



# REIKI VIDYA NIKETAN

VOLUME 10

ISSUE 12

December 2018

## THE TEST OF A SADHAK...

Dear Sadhaks,

Jai Gurudev

We at RVN Newsletter are sure that you all had a wonderful and joyful Diwali. The festival of light really brings a lot of hope and light in everyone's life.

The theme of spiritual practices versus material life has always been exciting and there are many schools of thoughts. As in one of the earlier editorials I had written that there are four quadrants get created by drawing Material and Spiritual axis on X-Y coordinates. We all know that spiritual practices confined to spiritual world, material approach to material life and material approach in spiritual philosophy have proven to be disastrous from the past analysis of human life. The only hope left is in the last available model i.e. spiritual philosophy for material world. If that fails we have nowhere to go besides the doldrums. With this in mind we decided to make some experiments to prove to the world that such models can be developed where one does not have to have an ego driven ambitions and efforts coming out of doing-ness to succeed in business. One can perfectly be satvik (pious) in nature and still be prosperous. That is how some of the sadhaks decided to form set ups like Devrukh Arts Creative Community and Devrukh Spiritual Prowess. We need to wait and find out how successful these experiments can become.

EDITORIAL

MATERIAL

SPIRITUAL






The other idea behind these ventures is to find out how exactly a sadhak entrepreneur reacts to various situations. In fact the root of all these goes back to early years of my spiritual teachings. I used to love playing Cricket wherever and whenever I used to go for my reiki seminars. We used to play during lunch time and sometimes even during sessions when I had some free time as other Master had taken over. Many people wondered why a Master in the seminar should be involved in playing Cricket. Finally one of the sadhaks in Nashik asked me the question which I was waiting for. I had to tell him that I have no measure to find out how much a spiritual practice that I am teaching and you are learning is sinking in your existence. Spiritual world has no such parameters. When someone sits quiet with closed eyes in meditation in my presence, I have no measure to know how much his/her mind has quietened. The turbulence in the mind/ chitta can only be seen in the behaviour and reactions. The business situations and the organizational interactions are clear indicators where you are as a sadhak because you are off-guard when you are challenged. The real nature comes out under such challenging situations. Material life is a barometer of your spiritual prowess. It is like in the olden days, the photo film used to be processed in dark rooms. Once the process is done, a film had to be taken out in light to see what has come out. The test of the process in dark room is done in the result seen in the bright light. Sadhaks' ventures are no different. Many are going through this experiment. All those sadhaks themselves will be able to evaluate themselves after critical analysis and may /may not come back to the Master for corrections if any. It is as simple. It is not about a profit or a loss, it is not about winning or losing... it is about how you reflect yourself in the environment that is set for you. Spiritual practices do not mean going away from the process of life. It is about becoming more able to stand up to the waves of ocean of life.

I trust all those who have volunteered to get tested may succeed some time or the other. Let us see...

*Ajit Siv*

November 22nd 2018



# Person, Personality and Individuality.

*By Vivek Pande*

The three words Person, Personality and Individuality are used to describe a human being. It is essentially like this and best described if we go by the Vedic way of understanding things. The fundamental essence of every being on this planet or elsewhere is called the 'Tatva'. The principle, that rules and rides everything that exists on this planet to say the least. The second Vedic term is "Astitva" which is a better replacement of the word personality. The third Vedic term which should be used instead of 'Individuality' is 'Vyaktitva'. Hence we have three terms to describe the existence of one individual "TATVA, ASTITVA and VYAKTITVA". Let us take a deeper look and the order in which these three terms have been used since the VEDIC times to solve the anomalies of human existence.

"ASTITVA", is the first thing that comes into existence once you arrive on this planet. The term ASTITVA can be split into 'ASTI' which means bones and flesh, and 'TATVA', which again means the principle behind these bones and flesh. The time at which you were born, the health of your mother, the situation in the family and the atmosphere in general, decide how strong or weak a body you are about to adorn. Of course, all these are directly related to the karma of your past birth, which automatically makes you land in a particular womb, where the subtle and the physical start to develop almost at the same time. The personality is formed in the womb and if you were to believe the future is encoded in the DNA there and there itself. The moment you come out of the 'Womb of your mother', your subtle and physical parts grow as per the seed which was sown at the time of your mother's pregnancy. Whatever body you are adorned with, whether fit or unfit, good looking or ugly, the only journey you can make now is to move ahead by accepting it completely. Even if the body is not hundred percent fit, all you can do is raise your subtle faculties to overcome the limitations of the body. As such, the physical, no matter how strong a person is, is always limited. The difference is only a relative phenomenon. So kindly accept your body and use it as a means to transform the mind by

performing deeds which help you enhance and evolve holistically.

The second Vedic term describing the role of a human in terms of the society is "Vyaktitva", in which "Vyakta" means something which divides and differentiates and 'Tatva' again obviously means the essence. The moment you interact with the outside world your personality based on your physical existence, expresses itself. The way you express yourself may be decided by the conscious activity of your mind (operating within the realms of awareness) or the body (ie., the subconscious) expressing without the conscious interrupting it. The only simplification we need to carry in our actions is to decide whether and when to be conscious or when to allow the subconscious to let loose. There are times, when you need to be aware of your surroundings and become conscious of your actions, but there are also times when you simply let the body to take over and operate smoothly without the burden of the society. The mind needs to be trained with only this, when to be conscious and take care and when to be absolutely free flowing.

The "TATVA", which is the essence, will always take care of it. No matter you pay attention to it or not it will work for you. The principle once touched is the most powerful instrument (source actually) which works for you. At times when things do not go in your favor (ie., as per your mind), please know that the principle is working for your good. With the society and worldly businesses for you to take care, the only thing you can do is subconsciously be aware that the principle will help you attain your destined path. The only Person (I dare say this) is Lord Shiva, who is always aware of the principle consciously at all times. We, the common people can only have faith subconsciously with regard to the principle. Staying conscious about the principle and also performing your worldly duties is an enormous task carried out by only a few gems who again consciously decide to visit this planet earth. They are called "AVDHoots", who are undivided and yet appear to be divisible.



# Faith and patience can move mountains

By Aruna M.

I have a real life experience to share with all of you. Reiki helped us to cross over the situation with faith patience and self-confidence. My Parents and my youngest brother's family went to Prasanthi Nilayam, Puttaparthi for darshan during Dasara. My brother had seva there for five days. My other sister in law and nephew were also planning to meet them there and have a family get together. On October 16th suddenly I got a call from my brother saying amma fell down and her left eye had got closed from the previous night and she got admitted in the General Hospital of Puttaparthi.

My son dropped me at the hospital since the drive was only 2.5 hours from my house. I stayed with amma that night. By next day morning her condition was deteriorating and they took her for CT scan and the next day ruled out the possibility of stroke. Thursday 18th morning they asked us to take her to Bangalore. After all tests like MRI, EEG and ECG they told that it is G B Syndrome. A small description about the disease and symptoms.

Guillain-Barre Syndrome is a problem with your nervous system. It can cause muscle weakness, reflex loss, and numbness or tingling in parts of your body. It can lead to paralysis, which is usually temporary. Most people recover, even those with severe cases. In fact, 85% of people with GBS make a full recovery within 6 to 12 months. Once you get better, the chance of it returning is very small.

My mom was practicing reiki, I was giving her touch reiki for the first few days when she was in the hospital. Me and my brothers did reiki as a distance healing and also declaring our body as hers and gave reiki to her when she was in the ICU. My uncles, aunts and my cousins are all reiki channels. Reiki symbols helped in creating a positive atmosphere at ICU. Our Guruji, Masters and other reiki sadhaks of different centres sent distance healing for a week. Though the doctors did not give positive feedback on the first day, we were all positive. Since the immunity has to help her to recover I was sure that reiki will help her to bounce back.. I thank all of them who have sent healing energies from bottom of my heart. I remembered Guruji's words " Our roots are in the aura body".

Since my parent's family has an extended family of sathya sai organisation in Chennai there were many group prayers conducted during bhajan sessions. Vijayakumari akka at thiruvannamalai did anna danam to all sadhus and saints there. Pooja for kamakshi at her native town was also done. Prayers and reiki were helping all of us to stay positive and stay connected to the divine. My mom from the day she fell sick and even the day she was admitted in the ICU she was chanting sairam and had tremendous faith in swami. Within two days she started showing signs of improvement. By fourth day the doctor was shocked to see the way she was bouncing back. He praised her saying "You are very strong". We all knew it was her faith helping her to be strong. Doctor took videos of her improvement, especially the eye which opened on its own. He wanted to share this with his students, as it was a rare phenomenon according to his experience. Faith in God helped her to recover in days which was estimated to be months. Second most important thing I observed was that the seva she has done selflessly for more than 25 years without any publicity saved her life too.

After discharge also her recovery was tremendous. She improved every day and now she is on her own with her daily routine. She is undergoing physiotherapy and even the physiotherapist was amazed to see her recovery which takes months even for a youngster. He said my mom was an inspiration for him. She said she doesn't remember any pain or difficulty or fear. She felt she was surrounded by swami. She said father, grandfather and great grandfather saved her. I was not able to get it and then it struck me sai baba, shirdi sai baba and swami Samartha were the ones who protected her and saved her.

Guruji insists on faith in Swami, he will take care of us every moment. It is true this incident has helped me to closely watch how swami planned everything and also executed it so flawlessly. It is the case with everything in the universe. Only our EGO comes in between and we start flaunting it as our own achievement. I also felt all through swami carried all of us and protected us like a mother. Oh swami you are a universal mother. Thank you swami for connecting me to a lovely RVN family. No wonder shirdi sai insisted



by Telangan

**'Amor Fati'** is a Latin word. I think Fati could be Fate in Latin. The meaning is Trust your destiny. They are not just mere words. That's a great wisdom. From ancient Indian scriptures or Bible to Zen philosophy every script, every wisdom says accept any situation with a smile and lot of respect.

The approach in life should be, no matter how bad situation appears in life, whatever is happening is happening perfectly right and it was necessary to happen at that moment. Because of this situation I've learnt so much that not everyone gets an opportunity like this. Most of the people get depressed. Blame destiny and god and live in the downward spiral for entire life. Zen philosophy says even if we don't want or like it is very important to accept it first with a smile and deal with it later without blaming anyone including self.

Thomas Edison was having his dinner and a neighbor came running to him. He told him the bad news. There was a massive fire in his lab. At that moment Edison didn't panic or terrified, he didn't blame anybody or destiny. He called his

son and said call Mom quickly, 'she will never get a chance to see such a massive fire' again in life. Everything, all his past research, hard work of years and present study got burnt to ash. 67 years old Edison didn't depress, didn't shout at anyone or shut himself off from the world but he said its good; all my mistakes and unwanted stuff are now gone forever. I can recreate everything better than before now. He earned ten times more wealth, respect and admiration after that.

I'm in love with Edison for this approach because I understand the power of it. I'm aware about the fact that it is most powerful wisdom. Not everyone could do it what Edison could do. There is nothing impossible for him/her whoever could do it. Someone loose job, someone loose dearest person, someone gets deadly disease or someone loses wealth. Accepting it is not simple. One has to be strong and firm like a rock. When we accept and keep calm in the toughest situation we get energy to move forward from nature. Every saint from every religion of the world has this quality. This is Spirituality. This is **'Amor Fati'**



# Sharing

*By Dr Neeta Parekh*

Sharing is as fundamental to our emotional health as communication to our social living and eating for our biological living. I understood the actual importance the sharing when I read and taught the story GRIEF or LAMENT by a popular Russian writer Anton Chekhov. Initially I wish to share the summary of the story with all of you.

In a cold wintry evening a person named Iona Potapov, an ordinary cab driver (sledge driver) is waiting for the fare. A passer-by tells him to go home as it was bitter cold and it was increasing as the night was pursuing. Iona tries to talk to him but due to chilling atmosphere the passer-by moves without giving an ear to him.

After sometime there is a passenger for his cab. He is an officer. Iona starts his cab and takes him towards his destination. He shares his utter grief about the death of his son. In an unconcerned manner the passenger asks some details but suddenly there is some hurdle on the way and Iona has to leave the subject there. The passenger gets off then. Once again the poor old fellow is alone. He has gradually few more passengers, a group of three drunken youngsters. They are of the age of his son. He again tries to share his grief with them hoping them to feel the agony

he is undergoing through. Unfortunately they show no concern to him and abuse him for his slow and poor driving skills.

Alone and gloomy Iona goes back to the stables to put his sledge safe. There are other cab drivers sleeping in a warm atmosphere. When Iona moves inside a thirsty driver wakes up and asks for some water to him. Again he expects that the half sleepy fellow would listen to his grief. But it was useless. After drinking water that person goes to sleep without giving an ear to him.

Ultimately he feeds his horse with hay which has been meaningfully described as 'little horse' throughout the story and talks to him about all the pain he had enveloped in his heart. The reaction of the little horse has been beautifully described at the end of the story. When Iona shares his grief with him the horse munches the dry grass and breathes a warm breath on his hand.

When I went through the biographical details of Anton Chekhov, I was surprised. He was a medical practitioner turned out to be a full time author! For the first time I understood the importance of sharing and also about the importance of pets or animals in the life of a person!



# An Adulation

*By Amara Vasuntara. S.*

Formed through tectonic forces  
Earth the original source:  
Rising out of landscape,  
with peaks snow clad:  
Standing tall and bold  
amidst white foamy cloud:  
Raft of scudding clouds  
so calm and smooth,  
And in a joyous mood:  
The bright yellow sun  
with it's mellowed light,  
Illuminates countless with delight:

The green meadows lie  
beneath the happy blue sky:  
Serene stunning lovely lake  
Cerulean with soft greenish tinge,  
My heart it takes:  
The clear water reflects,  
Mountains trees and the blue sky.  
colourful Butterflies in the air  
their gossamer wings glitter:  
Dense Juniper, Cedrus deodara  
bowers, perfume rids sultry hours.  
Brickellbush, Sagebrush, Artemesia

And Calocedrus emits fragrance  
Natural incense to worship nature:  
Multi hues rhododendron flowers,  
with red berries-visual treat;  
Silverstreaks of water fall showers;  
Milky white stream gurgles  
In a deep gorge it wriggles:  
The river flows onward and forward;  
Pebbles on the banks,  
varied colours and shapes,  
Time takes hardness to shine;  
Nature is in perfect harmony:

Spectacular mountain view  
Nature power in every hue;  
Chillness in the wind  
relaxes my mind:  
Silence is the only music  
Nature's way of communication,  
My soul is connected  
to thine beautiful melodies:  
The lofty majestic Mountains  
Quiet, grand, silent & magnificent  
Nature's captivating beauty, always  
Impart the spirit of energy.



A moment of smile  
Lasts for a year...

A stab of harsh word  
Lasts even forever...

Forgive, forget and move on  
Why keep repeating the pattern

Its time to look around  
For the self-created web

Where there is hatred  
Bring in your love....

Where there is dark  
Bring in your light...

Blessed are those  
Who can laugh and forget...

# Blessed

*By Telangan*





## Swami Samarth Marg...

*As you would have read in this same issue that a road in front of our ashram in Devrukh has been named as Shree Swami Samarth Marg in honour of the reincarnation of Lord Dattatreya and the inspiration behind the mission that we are all on. All those who are visiting Devrukh ashram are the ones already walking on the path of Swami. But now it is true even in the material parlance. Someone asked Gururji where does this road go? How far? Gururji quipped, "To the liberation. Back to our divine abode! This is a very pious path. This is a path of divinity. One has to remember that the path is not difficult but only for those who can keep up the purity and divinity within. Even on the smoothest of the roads one needs to follow certain rules and regulations. One can't drive too fast and be reckless on this path. One needs to become a road itself as Lord Buddha said once. When you become the path, all struggles end. There is no friction. No conflicts. But that may need a total surrender. Can we surrender to the path?*

*(Satya Dharmam Sharanam Gacchami as Vedas said). That is the question.*

Swami Samarth Marg



# Reiki Seminars

## Program Schedule for Reiki Seminars December 2018

Dates	Centre	Degree	Master	For Reistration Contact
3rd & 4th December	Thane	1st	Ajit Sir/ Ashwini	Only for Vasant Vihar Community
8th & 9th December	Ahmedabad	1st	Bharatiben	Kinal Pandya (9714515839)
8th & 9th December	Mumbai	1st	Rakesh	Vinaya Sawant (9004328016)
8th & 9th December	Amravati	1st	Sangita	Rajendra Patharkar (9373064772)
8th & 9th December	Devrukh	1st	Kalpita	Math (02354261322)
15th & 16th December	Thane	1st	Ajitsir/ Ashwini	Seminar for Siddhachal Community only
15th & 16th December	Vadodara	1st	Krupa	Chandresh Parmar (09974701200)
15th & 16th December	Bengaluru	1st	Aruna	Komal Pukale (9845279840)
15th & 16th December	Delhi	1st	Vishal	Preeti Khanna (08368337240)
15th & 16th December	South Mumbai	1st	Rakesh	Sharada Gurav (9819215650)
22nd & 23rd December	Pune	1st	Vishal	Amrut Kirpekar (9175050900)
29th & 30th December	Rajkot	1st	Seemaben	Jyotben Saraiyya (9824299153)



### Datta Jayanti Celebrations

Dec 21st, 22nd and 23rd at Devrukh Ashram.

For registrations please contact

Ms Krupa Choksi 8976033220 mail ID [krupa.choksi@gmail.com](mailto:krupa.choksi@gmail.com)

or Ms Kalpita Keer 718498799 mail ID [kalpitasker@gmail.com](mailto:kalpitasker@gmail.com)



### W.I.S.E.

**(Women's Innate Self Empowerment)**

training program for ladies:

**December 27th & 28th at Devrukh ashram.**

For registrations contact <http://dsppl.in> or

Ms Krupa Choksi 8976033220

mail ID [krupa.choksi@gmail.com](mailto:krupa.choksi@gmail.com)



### Golden Lotus

a Training program for senior  
citizens (above 55 years in age)

**December 24th, 25th and 26th**

at Devrukh Ashram ( for 25 participants only)