutes. The benefits are beyond our imagination. We are going to share some of the ideas on how we were doing this meditation and based on personal needs, everyone should be able to modify it.

1. Spirituality : 5 principles of Reiki can be used.
2. Ego : H=Hurt ,D=Defense, F= FaceMask, C=Comparision (Acronym : HDFC)
3. Health : Focus on every major part/organ/system of your body. Depending on one's comfort level. Even body weight works.
4. Wisdom : We are using laws of nature from the book “Life you were born to live” by Dan Millman. This varies by individual. Or one can pick an individual hero / role model to compare.
5. Finance / economy : Daily Income can be used within reasonable boundaries.

After doing this meditation, everything runs almost on an autopilot. We were able to follow principles of reiki almost effortlessly. Our body weight is being maintained constant. For some reason, if we eat more and our weight goes out of range, body adjusts it automatically without conscious effort. You just observe and have fun. With more practice of this meditation, one can even have an automatic control over his reactions / actions effortlessly. (Mind may rebel and shout against such behavior as it cannot see past the present benefit.)Every single action will start happening with precise coordination to events after and before that action, resulting in outcomes where everyone is benefited. Does that remind you of someone we all know and love very well? This may take some time though, but will improve constantly. Even financial condition has been improved and is approaching the target. We, as a family, have received total 4 promotions in last 2 years. We are not trying to set up a standard here but just trying to make a point.

These 10 minutes of morning time can make one's life grow in all directions. Let's use this valuable gift from our Guruji to its fullest advantage.

Hope this helps!!



Invest Today and Receive Forever!

by Telangan

I overheard a conversation of two eight years old kids. They were talking about some actor's earnings and I was surprised by their easiness about the money. They could discuss the Billions and Trillions without any fear. Actually today, everyone is running behind the wealth non stop. Harshad Mehta inspires more people than Buddha and Krishna. Every person is having a certain financial value in the society. Unfortunately the person with less wealth is less respected.

Saints say *when the basics are covered, then extra money could buy only extra food, clothes, houses and whatever else. However, we can live in only one house, wear one set of clothes, and eat as much as our stomach could hold at a time.* But the greed of acquiring more and more is generally increasing in the entire society. We could find gentle mind-set towards dishonesty.

According to Guruji... there is nothing wrong in earning money to support family. It is one of the four Purusharthas... *Dharma, Artha, Kama and Moksha.* The key is how do we earn it? Is the way of earning honest and appropriate? The trouble starts when money becomes the fundamental goal of life. It is

painful to see when doctors/hospitals deny a patient or the treatment because he/she could not pay. The gain of unrighteous wealth is bound to lead to the karmic consequences but there is lack of fear about it. When you give something to poor, you get it back by ten or hundred-folds. However when such wealth, spent for charitable purposes, there is no Karmic benefit out of it. A person could con the law of the earth but law of Karma is not blind or bias. It will punish every wrongdoing methodically. Anyone could even progress spiritually just with this fear and awareness.

Money can't buy happiness, knowledge, values, Positive thinking, firm mind and blessings of guru. Material world is temporary; hence investing too much into it at the cost of Spiritual Growth is harmful. It would be worth to take a pause, review our approach towards life and try to earn the inner wealth, which will last forever. ***Any small unselfish act of kindness is going to pay us back definitely. Changing life of even single person in the world could give us fantastic benefits spiritually.*** Our soul will be powerful, pure, and matured, that will help us karmically as well. We should make our life beneficial for others.

THE ROLE OF A HEALER...

By Vivek Pande



Ever since the very day we learn Reiki, we don't realize the amazing power that we have in our hands immediately. We actually become healers from that very moment. However, it takes a considerable amount of time to understand the process of healing. In fact it is a continuous ongoing process to understand what it takes to heal ourselves or the people around us. To give people 'Reiki' after learning first degree and make people experience the wonderful thing that we have received is one aspect of it and next comes learning second degree Reiki (to be able to send and receive Reiki at a distance). Our role and range as distance healers becomes intense and magnified and we have to exercise a lot of thought and care before downing this new 'Avatar' of digesting the power of "Third eye attunement". The actual understanding of what this attunement means, plays a pivotal role in molding our roles as a "Healer". If we are up to the task and wish to make this supreme social service in the top part of our priority list, we can do wondrous things for the mankind. Or if we decide to choose, to allow 'Reiki' to take over our lives, wonderful things will happen.

Let us first take a look as to what it means to be healed. According to the definition given by WHO, health is defined as "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". This definition was laid down in the preamble to the constitution of World Health Organization in the year 1948 and has not been amended since then. No wonder! There is no change in it, as it seems to cover all aspects of health holistically. Our roles and responsibilities towards the world around us should gain a lot of momentum after understanding this definition of health. We need to understand that we are looking forward to heal the person holistically, meaning thereby not just removing a particular disease but to also pay attention to the overall well-being of the individual. More importantly, we also need to try and gain a deep understanding of the mental make-up of the individual, the family situation and the environment in general that he/she resides. Unless and until all these things are taken up pretty seriously we cannot heal holistically. It is a process which should go way beyond our daily chores and routines.

A healer is always a mediator. If we take a closer look at all the terms related to healing we get an idea as to what healing conveys. The words like medicine, meditation, medium they all begin with 'med', which means to interfere or more aptly to act as a catalyst in the healing process. As long as we don't understand the whole process, we remain mediators to assist in the process of healing. But having said all this, this whole process of assisting also assumes a lot of importance. The divine cannot operate on its own. It needs a body to carry out the process of healing or any other process for that matter. Hence the cleanser we keep our vessel, the better the divine will descend from above. We cannot at all times runaway with the excuse that, 'the divine will take care of everything or all we need to do is just have faith in him and things will happen. We also constantly need to evaluate our own thought process, our own emotions and how awake and sympathetic we are to the whole process in general. We constantly need to learn, grow and expand at every stage. Shall we attain the highest level of purity, the probability of the most intense frequencies of the divine become a possibility. If our minds are continuously hovering over the lower/gross aspects of life, the divine will still descend but only as per our own frequencies. The speaker may be good, but if the microphone or other gadgets used as a medium are not of the best qualities, the message will not be communicated. Just imagine a famous personality delivering an inspirational speech with the best set of microphones, speakers and wires, how good the output will be and the resultant impact of the speech on the audience. So at all times we need to stay awake to the whole situation, always be sympathetic to the people around, understand their pains and agonies and lastly give total respect to the whole process of healing. Not that we disrespect the process, but our presence as a complete holistic individuals assumes a lot of importance in this regard.

Counseling is another important aspect to deal with before we actually take up any case of healing. The patient in a series of conversations should be made to speak out at just about anything affecting and concerning his health and personality. The patient should be made to realize what

exactly is going on with him and what exactly his/her approach should be, in order to allow the process of healing to happen. Although 'Reiki' is capable of healing beyond the belief system of the patient, if we can somehow get him/her to a receptive state of being, the results will definitely be there for us to see. This is exactly where counseling assumes huge significance. A good counselor would always know where the shoe pinches. Who better than 'Lord Krishna', the ultimate lover and yet the most awake individual to be seen as an example of a counselor in front of us.

Lastly and most importantly, the human touch serves as

poignant tool for healing. As often quoted by 'Guruji', all we need to remember is "love, touch and appreciation". We, just like a potter, can make or break these delicate earthen vessels with one touch. The likes of "Jesus" or "Buddha", never seemed to have learnt Reiki formally and yet they had the power of touch. Their whole existence became divine, so much so, that whatever they touched, whomsoever they spoke to, got healed. Let us raise the bar of our 'Sadhana' every day so, that the divine gets compelled to descend in the highest and most magnanimous way and we witness the process of healing in its miraculous ways.

Jai gurudev.

My Reiki Journey

By Mrs Ekta Dutt

I began this journey sometime back in the year 2008-2009. It was my then friend and now husband who initiated me to reiki. I was a skeptic. For me the thought of alternative form of healing didn't exist. I felt it was a myth and a make belief world. I met sir, Mr. Ajit Telang, and he asked me during the first degree session: "What were my expectations from the programme" and I still remember what I said. I said I wanted to experience what is reiki. And truly the experience was wonderful. I didn't have any major issues with my health but there was a lot of distress and restlessness that I carried with myself. Reiki helped me forego that. I use to lose my cool at the drop of the hat but after my first degree itself, I became a lot more balanced. And life never ever gave me anything unpleasant. Things just started falling in place for me and my family.

And then the miracle which makes us all a believer happened for my husband and me. We were in Devrukh and I was pregnant with my first child. I wasn't able to feel her movements since I had a low water levels. But while during the aarti at Devrukh in the evening, I could not only

feel her movements, I actually felt that she was dancing to the tunes of the aarti. The entire duration of the aarti, she was moving. And that day I realized not everything can be explained by the science that we believe in.

I won't say I changed into a total believer I still have my doubt. I still feel maybe what's happening is not because of I am taking reiki but because of something else. But the feeling of fulfillment post attending the first 2 degrees of



reiki is a wonderful feeling. Even with such a wonderful change in my life, I have moved out of that happy space. I am not practicing reiki regularly. I take reiki only when I am in need but then also reiki helps me. I just wish to bring in more discipline in my life. I know by practicing

reiki each day it would not only be beneficial for me and my surroundings but that would be the best way to show my gratitude to sir. Without whom this wonderful journey of life as I know it wouldn't have been possible. Thank you sir for giving us this wonderful gift I promise you that I would return to that peaceful zone all over again.

The Essence of Retreat

By Ashwini Telang

The word “Retreat” as per the Cambridge dictionary literally means “moving from a place or person in order to escape from fighting or danger.” This moving away can be of two kinds, viz; (1) moving away to empower oneself and come back with full potential to face the situation(s) or circumstance(s) that have huge impact in one’s life and (2) moving away in fear to refrain from the situation(s) or circumstance(s) that might have huge impact in one’s life. Much like when there is fire people run away: some to come back empowered with equipments to extinguish the fire and others to save their own lives. The Children Retreat in Math premises always has been to empower in order to tackle the situations or circumstances in an efficient way not only to the children but also to the teachers, assistant teachers and everyone else who is in the space in whatever roles they play.

The Children Retreat this year too provided a great opportunity to learn and unlearn many things. I personally was looking forward towards this opportunity to be in the midst of these new generation kids as I am actively involved in various training programmes which are closely associated with the radical changes in the human structure. Observing 80 such children in the span of a month from very close quarters was always going to be enriching experience for me and my colleagues. While researching about various approaches to teaching we came across three principles of true teaching. The very first principle there is that “Nothing can be taught” which actually means that the teachers truly should provide conducive environment for the learning to happen. Now you might be thinking “what conducive environment?” the answer is the teacher should create situations for inner faculties of students to trigger their basic properties like Truth, Love, Beauty & Freedom along with two most wonderful gifts of nature viz; Curiosity and Natural Hero Worshipping. These gifts are the means through which learning can happen. If you see around, right before the time of India’s independence till today, one can sense that there seems to be a design to suppress the power of youth in India by any means (remember the words of Lord Macaulay: “...unless we break the very backbone of this nation, which is her spiritual and cultural heritage”); literally includes the idol worshipping as well. So this year, we have attempted to revive the backbone of India before it becomes too late. Under the guidance of Guruji, our team worked out the programme schedule that emphasized on both these gifts to make learning a much easier and effortless experience; wherein 4 great warriors like Rani Laxmi Bai, Maharana Pratap, Chhatrapati Shivaji Maharaj and Samrat Ashoka were selected as idols for hero worshipping. Along with hero worshipping, curiosity to take experience also played major role in this retreat. Nature Study, Chiji Cards and farm visits ignited the fire of curiosity within each individual.

Chiji Cards provided the base for the children to open up and express their feelings. While they were expressing their feelings one of the youngest children, mentioned that the life path seems to be long yet guided by manifestations of God. On hearing so, every teacher present could actually feel the in depth meaning

behind these words. The other child of approximately same age shared her feelings saying the universe – stars, moon, galaxies and even me is within our own thoughts. This too was mind boggling thought coming from little angels. Whatever was taught throughout the day, they used to relate it to their own lives. I was really very fascinated observing all this.

Another example is that once, myself and my colleague were busy arranging the projector screen when suddenly two children came crying. Both were very upset with each other and had some sort of misunderstandings between them. Abruptly, another child of age 9 entered the hall and questioned to both of them, “You got hurt because of what? Misunderstanding? Or Ego? Ego is the only reason behind all sorts of misunderstanding. Come on now, hug each other and be friends once again.” Within a flash of seconds, everything became normal. I understood that day, that many a times we elders too get carried away by this Ego and tend to boost it falsely giving rise to misunderstandings which may even end up in breaking the relationships. In all these incidences, I could see a lot of learning happening just when the situations became conducive.

Even on the picnic day when every one of us went to a nearby farm, the child within me also started enjoying and I wanted to pluck some raw mangoes. It was really very hard to pluck them off the tree. So within my mind I took permission of the tree to pluck two raw mangoes from it and to my surprise! The raw mangoes that were plucked actually smelt like ripe ones and also tasted sweet. Never ever I could have thought of sweet raw mangoes...but here they were! I had to unlearn that “poor trees they can’t do much but only listen to what we say and be silent and so on” things that were put into my mind in my early childhood. I thought to share this experience with few other children around me and they too had the same experience. I learnt that day, how universe conspires to what you say or want in life.

As we all might be aware that children are keen observers and learn quickly from everything. The most appropriate instance to narrate was approximately on the 4th or 5th day of the retreat. One of the girls was feeling home sick and had started crying. Another girl from her group inquired why she was crying and asked her only one question, “which group do you belong to?” on hearing these words, that little girl wiped her tears and said “oh yes! I forgot I am from the group of Rani Laxmi Bai. She never cried in spite of the pain of leaving her parents at home, since she was married early in her childhood. How can I cry?” After this incidence, she didn’t cry but smiled to herself till the last day of the retreat. Honestly, I feel contented, happy and lucky to have such a retreat - A Retreat in real sense. There are many lessons which I can think of but words may fall short.

I remember the wise words of Benjamin Franklin, “Tell me and I forget, Teach me and I may remember, involve me and I learn.” which are so appropriately said.

Departing Roads...

by Telangan

Two roads depart every time
in front of me...
I need to take one.... because
I can't travel on both...

Stood for long over a tall tree
Looking as far as I could...
One was cool and green
The other was rough and rocky...

I wanted to walk on the grassy path
But was pushed on the bumpy track
I walked long with my bleeding feet
Boiling sun and burning sand...

The journey was long & tiring
Hardly any visitors to be seen
I was cursing luck and self
But now I could never turn back...

I reached the end with empty hands
EmergEd in a bright glow & shining stars
Walked inside with calm & peaceful heart
It was the beginning of the new path

I was not alone as I thought...
Someone was guiding firmly from my back...
I recalled the smile and the glowing beard...
He always taught me to pick
Right one from the departing roads...





What Fault of Mine?

by Preeti Khanna

I toiled from morn to dusk,
Just to see the murkiest night.
I helped the poor on the husk,
To see his face full of delight.
His face did shone as bright as sun,
But for me the gloom over joy hath won.
Can someone tell me what fault of mine?

Met I a needy in dearth of money,
Pocket full I lent him the penny.
Thanked he with a twinkle in his eye,
He for the day a grain did buy.
Yet in store I had nothing but dismay.
Can someone tell me what fault of mine?

• Soon the old found it difficult to hold,
The stick and wade briskly the road.
My hands stretched wide to help him aside,
Glad was he for the concern in me.
I waited for my share that day,
But lo! It turned its back and said "Not today".
Can someone tell me what fault of mine?

Cold and dreary night it was,
Crumbled to himself he was,
Shivering sight I could not bear,
Came out my comforter for him to share.
Cosied the vagabond and gave him a sleep,
For myself I gazed at the sky,
It winked its eye and bid me goodbye.
Can someone tell me what fault of mine?

I wait and wait for the divine grace,
And bless me with some solace.
Pats he my back and says "No fault of yours,
It's the golden time for you I store.
Descend it will and your lips will smile,
As to the millions, you have brought a dozen smiles."

Philanthropy

By P N Devarajan

Philanthropy is generally bequeathing or giving away one's wealth in part or whole towards the causes for which the Philanthropist has inclination, emotional attachment or flair to do. Philanthropy in terms of funds will sustain activities liked by the Philanthropist or that is already being done by organisations.

The fund will be one which is sustained either directly or indirectly through the interest earned by the fund for the purpose of disbursement.

Social Philanthropy, according to me, is one which is directly attached towards social entrepreneurship and social needs. By social needs, I mean the needs of the society, particularly for the downtrodden or unfortunate sections of society who are not able to help themselves or not being helped by others, but need help at all stages of livelihood in order to be capable of living with honour, earn a living, pursue their work in society with equal status, and live happily. This is the definition of social philanthropy.

Philanthropy is generally considered in terms of money or bequeathing, however it can also be in kind. It can be participation – emotional and material by the philanthropist; he can devote his time, energy, and presence in these activities as it adds flavour and strength to these activities. Such a philanthropist will actually be able to experience what is happening and therefore be satisfied in terms of outreach and whether what is happening is according to his inclination, desires and expectations.

Participation will also give him opportunities to course correct his idea on what is social change and how it is to be effectuated with least employment and resources. Therefore, he will be able to share his experiences either through print media or lecture series with other budding social entrepreneurs and other social philanthropists. Therefore, it will have a spread effect.

Philanthropists should become a breed which comes together. I have a dream that such people will become bequeathers and they will allow well before their life time, even during their youth, certain part of their earnings to be dedicated to social philanthropy. They will also allow certain percentage of their earnings at the time of their demise to be allocated and given to social causes. He or she will also indicate the causes that are closer to his heart so that the Bequeather's Trust will be able to direct these funds to such activities so that his soul will really rest in peace.

For this, he has to convince his family during his lifetime about how social bequeathing or bequeathing of the wealth for social causes is a part of the obligation of the family to the society. It is not only him alone, but the other family members who should also agree totally - mentally as well as emotionally - that this cause should be served in a sustainable manner.

That is the sense of bequeathing itself. It is a legal application that our funds should go outside the family entitlements and

towards the societal entitlements. It will slowly become an acceptable pattern in the family that the earning member in the family has a right to bequeath and they will honour it. When such honouring is done, their respect in the society automatically goes up. Therefore, they will more and more seek to do this than abhor it.

I would say that in the sense of bequeathing and philanthropy, the two outstanding people who have spent a great portion of their wealth while they are active and involved are: Azim Premji of Wipro and Shiv Nadar of Datamatics who is running SSN College of Engineering. SSN College is a very good institution and has arisen out of his desire to give away his wealth for sustainable education.

Similarly, Azim Premji of Wipro has concentrated on that part of the society which needs the most, the rural children and their education. These are the areas which are unseen, or where nobody has judged the enormity of the issue. He has done enormous work in Orissa and Karnataka and is now slowly spreading his intervention in other states. I adore him for his courage, his dedication and his actual doing in all grounds. Finally, he is very active and not at the end of his journey leaving this task for someone else to handle.

Social Philanthropy should be taught as a social science in schools and colleges. Eminent personalities who are practitioners should be invited to talk to these students so that it makes an effective impression in their mind at a time when they are planning their career.

Philanthropy should be encouraged by appealing to people who are in a position to part with their wealth for the social philanthropical cause. For them to do it willingly, they should understand why they are doing it, what is the significance, how many are helped, what is the quantum of help, what is the impact on social philanthropy, how they can ensure that it will be spent for the right cause and not wasted away on administration expenses.

Tax benefits offered by the government are only to encourage the philanthropists in an indirect manner, and benefit NGOs. There are three arms for social philanthropy—the philanthropists; the government which enables, but does not have a mission to implement; and the NGOs who have a dedicated source to implement, but do not have the wealth. The NGOs should invite the philanthropists to see the work they are doing so that they are happy to see the way in which their money is spent.

My vision for future India is in terms of philanthropy being taken by every household and by every economically well doing person in order to bequeath for a Trust. There should be several Bequeather Trusts with a wide variety of approaches on where to invest money for promoting social causes, particularly reducing social inequality. It can be either focus upon poverty or education, or disability, or any other form of inequality. In order to bring in equality into the society, they should ensure that the person...

receiving the help does not feel that he has been offered charity, but instead he deserved the help. The form of bequeather trust thereby becomes impersonal.

To manage the funds received by philanthropists, we need Social Entrepreneurs heading and running the NGOs who will be able to receive the Bequeather's Trust money and apply it to such causes where they have the inclination to do, thereby satisfying the giver and the taker.

There is a saying: A man's desire is to get and get; get and give; give and get; and give and give. The last stage he reaches would be sooner the better, because when you give and give, more will flow in. Give and give is a state of mind which will support all these things.

Giving is a philosophy strengthened by philanthropy. It could be one rupee or a million rupees, but strengthens the giver.

Giving through an NGO gives a belief that the social entrepreneur will equitably distribute, conserve, and create an impact of what is expected of it. The taker will also feel that he is getting help from a social entrepreneur and not from the money giver directly.

As a Philanthropist, and watching the effect of philanthropy on social causes, there are three main elements —cause, where-withal to support the cause (I will not call this money as it is with the bequeathers), and the people who will deliver it, i.e. the social entrepreneur.

The lesson that I learnt is that when it comes to doing a good cause, make it sustainable. There is an inadequacy of social entrepreneurs who devote their Time, Talent, and Touch to use Treasure. In the four Ts —Treasure can be built or located, but we need a person with an inclination to be able to deliver it to right people, at the right time and for the right cause. There is a need to follow it up, nurse it and grow it. That is the essence of social entrepreneurship.

CSIM is one organization that promotes social entrepreneurship, but there is a need for replication. We need one social entrepreneurship creation in every place with people who are willing to give the 3 Ts.

We need more number of social entrepreneurs than engineers or doctors, this gap is my concern.

Qualities of a Healer

By Khushal Solanki



1. Reiki healer is Divine and healing happens through him/her.
2. Reiki healer is full of Love, compassion and empathy.
3. Reiki healer's presence makes people comfortable and relaxed. People seldom suffer in their proximity.
4. Reiki healer can experience others moods and situation by virtue of their intuition and intention.
5. Reiki healer will have love and reverence for plants, trees, mountains, rivers, animals, birds and insects.
6. Reiki healers will be comfortable with strangers and unknown people also.
7. Reiki healer's touch/massages will heal people.
8. Reiki healer will be interested in Meta science, spirituality, alternate healing and seeking Truths always.
9. Reiki healer will always be positive in acceptance of one and all as they experience oneness in energy level.

Reiki Experiences

A letter from a satisfied parent on children Retreat program

Jai Gurudev! Please find attached regarding our experience about the Children Retreat Programme held from 16th May 2016 to 25th May 2016. Kindly convey our gratitude to all the other teachers and everyone present at the Ashram whose mail id's we do not have.

Thanks and Regards

Priya, Clinton, Shawn, Ethan and their Grandparents

Jai Gurudev!

I still remember contemplating whether to send my two kids Ethan and Shawn aged 8 and 11 to Devrukh Ashram for children retreat camp after receiving the mail from Krupa ma'am. Questions like, "Will they stay for 10 long days? What will they do if they miss home so much?" After seeking advice from Rakesh sir and expressing my thoughts to Ashwini ma'am and Krupa ma'am and speaking to my family members and children, I finally registered their names. In the beginning kids had all kind of questions like how would it be in the Ashram, how will be the bathroom, will there be western toilet, will there be bed to sleep, Will there be TV to watch and computer to play, what food will they get to eat etc... etc... When they reached the ashram they looked around, saw their room and saw so many suitcases. Suddenly in the beginning they felt lost and just when it was time for us to bid them goodbye, my older son was all in tears. I remember meeting Aditi ma'am and she told me Swami has called the kids, so he will take care now. These words brought so much comfort and it was so very true. On the second day I messaged Kalpita ma'am about how my kids were doing and she sent a comforting message saying they were doing well and not to worry. I did not talk to my kids for the next 10 days but I was completely confident that they were in the best place surrounded by true love and blessings. What more could a parent wish for their child? After 10 days, we went to pick our kids. When we reached the place and looked around we could not spot them at first. Then suddenly I heard my kid's voice and they were playing so joyfully with their friends. They did not notice us looking at them for 20 mins even though we were right there. Then when we called out to them, they came running along with their friends and they introduced them to us. But before we could even say or ask anything further, they ran back with their friends, around their rooms, around their teachers and it was such a visual treat to our eyes. They made the whole place their home. Then on seeing us stand and look at them, they held us by their hands and took us around the place and showed us all the plants and vegetables; that were present there. They showed us their wall painting. Their eyes beamed with joy when they were saying all that they did those last 10 days. Right from getting up early before sunrise, learning Pranayam, Suryanamaskar, arts, karate, rappelling, touching huge snakes with their bare hands, painting

the walls, attending life classes, learning about 'Sagar Gote', doing things independently like washing their own plates, taking care of their group members, gaining so much knowledge sitting with their group and teacher in the most comfortable Kutir, learning and singing new songs and bhajans, doing Arti, playing in the river, eating bhel etc... etc... They were saying all this in one breath with so much of excitement and at the same time looking around for their friends to run and join them again. They were so proud and excited that they learnt reiki too. A very interesting experience was that when Shawn showed us giving reiki to a leaf from a cashew nut tree, a cashew nut fell right on his hand. It was his first and unforgettable reiki experience. Children also displayed all that was taught to them and the whole event was so mesmerizing. It was such a visual treat to the eyes to see kids perform with utmost confidence and innocence and as though they had all known each other for years and the Ashram was their own home. They loved the food there especially Shira. Whenever I give them shira, now they talk about the one they got at Devrukh and they are longing to eat that again. When it was time to go home and when Jushya Sir and Nisarg Sir hugged them, my older son Shawn was again in tears. It was an emotional farewell hugging friends and bidding the teachers goodbye... Later my kids told us that it was their best summer vacation and they want to go again. As a parent, I am falling short of words to describe the whole feeling... The teachers were so wonderful and fulfilled the role of a parent for those 10 days. The children had received a gift of enriching experience, gift for a lifetime. Tons and tons and tons of thanks to each one of you

Hi Guruji,

The last two days have been immeasurably significant for me. No words can express my thanks to you for giving me Diksha.

Satish Kumar (Participant in Guruji's 2nd degree seminar at Bengaluru on 28th/29th May)

A Feedback on Guruji's seminar in Bengaluru May 28-29 2016

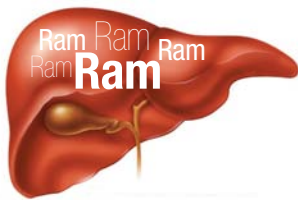
Suman, a Bengaluru participant written this mail to coordinator Mrs Aruna M after Guruji's 2nd degree seminar

Thanks a lot maam,

What I learnt in last 2 days, I never have learnt anything so effective and peaceful ever: I have never trusted any practice as much as, now I do. Thanks a lot maam

U introduced me to this and today I feel so blessed and lucky

Luckiest among millions I simply don't have words to express my last 2 days



SHREE RAM NAME ON THE LIVER

By Dr Ramanathan Iyer, MD(Medicine),FICP,FGSI,FISDA, Mumbai, India

The spiritual experiences are always taken with a pinch of a salt with pseudo scientific community. Here is one live experience of a renown and established medical doctor in India, which is given in his own words. This should at least make some skepticals open their eyes and take notice of the realities ignored enough by them.

The incident dates back to sometime in 1970 when I was learning anatomy by dissecting dead body. I was in my 2nd year of MBBS in Government Medical College (now Netaji Subashchandra Bose Medical College) Jabalpur (Madhya Pradesh, India). While cutting across the abdomen I noticed that there is a venous inscription of RAM in hindi on the liver. I showed it to my colleagues. We were 6 students on one dissecting table. I called upon my teachers who were always there to guide us. They confirmed my findings and the liver was dissected out and kept in the anatomy museum. Next day I found this piece of news in local newspaper. (Laash ke jigar mein RAM). There was a steady stream of visitors at the museum. Anatomy department dug out the records as to whose body is this and where it has come from. We were surprised to note that this body was of a beggar who

used to sit outside a Shree Ram Temple at Balaghat (Madhya Pradesh). We also learnt that she is use to chant HIS name. This was a unique experience in life of finding HIS name inscribed in liver. A perfect blend of spirituality and medical science. Over the course of years the tissue of liver dissolved and the specimen was discarded after nearly 30 years. I had the opportunity to show this miracle to my family and children.

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Never Rush to Judge...

Most of the time we decide what is good or bad by using our own experiences from our lives. Before making any decision on anything we actually need to think in depth. Many times good and the evil in the world will not be seen as we see it. There are many complications behind them which are hard to understand.

There is a story about a sinking ship. A couple finds a lifeboat when their ship was sinking. That was made only for single person. Husband pushes wife quickly and jumps into it. The ship sinks in front of him along with his wife. While sinking she shouts at him something. Teacher asks all the students, now could you guess what did she say?

Most of the students say... she must have said that '*I hate you*'... only one of the students remain quiet. Teacher asks him... He says she must have said '*take care of our child*'. Teacher surprisingly asks him, did you hear this story before? He says no... but my mom said same when she died by some disease. Teacher says the answer is perfect.

The ship sunk but the survived man goes back home and raised the child single handedly. Many years later... after his death the daughter finds his diary and learns about many unspoken events of her life. She found out that her parents were travelling abroad to treat her mothers critical and terminal illness. Her father wrote further... "How I wished to sink to the bottom of the ocean with you, but for the sake of our daughter, I can only let you lie forever below the sea alone".





Manifestation of New Generation traits in Children Retreat Program

by Krupa Choksi

In the month of May 2016, we conducted two Children Retreat Programmes from 1st to 10th and from 16th to 25th May in our Devrukh Ashram. 79 Children participated in these programmes. In this Retreat, since I was in charge of one programme and was also a faculty, I had a chance to observe these children closely. When I observed them, I was reminded of all the traits of New Generation born after 1980, which we discuss in our EPIC (Empowerment for Parenting Initiative and Challenges). Following are the traits which I noticed in all the kids.

(a) They come with a feeling of Royalty and demand everything royal.

On the first day of the Retreat, we inaugurated the programme, divided them into groups and informed them what they are going to do in the next 10 days. We also explained them that we have a concept of Kaizen wherein they should come up with an innovative idea to make Ashram more beautiful and make residential facilities more useful. After the session was over, one kid came to us with an idea, "Madam, please put air-conditioner in all the rooms! We all had a hearty laugh as the poor kid did not know that in Ashram we are supposed to do sadhana and so we need to be away from all the luxuries of life. At that time I was reminded of the trait – **They come with a feeling of Royalty and demand everything royal.**"

(b) They do not get attached to things and people.

Children were given pouches with all necessary stationery and a notebook when we started the programme. We asked them to write their names so that it may not get exchanged. In spite of writing their names and our instruction to keep it in their bags, many children came to us the next day with a complaint that they had misplaced their pouches. Then we found many pouches and notebooks in our classrooms and hall. A brief comparison occurred in my mind that earlier generation would value the things and would keep them safely.

When the first batch was about to leave on 11th May, after the Retreat was over on 10th May, we could see some kind of disconnection of kids with us as we were no longer their teachers. There was a sudden change in their behaviour. They did not show that much intimacy as they used to show during retreat. I was little foxed but then I remembered the

trait – they are not attached to people and have disconnected because they have to leave.

(c) These children love pets and talk to them as humans.

Once I was casually interacting in my class with kids and asked them about their family members. At that time one kid of 8 years told me that they have 5 members in their family. He told me, "My Pappa, Mummy, my sister, brother and me." I asked him, "Who is elder, you or your sister?" He said, "I have one elder sister and my dog is younger to me." For him the dog was his younger brother. I was really surprised with such an answer.

(d) These children are system busters and would like to do things in their own way.

There were some kids who never liked to sit in the class. They would say, "Why do we have to sit in class? There is no need to learn everything." And we had to explain them and send in class but after 15-20 minutes, they would either go to washroom or want to drink water. I immediately recollected that these kids want to do things in their own way and also get distracted easily.

(e) They would often say "I know" too often.

Often in my reiki class, when I would start a new topic and ask them, "Do you know anything about this topic?" Invariably all of them would say, "We know." They all used to give different answers but would never say, "We don't know." Then I had to interrupt them and tell them the real meaning. I thoroughly enjoyed these sessions but our only limitation was of time. They all wanted to talk about different topics and I had to finish my portion so had to compromise a bit with their talks. But I was reminded that they would often say, "I know". During the entire Retreat, I could see many other traits viz. wise beyond their years, not bothered in letting you know what they need, waiting in a line is difficult for them, get distracted easily, would like to interact with people with like consciousness, etc.

I was happy that I could relate these traits with children's behaviour. I enjoyed our both retreats with these little angels who had come to teach us how to experience our divine nature.

Guruji's lecture at Defence Research & Development Orgn.

Bengaluru, India



Gas Turbine Research Establishment (GTRE) a part of DRDO in Bengaluru, India had invited Guruji to talk on the topic of **“Riding the wave of New Generation: Challenges & Opportunities”** on 27th May 2016. The lecture was held in the Research Lab of GTRE and was attended by around 120 scientists from DRDO. Mr Siddique, Director of GTRE welcomed Guruji in his personal chamber before the event. Guruji spoke about the structural changes in the New Generations and the changing personality traits affecting institutions like Defence and other government agencies. The lecture was well appreciated. In fact we are reproducing below a reaction of one scientist who could not attend which speaks volumes of the success of the event.

Sir, heard from everyone about your Guruji's talk . It's my extreme bad luck that I could not meet him. People felt lot of positive energy by his sheer presence. Added to that he spoke on a subject that is highly relevant to me. what a grt loss...

Happy days are here again...



We are all waiting for a new age to arrive. It does not look possible that it will come within our life time. But the debates and discussion about Satya Yug are galore nonetheless. The new astronomical science has come out with explanation that should interest our readers. Scientists now say that our “Sun” is actually a twin star of another star Cirius. We in our culture call that star as Dattatreya. Both these stars have elliptical orbits in sync with each other. Sometimes they come very close to each other at the shortest distance and that time the consciousness on the earth changes to the purest. That period is called as Satya Yug. When they are farthest from each other they influence the human consciousness on the earth with the lowest of the moral values. That is the period of Kaliyug which most of us have been experiencing for the past few decades. It is said that since 2013 the reverse path for both the stars have begun which means the Dwapar Yug is now dawning. Any transition like this from one level of consciousness to the other creates turmoil on the earth which is there for everyone to see. But we are coming out of the clutches of Kaliyug itself is a good news. Don't you think so?

Program Schedule for July 2016

Reiki Seminars

Dates	Reiki Teacher	Centre	Degree
2nd & 3rd July	Ajit Sir/ Sangita	Baroda	2nd
2nd & 3rd July	Seema	Jamnagar	1st
2nd & 3rd July	Krupa	Kota	1st
6th & 7th July	Krupa	Jaipur	1st
9th & 10th July	Vishal/ Kalpita	Pune	2nd
9th & 10th July	Rakesh	Mumbai	1st
16th & 17th July	Ajit Sir / Kalpita	Devrukh	2nd
16th & 17th July	Rakesh	Airoli	1st
16th & 17th July	Seema	Delhi	1st
16th & 17th July	Solanki	Vellore	1st
19th & 20th July	Seema	Moradabad	1st
23rd & 24th July	Vishal	Baroda	1st
23rd & 24th July	Seema	Rajkot	1st
30th & 31st July	Vishal	Thane	1st
30th & 31st July	Solanki	Chennai	1st



Other Programs

9th & 10th July
EPIC Parenting Program
 at Baroda
 by Ajit Sir/Krupa/Ashwini

19th July
Guru Purnima Utsav
 Devrukh